

PHTH 645 Pelvic Floor Rehabilitation

Credits: 3

Prerequisite: Enrollment in Master of Science in Physical Therapy Program

Instructor: Claudia Brown

Office hours: by appointment

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Course Description: This complimentary specialization course for Professional Masters Physiotherapy students deals with the physiotherapy approach to pelvic floor disorders, with an in-depth focus on female urinary incontinence. The anatomy and physiology of the pelvic floor and related structures is studied in detail, as well as the physiopathology of various problems related to the urinary system. Students will understand the role of the pelvic floor in relation to urinary, sexual and ano-rectal function, and acquire the ability to evaluate and treat female patients suffering urinary incontinence.

Course Learning Objectives: By the end of this course, the successful student should:

Expert:

1. Understand the anatomy and the role of the pelvic floor and its related structures.
2. Recognize the importance of the pelvic floor as a 'common denominator' for the urinary, genital and ano-rectal systems.
3. Comprehend the nature of pelvic floor dysfunction and its impact on the three systems.
4. Understand the normal physiology of micturition.
5. Be aware of pertinent urological pathologies.
6. Perform the evaluation of a female patient referred for urinary incontinence.
7. Be able to design a physiotherapy treatment plan for a female patient with urinary incontinence.
8. Be able to provide and progress treatment for a female patient with urinary incontinence.

Communicator

9. Become comfortable in discussing the delicate subject of pelvic floor disorders with professionals and patients, using appropriate language and communication skills.

Collaborator

10. Know about urological investigation procedures, as well as medical and surgical treatments for urinary incontinence.
11. Understand the importance of the interdisciplinary approach in the management of patients with female urinary incontinence

Scholarly practitioner

12. Possess the available tools for continuing education in this field of practice.

Course Structure: This course is comprised of thirteen weekly 3-hour sessions plus one anatomy lab session. It will include lectures, group discussions, small group assignments, readings, presentations and practical workshops, depending upon the content of the session.

Important note: The course is open to females and males, and includes group discussions and workshops dealing with issues of a relatively private nature. Practical sessions include internal pelvic exams, with vaginal and anal palpation. Female students work in groups of three in semi-private spaces, alternating the roles of therapist, patient and promptor. Male students are asked to be accompanied by a female who is willing to take on the role of patient for the practical sessions. Demonstration, supervision and guidance is provided by the instructor and an experienced assistant for the practical sessions if the class number warrants this. Classes will be held on Tuesdays, from 11:30 to 14h30. Attendance to all classes is mandatory, and unavoidable absences require written notification.

Technology in class: Laptops may be used in class for course-related activities only. Cellphones may not be used in class.

Course Evaluation:

Assignment/Evaluation	%
Team presentation	20%
Practical skills, peer-based assessment checklist	10%
Performance-based assessment: Case History	35%
Written exam, comprised of short answer and multiple-choice questions.	35%

Required Readings: Required readings and slide presentations used by the instructor will be made available to the students via MyCourses at least one week prior to classes. Students are required to search for various readings at the McGill library, as detailed in the weekly course schedule.

Recommended References:

Bo K, Berghmans B, et al: *Evidence-Based Physical Therapy for the Pelvic Floor*. Churchill Livingstone, 2007

Carrière, B., Markel Feldt, C : *The Pelvic Floor*, Thieme, New York, 2006.

Laycock J and Haslam J: *Therapeutic Management of Incontinence and Pelvic Pain*, Springer-V Erla, London Limited 2002.

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Plagiarism/Academic Integrity: [Amended by Senate on April 17, 2013]: McGill University values academic integrity. Therefore all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [Code of Student Conduct and Disciplinary Procedures](#).

Dress Code: Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate attire during all class assignments and learning activities.

Right to Submit in (English or in) French [approved by Senate on 21 January 2009]: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded. This right applies to all written work that is to be graded, from one-word answers to dissertations.

Disability: If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the [Office for Students with Disabilities](#) at 514 398-6009 before you do this.

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.