

Pelvic Floor Dysfunction 101

Internal Vaginal Pelvic Floor Evaluation and Treatment Techniques

Developed by Kathe Wallace, PT



GENERAL INFORMATION

Date: Feb 6-7, 2016 Time: 8:00 – 5:00 pm, 8:00 - 3:30 pm Sunday

Where: Kitsap PT, 911 Hildebrand Lane NE, #101, Bainbridge Island, WA 98110 Phone: (206) 842-6288

Cost: \$675 (includes access to articles, lectures, on line CME and video of pelvic floor examination techniques)

AUDIENCE AND PREREQUISITES

Physical Therapists and PT Assistants only, limited to 12 participants.

Prerequisites: Assigned readings, on line CME, videos and completion of a bladder diary.

Pregnant women may not participate in internal evaluation training without a current release letter from their primary obstetrics provider.

SEMINAR DESCRIPTION

Expanding your practice to the treatment of female pelvic floor dysfunction requires learning about many types of urogynecological, colorectal and sexual dysfunctions. In this two day seminar you will learn internal pelvic floor muscle examination of the female patient. Specific internal evaluation and treatment will be discussed for urinary incontinence and chronic pelvic pain patients.

The seminar is designed to comprehensively approach vaginal examination of the PF combining the layer system approach developed by gynecologist Deborah Coady MD with the evaluation model developed by Jo Laycock PT PhD. The participant will learn to apply specific treatment techniques for overactive and underactive pelvic floor muscles.

Prerequisite readings, videos and on line CME assignments will allow the participants to focus on examination and treatment techniques. Case studies will describe treatment progressions.

Participants will practice vaginal evaluation and treatment techniques on each other. Pregnant women may not participate in internal evaluation training without a current release letter from their primary obstetrics provider.

OBJECTIVES (FOR ALL EDUCATIONAL INFO)

Live seminar: PFD 101-Upon completion of this seminar the participant will be able to

1. Perform internal vaginal evaluation of the pelvic floor muscles.
2. Identify vulvar anatomy and palpate specific muscles in each layer of the pelvic floor.
3. Identify pelvic organ prolapse stages by internal examination.
4. Teach pelvic floor exercises for prolapse and UI with internal exam.
5. Perform specific pelvic floor release techniques for pelvic pain conditions.
6. Review case studies of evaluation and treatment skills for patients with pelvic girdle or chronic pelvic pain and urinary incontinence.

Objectives for Video, Slides, and References pre seminar preparation will be

1. Describe the normal anatomy and functions of the pelvic floor and lower urinary tract.
2. List the types of urinary incontinence and pelvic organ prolapse treated with exercise and education.
3. Complete an on line CME on Vulvodynia.
4. Identify behavioral factors contributing to incontinence or bladder symptoms and perform education and treatment (diary, bladder retraining)

Plan on spending at least 8-12 hours of preparation/reading and study time.

SCHEDULE

Day 1

8:00

- Objectives – Introduction
- The Layer System of Patient Examination / Detailed PF Anatomy
- Review of Indications and Contraindications for Internal PF Examination
- Explaining an Internal Vaginal Exam to your Patients

BREAK

9:30

- Lab Practicum:
 - Vulvar anatomy, Skin and Scar Assessment,
 - Nerve Supply to the Pelvic Floor and Perineal Area
 - Contraction / Release Visual Assessments
 - External Palpation Muscle , Bony Landmarks, ID Exam
- Specific PF muscle assessment, ICS Scoring for MMT
 - 3 Layer Anatomy of the Pelvic Floor Muscles and Fascial Connections to adductors, abdominals and hips

LUNCH – On your own

1:00

- Vulvar Health and Bladder Diaries (Bring your completed diaries)

2:00

- Lab Practicum: review with addition of
 - *Pelvic Floor MMT (Laycock PERFECT scale),
 - * Pelvic Organ Prolapse Evaluation
 - *Assessment/Specific Evaluations for Pain

BREAK

- Case Studies for Incontinence and Prolapse Conditions
- Video of UI surgery

17:00 End

Day 2

8:00

- Review and Questions
- Overview of Pelvic Pain Conditions

Break

- Lab Practicum with addition of
 - * Assessments/Specific testing for Pelvic Pain
 - *Teaching PF exercises with internal exam
 - * Specific PF Release Techniques

LUNCH – On your own

1:00

- Pelvic Pain Conditions (review of assigned readings,CME)
- Case Studies for Pelvic Pain

BREAK

- Lab Practicum : Summary of Internal Techniques
- Questions
- Course evaluation

3:30 End

PRE-COURSE Assignments

It is critical that you have a baseline knowledge of the pelvic floor muscles

Videos - Anatomy on my website

<http://kathewallace.com/resources/videos/>

Then test your knowledge by using this teaching tool

<http://memorize.com/anatomy-iv-perineum/sabomm>

Understand the approaches to patient evaluation with pain/incontinence/ sexual dysfunction

<http://contemporaryobgyn.modernmedicine.com/contemporary-obgyn/news/chronic-sexual-pain-layered-guide-evaluation?page=full>

MEDSCAPE- - create an account for free and learn about

Vulvodynia CME *Vulvodynia: An Under-recognized Pain Disorder Affecting 1 in 4 Women and Adolescent Girls – Integrating Current Knowledge Into Clinical Practice*

http://www.medscape.org/viewarticle/780555_2

Overview of Urinary Incontinence

<http://emedicine.medscape.com/article/452289-overview>

Incontinence Bladder anatomy

<http://emedicine.medscape.com/article/1988009-overview>

Pelvic Organ Prolapse

<http://emedicine.medscape.com/article/276259-overview>

Vulvar care techniques and overview of vulvodynia at nva.org

<https://www.nva.org/for-patients/self-help-tips/>

Bladder care techniques- bladder retraining explained

<http://www.womensbladderhealth.com/pdf/bladdertraining.pdf>

Forms to Complete and Bring to Class

Do a three day bladder diary- Please do one day with urine collection and measurement. Do one work day and one weekend or non -work day.

<http://kathewallace.com/wp-content/uploads/2015/06/BladderDiary.pdf>

PF questionnaires- complete and bring to class

PFDI-20

<http://kathewallace.com/wp-content/uploads/2015/06/PFDI-20.pdf>

Queensland Pelvic Floor Questionnaire

https://jeanhailes.org.au/contents/documents/Health_Professionals/Live_webinars/Pelvic_floor_questionnaire.pdf

VQ for functional goals

<http://kathewallace.com/wp-content/uploads/2015/06/VQpelvicpainquestionnaire.pdf>

Registration

When: February 6 & 7, 2016

Time: Saturday (Feb. 6) 8:00 AM – 5:00 PM & Sunday (Feb. 7) 8:00 AM – 3:30 PM

Location: Kitsap PT, 911 Hildebrand Lane NE #101, Bainbridge Island, WA 98110

Cost: \$675 USD – includes PDF files of all slides, access to private YouTube account of evaluation techniques

Registration information:

First name: _____

Last name: _____

Degree(s) to appear on certificate? (i.e. Jane Doe, DPT, ATC, OCS): _____

Name of clinic / hospital or employer: _____

Therapist street address: _____

City: _____ State: _____ ZIP: _____ Country: _____

Email address: _____

Phone number: _____ Cell Home Work

Cancelation policy: \$75 administration fee

To register: please call, fax, or email the above information to:

KPT Administration

Phone: (360) 598-3764

Fax: (360) 598-3282

Email: gastonpetercontesse@kitsappt.com or karabermensolo@kitsappt.com

After registering by phone, fax, or email, you may pay either by credit card over the phone at 360-598-3764 or by mailing a check to:

Kitsap Physical Therapy & Sports Clinic

19319 7th Ave #100

Poulsbo, WA 98370

*KPT will arrange pickup and transportation for participants wishing to walk on the ferry to commute **BY REQUEST***