

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 expertise 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: Upon successful completion of this course, the student will be able to:

Expert:

1. Identify the anatomy of the pelvic floor and its related structures.
2. Recognize the role of the pelvic floor as a 'common denominator' for the urinary, genital and ano-rectal systems.
3. Explain the types of pelvic floor dysfunction and the impact of each on the three systems.
4. Outline the normal physiology of micturition.
5. Describe pertinent urological pathologies.
6. Describe urological investigation procedures, as well as medical and surgical treatments for urinary incontinence.
7. Perform the evaluation of a female patient referred for urinary incontinence.
8. Design a physiotherapy treatment plan for a female patient with urinary incontinence.
9. Provide and progress treatment for a female patient with urinary incontinence.

Communicator, Advocate

10. Comfortably discuss the subject of pelvic floor disorders with health care professionals and patients, using appropriate and unbiased language and communication skills.

Collaborator

11. Recognize importance of working with all members of a multi-disciplinary team to promote an interdisciplinary approach for patient-centered care

Scholarly practitioner

12. Identify means of accessing continuing education and using critical thinking in this field of practice.

Professional

13. Demonstrate an understanding of and personal improvement in professional behaviours, as related to pelvic floor physiotherapy

Course Structure: This course is comprised of thirteen weekly 3-hour sessions. It will include lectures, anatomy lab, group discussions, small group assignments, readings, presentations and practical sessions.

Please note that practical sessions will include internal pelvic exams, which include vaginal and anal palpation. Female students work in groups of three in private cubicles, with demonstration, supervision and guidance from the instructor and experienced assistant, and are asked to alternate roles of therapist, patient and prompter. Male students are asked to bring a female friend or classmate to act as their patient for the practical sessions. Classes will be held on Tuesdays, from 11h30AM to 14h30 PM. Attendance to all classes is mandatory. More than one absence per term will require written notification.

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

Course Evaluation:

Assignment/Evaluation	%
Team presentations (10% individual, 10% group)	20%
Practical skills, peer-based assessment checklists	5%
Performance-based assessment: Case History	35%
Professional journal	5%
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 one week prior to classes. Students are required to search for various readings at the McGill library, as detailed in the weekly course schedule.

Copyright of course material: © Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine Code of Conduct](#).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Code de conduite de l'étudiant et des procédures disciplinaires](#).

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.