



Introduction to the Female Pelvic Floor Course

PRESENTED BY DR IRMINA NAHON PhD

17-18 July 2021

The University of Canberra
Building 12, 11 Kirinari St, Bruce ACT 2617

Investment:

Early bird registration prior to 4th June 2021 \$350

Registration after 4th June 2021 \$450

Registrations close 2nd July 2021 or when the course is full.

Contact:

Email jennifer.n.garrett@gmail.com to register.

Course Details:

This introductory 2-day pelvic floor course will provide you with the basic skills required to assess and treat urinary incontinence and pelvic floor dysfunction in women. This course will include learning to perform a vaginal assessment and participants are required to be willing to be assessed themselves.

The cost of the course will include morning and afternoon tea. Once registered, please email any dietary requirements so we can cater appropriately.

Learning Outcomes:

At the end of the 2-day course participants will be able to:

- Demonstrate a basic understanding of the normal anatomical and physiological processes of women's health through life stages, in particular the childbearing year and menopause.
- Demonstrate a basic understanding of normal and abnormal pelvic floor anatomy and physiology.

- Understand how to do a continence assessment, a physical and per vaginal assessment of the pelvic floor.
- Differentiate between different types of continence disorders and pelvic floor dysfunctions, discuss risk factors and outline appropriate physiotherapy management.
- Develop patient centred a pelvic floor muscle treatment program.
- Understand the use of biofeedback, electrical stimulation and transperineal ultrasound for assessment and treatment of pelvic floor.
- Develop networks for peer support and specialised support in the management of women's health issues and identify the criteria for referral to specialised care.

About The Course Presenter:

Dr Irmina Nahon graduated with a Bachelor of Applied Sciences (Physiotherapy) from the University of Sydney in 1991. She has since developed a strong interest in Pelvic Floor rehabilitation and has a Post Graduate Certificate in Continence and Pelvic Floor Physiotherapy from the University of Melbourne (2000), and a Master of Physiotherapy from the University of South Australia (2003). In November 2011, Irmina was awarded her PhD entitled "Assessment and Management of Male Urinary Incontinence" from the University of Sydney. In 2016 she completed a Graduate Certificate in Tertiary Education from the University of Canberra.

Irmina works as a pelvic floor physiotherapist in a private practice and is a senior lecturer and the Clinical Education Coordinator Physiotherapist at the University of Canberra. She is an active member of the International Continence Society, the Continence Foundation of Australia, and the Australian Physiotherapy Association's Men's and Women's Health Group.