

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 | |

TUTOR:



- **PRACTICAL**

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

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
NON MEMBER

RM 1300
RM 2000

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Malaysia

FOR MORE INFO

mpa.net.my/announcements.php
 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



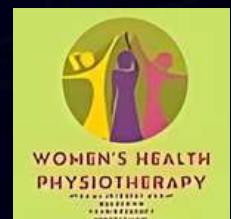
Suhaila Shohaimi

Hospital Canselor Tuanku Muhriz

FOR MORE INFO

 mpa.net.my

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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">• Urinary Incontinence• Nocturia• Pelvic Organ Prolapse |
| 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

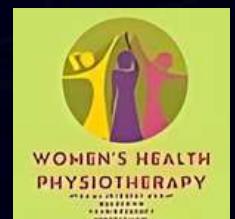
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|-------------|------------------------------------------------------|
| 08:30-09:15 | Exercise Physiology and Evidence for PFMT |
| 09:15-10:00 | PFMT practical tips and tricks |
| 10:00-10:15 | Q&A |
| 10:15-11:00 | Overactive bladder management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

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WORKSHOP TENTATIVE (THEORY)

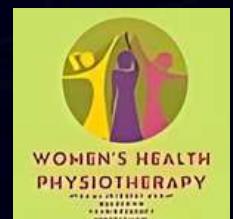
DAY 2: 12th OCTOBER 2024

| | |
|-------------|-------------------------------------------------------------|
| 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 |

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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">• Informed Consent; Intimate examination introduction; protocol for a vaginal examination |
| 09:30-10:00 | MORNING BREAK |
| 10:00-12:00 | PRACT 2: WITH PATIENTS <ul style="list-style-type: none">• Vaginal examination – surface anatomy, pelvic floor muscle assessment, including grading the PFM |
| 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">• Vaginal examination – surface anatomy, pelvic floor muscle assessment, including grading the PFM |
| 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 Program finishes |

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