

NOVANT HEALTH PELVIC HEALTH CENTER

Presents

Pelvic Health for Men and Women

*****Featuring remote didactic sessions and “Hands On” practicums *****

Friday February 25, 2022

“Hands On” Practicums at Novant Health Conference Center

3333 Silas Creek Parkway
Winston Salem, NC 27103



Program Overview

This is a special one-day workshop comprised of remote didactic sessions and in-person hands on practicum geared towards all health care providers including MD's, APP's, PT's and RNs with an interest in urology, urogynecology and women's health issues. Pelvic floor disorders affect everyone, especially as we age: a third of women over the age of 45 have urinary stress incontinence, one half of women over the age of 65 have loss of bladder control, one eighth of women have a lifetime risk of surgery for pelvic organ prolapse, seven to fifteen percent of adults suffer from fecal incontinence or “Accidental Bowel Leakage” and eleven percent of men aged 60-64 leak urine and this increases with age. This course offers you updates on the latest in treatment options and the opportunity to engage in procedural training and better equips you to evaluate various pelvic floor disorders in your patient population.



Objectives

- Increase depth and breadth of knowledge about pelvic floor disorders for men and women
- Learn specifics about treatments for Urinary Incontinence for both men and women: Overactive Bladder and Stress Urinary Incontinence
- Perform “Hands ON” procedures for these disorders

Target Audience

Medical Doctors, Advanced Practice Providers, Registered Nurses and Physical Therapists who provide care in the Primary Care, Gynecology and Urology fields.

Course Fees – Separate registration for Didactic and Hands on practicum

Didactic portion: This portion of the program awards 3.0 AMA PRA Category 1 Credits™.

Medical Doctors, Advanced Practice Providers and Physical Therapists – \$100.00
Registered Nurses and Medical Students - \$50.00

Hands on practicum: This portion of the program awards 3.0 AMA PRA Category 1 Credits™.

All participants - \$100 – Practicum **limited** to first 30 registrants for Covid compliance

Registration

To register visit: NovantHealth.org/PelvicHealthEdu

Course Director: Douglas Miyazaki MD, FACOG **Co-Directors:** Dina Bastawros MD, FACOG, FPMRS; John J. Smith III MD, MS, FACS; Elizabeth Braxton, MD **Faculty:** David Hiller MD, MS, FACS; Jed Schortz MD, FACOG; Susan Hannah AGNP-C; Lori Baydush MSPT, PRPC; Sandy Lacoma, PT, CEES, Cert. MDT **Keynote: Cheryl Perrero**

Accreditation & CME Information: Novant Health is the continuing medical education provider for this activity.

Accreditation Statement: Novant Health is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation Statement: Novant Health designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of the participation in the activity.

Policy on Faculty and Sponsor Disclosure: Novant Health adheres to NCMS Standards regarding industry support of continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

Nurses: The North Carolina Board of Nursing (NCBON) will accept CMEs that are issued to nurses to meet the Continuing Competence requirements. If audited, the nurse would need to show a copy of certification showing the CME and hours issued. The nurse does not need to get prior approval to take CMEs.

AGENDA (two pages)

Remote didactic sessions via Zoom with live Q&A

8:30 – 8:40	Welcome and Introductions	Douglas Miyazaki, MD, FACOG
8:40 – 9:10	Keynote: Create your future	Cheryl Perrero
9:10 – 9:30	Differential diagnosis and exam of the female pelvic floor	Douglas Miyazaki, MD, FACOG Elizabeth Braxton, MD
9:30 – 9:50	Male and female urinary incontinence	John J. Smith, MD, MS, FACS
9:50 – 10:00	Break	
10:00 – 10:20	Recurrent urinary tract infections	Susan Hannah, AGNP-C
10:20 – 10:40	Vaginal Atrophy	Dina Bastawros, MD, FACOG, FPMRS
10:40 – 11:00	Pelvic pain in females	Jed Schortz, MD, FACOG
11:00 – 11:20	Constipation	David Hiller, MD, FACS, FASCRS
11:20 – 11:40	Pelvic physical therapy for male/female pelvic floor issues	Lori Baydush, MSPT, PRPC Sandra Lacoma, PT, CEES, Cert. MDT
11:40 – 12:00	Closing remarks	Dina Bastawros, MD, FACOG, FPMRS

***Afternoon practicum sessions to be held at Novant Health Forsyth Medical Center Conference Center
3333 Silas Creek Parkway, Winston Salem, NC 27103***

Agenda for Hands-on Afternoon Session

1:00 – 5:00 Welcome/Rotation through stations/Closing remarks

Station 1 – Stress Urinary Incontinence

At this station you will see and feel the types of slings used to treat SUI. Experts will guide you through the different approaches for the surgical repair of SUI and the risks and benefits of each of the mesh slings.

Station 2 – Overactive Bladder

At this station you will learn about the Interstim system which uses direct electrical stimulation via an implantable electrode to improve bladder control. Additionally, PTNS, percutaneous tibial nerve stimulation, a common noninvasive technique will be explained and demonstrated.

Station 3 – Cystoscopy

At this station you will have the opportunity to see how cystoscopy is done, place a scope on a model and visualize the bladder with the scope. You will also learn about bulking agents, a minimally invasive technique used to improve SUI.

Station 4 – Urodynamics and Pessary usage

At this station you will learn how urodynamic testing can inform treatment decisions for patients with urinary incontinence. You will also learn about the use of pessaries for pelvic organ prolapse and how to appropriately fit a patient for a pessary.

Station 5 – Pelvic Physical Therapy (PT)

At this station you will learn how pelvic PT's assess patients with pelvic floor muscle dysfunction and will learn basic assessment tips for use in the office to improve diagnosis of pelvic pain, urinary incontinence, constipation, fecal incontinence, and prolapse. Additionally, you will learn how pelvic PT's treat patients with pelvic floor muscle weakness/tightness to improve these conditions. We will also provide a clipboard guideline algorithm for use with differentially diagnosing pelvic pain syndromes for easier referral to the correct provider.