

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 specialisation course for Professional Masters Physiotherapy students deals with the physiotherapy approach to pelvic floor disorders, with an in-depth focus on 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 patients suffering urinary incontinence.

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

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. Know about urological investigation procedures, as well as medical and surgical treatments for urinary incontinence.
7. Be able to perform the evaluation of a patient referred for urinary incontinence.
8. Be able to design a physiotherapy treatment plan for a patient with urinary incontinence.

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9. Be able to provide and progress treatment for a patient suffering urinary incontinence.
10. Possess the available tools for continuing education in this field of practise.

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

Please note that practical sessions will include internal pelvic exams. Students work in groups of three in private cubicles, with demonstration, supervision and guidance from the instructor.

Classes will be held on Wednesdays, from 11AM to 2PM. 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% each	20%
Practical skills, peer-based assessment checklist.	10%
Performance-based assessment: Case History	35%
Written examination, 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 WebCT 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

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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.

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

Plagiarism/Academic Integrity: "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 (see www.mcgill.ca/students/srr/honest/ for more information.)

"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 (pour de plus amples renseignements, veuillez consulter le site www.mcgill.ca/students/srr/honest/)."

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 French written work that is to be graded: 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.

"Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue)."

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 398-6009 before you do this.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. email, msn, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class.