

Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course

This extended programme comprises a pre-course learning package, three day POGP certified workshop. It provides participants with the opportunity to practice both vaginal examination and treatment skills.

The programme has been developed for Registered Physiotherapists who have not completed an accredited continence course but wish to develop their knowledge and skills in the assessment and management of women with urinary dysfunction. It may be of value to those already working in the speciality who wish to update their knowledge and practical skills. It is not suitable for physiotherapy students but may be useful for a newly-qualified physiotherapist preparing for a rotation in Pelvic Health.

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

The practical sessions include peer physical examination. Female participants may choose to act as a model during the practical sessions. Valid consent procedures are used throughout. A participant choosing to act as a model may opt out of having practical techniques performed on them at any stage.

Peer examinations form an important part of the participant learning experience. The practical sessions take place in small groups within private rooms or cubicle spaces. Participants stay within the same four groups during all practical sessions. Each tutor supervises 2 groups for the duration of the practical. Tutors are available throughout the course to discuss any participant concerns regarding the practical sessions.

The optional post-workshop written assignment aims to demonstrate how the participant has integrated their learning into practice. Participants who submit an assignment will receive tutor feedback on their clinical decision-making and reflection, which is aimed at supporting the participant in developing his/her practice further.

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.

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.

Programme requirements:

In order to complete the extended programme participants must successfully complete all components, which are:

A number of directed study tasks prior to the 3 day workshop, which are provided to participants at the time their place is confirmed)

Attendance at the three day POGP workshop 'Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course' including successful completion of the 'Skills checklist for the pelvic floor and vaginal assessment practical session'.

Pre-workshop learning:

Participants on the 'Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course' are advised to complete the directed study tasks prior to attending the workshop. This will ensure that the best use can be made of the tutor time on the course and effect worthwhile learning. This pre-workshop learning should assist in a greater understanding of the pelvic floor, prevalence and causes of urinary incontinence and consent issues.

The pre-workshop learning takes the form of specific tasks, which will be e-mailed to you 6 weeks before the course date.

POGP Workshop programme (3 day attended workshop – subject to variation)

Day 1 Virtual Delivery – 27 November 2025

08-45 Welcome and introduction

09-30 Professional issues: infection prevention, consent, chaperones and confidentiality

10-45 Break

11-00 Female urinary continence: anatomy and physiology

12-20 Lunch

13-00 Urinary & pelvic floor muscle dysfunction – what goes wrong & why?

14-15 Break

14-30 Subjective assessment

15-45 Break

16-00 Objective assessment

16-45 Summary

17-00 Close

Day 2 Face-to-face – 29 November 2025

08-45 Registration / Welcome

09-00 Objective assessment (continued)

09-15 Observation of vaginal examination

Followed by: practical session

Break & lunch will be taken at a suitable time within this session

14-15 Facilitated reflective practice

14-30 Treatment planning in urinary dysfunction

16-00 Break

16-15 Case studies discussion

17-00 Close

Day 3 Face-to-face – 30 November 2025

09-00 Biofeedback in the management of urinary dysfunction

10-00 Practical session: Use of EMG Biofeedback in the treatment of urinary dysfunction

10-40 Break

10-50 Electrical stimulation (ES) for urinary dysfunction

12-00 Practical session: ES in the treatment of urinary dysfunction

12-45 Lunch

13-30 Facilitated reflective practice

13-45 Vaginal devices and medication for urinary dysfunction

14-45 Further investigations: When might you refer on and where to?

15-45 Information re: written submission, summary & close

16-00 Close

Information for the practical session on vaginal assessment.

The practical sessions include peer physical examination (PPE).

All participants have the right to opt in or out of the practical sessions. Female participants may choose to act as a model during the practical sessions, however they

have the right to decline to be examined by any specific course participants due to embarrassment or other factors. If a participant does not want to examine a course participant they usually have the option of completing the examination on one of the tutors. Another alternative is for course participants to arrange to have their own 'live' model present but they must meet any extra costs incurred.

In the case of a participant declining to complete at least one vaginal examination on a 'live' model it will not be possible to complete the skills checklist and the participant will not be able to complete the programme (see 'programme requirements' information above).

Valid consent procedures are used throughout. A participant choosing to act as a model may opt out of having practical techniques performed on them at any stage.

The following consent form is used on the course. Please print a blank copy and bring it with you to the workshop. Please do not complete it until asked to do so by the workshop tutors.