

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

Advancing your skills into Men's Health

Part 1: Physiotherapy assessment and management of lower urinary tract symptoms

21 April 2018

Wishaw General Hospital, 50 Netherton Road, Wishaw ML2 0DP

£125 POGP member/affiliate

£160 non-member

This POGP theory-only study day provides participants with the opportunity to better understand the physiotherapy assessment and management of men with lower urinary tract symptoms. It has been developed for Registered Physiotherapists who have experience in both the assessment/management of women with urinary tract symptoms and competent in the clinical skill of anorectal examination. The study day will help participants expand their existing knowledge in order to develop their scope of practice into the assessment and management of men with lower urinary tract symptoms (LUTS).

The study content includes: male pelvic floor anatomy and physiology; subjective and objective assessment of the man with lower urinary tract symptoms and an introduction to the management of the pre-/post-prostatectomy patient, including those with prostate cancer. A number of case study discussions will facilitate the development of your clinical reasoning skills and knowledge of management/treatment options.

## **Programme objectives**

1. To provide evidence based information on the prevalence, presentation and symptomatology of male lower urinary tract symptoms (LUTS), with a specific focus on the post-prostatectomy patient.
2. To provide evidence based information on the physiotherapy assessment and management options for men with lower urinary tract symptoms.

## **Learning Outcomes**

By the end of the study day the participant will:

- understand the anatomy of the male pelvic floor and associated structures.
- understand the prevalence and symptoms of lower urinary tract problems, including post-prostatectomy urinary incontinence.
- understand the components of both subjective and objective assessment of a man with lower urinary tract symptoms.
- understand the application of appropriate physiotherapeutic treatment modalities as part of a conservative management programme, including pre-operative prostatectomy management programmes.
- be aware of and able to conform to professional standards in relation to the assessment of men with pelvic floor dysfunction.

## Pre-course reading:

The following pre-course learning will help you to get the most out of the study day:

- Refresh your knowledge of relevant professional issues. You may want to refer to sections of the HCPC 'Standards of conduct, performance and ethics' as well as the current legislation, guidance and/or local policies relating to consent, chaperoning and infection control. Consider how these apply to practice with this client group.

If you practice outside of the UK it would be appropriate for you to review the legislation and professional guidance applicable in your country.

- You should familiarise yourself with the anatomy of the male pelvic floor. Try to find relevant on-line resources such as: <http://www.dummies.com/how-to/content/the-anatomy-of-the-male-pelvis.html> or <http://www.webmd.com/sex-relationships/guide/male-reproductive-system> or <http://www.malepelvicfloor.com/anatomy.html>
- Look at the information available on the Prostate Cancer UK website: <http://prostatecanceruk.org>
- You may also find it helpful to familiarise yourself with the evidence on the physiotherapeutic treatment of males with LUT e.g. Cochrane reviews:  
Anderson CA, Omar M, Campbell SE, Hunter KF, Cody JD, Glazener CMA. Conservative management for postprostatectomy urinary incontinence. Cochrane Database of Systematic Reviews 2015, Issue 1. Art. No.: CD001843. DOI: 10.1002/14651858.CD001843.pub5  
Berghmans B, Hendriks E, Bernards A, de Bie R, Omar M. Electrical stimulation with non-implanted electrodes for urinary incontinence in men. Cochrane Database of Systematic Reviews 2013, Issue 6. Art. No.: CD001202. DOI: 10.1002/14651858.CD001202.pub5
- You are encouraged to ask a male friend/relative questions about their bowel habits/bladder control/sexual health. This is intended to help you recognise the differences of discussing symptoms with male patients versus female.

## Study day programme:

Time	Session
08.45	Registration
09.00	Welcome / overview of pre-reading
09.15	Male Pelvic Floor Anatomy and Physiology
10.15	Break
10.45	Introduction to Prostate Cancer: prevalence/epidemiology/medical investigations/medical treatment and side effects, including erectile dysfunction
12.00	Discussion of professional standards – small group discussion
12.30	Lunch
13.30	Physio Assessment (presentation and objective assessment video)
14.45	Break
15.00	Physiotherapy Treatment/Management Containment products
16.15	Advice on developing practical assessment skills/ competencies post study-day
16.30	Q+A/ review of the day and procedure for the issue of certificates
17.00	Finish

**Refreshments** during morning and afternoon breaks are included in your programme fee but lunch is at your own expense. Various lunch options are available either on-site or in the local area.

**The following application form needs to be completed and sent with payment to the POGP course administrator as directed on the application form.**

**POGP WORKSHOP APPLICATION FORM**

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Name: \_\_\_\_\_ HCPC number: \_\_\_\_\_  
(Not applicable for students)

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

POGP member/affiliate/non-member (please indicate)

I confirm that I have experience in both the assessment/management of women with urinary tract symptoms and am competent in the clinical skill of anorectal examination. *Tick to confirm:*

Do you have any dietary/special requirements?  
If YES, please give details (eg vegetarian, vegan, gluten free)

Do you have any mobility, hearing or visual impairments or other needs which mean you would like additional assistance?  
If YES, please give details

Please send your completed application form and your cheque **made payable to POGP** to:  
**POGP course administration, c/o PO Box 1291, Lincoln, LN5 5RA**

Applicants preferring to pay by direct bank transfer should submit their application form to the address above, or email this to [pogpcourses@yahoo.com](mailto:pogpcourses@yahoo.com) an invoice will then be issued which will include the relevant bank account details.

**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.

POGP would like to inform you of future POGP approved workshops. In light of recent legislation relating to Data Protection, there is a legal requirement for you to give consent for this to happen. Please complete the following declaration if you wish to receive further information of forthcoming POGP courses.

Signature ..... Date

Print Name