

Pelvic, Obstetric and Gynaecological Physiotherapy

Pelvic Health Physiotherapy: Managing complex female pelvic pain and pelvic floor muscle dysfunction - advancing your practice

7-9 June 2019

Spire St Anthony's Hospital, 801 London Road, Cheam, Sutton, SM3 9DW

£350 POGP member/affiliate/associate
£420 non-member

This 2.5 day POGP certified course has been developed for Registered Physiotherapists who have completed the POGP 'Physiotherapy assessment and management of female urinary dysfunction' workshop (or equivalent) and wish to develop their knowledge and skills in the assessment and management of women with complex pelvic floor pain and dysfunction. It is not suitable for physiotherapy students or those with no previous experience of vaginal examination.

The workshop content includes: professional issues; pelvic anatomy; overview of conditions related to female pelvic pain and dysfunction; sexual health issues; the subjective and objective assessment of a woman with complex pelvic floor pain and dysfunction; differential diagnosis and the development of realistic goals. Practical sessions include internal (vaginal) and external mapping as well as internal (vaginal) and external manual treatment techniques.

Participants may act as both clinician and model during the practical sessions. Valid consent procedures are used throughout. A participant acting as a model may opt out of having practical techniques performed on them at any stage.

Programme objectives

1. To develop advanced assessment skills (internal-vaginal examination and external) and clinical reasoning skills for complex female pelvic floor pain and dysfunction.
2. To develop advanced internal vaginal and external treatment skills for complex female pelvic floor pain and dysfunction (including manual therapy, exercise prescription and an understanding of pain management).
3. To consider the current evidence base and expert opinion with respect to advanced assessment and treatment of female pelvic floor pain and dysfunction.

Learning outcomes

On completion of the programme the participants should:

- Be able to comprehensively assess a woman with complex pelvic floor dysfunction
- Be able to formulate and implement an appropriate management plan (in-line with patient-centred goals)
- Be able to implement advanced treatment techniques (including internal and external manual therapy techniques and exercise prescription) for a woman with complex pelvic floor dysfunction.
- Identify and use relevant outcome measures.
- To be aware of and conform to professional standards in relation to the assessment and management of women with complex female pelvic floor dysfunction.

Programme requirements

POGP is the CSP-recognised Professional Network for Physiotherapists interested in Women's & Men's Health

This course is intended as a follow on workshop for physiotherapists who have completed the POGP 'Physiotherapy assessment and management of female urinary dysfunction' workshop. Applicants who have not completed this course may apply and will be considered on an individual basis. Individual consideration will be by submission of a summary of the applicants experience and relevant training in the clinical skills of vaginal examination including some information about relevant clinical caseload. In such cases early application is desirable. All applicants must provide details (as requested on the application form) to confirm their eligibility to attend the course.

Pre-workshop learning

Prior to the course, please revise:

1. Pelvic anatomy – internal and external structures.
2. POGP 'Physiotherapy assessment and management of female urinary dysfunction' or equivalent course notes.
3. Any other relevant pelvic course notes.

It is recommended that you familiarise yourself with the following documents prior to the workshop:

1. Chartered Society of Physiotherapy (2012) *Pelvic floor examination - CSP expectations* PD092, Chartered Society of Physiotherapy, UK
2. Chartered Society of Physiotherapy (2013) *Chaperoning and related issues* PD104, Chartered Society of Physiotherapy, UK
3. Any protocols/policies from your own workplace relevant to your professional practice in the assessment and management of women with urinary problems.

It is also recommended that you update yourself on the current legislation/guidance relating to consent. This will include the CSP guidance on consent: PD078. This is available as a downloadable PDF file at: <http://www.csp.org.uk/publications/consent-physiotherapy-practice> (accessed 9/5/16) and relevant sections of the HCPC Standards of conduct, performance and ethics (2016). You may also include relevant consent policies in operation in your workplace. Consider how the issues raised in the legislation/guidance apply to this client group.

If you practice outside of the UK it would be appropriate for you to review the legislation and professional guidance applicable in your country. Consider how it applies to practice with this client group.

In addition to the learning listed above you are asked to review the (electronic or paper-based) form you currently use to document your assessment of women presenting with pelvic floor dysfunction. Consider whether this is suitable to document your assessment of the woman with more complex problems. Are there any new questions or sections that you would add to your current form?

As part of this task we advise you to identify other forms (validated or otherwise) that may be useful to you in documenting your assessment of the woman with more complex problems.

Course programme (2.5 day taught workshop)

Day 1

- 15-45 Registration
- 16-00 Welcome and introduction
- 16-05 1. Professional issues
- 17-05 2. Pelvic and pelvic floor anatomy (part 1)
- 18-05 *Break*
- 18-20 2. Pelvic and pelvic floor anatomy (part 2)
- 19-30 *Close*

Day 2

- 9-00 3. Internal and external pelvic mapping (practical)
Break to be taken within session
- 11-30 Facilitated reflective practice
- 11-45 4. Overview of conditions related to complex female pelvic pain & dysfunction (part 1)
- 12-30 *Lunch*
- 13-30 4. Overview of conditions related to complex female pelvic pain & dysfunction (part 2)
- 14-15 5. Subjective Assessment (Physiotherapy and MDT Assessment including case study session)
- 15-30 *Break*
- 16-00 6. Objective Assessment (theory including case study session)
- 17-30 *Close*

Day 3

- 9-00 6. Objective assessment (practical)
Break to be taken within session
- 11-30 Facilitated reflective practice
- 11-45 7. Case Study session: Differential diagnosis and development of realistic goals
- 13-00 *Lunch*
- 14-00 8. Advanced treatment techniques (theory & practical)
Break to be taken at a suitable time within this session
- 16-40 Reflection
- 17-00 *Close*

Information about the practical sessions on this course.

This course includes peer physical examination. The practical skills sessions included in this course include both internal (vaginal) and external (pelvic musculoskeletal) assessment/treatment skills.

All participants have the right to opt in or out of the practical sessions. They also have the right to decline to be examined by any specific course participants due to embarrassment or other factors. Course participants may arrange to have their own 'live' model present but they must meet any extra costs incurred.

There is no requirement for a participant to provide an explanation/reason for their decision to opt in or out of the practical sessions, however in the case of a participant declining to complete the examination/treatment skills sessions on a 'live' model (as an 'examining clinician') it will not be possible for them to demonstrate that they have achieved the learning outcomes.

The following consent form must be completed and brought with you on the first day of the workshop.

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Consent form

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PRACTICAL SESSIONS ON VAGINAL ASSESSMENT / TREATMENT TECHNIQUES

I understand that the workshop includes a practical element where I can learn about both pelvic floor/vaginal assessment and appropriate treatment techniques by examining/practising on other workshop participants.

1. I am **willing/not willing*** to allow other physiotherapists to practise pelvic floor/vaginal assessment on me. ***Please delete as appropriate**
2. I am **willing/not willing*** to allow other physiotherapists to practise appropriate treatment techniques on me (refer to programme for details). ***Please delete as appropriate**
3. I am aware that I may opt in or out of the practical sessions at any stage.
4. I am not aware that I have any infection of either my hands or the area to be examined
5. I am not aware that I am pregnant
6. I am not aware that I am allergic to latex

I would like to disclose the following relevant information about my health to the tutors

.....
.....
.....

NB If you would like the opportunity to talk to one of the tutors prior to the workshop, regarding your health, then please contact the workshop administrator who will put you in touch with the tutors

Name in full.....

Signature..... Date.....

Please rate your competence from 0-5 (5 meaning very confident & extremely competent) for:

Internal pelvic floor assessment_____ External pelvis assessment_____

PLEASE COMPLETE THIS FORM AND BRING IT WITH YOU ON THE FIRST DAY OF THE WORKSHOP

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Please indicate your route of application below:

Attendance at the 'Physiotherapy assessment and management of female urinary dysfunction' workshop. **Please provide details of the venue and date/year of course:**

Or: I am submitting a summary of my experience and training for individual consideration

Name:

HCPC number:

Address:

E-mail:

(This email address will be used when sending the pdf course handout shortly before the date of the course)

Contact telephone number:

POGP member/affiliate/non-member (please indicate)

Do you have any dietary/special requirements?

If YES, please give details (eg vegetarian, vegan, gluten free)

Lunch is not provided

Do you have any mobility, hearing or visual impairments, any condition such as dyslexia or any other needs which mean you would like additional assistance/reasonable adjustment?

If YES, please give details

Please send your completed application form and your cheque **made payable to POGP** to:
POGP course administration, PO Box 1291, Lincoln, LN5 5RA

Applicants preferring to pay by direct bank transfer should submit their application forms to the address above, or by email to pogpcourses@yahoo.com, an invoice will then be issued which will include the relevant bank account details.

Cancellation Policy: Where a place on a workshop has been confirmed a 90% refund will be given for cancellation up to 4 weeks before the workshop, a 50% refund will be given for cancellation up to 2 weeks before the workshop. No refund will be given for a cancellation within 2 weeks of the workshop.

Karen Armitage is the POGP short course administrator.

- The information provided on this form will be used to communicate with you during and to support the effective delivery of POGP courses.
- Your details will not be used or stored for any other purpose.
- We can confirm that your data will not be transferred outside the EEA.
- If you have any questions please view our privacy policy or contact privacyofficers@fitwise.co.uk

Signature

Date

Print Name