



# MALAYSIAN PHYSIOTHERAPY ASSOCIATION PELVIC HEALTH PHYSIOTHERAPY WORKSHOP 2024

ORGANISED BY MPA WOMEN HEALTH SIG

## • THEORY

	11th & 12th October 2024		8:30 AM - 5:00 PM
	ONLINE PLATFORM: Google Meet		

## • PRACTICAL

	25th & 26th October 2024		8:30 AM - 4:30 PM
	HOSPITAL TUNKU AZIZAH, KUALA LUMPUR		

## TUTOR:



**Margaret Sherburn**

B.App.Sc (Physio),  
M.Womens.Health, PhD, FACP

Margaret is currently a Senior Fellow in the Physiotherapy Department, in the School of Health Sciences at the University of Melbourne, and a clinician in private practice. Her main areas of research and clinical practice are the conservative management of pelvic floor dysfunction in women with pelvic pain, prolapse or incontinence, the use of real-time ultrasound as a rehabilitation and measurement tool, and the role of exercise in women's health. Until three years ago, she headed up the Postgraduate Certificate in Pelvic Floor Rehabilitation in the Department of Physiotherapy, University of Melbourne. She is a Continence and Women's Health Clinical Specialist Physiotherapist, a Fellow of the Australian College of Physiotherapists, and is former Head of the Physiotherapy department at the Royal Women's Hospital. She is also a past Editor of the Australian and New Zealand Continence Journal and is currently a reviewer for the Journal.

## REGISTER HERE



MPA MEMBER	RM 1300
NON MEMBER	RM 2000

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## FOR MORE INFO

 [mpa.net.my/announcements.php](https://mpa.net.my/announcements.php)

 [mpa.secretariat2020@gmail.com](mailto:mpa.secretariat2020@gmail.com)





# ALSO WILL BE ASSISTED BY:



**Neng Shahidah Sabullah**

Prince Court Medical Centre



**Dr. Parwathi Alagirisamy**

KPJ Damansara Specialist Hospital



**Nurfarizatul Idayu Mohd Aris**

Hospital Tunku Azizah, Kuala Lumpur



**Nur Yanti Hariana Othman**

Hospital Raja Perempuan Zainab II



**Syazwin Niza Nasution**

PICASO Hospital, Petaling Jaya



**Kaiyisah Suhaili**

Freelance Women's Health Physiotherapist



**Suhaila Shohaimi**

Hospital Canselor Tuanku Muhriz

FOR MORE INFO



[mpa.net.my](http://mpa.net.my)



[mpa.secretariat2020@gmail.com](mailto:mpa.secretariat2020@gmail.com)





# WORKSHOP TENTATIVE (THEORY)

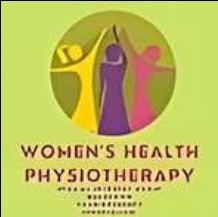
## DAY 1: 11th OCTOBER 2024

08:30-08:45	Introduction
08:45-09:45	Anatomy, Neurology and Physiology of pelvic floor
09:45-10:15	Standardization of Terminology of PFM function and dysfunction
10:15-10:30	Q&A
10:30-10:45	Break
10:45-11:45	Clinical condition related to pelvic floor dysfunction <ul style="list-style-type: none"><li>• Urinary Incontinence</li><li>• Nocturia</li><li>• Pelvic Organ Prolapse</li></ul>
11:45-12:00	Q&A
12:00-12:45	Clinical assessment – taking the patient's history Clinical decision making
12:45-01:00	Q&A
01:00-02:00	Lunch Break
02:00-02:45	Physical Assessment of the Pelvic Floor; protocol and Informed consent
02:45-03:15	Outcome measures (measuring what we do)
03:15-03:30	Q&A
03:30-04:15	Electrotherapy & Adjunctive Therapy for PFM Dysfunction
04:15-04:45	RTUS for the pelvic floor
04:45-05:00	Q &A

## DAY 2: 12th OCTOBER 2024

08:30-09:15	Exercise Physiology and Evidence for PFMT
09:15-10:00	PFMT practical tips and tricks
10:00-10:15	Q&A
10:15-11:00	Overactive bladder management tips and tricks
11:00-11:15	Q&A
11:15-11:30	Break
11:30-12:00	Motivation & Adherence





# WORKSHOP TENTATIVE (THEORY)

DAY 2: 12th OCTOBER 2024

12:00-12:45	Gynaecological Surgery – physiotherapy pre and post-surgery
12:45-01:00	Q&A
01:00-01:45	Lunch Break
01:45-03:00	Pelvic pain conditions and Pelvic pain assessment
03:00-03:15	Q&A
	Women through life stages:
03:15-04:00	• Childbearing Year
04:00-04:45	• Menopause to older age
04:45-05:00	Q& A





# WORKSHOP TENTATIVE (PRACTICAL)

## DAY 1: 25th OCTOBER 2024

08:30-08:45	Welcome and Introduction
08:45-09:30	PRACT 1: Demonstration <ul style="list-style-type: none"><li>Informed Consent; Intimate examination introduction; protocol for a vaginal examination</li></ul>
09:30-10:00	MORNING BREAK
10:00-12:00	PRACT 2: WITH PATIENTS <ul style="list-style-type: none"><li>Vaginal examination – surface anatomy, pelvic floor muscle assessment, including grading the PFM</li></ul>
12:00-12:30	De-brief after practical session
12:30-01:30	LUNCH BREAK
01:30-03:15	PRACT 3: AMONGST PARTICIPANTS <ul style="list-style-type: none"><li>Vaginal examination – surface anatomy, pelvic floor muscle assessment, including grading the PFM</li></ul>
03:15-03:30	De-brief after practical session
03:30-04:30	Lecture: Anorectal Dysfunction - Assessment and Management
04:30	End of Day 1

## DAY 2: 26th OCTOBER 2024

08:30-09:15	PRACT/Discussion 4 Bladder Training
09:15-10:15	PRACT 5: Real Time Ultrasound
10:15-10:45	Morning Break
10:45-11:45	PRACT 6: Biofeedback
11:45-12:45	PRACT 7: Electrical Stimulation
12:45-01:45	Lunch Break
01:45-02:30	PRACT 8: Ano-rectal examination
02:30-04:00	Pract/Discussion 9: Pain management strategies
04:00-04:30	Final Q&A Progam finishes