***NOVANT HEALTH PELVIC HEALTH CENTER***

***Presents***

***Pelvic Health for Men and Women***

***With didactic morning sessions and hands-on afternoon practicums***

***Friday February 24, 2023***

Novant Health Forsyth Medical Center Conference Center

3333 Silas Creek Parkway

Winston Salem, NC 27103

**Program Overview**

This is a special one-day workshop comprised of didactic sessions and hands-on practicums 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 age 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**

Medical Doctors– $200.00

Advanced Practice Providers and Physical Therapists - $100

Registered Nurses and Medical Students - $50.00

**Registration**

To register visit: **novanthealth.org/CME**

Select**: In-person events then event list view then search with title “Pelvic Health for Men and Women” and date: Feb. 24, 2023**

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

**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 7.0 *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)**

**8:30 – 8:40** **Welcome and Introductions**  Douglas Miyazaki, MD, FACOG

**8:40 – 9:05** Keynote: Michael Kennelly, MD, FACS, FPMRS

“Why pelvic health is important for general practitioners”

**9:05 – 9:10 Live Q&A**

**9:10 – 9:30** Differential diagnosis and exam of Douglas Miyazaki, MD, FACOG

the female pelvic floor ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­

**9:30 – 9:35 Live Q&A**

**9:35 – 9:55** Urinary Incontinence and Overactive Bladder Susan Hannah, AGNP-C

**9:55 - 10:00** **Live Q&A**

**10:00 – 10:15** Break

**10:15 – 10:35** Overactive Bladder and Medication Management Elizabeth Braxton, MD

**10:35 - 10:40 Live Q&A**

**10:40 – 11:00** Algorithm for recurrent urinary tract infections John J. Smith, MD, MS, FACS

**11:00 - 11:05** **Live Q&A**

**11:05 – 11:25** Vaginal Atrophy Dina Bastawros, MD, FACOG, FPMRS

**11:25 – 11:30** **Live Q&A**

**11:30 – 11:50** Constipation Daniel Mistrot, MD

**11:50 – 11:55** **Live Q&A**

**11:55 – 12:15** First Line Rehabilitation Treatment Strategies Lori Baydush, MSPT, PRPC

for Pelvic Health Conditions:  Bladder, Bowel Sandra Lacoma, PT, CEES, Cert. MDT

and Pelvic Pain

**12:15 – 12:20** **Live Q&A**

**12:20** **– 1:00** **Closing remarks and lunch**  Dina Bastawros, MD, FACOG, FPMRS

**Hands on practicum stations**

**1:00 – 1:05** – Welcome by Dr. Smith in Executive Hall

**1:10 – 4:50** – Rotation of attendees through stations

**4:55 – 5:00** – Closing remarks by Dr. Smith in Executive Hall

**Hands on practicum schedule – 5 groups of 6-7 attendees**

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| **Room** | **Station #** | **Station Focus** | **Team A** | **Team B** | **Team C** | **Team D** | **Team E** | **Tables/**  **chairs** | **Faculty** |
| Volunteer Hall | 1 | SUI  Slings | 1:10 – 1:50 | 1:55 – 2:35 | 2:40 – 3:20 | 3:25 –  4:05 | 4:10 – 4:50 | 3/4 | Doug Miyazaki, MD  Noah Miyazaki |
| Classroom 1 | 2 | Interstim and PTNS | 1:55 – 2:35 | 2:40 – 3:20 | 3:25 – 4:05 | 4:10 – 4:50 | 1:10 – 1:50 | 2/3 | Susan Hensley Hannah, NP, Tanya Smith |
| Classroom 2 | 3 | Cystoscopy – rigid and flexible and Laparoscopic training box | 2:40 – 3:20 | 3:25 – 4:05 | 4:10 –  4:50 | 1:10 – 1:50 | 1:55 – 2:35 | 2/6 | Dina Bastawros, MD  Jack Smith, MD |
| Volunteer Hall | 4 | Pessary | 3:25 – 4:05 | 4:10 – 4:50 | 1:10 – 1:50 | 1:55 – 2:35 | 2:40 – 3:20 | 3/2 | Elizabeth Braxton, MD, Shanna Steelman, WHNP-BC |
| Classrooms 5 & 6 | 5 | PT/OT | 4:10 – 4:50 | 1:10 –  1:50 | 1:55 – 2:35 | 2:40 –  3:20 | 3:25 – 4:05 | 2/6 | Lori Baydush, PT  Sandy LaComa, PT  Lauren Bost, OT |

**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 –Pessary usage**

At this station you will 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 the following will be shared:

Bladder: Brief functional description of bladder/pelvic mechanics (male and Female) covering:

* Bladder retraining
* Bladder emptying techniques
* Urge control strategies

Bowel:  Brief functional description of how the bowel/pelvic floor mechanics covering:

* Defecation/ emptying considerations and training.
* Perineal Splinting techniques for defecation with prolapse and/or pain
* Practice contract/relax/bulge on step stool
* Practice perineal splinting techniques.

Pain Conditions: physiological quieting – purpose and effectiveness to treat pain covering:

* Relaxation and breath work - how it works with retraining the nervous system.  Brief Pain science education.
* Movement Matters- general guidelines for post-op pelvic surgeries to prevent adhesions
* Bladder: Brief functional description of bladder/pelvic mechanics (male and Female)