

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

## **Pelvic Health Physiotherapy: lower bowel dysfunction – an entry level course**

**26-28 June 2020**

**Circle Reading Hospital, 100 Drake Way, Reading, RG2 0NE**

**£345 POGP member/affiliate  
£420 non-member**

This POGP certified workshop has been developed for Physiotherapists who have not completed an accredited continence course but may also be of value to those who wish to update their knowledge and practical assessment 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. POGP recommends that participants complete a number of specified learning tasks prior to the workshop.

The workshop content includes: professional issues; relevant anatomy and physiology; subjective and objective assessment of the patient with lower bowel dysfunction and relevant treatment. Practical sessions include ano-rectal examination as well as the application of treatment techniques including rectal sensation testing, rectal balloon expulsion training and electrical stimulation.

During the workshop each participant will normally carry out at least one ano-rectal examination. 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.

Please note: vaginal examination is not included as any part of this workshop. Whilst not a pre-requisite POGP advises that completion of the 'Physiotherapy assessment and management of female urinary dysfunction' programme (or equivalent) is beneficial before attending this workshop.

### **Programme objectives**

1. To introduce essential and current evidence-based information on the physiotherapy assessment and management of lower bowel dysfunction.
2. To provide tutor led practical experience of both ano-rectal examination and the application of techniques used in the treatment of lower bowel dysfunction.  
(Ref: CSP information paper PD092)

### **Learning outcomes**

On completion of the programme the participants should be:

- Able to adequately assess a patient with lower bowel dysfunction
- Able to formulate an effective management plan of a patient with lower bowel dysfunction
- Able to apply appropriate treatment modalities
- Aware of and conform to professional standards in relation to the assessment and management of men and women with lower bowel dysfunction

### **Pre-workshop learning**

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

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

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

If you practice outside of the UK or are not a Chartered Society of Physiotherapy (CSP) member, you are not likely to be able to access the CSP information papers. If this is the case, please contact the course administrator.

**For those participants who have not previously attended the 'Physiotherapy assessment and management of female urinary dysfunction' programme** it is recommended that you review the anatomy of the pelvic floor – the endopelvic fascia, levator ani, perineal membrane, external superficial muscles, external anal sphincter and associated pelvic muscles (eg obturator internus & piriformis).

You may find it helpful to view diagrams to demonstrate the layers, especially regarding the muscles that you are able to palpate. If you have an Athens password you may be able to access [www.anatomy.tv](http://www.anatomy.tv) Alternatively you may find the following YouTube link helpful: <http://www.youtube.com/watch?v=P3BBAMWm2Eo>

It is also recommended that you update yourself on the current legislation/guidance relating to consent. **If you practice in the UK** this will include the CSP guidance on consent: PD078, which is available as a downloadable PDF file at: <http://www.csp.org.uk/publications/consent-physiotherapy-practice> (accessed 11/07/16), as well as relevant sections of the HCPC 'Standards of conduct, performance and ethics'. You may also include relevant consent policies in operation in your workplace. Consider how the issues raised in the legislation/guidance apply to people presenting for physiotherapy assessment and management of lower bowel dysfunction.

**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.

The following books may be helpful for any further pre-workshop learning that you have identified:

Bo K, Berghmans B, Morkved S, Van Kampen M (2015) Evidence-Based Physical Therapy for the Pelvic Floor Bridging Science and Clinical Practice. Churchill Livingstone. ISBN 9780702044434

Laycock J., Haslam J. (eds) (2008) Therapeutic Management of Incontinence and Pelvic Pain (2<sup>nd</sup> Ed). Springer, London.

## **POGP workshop programme (3 day taught workshop)**

### **Day 1**

- From
- 8-45 Registration
- 9-00 Welcome and introduction
- 9-20 Professional issues: infection control, consent, chaperones and confidentiality
- 10-30 Break
- 10-50 Anatomy and physiology of the lower bowel and pelvic floor complex
- 12-00 Patho-physiology of ano-rectal dysfunction
- 13-00 Lunch
- 14-00 Verbal/subjective assessment
- 15-00 Break
- 15-15 Objective assessment
- 16-45 Close

### **Day 2**

- 9-00 Objective assessment – the Colorectal surgeon's view
- 9-20 Open discussion with Colorectal surgeon
- 9-40 Observation of ano-rectal examination/knowledge check (group divided into two)  
Practical session  
Break will be taken at a suitable time within this session
- 13-00 Lunch
- 14-00 Facilitated reflective practice
- 14-30 Investigations for ano-rectal dysfunction
- 15-15 Anal sphincter/pelvic floor muscle training
- 16-00 Theory of neuromuscular electrical stimulation for lower bowel dysfunction
- 16-45 Close

### **Day 3**

- 9-00 Theory of treatment/management of anal incontinence
- 10-30 Coffee
- 10-45 Theory of treatment/management of constipation/difficult defaecation
- 12-30 Lunch
- 13-30 Demonstration of practical techniques used in the treatment of lower bowel dysfunction  
Practical session:  
Rectal sensation testing, balloon expulsion techniques, teaching optimal position/action for defaecation  
Break will be taken at a suitable time within this session
- 16-00 Facilitated reflective practice
- 16-20 Final comments
- 16-30 Close

### **Information for the practical session on ano-rectal 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 ano-rectal examination on a 'live' model it will not be possible to demonstrate that the programme learning outcomes have been achieved.

**Consent form**

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**PRACTICAL SESSION ON ANO-RECTAL ASSESSMENT / TREATMENT TECHNIQUES**

I understand that the workshop includes a practical element where I can learn about both pelvic floor/ano-rectal 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/ano-rectal 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 PRINT THIS FORM AND BRING IT WITH YOU TO THE COURSE. PLEASE DO NOT COMPLETE IT IN ADVANCE**

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Name:

HCPC number:

Address:

E-mail:

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

Do you consent to your name and e-mail address being shared with other participants?

Please email your completed application form to [pogpcourses@outlook.com](mailto:pogpcourses@outlook.com) by post to POGP course administration, PO Box 1291, Lincoln, LN5 5RA

An invoice will then be issued which will include the relevant bank account details for payment by bank transfer. If you prefer to pay by an alternative method please confirm at the time of submitting your application form.

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.

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Women's & Men's Health

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