

**Prevention and Treatment of Alterations of the
Pelvic Floor**

Code: 102971
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OT	3	2

Contact

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Use of Languages

Principal working language: catalan (cat)
Some groups entirely in English: No
Some groups entirely in Catalan: Yes
Some groups entirely in Spanish: No

External teachers

Elena Montiel Morillo
Yolanda Castellano Madrid

Prerequisites

It is advisable to have knowledge of anatomy and physiology of the uroglycological device and the muscles of the abdominal wall.

"The student will acquire the commitment to preserve the confidentiality and professional secrecy of the data that can be accessed due to the learning of healthcare services. Also in maintaining an attitude of professional ethics in all its actions."

Objectives and Contextualisation

The subject is an optional third year of the Physiotherapy degree and forms part of the specific urogynecological training. It is part of the basis of training in physiotherapeutic methods and procedures.

The general objectives of the subject are:

Define the general and specific objectives for the application of physiotherapeutic treatment in alterations of the urogynecological apparatus.

Know the physiotherapeutic evaluation and know the methods, procedures and physiotherapeutic actions, aimed at clinical therapeutics.

Define the general and specific objectives for the application of physiotherapeutic treatment in alterations of the urogynecological apparatus.

Integrate the ethical and professional values, knowledge, skills and attitudes of physiotherapy, to solve specific clinical cases, in the hospital, extrahospital, and primary and community care, and private.

Competences

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Apply quality-assurance mechanisms in physiotherapy practice, in accordance with the recognised and validated criteria.
- Design the physiotherapy intervention plan in accordance with the criteria of appropriateness, validity and efficiency.
- Display knowledge of physiotherapy methods, procedures and interventions aimed at health promotion and maintenance.
- Display knowledge of the morphology, physiology, pathology and conduct of both healthy and sick people, in the natural and social environment.
- Display knowledge of the physiotherapy methods, procedures and interventions in clinical therapeutics.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
- Identify, analyse and solve ethical problems in complex situations
- Integrate, through clinical experience, the ethical and professional values, knowledge, skills and attitudes of physiotherapy, in order to resolve specific clinical cases in the hospital and non-hospital environments, and primary and community care.
- Make a physiotherapy diagnosis applying internationally recognised norms and validation instruments.
- Make changes to methods and processes in the area of knowledge in order to provide innovative responses to society's needs and demands.
- Participate in drawing up physiotherapy protocols on the basis of scientific evidence, and promote professional activities that facilitate physiotherapy research.
- Take account of social, economic and environmental impacts when operating within one's own area of knowledge.
- Take sex- or gender-based inequalities into consideration when operating within one's own area of knowledge.

Learning Outcomes

1. Analyse a situation and identify its points for improvement.
2. Analyse the indicators of sustainability of academic and professional activities in the areas of knowledge, integrating social, economic and environmental dimensions.
3. Analyse the sex- or gender-based inequalities and the gender biases present in one's own area of knowledge.
4. Apply the correct physiotherapy evaluation procedures to determine the degree of damage to the pelvic floor.
5. Apply the methods, procedures and interventions of physiotherapy to pelvic floor therapies.
6. Communicate using language that is not sexist.
7. Consider how gender stereotypes and roles impinge on the exercise of the profession.
8. Critically analyse the principles, values and procedures that govern the exercise of the profession.
9. Define general and specific objectives when using physiotherapy treatment for pelvic floor disorders.
10. Describe and analyse the evidence-based physiotherapy protocols for pelvic floor disorders.
11. Describe the circumstances that can influence priorities
12. Describe the good clinical practice guides for pelvic floor disorders.
13. Describe the injuries and diseases in obstetrics and gynaecology, identifying the symptoms that appear during the process, their etiology and the associated medical, surgical and rehabilitation treatments.
14. Design means for preventing pelvic floor disorders and teach about these.
15. Enumerate the different types of of material and apparatus for using physiotherapy to treat pelvic floor disorders.
16. Establish a diagnostic physiotherapy hypothesis based on clinical cases in pelvic floor conditions.
17. Explain the explicit or implicit code of practice of one's own area of knowledge.
18. Identify situations in which a change or improvement is needed.
19. Identify the principal forms of sex- or gender-based inequality present in society.
20. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.

21. Identify, analyse and solve ethical problems in complex situations
22. Propose new methods or well-founded alternative solutions.
23. Propose projects and actions in accordance with the principles of ethical responsibility and respect for fundamental rights, diversity and democratic values.
24. Propose projects and actions that incorporate the gender perspective.
25. Use physiotherapy to treat clinical cases involving pelvic floor disorders.
26. Weigh up the impact of any long- or short-term difficulty, harm or discrimination that could be caused to certain persons or groups by the actions or projects.

Content

Theory BLOCK 1

- Anatomy and physiology of the abdominopelvic cavity (Elena Montiel)

- Biomechanics and physiology of the abdominopelvic cavity (Elena Montiel)

- Introduction to abdominopelvic reeducation (Yolanda Castellano)

- Current evidence on the functioning of the abdominopelvic cavity (Elena Montiel)

BLOCK 2

- Neurophysiology of urination (Yolanda Castellano)

- Neurophysiology of defecation (Yolanda Castellano)

- Dysfunctions of the pelvic floor (2 parts) (Yolanda Castellano)

- Definition, classification and type of voiding dysfunctions (Yolanda Castellano)

- Definition, classification and type of anorectal dysfunctions (Yolanda Castellano)

- Definition, classification and type of prolapses (Yolanda Castellano)
- Definition, classification and type of sexual dysfunctions (Yolanda Castellano)
- Definition, classification and type of pelvic pain (Yolanda Castellano)

BLOCK 3

- Role of the physiotherapist (Elena Montiel)
- Methods of evaluation: anamnesis, physical examination, questionnaires, voiding schedules, pad test (test-pad)
- Description of the different techniques of physiotherapy treatment, sanitary education, conductual changes-(Elena Montiel)
- Description of the different materials and instrumental techniques in the treatment of pelvic dysfunctions (Elena Montiel)

BLOCK 4

- Obstetrics: role of the physiotherapist in labor and delivery (Yolanda Castellano)
- Postpartum: role of the physiotherapist in the postpartum (Yolanda Castellano)
- Diagnosis and treatment of the different dysfunctions of the pelvic floor (Yolanda Castellano)
- Etiological factors of perineal dysfunction (analysis and prevention) (Elena Montiel)

SEMINARS

- Practical workshop of exploration and reeducation abdominopelvic (Yolanda Castellano)
- Practical HC design workshop with simulated clinical cases (group role play)(Elena Montiel)
- Practical workshop of different pelvic floor treatment materials (Elena Montiel)
- Practical workshop of posterior tibial neuromodulation (Elena Montiel)
- Practical workshop of hypopressive abdominal gymnastics (Elena Montiel)
- Practical lumbo-pelvic stabilization workshop (Elena Montiel)
- Practical workshop of maternal preparation (Yolanda Castellano)
- Practical Workshop of External Manual Therapy Pelvic Floor (Yolanda Castellano)
- Workshop on Dysmenorrhea, Premenstrual Syndrome and Specific Techniques (Yolanda Castellano)

Methodology

Teaching is based on theoretical lectures with the support of images, classes following the methodology of group

If the situation requires it virtual classes and /or videos will be held to learn specific techniques.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
THEORY (TE)	29	1.16	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16, 21
LABORATORY PRACTICES (PLAB)	16	0.64	5, 4, 11, 12, 13, 14, 15, 16

Type: Autonomous

READING ARTICLES AND REPORTS OF INTEREST	35	1.4	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16, 21
SELF-STUDY	29	1.16	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16, 21
WORK PREPARATION	38	1.52	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16, 21
PRESENTATION / ORAL DEFENSE OF WRITTEN WORKS	2	0.08	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16, 21

Assessment

Written test: it is an objective test with multiple choice items with an overall weight of 50% (classroom)
 4 options per question, of which 1 is correct.
 Each question answered correctly will be valued with 1 point.
 The questions answered wrongly subtract -0.50 points.

The questions are about theory and practice.

Unanswered questions will not subtract points.

It is a PASS with a 5/10.

Structured oral test associated with the presentation of an oral work, with Continuous evaluation exercises associated with seminars with group ac

The performance of the oral work will evaluate:

1. Consistency in the resolution of clinical cases
2. The adequacy of the content to the work topics
3. The critical capacity
4. The ability to synthesize

5. Uses ethic code rules, respectful, non sexist and professional language.

6. The use of bibliographic sources

- The sources used are adequate for the subject matter

- Use updated bibliographic sources

- The bibliographical references are described in full (following the Vanc

To pass the subject it will be necessary:

- Pass the oral test, written test with a minimum grade of 5.

- Having attended 100% of the practical classes (in case of justified reaso

- In case of not do past item, the pupil must to do a written task that will a

- Obtain a global grade of the subject equal to or greater than 5.

Students who have not passed the course may opt for a final test of recovery. The maximum grade to obtain is a

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Oral defense of works	50%	0.5	0.02	8, 2, 3, 1, 25, 5, 6, 9, 10, 4, 11, 12, 13, 14, 15, 16, 17, 20, 19, 18, 21, 22, 23, 24, 7, 26
Written-objective test with multiple-choice items	50%	0.5	0.02	25, 5, 9, 10, 4, 11, 12, 13, 14, 15, 16

Bibliography

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- Calais-Germain Anatomy for movement. The March Hare, 2007
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- Martínez Bustelo, S., Ferri Morales, A., Patiño Núñez, S., Viñas Diz S., Martínez Rodríguez A. Clinical interview and functional assessment of the pelvic floor. Physiotherapy 2204; 26 (5): 266-80
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- Cervera Deval, J., Serralta Davia I., Macia Pareja, C., Moreno Alzuyet, J., Mayoral Azofra, E. Urinary incontinence: A hidden problem? Rehabilitation (Madr) 2004; 38 (1): 1-6
- González Rebollo, A., Blázquez Sánchez, E., Romo Monje, M., Rioja Toro, J. Rehabilitation treatment of female urinary incontinence. Rehabilitation (Madr) 2003; 37 (2): 79-85

Software

No need for any additional program or device