

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

Pelvic Health Physiotherapy:  
male lower urinary tract symptoms – advancing your practice

6 July 2019

Physiotherapy Department, Hammersmith Hospital,  
Du Cane Road, Shepherd's Bush, London W12 0HS

£125 POGP member/affiliate  
£160 non-member

This POGP theory-only study day provides participants with the opportunity to better understand the physiotherapy assessment and management of men with lower urinary tract symptoms. This course has been developed primarily to advance the practice of Registered Physiotherapists who have experience in the assessment/management of women with urinary tract symptoms and are competent in the clinical skill of ano-rectal examination. It will help such participants expand their existing knowledge in order to develop their scope of practice into the assessment and management of men with lower urinary tract symptoms (LUTS). It is open to application by physiotherapists without this prior knowledge and experience, however for such participants there will be limited application to practice. Please see the 'Relevance of this course to your scope of practice' section below for more information.

The study content includes: male pelvic floor anatomy and physiology; subjective and objective assessment of the man with lower urinary tract symptoms and an introduction to the management of the pre-/post-prostatectomy patient, including those with prostate cancer. A number of case study discussions will facilitate the development of your clinical reasoning skills and knowledge of management/treatment options.

## **Programme objectives**

1. To provide evidence based information on the prevalence, presentation and symptomatology of male lower urinary tract symptoms (LUTS), with a specific focus on the post-prostatectomy patient.
2. To provide evidence based information on the physiotherapy assessment and management options for men with lower urinary tract symptoms.

## **Learning Outcomes**

By the end of the study day the participant will:

- understand the anatomy of the male pelvic floor and associated structures.
- understand the prevalence and symptoms of lower urinary tract problems, including post-prostatectomy urinary incontinence.
- understand the components of both subjective and objective assessment of a man with lower urinary tract symptoms.
- understand the application of appropriate physiotherapeutic treatment modalities as part of a conservative management programme, including pre-operative prostatectomy management programmes.

- be aware of and able to conform to professional standards in relation to the assessment of men with pelvic floor dysfunction.

### Pre-course reading:

The following pre-course learning will help you to get the most out of the study day:

- Refresh your knowledge of relevant professional issues. You may want to refer to sections of the HCPC 'Standards of conduct, performance and ethics' as well as the current legislation, guidance and/or local policies relating to consent, chaperoning and infection control. Consider how these apply to practice with 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.
- You should familiarise yourself with the anatomy of the male pelvic floor. Try to find relevant on-line resources such as: <http://www.dummies.com/how-to/content/the-anatomy-of-the-male-pelvis.html> or <http://www.webmd.com/sex-relationships/guide/male-reproductive-system> or <http://www.malepelvicfloor.com/anatomy.html>
- Look at the information available on the Prostate Cancer UK website: <http://prostatecanceruk.org>
- You may also find it helpful to familiarise yourself with the evidence on the physiotherapeutic treatment of males with LUT e.g. Cochrane reviews:  
Anderson CA, Omar M, Campbell SE, Hunter KF, Cody JD, Glazener CMA. Conservative management for postprostatectomy urinary incontinence. Cochrane Database of Systematic Reviews 2015, Issue 1. Art. No.: CD001843. DOI: 10.1002/14651858.CD001843.pub5  
Berghmans B, Hendriks E, Bernards A, de Bie R, Omar M. Electrical stimulation with non-implanted electrodes for urinary incontinence in men. Cochrane Database of Systematic Reviews 2013, Issue 6. Art. No.: CD001202. DOI: 10.1002/14651858.CD001202.pub5
- You are encouraged to ask a male friend/relative questions about their bowel habits/bladder control/sexual health. This is intended to help you recognise the differences of discussing symptoms with male patients versus female.

### Study day programme:

Time	Session
08.45	Registration
09.00	Welcome / overview of pre-reading
09.15	Male Pelvic Floor Anatomy and Physiology
10.15	Break
10.45	Introduction to Prostate Cancer: prevalence/epidemiology/medical investigations/medical treatment and side effects, including erectile dysfunction
12.00	Discussion of professional standards – small group discussion
12.30	Lunch
13.30	Physio Assessment (presentation and objective assessment video)
14.45	Break
15.00	Physiotherapy Treatment/Management Containment products
16.15	Advice on developing practical assessment skills/competencies post study-day

<b>16.30</b>	Q+A/ review of the day and procedure for the issue of certificates
<b>17.00</b>	Finish

### **Relevance of this course to your scope of practice**

As mentioned above, this course does not include any practical skills training. Scope of practice is personal to every healthcare practitioner and, as such, it is the responsibility of attendees to determine their own scope of practice based on their knowledge, skills and experience.

Attendance at this study day will help participants expand their existing knowledge, however this may not be sufficient for every participant to incorporate the assessment and treatment of men with lower urinary tract symptoms within their scope of practice.

If you have experience in the assessment/management of women with urinary tract symptoms and are already competent in the clinical skill of ano-rectal examination you are likely to be able to apply the learning from this course to your clinical practice with less additional support/training. Guidance will be given as to how you can develop your knowledge/skills further following the course.

If you have no or limited experience in the assessment/management of women with urinary tract symptoms then you are less likely to be able to apply the learning from this course to your clinical practice unless you have further support/training. If you are not competent in the clinical skill of ano-rectal examination then you will need to attend specific skills training on ano-rectal examination in order to include the assessment/management of men with lower urinary tract symptoms in your scope of practice. In both of these situations this course will still achieve the programme objectives, but there will be limited application to your clinical practice.

The application form (below) includes a 'Statement in relation to scope of practice' that you will need to complete prior to your place being confirmed on the course.

**Refreshments** during morning and afternoon breaks are included in your programme fee but lunch is at your own expense. Various lunch options are available either on-site or in the local area.

**The following application form needs to be completed and sent with payment to the POGP course administrator as directed on the application form.**

## POGP WORKSHOP APPLICATION FORM

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£125 POGP member/affiliate  
£160 non-member

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)

### Statement in relation to scope of practice

I confirm that I have experience in the assessment/management of women with urinary tract symptoms. *Tick to confirm:*

### AND/OR

I confirm that I am competent in the clinical skill of ano-rectal examination.

*Tick to confirm:*

### AND/OR

I confirm that I have read the 'Relevance of this course to your scope of practice' section and am aware that I am responsible for identifying whether the assessment/management of men with lower urinary tract symptoms will be within my personal scope of practice on completion of the study day. *Tick to confirm:*

Do you have any dietary/special requirements?

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

Do you have any mobility, hearing or visual impairments or other needs which mean you would like additional assistance?

If YES, please give details

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

Applicants preferring to pay by direct bank transfer should submit their application form to the address above, or email this to [pogpcourses@yahoo.com](mailto: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](mailto:privacyofficers@fitwise.co.uk)

Signature .....

Date

Print Name