

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

## **Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course**

**7-9 June 2019**

**Physiotherapy Department, St John's Hospital, Howden Road West,  
Howden, Livingston, West Lothian, EH54 6PP**

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

This extended programme comprises a pre-course learning package, three day POGP certified workshop and optional post-workshop written assignment. It provides participants with the opportunity to practice both vaginal examination and treatment skills.

The workshop has been developed for Registered Physiotherapists/CSP members who have not completed an accredited continence course but wish to develop their knowledge and skills in the assessment and management of women with urinary dysfunction. It may be of value to those already working in the speciality who wish to update their knowledge and practical skills. It is not suitable for physiotherapy students but may be useful for a newly-qualified physiotherapist preparing for a rotation in Women's Health.

The workshop content includes: professional issues; relevant anatomy and physiology; the subjective and objective assessment of a woman with urinary dysfunction; theory of various treatment options and further investigations. Practical sessions include vaginal examination and the application of both biofeedback and electrical stimulation.

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.

Participants undertaking the optional post-workshop written assignment have three months following the workshop to complete this. Those who complete the whole programme will receive a certificate indicating completion of the extended programme. Those who attend the three-day workshop, but do not complete the written assignment, will receive a certificate confirming attendance at an approved POGP workshop.

### **Programme objectives**

1. To introduce essential and current evidence-based information on the physiotherapy assessment and management of female urinary dysfunction for physiotherapists working with women with urinary dysfunction.
2. To provide tutor led practical experience of both vaginal examination and the application of techniques used in the treatment of female urinary dysfunction.  
(Ref: CSP information paper PD092)

## Learning outcomes

On completion of the programme the participants should be:

- Able to adequately assess a woman with urinary dysfunction.
- Able to formulate an effective management plan.
- Able to apply appropriate treatment modalities.
- Aware of, and conform to, professional standards in relation to the assessment and management of women with urinary incontinence/pelvic floor dysfunction.

## Programme requirements

In order to complete the extended workshop participants must successfully complete all components of the programme, which are:

- 12 hours of directed study prior to the 3 day workshop (learning tasks and an evidence/evaluation form are provided to participants at the time their place is confirmed)
- Attendance at the three day POGP workshop 'Physiotherapy assessment and management of female urinary dysfunction' including successful completion of the 'Skills checklist for the pelvic floor and vaginal assessment practical session'.
- Submission of an appropriate reflective, evidence-based piece of work (no more than 3000 words in length) to demonstrate the integration of your learning into practice.

## Pre-workshop learning

As stated above those undertaking the complete programme 'Physiotherapy assessment and management of female urinary dysfunction' must be prepared to spend a minimum of 12 hours 'learning time' prior to attending the workshop. This will ensure that the best use can be made of the tutor time on the course and effect worthwhile learning. This pre-workshop learning should assist in a greater understanding of the pelvic floor, prevalence and causes of urinary incontinence and consent issues.

The pre-workshop learning takes the form of specific tasks, which will be e-mailed to you when your place on the workshop is confirmed.

## POGP Workshop programme (3 day taught workshop)

### Day 1

- 8-45 Registration
- 9-00 Welcome and introduction
- 9-20 Professional issues: infection control, consent, chaperones and confidentiality
- 10-30 *Coffee*
- 10-50 Female pelvic anatomy and physiology
- 12-15 *Lunch*
- 13-15 Pathophysiology of urinary incontinence
- 14-15 Verbal (subjective) assessment
- 15-15 *Tea*
- 15-30 Objective assessment
- 16-45 *Close*

## Day 2

- 9-00 Observation of vaginal examination  
Followed by: practical session - vaginal examination with overlapping session:  
analysis of bladder diaries  
*Break will be taken at a suitable time within this session*
- 13-00 *Lunch*
- 14-00 Facilitated reflective practice
- 14-30 Pelvic floor muscle exercises for urinary dysfunction
- 15-30 Theory of biofeedback for urinary dysfunction
- 16-45 *Close*

## Day 3

- 9-00 Theory of neuromuscular electrical stimulation (NMES) for urinary dysfunction
- 10-00 Practical session: NMES and biofeedback  
*Break will be taken at a suitable time within this session*
- 13-00 *Lunch*
- 14-00 Facilitated reflective practice
- 14-30 Vaginal devices and medication for urinary dysfunction
- 15-15 Further referral and other investigations
- 15-45 Information re: written submission and procedure for the issue of certificates
- 16-30 *Close*

## Optional post-workshop written submission

This is part of the extended programme and allows the participant to demonstrate that s/he has achieved the learning outcomes and applied their learning into clinical practice.

## Participant support

There will be e-mail support with tutors following the workshop (on request), as well as group support (with permission of the course participants)

## Criteria for written submission

The written submission is a reflective clinical reasoning exercise, which aims to demonstrate that you have:

- completed an adequate assessment of a woman with urinary incontinence/pelvic floor dysfunction
- formulated an effective management plan.
- applied appropriate treatment modalities and
- conformed to professional standards in relation to the assessment and management of women with urinary incontinence/pelvic floor dysfunction.

The participant needs to demonstrate this by answering a series of guided questions. S/he is asked to validate each response with the rationale that supports her/his clinical reasoning and each response needs to be supported by relevant references. An anonymised copy of the original patient assessment record on which it is based must be submitted, as an appendix. The participant is also asked to submit a reference list, which includes all supporting references using either Vancouver or Harvard system of referencing.

For those who choose to submit a written assignment, the submission must be made within 3 months of the workshop. Further instructions/guidance in relation to the post-workshop submission will be provided during and after the workshop.

## Marking of written submission

All submissions are marked 'blind' by at least one of the tutors in relation to the areas mentioned above, namely:

- Patient assessment
- Management plan
- Selection of appropriate treatment modalities
- Relevant professional standards identified/achieved

Although not a formal essay, the tutor will assess whether the participant has achieved a 'pass' or 'fail' using the following criteria:

	Pass	Fail
<b>Presentation and referencing</b>	Logical structure/well organised No/some spelling/grammatical errors Good use of professional language Clearly expressed Good/adequate referencing	Inadequate attention to structure/disorganised Many spelling/grammatical errors Inconsistent/poor use of professional language Vague/over-simplistic Significant referencing errors
<b>Relevant content and application</b>	Key issues identified Good application of knowledge Clear and comprehensive Mainly accurate/minimal or no errors	Lapses in identification of key issues Poor/no application of knowledge Lacks clarity Significant errors/inaccuracies
<b>Level of clinical reasoning</b>	Clear evidence of understanding Good analysis Clear rationale for decisions Appropriate reflection	Minimal/limited understanding Poor analysis, mainly descriptive Poor/no rationale for decisions Poor reflection

Each participant will receive written feedback within two months of their submission. If the work is found not to be of a high enough standard to meet the criteria, the participant may re-submit an amended version of the original submission within three months. Please note that only one re-submission will be allowed.

Extension to deadlines will only be considered under exceptional circumstances and if the participant contacts the nominated representative before the deadline expires (details will be provided to participants following the workshop).

## Information for the practical session on vaginal assessment.

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.

In the case of a participant declining to complete at least one vaginal examination on a 'live' model it will not be possible to complete the skills checklist and the participant will not be able to complete the programme (see 'programme requirements' information on page 2).

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 and she will put you in touch with the tutors.**

Name in full.....

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

**PLEASE COMPLETE THIS FORM AND BRING IT ALONG ON THE FIRST DAY OF THE WORKSHOP**

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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)

**NB: lunch is at your own expense – this information is required for breaks only**

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](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 .....  
Print Name

Date