

Entry Requirement

All registered nurses in gynecology and midwives who are interested in this field.

Target Participants

This course is designed for current practicing nurses in gynaecology who has special interest in urogynecology and would like to advance their knowledge and skills in their clinical practice. Participants who enjoy an active role in patient care and independent working environment are most preferred.

Course Design

Lecture (30hr): Wednesday evening from 6:30-9:30 pm

Clinical attachment (1.5 day): one Urogynaecology clinic, one urodynamic study clinic and one continence care counselling clinic

Clinical attachment can be exempted if the candidate has shown his/her experience in providing the service independently. The document must be submitted at the time of application / within 2 weeks after the first lecture.

Assessment

Written examination (Date: 15 Jun 2016; Time: 18:30)

Graduation Requirement:

Participants with >80% attendance of the lecture and 100% of the clinical attachment will be qualified to sit for the final assessment.

Participants achieved >65% correct answer in the final assessment will be granted with the certificate. Only attendance certificate will be granted if participants fail in the final assessment. There is no remedial of the assessment.

Language

English

Quota

Limited quota, first come first served

Accreditation (Pending)

30 **CNE** points accredited by The Nethersole School of Nursing, The Chinese University of Hong Kong

30 **PEM** points accredited by Department of Obstetrics and Gynaecology, The Chinese University of Hong Kong

Program Timetable*

Lesson 1 (6 Apr Wed 18:30-21:30)
Introduction
Part I: Starting from basic
a. Basic anatomy of female pelvic floor
b. Basic assessment tools for pelvic floor dysfunction: History, physical examination
c. Imaging of female pelvic floor
Lesson 2 (13 Apr Wed 18:30-21:30)
d. Quality of life assessment
e. Pregnancy, delivery and pelvic floor dysfunction
Part II: Pelvic organ prolapse
f. Pelvic organ prolapse: introduction, definition and staging systems
Lesson 3 (20 Apr Wed 18:30-21:30)
g. Management of POP: Behavioral advise and pelvic floor muscle training
h. Management of POP: vaginal ring pessary: pros and cons and practical issue
i. Management of POP: surgery
Lesson 4 (27 Apr Wed 18:30-21:30)
Part III: Urinary incontinence
j. Female urinary incontinence: causes and courses
k. Urodynamic study: how to do it and read it
l. Management of incontinence: behavioral advise and bladder training
Lesson 5 (4 May Wed 18:30-21:30)
m. Management of incontinence: pelvic floor exercise
n. Management of incontinence: medical
o. Management of incontinence: surgical
Lesson 6 (11 May Wed 18:30-21:30)
p. Management of urinary incontinence in geriatrics/ dementia patients
q. Management of nocturia and enuresis
Part IV: Other pelvic floor disorders and care
r. Urinary tract infection and recurrent urinary tract infection
Lesson 7 (18-May Wed 18:30-21:30)
s. Female voiding dysfunction and management
t. Interstitial cystitis and painful bladder syndrome
u. Ketamine cystitis
Lesson 8 (25 May Wed 18:30-21:30)
v. Post-natal voiding dysfunction
w. Retention of urine & Intermittent self-catheterization
x. Female fecal incontinence
Lesson 9 (1 Jun Wed 18:30-21:30)
y. Perineal Skin care
z. Psychosocial aspect and sexuality in patients with pelvic floor dysfunctions
aa. Research in female pelvic floor dysfunction
Lesson 10 (8 Jun Wed 18:30-21:30)
ab. Role and road of continence advisor
ac. Case Discussion Part 1
ad. Case Discussion Part 2
EXAM (15 Jun Wed 18:30-21:30) Examination and course evaluation

*The dates of lectures may subject to further changes