

COURSE DESCRIPTION:

“Practical Management of Female Incontinence and Pelvic Organ Prolapse”

This course is sponsored by the Saskatchewan Pelvic Floor Pathway, an initiative of the Saskatchewan Ministry of Health.

Urinary incontinence and pelvic organ prolapse are very common conditions for women. These conditions are not life-threatening, but they impact quality of life. Affected women should be offered an option of treatment.

Surgery is not the only effective treatment for incontinence and prolapse – and in many cases specialist referral for uncomplicated pelvic floor conditions may not be required. There are several conservative treatment options that can improve or eliminate these problems and can be offered very effectively in primary care.

“Practical Management of Female Incontinence and Pelvic Organ Prolapse” is intended to support family physicians and NPs to enhance their conservative management of pelvic floor conditions. The Saskatchewan Pelvic Floor Pathway pathway also supports physicians and patients by providing patient education materials and programs, and multidisciplinary clinics for patients who need specialized assessment and follow up.

Number of credit hours: This program has been approved for 3.00 Mainpro C credits with the College of Family Physicians of Canada (CFPC).

Time: This course lasts approximately 3 hours.

Cost: \$100.00 for the full course and materials (outside conference setting).

Clinical Learning Objectives:

Participants will be able to:

- Identify types of incontinence
- Determine whether prolapse is symptomatic
- Discuss current treatment options with patients and help them select next steps
- Fit pessaries
- Have a comfort level with prescribing anti-cholinergic medications
- Identify appropriate patients for the Pelvic Floor Pathway and understand the referral process

Presenters:

This course was developed by the education committee of the Saskatchewan Pelvic Floor Pathway Working Group, and is presented by Dr. Corrine Jabs, Department Head of Gynecology for Regina Qu'Appelle Health Region.

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