

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

## **Short course programme**

Pelvic Obstetric and Gynaecological Physiotherapy (POGP) is a professional network of the Chartered Society of Physiotherapy. POGP delivers a number of short courses developed for Physiotherapists who wish to acquire or develop their knowledge and skills in various specialist clinical areas. POGP courses are facilitated by tutors, who are advanced practitioners with specific expertise/interest in the particular topic addressed in each of the courses they facilitate. The tutoring, as well as the course content, format and delivery are all subject to a quality assurance process, which is overseen by the Education Sub-committee and ultimately the Executive Committee of the organisation.

The courses available within the programme at present are as follows:

### **Physiotherapy assessment and management of female urinary dysfunction**

This extended programme includes a pre-course learning package, three day POGP certified workshop and optional post-workshop written assignment.

The workshop content includes: professional issues; relevant anatomy and physiology; subjective and objective assessment; theory of various treatment options and further investigations. Practical sessions include vaginal examination and the application of both biofeedback and electrical stimulation.

#### *Programme Objectives*

1. To introduce essential and current evidence-based information on the physiotherapy assessment and management of female urinary dysfunction for physiotherapists working with women with urinary dysfunction
2. To provide tutor led practical experience of both vaginal examination and the application of techniques used in the treatment of female urinary dysfunction (Ref: CSP PD092)

#### *Learning Outcomes*

On completion of the programme the participants should be:

- able to adequately assess a woman with urinary dysfunction
- able to formulate an effective management plan
- able to apply appropriate treatment modalities
- aware of, and conform to professional standards in relation to the assessment and management of women with urinary incontinence/pelvic floor dysfunction
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### **Understanding pelvic organ prolapse - assessment and conservative management**

This POGP certified study day provides participants with the opportunity to better understand pelvic organ prolapse.

The study day includes: relevant anatomy and physiology; the components of subjective and objective assessment; review of the current research and evidence for treatment; theory of conservative management and surgical treatment options and professional considerations. Please note: there are no practical sessions on this study day.

### *Programme objectives*

1. To provide evidence-based information on the epidemiology, presentation and symptomology of pelvic organ prolapse (POP)
2. To provide evidence-based information on the assessment and treatment options for POP, including an effective programme of physiotherapy management

### *Learning Outcomes*

On completion of the workshop the participants should:

- understand the anatomical changes related to pelvic organ prolapse (POP), the classification of POP and the relationship to symptomology
- understand the prevalence, causes and symptoms relating to POP and the impact on quality of life
- be able to undertake a subjective and understand the components of an objective assessment of POP
- be able to deliver an appropriate conservative management programme including pelvic floor muscle exercise and training
- understand the role of pessaries in a conservative management programme
- have up to date knowledge on the role of surgery in POP
- be able to choose and use valid outcome measures in POP
- be aware of and conform to professional standards in relation to the assessment of women with pelvic floor dysfunction
- be able to identify what physiotherapy service is required for women with POP

### **Introduction to Physiotherapy in the Childbearing Year**

This new study day provides an introduction to physiotherapy in perinatal care and is designed for physiotherapists and physiotherapy students who have an interest in women's health. Participants will discuss the evidence relating to health promotion in pregnancy, childbirth and beyond, in sessions that provide an overview of safe practice and special considerations for this patient group in both the management of some pregnancy-related problems and the setting up of education or exercise classes for this client group.

This course will also help those involved in teaching other professional groups/students in, for example, promotion of continence.

### *Programme objective*

To provide the participant with the knowledge and skills to deliver perinatal healthcare promotion and physiotherapy care.

### *Learning Outcomes*

By the end of the study day the participant will be:

- Able to understand the physiological and anatomical changes that occur during pregnancy and the immediate postnatal period
- Equipped with the knowledge to safely deliver perinatal physiotherapy care
- Aware of and conform to professional standards and national guidelines in relation to physiotherapy in perinatal care

## **Physiotherapy assessment and management of lower bowel dysfunction - a practical skills-based workshop**

This three day POGP certified workshop is designed to enable the registered physiotherapist to examine and manage an individual with lower bowel dysfunction. We recommend that participants complete a number of specified learning tasks prior to attendance at the three day workshop.

The workshop content includes: professional issues; relevant anatomy and physiology; subjective and objective assessment and the theory of relevant treatment. Practical sessions include ano-rectal examination and the application of both biofeedback and electrical stimulation. Please note: vaginal examination is not included as any part of this workshop.

### *Programme objectives*

1. To introduce essential and current evidence-based information on the physiotherapy assessment and management of **lower bowel dysfunction**
2. To provide tutor-led practical experience of both ano-rectal examination and the application of techniques used in the treatment of **lower bowel dysfunction** (ref: CSP PD092)

### *Learning outcomes*

On completion of the programme the participants should be:

- able to adequately assess a patient with **lower bowel dysfunction**
- able to formulate an effective management plan of a patient with **lower bowel dysfunction**
- able to apply appropriate treatment modalities
- aware of and conform to professional standards in relation to the assessment and management of men and women with **lower bowel dysfunction**

## **Physiotherapy assessment and management of pregnancy related musculoskeletal conditions - Part I**

This POGP certified workshop is designed to enable the registered physiotherapist to examine and manage a woman with common pregnancy related musculoskeletal problems. The workshop, which takes place over 2.5 days, is aimed at physiotherapists already working in women's health as well as the physiotherapist working in a musculoskeletal outpatient setting. It is also suitable for people new to this area of and for those requiring revision or updating in current best practice.

The content will include: review of normal anatomy and physiology of the lumbo-pelvic complex and changes in pregnancy, the theory of normal movement and pregnancy-related changes, the assessment and examination of the lumbar spine and pelvic girdle and the management of lumbo-pelvic pain in pregnancy including functional advice, therapeutic exercise and manual therapy.

### *Programme Objectives*

To enable the participant to examine and manage a woman with common pregnancy related musculoskeletal problems.

## *Learning Outcomes*

By the end of the workshop the participant will be able to:

- Understand the physiological changes in pregnancy relevant to the physiotherapy management of pregnancy-related lumbo-pelvic problems
- Understand the neuromusculoskeletal structure and function of the lumbo-pelvic complex
- Describe and understand the pregnancy-related altered biomechanics of the lumbo-pelvic complex
- Discuss the aetiology of common pregnancy-related lumbo-pelvic dysfunction
- Have an awareness of the psychosocial influences and emotional needs of the woman during the child bearing years
- Adapt assessment and examination techniques of the lumbo-pelvic complex for the antenatal and postnatal woman
- Develop and adapt a range of skills including manual techniques and exercises for the lumbo-pelvic complex for the antenatal and postnatal woman
- Apply clinical reasoning and analysis to direct physiotherapy intervention
- Understand and promote the physiotherapist's role within the multidisciplinary team particularly with regard to birth

## **Physiotherapy assessment and management of pregnancy related musculoskeletal conditions - Part II**

This new study day has been developed as a follow on from the POGP 'Physiotherapy assessment and management of pregnancy related musculoskeletal conditions - Part I' course. Attendance on the longer course (either 2.5 or 2 day course depending on date of course) is a pre-requisite to application for this advance course.

The study day includes a mix of theory and practical sessions. The content will include anatomy, pathology and treatment of thoracic, hip, abdominal, sacrum and coccyx dysfunction both during and after pregnancy. Assessment and treatment strategies will build on the learning from your earlier course, including the use of diagnostic tools, manual therapy techniques and the development of graded exercise programmes for the pregnant or postnatal woman with thoracic spine, hip, coccyx and abdominal problems.

### *Programme objective*

To enable the physiotherapist to examine, manage and treat thoracic spine, sacrum, coccygeal and hip conditions and apply progressive graded abdominal rehabilitation in the pregnant and postnatal woman.

### *Learning Outcomes*

By the end of the study day the participant will:

- Have consolidated his/her understanding of the neuromusculoskeletal structure and function of the lumbo-pelvic complex and associated pregnancy-related altered biomechanics;
- Be able to adapt his/her assessment and examination techniques of the thoracic spine, pelvis, hip, coccyx and abdominal rehabilitation for the pregnant and postnatal woman;
- Be able to apply appropriate clinical reasoning to direct physiotherapy intervention to the pregnant or postnatal woman with thoracic spine, pelvis, hip, coccyx and abdominal problems;

- Increase his/her confidence in an advanced range of treatment skills including manual techniques and exercises for the thoracic spine, pelvis, hip, coccyx and abdominal rehabilitation for the pregnant and postnatal woman.

### **Advancing your skills into Men's Health Part 1: Physiotherapy assessment and management of lower urinary tract symptoms**

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.

### **Advanced pelvic floor course: In-depth assessment, differential diagnosis and advanced treatment techniques for complex female pelvic pain and pelvic floor muscle dysfunctions**

This 2.5 day POGP certified course has been developed for Registered Physiotherapists who have completed the POGP 'Physiotherapy assessment and management of female urinary dysfunction' workshop (or equivalent) and wish to develop their knowledge and skills in the assessment and management of women with complex pelvic floor pain and dysfunction. It is not suitable for physiotherapy students or those with no previous experience of vaginal examination.

The workshop content includes: professional issues; pelvic anatomy; overview of conditions related to female pelvic pain and dysfunction; sexual health issues; the subjective and objective assessment of a woman with complex pelvic floor pain and dysfunction; differential diagnosis and the development of realistic goals. Practical sessions include internal (vaginal) and external mapping as well as internal (vaginal) and external manual treatment techniques.

Participants may act as both clinician and model during the practical sessions. Valid consent procedures are used throughout. A participant acting as a model may opt out of having practical techniques performed on them at any stage.

### *Programme objectives*

1. To develop advanced assessment skills (internal-vaginal examination and external) and clinical reasoning skills for complex female pelvic floor pain and dysfunction.
2. To develop advanced internal vaginal and external treatment skills for complex female pelvic floor pain and dysfunction (including manual therapy, exercise prescription and an understanding of pain management).
3. To consider the current evidence base and expert opinion with respect to advanced assessment and treatment of female pelvic floor pain and dysfunction

### *Learning outcomes*

On completion of the programme the participants should:

- Be able to comprehensively assess a woman with complex pelvic floor dysfunction
- Be able to formulate and implement an appropriate management plan (in-line with patient-centred goals)
- Be able to implement advanced treatment techniques (including internal and external manual therapy techniques and exercise prescription) for a woman with complex pelvic floor dysfunction.
- Identify and use relevant outcome measures.
- To be aware of and conform to professional standards in relation to the assessment and management of women with complex female pelvic floor dysfunction.

### *Programme requirements*

This course is intended as a follow on workshop for physiotherapists who have completed the POGP 'Physiotherapy assessment and management of female urinary dysfunction' workshop. Applicants who have not completed this course may apply and will be considered on an individual basis. Individual consideration will be by submission of a summary of the applicant's experience and relevant training in the clinical skills of vaginal examination including some information about relevant clinical caseload. In such cases early application is desirable. All applicants must provide details (as requested on the application form) to confirm their eligibility to attend the course.

Further information about any aspect of the POGP short course programme, including costings for purchase of our courses as a package, is available from the Course Administrator.  
E-mail: [pogpcourses@yahoo.com](mailto:pogpcourses@yahoo.com)

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