

# MEN'S HEALTH DAY 1: BLADDER

Subjective Ax UUI, Rx for SUI/UUI/OAB/OD, PFM Up and Down training, Practicals for PF Up/Down

| Time     | Min    | Content                                                                                                                                                                                                                                                                                                                                                   |
|----------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 am  | 45 min | <b>Quiz and Special Questions about UUI</b> (Urge Urinary Incontinence)<br>Differences between UUI, OAB(OD), Urinary Retention, Overfilling, Overflow, Polynocturia (Focus is UUI)                                                                                                                                                                        |
| 9.15 am  | 30 min | <b>Subjective Assessment</b><br>All students contribute to the subjective assessment of a man with Urge Urinary Incontinence. The tutor will role-play as the patient and students will take turns in asking Sx questions.                                                                                                                                |
| 9.45 am  | 15 min | <b>Case Discussion</b><br>What the special questions mean for SUI /UUI/OAB/OD<br>Propose a diagnosis and give a rationale                                                                                                                                                                                                                                 |
| 10.00 am | 30 min | <b>Practical (Experiential): Pelvic Floor Management Awareness</b><br>Guided cueing by tutor in supine, sideline, 4 pt kneel, prone, sitting and standing with tutor running through different cues for the three parts                                                                                                                                   |
| 10.30 am | 15 min | <b>MORNING TEA</b>                                                                                                                                                                                                                                                                                                                                        |
| 10.45 am | 45 min | <b>Practical (male models): External Palpation of the Pelvic floor and its parts: Up training</b><br>Tutor to demonstrate: Front: Middle and Back: 0 -100%, Amount of movement, Timing Up/Down. Students to pair up and practice: rotate to experience different models with clothes on. <i>Participants are requested to wear bike pants for the day</i> |
| 11.30 am | 45 min | <b>Practical (male models): Pelvic Floor Muscle Down training</b><br>3 parts from 0-100% up and down. Dot for awareness, diaphragm release /massage to abdominal/inguinal region and relevant gluteal region, breath work and sustained stretches                                                                                                         |
| 12.15 pm | 60 min | <b>Practical (male models): TARTUS</b><br>Transabdominal: bladder wall thickness, PVR, and Pelvic floor                                                                                                                                                                                                                                                   |
| 1.15 pm  | 30 min | <b>LUNCH</b>                                                                                                                                                                                                                                                                                                                                              |
| 1.45 pm  | 45 min | <b>Bladder Diaries</b><br>Go through each diary demonstrating<br>UUI vs OAB vs Urinary Retention vs Overfilling, Overflow, Polynocturia<br>Repeat from theory lecture – clarify any questions                                                                                                                                                             |
| 2.30 pm  | 60 min | <b>Demonstration &amp; Practical: Urgency Treatment, Bladder Retraining</b><br>Environmental triggers vs ingestible triggers - practice on each other<br>Bladder retraining strategies - demonstrate then practice on each other<br>Other Treatment:<br>Medications/Botox/TENS -Go through TENS setup practical - give handout cards                      |
| 3.30 pm  | 45 min | <b>Case Studies:</b><br>UUI/ OAB since childhood<br>Overflow - BPE - include treatment option                                                                                                                                                                                                                                                             |
| 4.15 pm  | 15 min | <b>Summary of Day 1, Discuss plan for Day 2 and Bowel diary complete</b>                                                                                                                                                                                                                                                                                  |
| 4.30 pm  |        | <b>FINISH</b>                                                                                                                                                                                                                                                                                                                                             |

Training, TARTUS, Bladder Diaries and Retraining, Case Studies

## MEN'S HEALTH - DAY 2 - BOWEL (COMPLETE YOUR OWN BOWEL DIARY BEFORE THIS SESSION)

PR exam, Effective defecation, Rx for constipation and diarrhea, Sx, Aperients, TARTUS

Subjective assessment (Sx), objective assessment (Ox), aperients, treatment for constipation

| Time     | Min    | Content                                                                                                                                                                                                                                                                                                                       |
|----------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 am  | 15 min | <b>Hand Hygiene/Gloving technique</b>                                                                                                                                                                                                                                                                                         |
| 8.45 am  | 15 min | <b>Demonstration</b><br>Demonstrate the steps on how to perform a PR exam in side-lying for defecatory assessment                                                                                                                                                                                                             |
| 9.00 am  | 15 min | <b>Demonstration Assessment: Per Rectum</b><br>PR exam in side-lying                                                                                                                                                                                                                                                          |
| 9.15 am  | 75 min | <b>Practical: PR exam in side-lying</b><br>External observation: Contract (C) / Relax R / Bear Down (BD) & reflex if indicated<br>Internal: 1cm: C/R/BD; 4 cm: C/R/BD; PR: anorectal angle: C/R/BD                                                                                                                            |
| 10.30 am | 15 min | <b>MORNING TEA</b>                                                                                                                                                                                                                                                                                                            |
| 10.45 am | 45 min | <b>Quiz plus Special Questions for Bowel and what they mean?</b><br>Stool chart interpretation<br>Constipation/defecatory dyssynergia/overflow/diarrhea/IBS/dis-impaction protocol                                                                                                                                            |
| 11.30 am | 45 min | <b>Subjective Assessment</b><br>Tutor-led case on defecatory dysfunction where all students have the opportunity to add to the Sx Assessment.<br>Tutor guided discussion and questions                                                                                                                                        |
| 12.15 pm | 15 min | <b>Objective Assessment: What finding would you expect: Why?</b><br>Propose a diagnosis and give the rationale.                                                                                                                                                                                                               |
| 12.30 pm | 30 min | <b>LUNCH</b>                                                                                                                                                                                                                                                                                                                  |
| 1.00 pm  | 60 min | <b>Aperients</b><br>Constipation: Within the bowel, osmotic agents, laxatives.<br>Whole bowel cleanout, (when and why), cleanout of rectum<br>How process differs from acute vs chronic constipation<br>Diarrhea: Imodium, bulking agents, natural agents                                                                     |
| 2.00 pm  | 60 min | <b>Case studies (3)</b><br>Defecatory dyssynergia, soiling, diarrhea/urgency)<br>Using your understanding of the Patho mechanics of constipation and diarrhoea answer the three case studies with your partners within the session, case study discussion                                                                     |
| 3.00 pm  | 15 min | <b>AFTERNOON TEA</b>                                                                                                                                                                                                                                                                                                          |
| 3.15 pm  | 60 min | <b>Practical: (rotate so both students practice)</b><br>1. Run through what the stool chart means to your partner<br>2. Teach effective pushing and toilet posture and time<br>3. Perform massage for constipation<br>4. Explain timed sits to your partner<br>5. Massage partner's coccygeus muscle and perianal musculature |
| 4.15 pm  | 15 min | <b>Summary of Day 2, Recommended Day 3 Preparation - Watch the education video for Prostate</b>                                                                                                                                                                                                                               |
| 4.30 pm  |        | <b>FINISH</b>                                                                                                                                                                                                                                                                                                                 |

## MEN'S HEALTH DAY 3 – PROSTATE CANCER / PFMT

Subjective Assessment (Sx), Objective Assessment (Ox), Pelvic Floor Muscle Exercise Training (PFMT) /RTUS / Case Studies, Pre prostatectomy/post prostatectomy, Practicals

| Time     | Min    | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.15 am  | 15 min | <b>Registration – Welcome to students joining today</b>                                                                                                                                                                                                                                                                                                                                                                                                     |
| 8.30 am  | 45 min | <b>Subjective Assessment Questions – Quiz</b><br>Quiz on Prostate Sx questions and meaning relevant to Bladder/Bowel/Pain and EF<br>What is: TURP/TRP/UroLift/Laser Surgery                                                                                                                                                                                                                                                                                 |
| 9.15 am  | 45 min | <b>Practical: Subjective Assessment (small groups)</b><br>Using the cheat sheet, practice covering the Prostate Cancer, baseline bladder, bowel, and EF questions. Tutor is the patient                                                                                                                                                                                                                                                                     |
| 10.00 am | 15 min | <b>Objective Assessment: What finding would you expect: Why?</b><br>Discuss the significance of Gleeson/ISUP score and PSA and if watch and wait or urgent surgery                                                                                                                                                                                                                                                                                          |
| 10.15 am | 15 min | <b>MORNING TEA</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 10.30 am | 60 min | <b>Practical: Prostatectomy Education (in pairs)</b><br>30 minutes each using a cue sheet                                                                                                                                                                                                                                                                                                                                                                   |
| 11.30 am | 30 min | <b>Practical (Experiential): Pelvic Floor Muscle Awareness</b><br>Guided cueing by tutor in supine, sideline, 4 pt kneel, prone, sitting, and standing with tutor running through different cues for the three parts                                                                                                                                                                                                                                        |
| 12.00 pm | 30 min | <b>PFMT progressions</b><br>How to progress, how to make it functional                                                                                                                                                                                                                                                                                                                                                                                      |
| 12.30 pm | 60 min | <b>Case Studies (3): Prehab and TRP Rehab, PFM strengthening.</b><br><b>Case study 1:</b> 70-year-old retired engineer, Gleeson 7, ISUP watch and wait for 5 years, cancer is on the edge of the prostate<br><b>Case study 2:</b> 45-year-old BPH causing worsening bladder residual greater than 200ml and severe urgency and slow flow.<br><b>Case study 3:</b> 58-year-old - had TRRP - post op PSA 5 follow up bowel resection and stoma bag and chemo. |
| 1.30 pm  | 30 min | <b>LUNCH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2.00 pm  | 15 min | <b>Demonstration of external palpation for pelvic floor</b>                                                                                                                                                                                                                                                                                                                                                                                                 |
| 2.15 pm  | 45 min | <b>Practical: Pelvic Floor</b><br>Using manual feedback take your partner through the three parts of the pelvic floor from 0-100% then back down. Based on their ability set a dosage relevant for them. Rotate partners                                                                                                                                                                                                                                    |
| 3.00 pm  | 60 min | <b>Demonstration: Trans Perineal RTUS(Front/Middle/Back)</b><br>Assess the amount lift in the three parts and practice different cues<br><b>Practical: External AX of Pelvic Floor (in pairs)</b><br>External AX of PF, set dosage based on your student partner's current muscle strength based on visual movement of Pelvic floor                                                                                                                         |
| 4.00 pm  | 15 min | <b>Quiz - Key Learning Outcomes for the day</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| 4.15 pm  | 15 min | <b>Summary - Day 3, discuss Day 4 including neuroanatomy mapping</b>                                                                                                                                                                                                                                                                                                                                                                                        |
| 4.30 pm  |        | <b>FINISH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## MEN'S HEALTH DAY 4 – PELVIC PAIN

*Sensory Neural Assessment, PFM Down training, Hand hygiene / IC rectal exams / Stretches*

| Time     | Min    | Content                                                                                                                                                                                                                                                                                                                                                                       |
|----------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 am  | 30 min | <b>Hand Hygiene, Glove Technique and Informed Consent</b>                                                                                                                                                                                                                                                                                                                     |
| 9.00 am  | 15 min | <b>Demonstration</b><br>Tutor led a demonstration of how to perform an internal anal and pelvic floor examination in prone                                                                                                                                                                                                                                                    |
| 9.15 am  | 75 min | <b>Practical: Objective Assessment</b><br>Rectal exam in prone – EAS / IAS / PR / PC / IC / Obturators                                                                                                                                                                                                                                                                        |
| 10.30 am | 30 min | <b>Demonstration – External Pelvic Pain Examination</b><br>Tutor led a demonstration of how to perform an external pelvic pain examination                                                                                                                                                                                                                                    |
| 11.00 am | 15 min | <b>MORNING TEA</b>                                                                                                                                                                                                                                                                                                                                                            |
| 11.15 am | 45 min | <b>Practical - Full External Assessment of Pelvic Pain (Assessment only)</b><br>Breath assessment: apical, lateral and diaphragmatic breath, diaphragm. TX/ Lx junction, psoas to inguinal region, RA, PS, ST lig and nerve pathway externally to external Pelvic floor palpation, External pelvic floor assessment                                                           |
| 12.00 pm | 45 min | <b>Practical: Pelvic Pain Treatment Options</b><br>Abdominal & inguinal releases<br>External Coccygeus and Sacrospinous lig and sacrotuberous lig releases<br>External pelvic floor release, testicular/ scrotal stretches<br>External Rotators/Internal Rotators muscle strength ratios<br>TENs and electrode placement and settings                                         |
| 12.45 pm | 45 min | <b>Pain Science</b><br>Explaining pain to patients: 4 strategies for day-to-day homework<br>Pain Management: Medications, TENs, heat, ice, Botox, relaxation, meditation, manual releases, DN, breath work, movement, exercise, stretches. Experience relevant stretches                                                                                                      |
| 1.30 pm  | 30 min | <b>LUNCH</b>                                                                                                                                                                                                                                                                                                                                                                  |
| 2.00 pm  | 45 min | <b>Pelvic Floor Muscle Down training</b><br>Use Dot for awareness for all students<br>Practice cues to help with relaxation of the pelvic floor for those AMAB<br>Using external palpation for awareness training, isolate 3 parts from 0-100%. Practice STM to the inguinal region and relevant gluteal region, Experience which stretches work for you - discuss hold times |
| 2.45 pm  | 30 min | <b>Subjective Assessment</b><br>All students lead the subjective assessment whilst the tutor acts as patient – all students complete the subjective assessment form for Pelvic Pain                                                                                                                                                                                           |
| 3.15 pm  | 15 min | <b>Discussion on Interpretation of Subjective Questions and Plan for Ox</b>                                                                                                                                                                                                                                                                                                   |
| 3.30 pm  | 15 min | <b>AFTERNOON TEA</b>                                                                                                                                                                                                                                                                                                                                                          |
| 3.45 pm  | 60 min | <b>Case Studies:</b><br>Bladder Syndrome/abdominal pelvic pain, Anal pain – proctalgia, Perineal and urethral pain, Testicular and penile pain                                                                                                                                                                                                                                |
| 4.45 pm  | 15 min | <b>Summary of Day 4</b>                                                                                                                                                                                                                                                                                                                                                       |
| 5.00 pm  |        | <b>FINISH</b>                                                                                                                                                                                                                                                                                                                                                                 |

## MEN'S HEALTH DAY 5 - SEXUAL HEALTH

*Subjective Ax Erectile Dysfunction, Peyronies, OX, PF Optimisation, Equipment Demonstration, Case Studies*

| Time     | Min    | Content                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 am  | 45 min | <b>Quiz from online learning material:</b><br>Guided session to clarify your understanding of normal erectile function and common dysfunctions                                                                                                                                                                                                                                                                                                 |
| 9.15 am  | 30 min | <b>Subjective Assessment</b><br>All students take turns, asking the subjective questions to the tutor acting as a patient experiencing both Erectile Dysfunction and Peyronies                                                                                                                                                                                                                                                                 |
| 9.45 am  | 15 min | <b>Objective Assessment: What finding would you expect: Why?</b><br>Propose a diagnosis and give a rationale                                                                                                                                                                                                                                                                                                                                   |
| 10.00 am | 60 min | <b>Pelvic Floor Muscle Optimisation - relax and strengthen</b><br>Revise cues and progressions for strengthening PFM (from past 2 days)<br>Revise the strategies for down training the pelvic floor (from past 2 days)<br>Assessment of the Tx/Lx area, abdominal area, sacral and gluteal<br>Manual assessment of the relevant regions and external muscle release options<br>Stretches and Yoga poses for pelvic area awareness and movement |
| 11.00 am | 15 min | <b>MORNING TEA</b>                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 11.15 am | 45 min | <b>Demonstration: Equipment</b><br>Venous occlusion devices – discuss their place and role of physio vs sexual therapist<br>Penile rings/PUMPS<br>Vibratory and stimulatory devices                                                                                                                                                                                                                                                            |
| 12.00 pm | 60 min | <b>TARTUS</b><br>Timed testing in standing/TP RTUS practical - revision - Anorectal angle, Isolation of external urethral sphincter                                                                                                                                                                                                                                                                                                            |
| 1.00 pm  | 30 min | <b>LUNCH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 1.30 pm  | 60 min | <b>Case Studies: Erectile Dysfunction</b><br>Premature ejaculation: born with or late onset<br>Hard flaccid, postvoid residual, and ejaculate drip<br>Cannot get an erection or loss of tumescence to point cannot achieve penetration.<br>Role of Physio vs GP vs nurse vs sexual counsellor, sexologist vs urologist                                                                                                                         |
| 2.30 pm  | 45 min | <b>Demonstration &amp; Discussion on Treatments for Peyronies</b><br>Demonstration of Ultrasound for Peyronies<br>Discussion of other therapy options: shock wave therapy, traction device, penile pumps, medication, surgery (from lecture)                                                                                                                                                                                                   |
| 3.15 pm  | 15 min | <b>Quiz on key learning outcomes for the day</b>                                                                                                                                                                                                                                                                                                                                                                                               |
| 3.30 pm  | 15 min | <b>Career pathway - ongoing learning - mentoring</b>                                                                                                                                                                                                                                                                                                                                                                                           |
| 3.45 pm  |        | <b>FINISH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  |