

Pelvic, Obstetric and Gynaecological Physiotherapy

PAEDIATRIC INCONTINENCE AND PELVIC FLOOR DYSFUNCTION

7-8 July 2018

Bradford Royal Infirmary, Duckworth Lane,
Bradford, BD9 6RJ

Course tutor: Dawn Sandalcidi PT, RCMT, BCB-PMD

****EARLY BIRD FEE****

for all bookings confirmed before 31 January 2018

£250 POGP member/affiliate/associate

£ 300 non-member

thereafter fees of

£300 POGP member/affiliate/associate

£350 non-member

Refreshments during morning and afternoon breaks on each day are included in your programme fee. **Lunch is not included**

This programme comprises a pre-course learning package and two day attended course.

Course learning outcomes – see Appendix 1

Pre-course learning (online lectures with voiceover commentary)

You will be sent links to a number of on-line learning resources 4 weeks before the course. It is highly recommended that you review these resources in advance of the course as the content will not be repeated during the two days. The resources will include:

- Anatomy of the pelvic floor in the young child as compared to the adult
- Development of urinary control from infancy
- Posture and development of the diaphragm
- Standardization of Terminology of Bladder Function in Children and Adolescents - defines symptoms of increased or decreased frequency, incontinence, urgency and nocturia as it relates to bladder storage and hesitancy, straining, weak stream and intermittency as it relates to voiding symptoms. Includes other symptoms of holding maneuvers, incomplete emptying, post void dribble, and genital pain
- Conditions and diagnoses- Includes bedwetting and daytime conditions of overactive bladder (OAB), urge incontinence, voiding postponement, underactive bladder, dysfunctional voiding, obstruction, stress incontinence, giggle incontinence, vaginal reflux, bowel bladder dysfunction and increased frequency.
- Investigative tools - All invasive investigative tools will be in the voiceover lectures including urodynamic testing procedures, voiding cystourethrogram (VCUG) as well as non-invasive testing to include kidneys, ureters and bladder scan (KUB) – a plain film to look for constipation, ultrasound imaging for bladder wall thickness and post-void residuals (PVRs) and uroflowmetry.
- Neurogenic bladder - causes and bladder sphincter function based on urodynamic findings.
- Vesicoureteral reflux (VUR): definition, medical-surgical management
- Surface EMG – biofeedback basics

Course programme (subject to minor amendment)

Day one

8:45 Registration

9:00 Pre-course learning: opportunity to ask questions

9:15 Analysis of bladder diaries

9:45 Physiology of defaecation

10:15 Practical session - belly breathing with toileting

11:00 Break

11:15 Constipation and encopresis: definitions, treatment, medications

12:00 Practical session – ILU (I Love U) and connective tissue massage

1:00 Lunch

1:45 Enuresis (bedwetting): definition, aetiology, medico-behavioural management

2:45 Dysfunctional voiding

3:30 Break

3:45 Surface electromyography (SEMG): lecture of paediatric EMG findings and treatment progressions with computer animated demonstration of evaluation, and video demonstration of patients

4:45 Practical session - SEMG to include proper electrode placement, evaluation and treatment progressions

5:45 End of day 1

Day Two:

9:00 Common medications

9:15 Psychological considerations

9:45 Medical evaluation

9:30 Video of patient initial evaluation

10:30 Physiotherapy evaluation- subjective and objective

11:30 Break

11:45 Physiotherapy assessment and treatment with video treatment sessions

12:45 Lunch – with option to watch video of initial evaluation

1:45 Double voiding: treatment goals and progressions

2:30 Start up - items to have in the clinic, website, apps and referral sources

2:45 Case studies: written and interactive group case studies

4:15 Questions and answers

4:45 End of course

Pelvic, Obstetric and Gynaecological Physiotherapy

PAEDIATRIC INCONTINENCE AND PELVIC FLOOR DYSFUNCTION

7-8 July 2018

Bradford Royal Infirmary, Duckworth Lane,
Bradford, BD9 6RJ

****EARLY BIRD FEE****

for all bookings confirmed before 31 January 2018

£250 POGP member/affiliate/associate

£ 300 non-member

thereafter fees of

£300 POGP member/affiliate/associate

£350 non-member

Name:

HCPC registration number:

Address:

E-mail:

Contact telephone number:

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 this application form and your cheque **made payable to POGP** to:

POGP course administration, PO Box 1291, Lincoln, LN5 5RA

Applicants preferring to pay by direct bank transfer should submit their application form to the address above, an invoice will then be issued which will include the relevant bank account details.

Cancellation Policy: No refund will be given for a cancellation within 2 weeks of the workshop. Any cancellation before this time, where payment has been made & place confirmed, will be given a full refund minus an administration fee of 10%.

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

APPENDIX 1 – course learning outcomes

Upon completion of this course, participants will be able to:

- List 2 muscles groups and describe 3 functions of the pelvic floor
- Understand the development of normal urinary control in paediatrics
- List the 4 phases of defecation and describe the rectal anal inhibitory reflex
- Identify common causes of constipation and its relationship to bladder dysfunction
- Perform visceral and soft tissue techniques for constipation
- Describe the pelvic floor relationship to voiding reflexes
- Understand pediatric urology terminology and investigative tools used for testing the paediatric patient
- Discuss education and treatment about diet including bladder health and bladder retraining
- Understand pediatric pelvic floor dysfunctions on SEMG as it relates to bowel and bladder function
- Evaluate the effects of posture and positioning on pelvic floor muscle recruitment and relaxation
- Understand the psychological effects of bedwetting, daytime urinary incontinence and faecal incontinence
- Describe behavioural treatments or Urotherapy for paediatric pelvic floor dysfunctions
- Understand the use of surface electromyography (SEMG) in the paediatric patient
- Develop treatment progressions for children with paediatric bowel and bladder dysfunction
- Perform verbal instruction of pelvic floor activation
- Perform 3 different diaphragmatic breathing techniques for paediatric patients including diastasis rectus abdominis assessment with examples of core activation
- Discuss the effects of toileting postures on pelvic floor muscle recruitment and relaxation