



# **Training Course in**

# Care for Female Pelvic Floor Dysfunctions

Date: 6 Apr - 8 Jun 2016 (Every Wed); Time: 18:30-21:30 Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital, Shatin

# Background

With increasing demand in urogyanecology services, continence nurses play a major role in the management of female pelvic floor dysfunction and continence care. Our department would like to hold the above training course from April to June 2016 to meet this demand.

# **Objectives**

After completing the course, participants are expected master the knowledge of:

- 1. Basic anatomy of female genital tract and urinary system
- 2. Pathophysiology of urogenital prolapse and female urinary incontinence
- 3. Definition and staging systems of female urogenital prolapse
- 4. Procedure of urodynamics study and its interpretation
- 5. Different management options for female urogenital prolapse and urinary incontinence
- 6. Giving advice and counselling to patients in bladder training, pelvic floor muscle training and perineal skin care
- 7. Appropriate referral to urogynaecologist when necessary

# Organiser

Department of Obstetrics and Gynaecology, The Chinese University of Hong Kong

# **Program Director**

Dr. CHAN Shing Chee, Symphorosa (Consultant, O&G, PWH)

# **Honorary Advisors**

Ms CHAN Sau Kuen, Becky (Continence Nurse Consultant, UCH)
Ms YIU Po Chu, Ivy (Project Coordinator, Central Nursing Department, NTEC, HA)

# Registration and Enquiry

Mr. Brown Mak Email: cymak@cuhk.edu.hk
Tel: 852-2632 1534 Fax: 852-2636 0008

# **Registration Form** (Pls provide copy of RN practicing certificate)

Surname	First Name
Title	Mr. /Ms
Highest qualification	
Specialty	Registered Midwife / Registered nurse
Position	
Department	
Organization	(Hospital)
Address	
Tel	Fax
Email	
<ul> <li>✓ Registration Fee HK\$5,000 only</li> <li>Please return the registration form with payment (non-refundable) to</li> <li>Mr. Brown Mak, Dept. of O&amp;G, 1E, Prince of Wales Hospital, Shatin, Hong Kong</li> <li>□ By Cheque (Payable to The Chinese University of Hong Kong)</li> </ul>	
Cheque no.	: Bank Name:
☐ By Credit Card (in Hong Kong Dollars only)	
	☐ MasterCard
Card holder's name (Block letter):	
Signature: Date:  Credit Card Number	

# **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. Femalé urinary incontinence: causes and courses
- Urodynamic study: how to do it and read it
- I. 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

<sup>\*</sup>The dates of lectures may subject to further changes