

Pelvic Health Physiotherapy Workshop 2023

Organized by MPA Women's
Health Special Interest Group



- Senior Fellow in the Physiotherapy Department at the University of Melbourne and is a clinician in specialist Women's Men's and Pelvic Health private physiotherapy practice.
- 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 for women.
- Continence and Women's Health Specialist Physiotherapist, a Fellow of the Australian College of Physiotherapists, and a past Editor of the Australian and New Zealand Continence Journal.
- Currently on the Journal's Editorial Review Committee.



Dr Margaret Sherburne,
FACP
Specialist Women's
Health Physiotherapist



16th - 18th March 2023



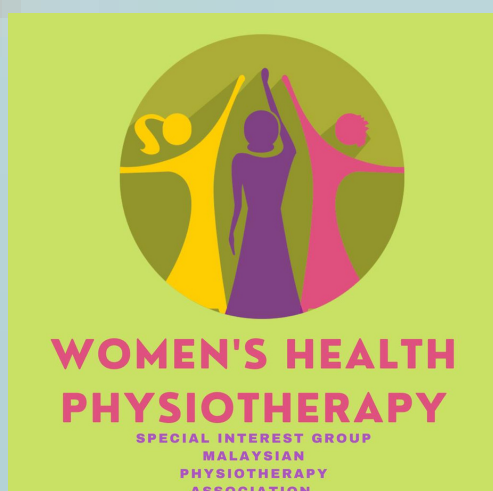
08.30 AM - 16.30 PM



**Hospital Tunku Azizah
(HTA), Kuala Lumpur**



**MPA member: RM 1000
Non member: RM 1500**



SCAN ME

For More Info



www.mpa.net.my

For registration, you may scan the qr code that has been provided in this poster.

THURSDAY, 16th MARCH 2023 (DAY 1)

08.30 - 08.45	Aims of course and introduction
08.45 - 09.30	Pelvic and pelvic floor anatomy, neurology and physiology
09.30 - 09.45	Pelvic terminology- ICS/IUGA document
09.45 - 10.00	Discussion: Case study
10.00 - 10.30	Morning tea break
10.30 - 11.30	Clinical condition- Incontinence, nocturia, pelvic organ prolapse
11.30 - 12.30	Taking patient history and clinical decision making
12.30 - 13.00	Lunch break
13.00 - 14.00	Informed consent; Intimate examination introduction; Protocol for a vaginal examination
14.00 - 15.00	Practical: Vaginal examination (surface anatomy, pelvic floor muscle assessment)
15.00 - 15.30	Discussion: De-brief after practical session
15.30 - 15.45	Afternoon tea break
15.45 - 16.30	Introduction to electrotherapy, biofeedback, and ultrasound

FRIDAY, 17th MARCH 2023 (DAY 2)

08.30 - 09.30	Practical: Electrical stimulation, biofeedback, and ultrasound
09.30 - 10.00	Measuring what we do (Outcome measure)
10.00 - 10.30	Morning tea break
10.30 - 11.00	Muscle and exercise physiology, pelvic floor muscle grading

Registration Fees

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FRIDAY, 17th MARCH 2023 (DAY 2)

- 11.00 - 11.45** Tutorial: Pelvic floor muscle training (tips and tricks)
- 11.45 - 12.30** Tutorial: Overactive bladder and bladder training
- 12.30 - 13.00** Lunch break
- 13.00 - 13.30** Motivation and adherence
- 13.30 - 14.00** Pre and post operative physiotherapy
- 14.00 - 14.30** The pelvic floor in childbearing year
- 14.30 - 14.45** Afternoon tea break
- 14.45 - 16.00** Practical: VE with pelvic floor muscle training, including grading the PFM; POP staging
- 16.00 - 16.30** Discussion: Debrief after practical session; Question and Answer

SATURDAY, 18th MARCH 2023 (DAY 3)

- 08.30 - 09.30** Being female: Women through the life stages (Menarche, fertile year, menopause to frail elderly)
- 09.30 - 10.00** Tutorial: Case study discussion (the pelvic floor through the life stages)
- 10.00 - 10.30** Morning tea break
- 10.30 - 11.30** Anorectal dysfunction
- 11.30 - 12.00** Anorectal assessment (Taking patient history and clinical decision-making)
- 12.00 - 12.30** Practical: Visual assessment of the anal sphincter; Sphincter training

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SATURDAY, 18th MARCH 2023 (DAY 3)

- 12.30 - 13.00** Lunch break
- 13.00 - 14.00** Pelvic pain conditions and sexual dysfunction
- 14.00 - 14.45** Pelvic pain assessment (Taking patient history and clinical decision-making)
- 14.45 - 15.00** Afternoon tea break
- 15.00 - 16.00** Practical: Intervention strategies for pelvic pain
- 16.00 - 16.30** Final session: What next? How to set up your practice to treat women's health patients; Question and answer

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Malaysian Physiotherapy Association Pre-conference Women's Health Course

Practical sessions of pelvic floor assessment and treatment

Assessment of muscle action is a vital part of any program aimed at muscle rehabilitation. In the case of the pelvic floor this is best achieved via an intimate examination, an internal (vaginal or rectal) examination to palpate the pelvic floor structures. For this reason, internal examination of the pelvic floor, pelvic floor muscle assessment, and exercise prescription will be taught in this workshop with students acting as patients for each other. This component of the program is dealt with in a professional manner and tutored in small groups, within curtained treatment cubicles in a hospital environment.

Alternative arrangements for learning pelvic floor assessment and exercises include:

- a) A student providing a female person to act as a practical session partner who can attend all practical sessions and the practical examination.
- b) Arrange with a student on the course, who is willing to be the practical partner for a designated student.

Consent

We recognise that this type of peer learning may be potentially uncomfortable and embarrassing for students working with their colleagues. However, we contend that acting as 'patient' is an important part of this learning process. The following highlights the learning advantages of students acting as patients. However, if you have any concerns regarding this component of the course, it is important that you contact the course coordinator before choosing to participate in the course.

Personal: being the recipient of an internal pelvic floor assessment as a student allows personal insight into the same assessment experienced by a patient, including the comfort / discomfort of the experience. Interacting with the student who is examiner and with the tutor, the student who is patient can provide valuable feedback to ensure the comfort and dignity of a patient in a real-life clinical setting.

Therapeutic: being the recipient of a pelvic floor exercise instruction can be very valuable, as it allows the student to experience muscle fatigue and other sensations experienced when an exercise program is given to a patient in a real-life setting. Again, interaction with the student examiner, with feedback from the tutor, adds a dimension to the learning experience for the student patient, that would not otherwise occur.

Clinical: as with all aspects of physiotherapy, clinicians are educated to experience on themselves first, anything they prescribe to a patient. This is particularly important when considering prescription of adjunctive therapy to the pelvic floor. Any internal devices (sensors, electrodes, intra-vaginal weights) should be tried out first by the physiotherapist on him/herself. The physiotherapist needs the experience of having the device inserted and being taught how to use the device. This enables the physiotherapist to describe to a patient the sensations expected of the device / treatment.

Professional: Physiotherapists have expertise in muscle rehabilitation, exercise prescription etc. This expertise is applied equally well to the pelvic floor as in other areas of the body, and the theoretical instruction component of the course consolidates this. Physiotherapists who have attained this (or other higher) qualifications in the field of pelvic floor rehabilitation, are able to perform a correct, comfortable, clinically effective internal pelvic floor examination. This aspect of training and qualification differentiates trained physiotherapists from physiotherapists who have not undertaken full pelvic floor rehabilitation training.

Compared with other health professionals who work in this field (Doctors – GPs and Specialists – and Nurses), physiotherapists maintain their reputation as the health professional with the greatest expertise in palpation, assessment of the muscles and soft tissues of the pelvis, and the ability to prescribe an accurate and effective exercise program based on the assessment findings. Without the experience of being a patient, this professional expertise may not develop to the same extent.

These four benefits of being a patient must also be balanced against any physical or psychological risks of participation. In the learning environment you are about to enter, we model, and aim to mitigate any physical risks, however, psychological risks are more personal. Please discuss any concerns you have with the course convenor.

Because of the sensitive and personal nature of pelvic floor assessments and the fact that most physiotherapists do not usually perform these assessments, patients who attend physiotherapy for a pelvic floor assessment are always required to provide their verbal consent, and sometimes required to provide their written informed consent to assessment and treatment. As participants in this course, you are similarly required to signify your consent prior to participating in the practical sessions. When you complete the attached consent form, please consider all aspects of consent.

Please complete the consent form below prior to attending the course and bring it with you.

If you have any concerns regarding this component of the course, it is important that you contact the course convenor

Consent Form

Proposed procedure: Participation in pelvic floor assessment and treatment practical sessions, performing and receiving internal (per vaginum or per rectum) examinations.

Method used to provide this information: This document

Material covered:

- [i] what the procedure involves
- [ii] rationale for participation as a student in the procedure
- [iii] potential benefits and risks of the proposed procedure
- [iv] opportunity to ask questions
- [v] opportunity for participant to select alternative procedure or to discuss alternative agreements with the course convenor

Signed (Course Convenor):

Date: 14th March 2023

Participant: I confirm that: (Please tick each item to confirm consent, then sign & date. Leave blank if consent is not given, but still sign)

- [] I have been adequately informed about the proposed procedure
- [] I have understood the information provided
- [] I consent to participate as a student in the proposed procedure
- [] I have an opportunity to ask any further questions about my participation during the program, and that I will raise any concerns I have with the course convenor.

Signed:

Name (please print):

Course: Malaysian Physiotherapy Pre-conference Women's Health Course

Date:

Hand Hygiene

In addition to informed consent, **hand hygiene is an essential component of safety for both you and your patient.**

To ensure you understand the requirements for hand hygiene, please complete the Hand Hygiene Australia (HHA) learning modules for Allied Health at the following web address and **bring your certificate to the course.**

<https://www.hha.org.au/>

You will need to register first then undertake the learning package.