

# **PEDIATRIC INCONTINENCE AND PELVIC FLOOR DYSFUNCTION**

**Schedule - 2008**

## **Course Description**

This course is designed for the therapist (PT, PTA, OTR, COTA) with an interest in the pediatric incontinent population. The two most common pelvic floor dysfunctions in the pediatric population are dysfunctional elimination syndrome and bedwetting. This specialty focuses on the treatment of children with day or nighttime incontinence, fecal incontinence, and/or dysfunctional voiding habits. The course will review common causes of incontinence in the pediatric patient as well as a comprehensive approach to evaluation, education and exercise strategies. The course format includes lecture, demonstration, practical labs and small group activity with case studies. Participants will be provided with surface electrodes for use with SEMG biofeedback lab and will practice evaluation and treatment techniques on each other.

## **Course Prerequisite**

Completion of a bladder diary provided on course enrollment. Bladder diary needs to be completed prior to the course.

## **Suggested Reading**

*Dry All Night* by Alison Mack, published by Little, Brown and Company, available on Amazon.com.

*Waking Up Dry: A guide to help children overcome bedwetting* Bennett, Howard J.  
©2005 American Academy of Pediatrics.

## **Course Objectives**

Upon completion of this course the participants will be able to demonstrate an understanding of the following:

- Anatomy and physiology of the pelvic floor and normal urinary control;
- Pelvic floor and its relationship to voiding reflexes;
- Urodynamic testing in the pediatric patient;
- Pediatric pelvic floor dysfunctions;
- Behavioral treatment of pediatric pelvic floor dysfunctions;
- Treatment progressions.

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Schedule - 2007**

**Day 1**

<b>7:30-8:00am</b>	<b>Registration</b>
<b>8:00-9:00</b>	<b>Anatomy of the Pelvic Floor</b>
<b>9:00-9:30</b>	<b>Normal Urinary Control in Infancy</b>
<b>9:30-10:15</b>	<b>Adult Voiding Cycle</b>
<b>10:15-10:30</b>	<b>Break</b>
<b>10:30-11:15</b>	<b>ICCS Terminology- Definitions</b> <ul style="list-style-type: none"><li>• <b>Storage Symptoms in pediatrics</b></li><li>• <b>Voiding Symptoms</b></li><li>• <b>Investigative Tools</b></li><li>• <b>Development of Dysfunctional Voiding</b><ul style="list-style-type: none"><li>• <b>Definition</b></li><li>○ <b>Urodynamic Testing Procedures Dysfunctional Voiding</b></li></ul></li></ul>
<b>12:00 - 1:00</b>	<b>Lunch</b>
<b>1:00 - 2:00</b>	<b>Pathophysiology of Detrusor and Sphincter Dysfunction</b>
<b>2:00 - 3:00</b>	<b>Neurogenic Bladder</b>
<b>3:00 - 3:15</b>	<b>Break</b>
<b>3:15 - 5:00</b>	<b>Constipation – Encopresis</b> <ul style="list-style-type: none"><li>• <b>Definitions, treatment, medications</b></li></ul>
<b>5:00</b>	<b>Finish</b>

**Day 2**

<b>8:00 - 9:00</b>	<b>Vesicoureteral Reflux</b> <ul style="list-style-type: none"><li>• <b>Definition, medical-surgical management</b></li><li>• <b>Urodynamic Testing Procedures</b></li></ul>
<b>9:00 -10:15</b>	<b>Enuresis</b> <ul style="list-style-type: none"><li>• <b>Definition. Etiology, Medical – behavioral management</b></li></ul>
<b>10:15 -10:30</b>	<b>Break</b>
<b>10:30 -12:00pm</b>	<b>SEMG Lecture -Lab</b>
<b>12:00 - 1:00</b>	<b>Lunch</b>
<b>1:00 – 3:30</b>	<b>Clinical Evaluation</b> <ul style="list-style-type: none"><li>• <b>Education</b></li><li>• <b>Bladder Training</b></li><li>• <b>Specific Exercises for Pelvic Floor Muscle Detraining</b></li><li>• <b>Surface EMG</b></li><li>• <b>Double Voiding</b></li><li>• <b>Treatment Goals &amp; Progressions</b></li></ul>
<b>3:30 - 3:45</b>	<b>Break</b>
<b>3:45– 4:30</b>	<b>Reimbursement &amp; Referral Sources</b>
<b>4:30 - 5:00</b>	<b>Case Studies</b>
<b>5:00</b>	<b>Finish</b>