

Pelvic, Obstetric and Gynaecological Physiotherapy

Pelvic Health Physiotherapy: lower bowel dysfunction – an entry level course

This POGP certified workshop 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 lower bowel 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.

POGP recommends that participants complete a number of specified learning tasks prior to the workshop.

The workshop content includes: professional issues; relevant anatomy and physiology; subjective and objective assessment of the patient with lower bowel dysfunction and relevant treatment. Practical sessions include ano-rectal examination as well as the application of treatment techniques including rectal sensation testing, rectal balloon expulsion training and electrical stimulation.

During the workshop each participant will normally carry out at least one ano-rectal examination. 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.

Please note: vaginal examination is not included as any part of this workshop.

Whilst not a pre-requisite POGP advises that completion of the 'Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course' (or equivalent) is beneficial before attending 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. 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 individuals with lower bowel dysfunction

Pre-workshop learning

It is recommended that you familiarise yourself with the following documents prior to the workshop:

Any protocols/policies from your own workplace that are relevant to your professional practice in the assessment and management of people presenting with lower bowel dysfunction

Chartered Society of Physiotherapy (2013) Chaperoning and related issues PD104, Chartered Society of Physiotherapy, UK

If you practice outside of the UK you are not likely to be able to access these information papers. It would be appropriate for you to review the legislation and professional guidance applicable in your country. Consider how it applies to practice with this client group. If you are practising in the UK but are not a CSP member you are also not likely to access these document. If this is the case, please contact the course administrator.

For those participants who have not previously attended the 'Pelvic Health Physiotherapy: female urinary dysfunction – an entry level course' programme it is recommended that you review the anatomy of the pelvic floor – the endopelvic fascia, levator ani, perineal membrane, external superficial muscles, external anal sphincter and associated pelvic muscles (eg obturator internus & piriformis).

You may find it helpful to view diagrams to demonstrate the layers, especially regarding the muscles that you are able to palpate. If you have an Athens password you may be able to access www.anatomy.tv Alternatively you may find the following YouTube link helpful: <http://www.youtube.com/watch?v=P3BBAMWm2Eo> (accessed 12/3/20)

It is also recommended that you update yourself on the current legislation/guidance relating to consent. If you practice in the UK this will include the CSP guidance on consent: PD078, which is available as a downloadable PDF file at: <http://www.csp.org.uk/publications/consent-physiotherapy-practice> (accessed 12/3/20), as well as relevant sections of the HCPC 'Standards of conduct, performance and ethics'. You may also include relevant consent policies in operation in your workplace. Consider how the issues raised in the legislation/guidance apply to people presenting for physiotherapy assessment and management of lower bowel dysfunction.

The following books may be helpful for any further pre-workshop learning that you have identified:

Bo K, Berghmans B, Morkved S, Van Kampen M (2015) Evidence-Based Physical Therapy for the Pelvic Floor Bridging Science and Clinical Practice. Churchill Livingstone. ISBN 9780702044434

Laycock J., Haslam J. (eds) (2008) Therapeutic Management of Incontinence and Pelvic Pain (2nd Ed). Springer, London.

POGP workshop programme (3 day taught workshop)

Part A : online

Day 1

8-45 Registration

9-00 Welcome and introduction

9-20 Professional issues: infection control, consent, chaperones and confidentiality

10-30 Break
10-50 Anatomy and physiology of the lower bowel and pelvic floor complex
12-00 Patho-physiology of ano-rectal dysfunction
13-00 Lunch
14-00 Verbal/subjective assessment
15-15 Break
15-30 Objective assessment
16-45 Close

Part B : In person

Day 2

9-00 Observation of ano-rectal examination
Concurrent case study discussions
Practical session: ano-rectal examination
Break will be taken at a suitable time within this session
12-30 Facilitated reflective practice (including case study discussions)
13-00 Lunch
14-00 Anal sphincter/pelvic floor muscle training
14-45 Theory of treatment/management of constipation
Break will be taken at a suitable time within this session
16-45 Close

Day 3:

9-00 Theory of neuromuscular electrical stimulation for lower bowel dysfunction
10-00 Break
10-15 Theory of treatment/management of anal incontinence
11-45 Case study discussions
12-30 Lunch
13-30 Demonstration of practical techniques used in the treatment of lower bowel dysfunction
Practical session:
Rectal sensation testing, balloon expulsion techniques, teaching optimal position/action for defaecation

Break will be taken at a suitable time within this session

15-30 Facilitated reflective practice

16-15 Final comments

16-30 Close

Information for the practical session on anorectal assessment.

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

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.