Pelvic-Floor Disorders
Update for the Primary-Care Physician

Friday, March 7, 2014
Glaser Auditorium
Swedish/First Hill
747 Broadway
Seattle, Washington
Needs Statement
The National Association For Continence (NAFC) estimates that 25 million adult Americans experience transient or chronic urinary incontinence and that fecal incontinence affects 5-9% of the population. Many people believe the symptoms of urinary incontinence and other pelvic-floor disorders are untreatable or a normal part of growing older, so they live with the physical and emotional discomfort for too long. Yet, it is estimated that approximately 80% of those affected by urinary and fecal incontinence can be cured or improved.

Recent studies indicate that current pelvic-floor disorders in both men and women remain underreported and undertreated. The estimated number of American women with at least one pelvic-floor disorder is expecting to increase from 28.1 million in 2010 to 43.8 million in 2050. This increase will result in a shortage of specialists to manage all of these patients and provide timely diagnosis. Consequently, patients will be reliant on primary-care practitioners and gynecologists to treat pelvic-floor disorders.

To meet the increased need for practitioners prepared to treat these conditions, primary-care physicians and allied health professionals must increase their awareness of pelvic-floor disorders, appropriate diagnostic methods and treatment options. Practitioners having the skills to accurately and quickly diagnose and treat these patients will limit the time patients spend in pain and improve the overall quality of life for this patient population.

Course Description
This symposium will increase awareness of pelvic-floor disorders such as urinary incontinence, pelvic organ prolapse, fecal incontinence, and other sensory and emptying abnormalities of the lower urinary and gastrointestinal tracts among primary-care and family medicine practitioners, enabling them to accurately diagnose pelvic-floor disorders and utilize a variety of treatment and referral options to improve patient outcomes.

Agenda
7:30 a.m. Registration and Continental Breakfast
8 a.m. Welcome and Introductions
8:10 a.m. Pelvic Anatomy & Physiology
8:40 a.m. High-Tone Pelvic-Floor Disorders (Pelvic Pain)
9:40 a.m. Urinary Incontinence/OAB
10:10 a.m. Break
10:30 a.m. Colorectal Incontinence
11 a.m. Neurogenic and Neuromuscular Input & Output for the Pelvic Floor
11:30 a.m. The Peripartum Pelvic Floor
Noon Lunch (provided)
12:45 p.m. Men’s Pelvic Health Update
1:15 p.m. Pelvic Organ Prolapse
1:45 p.m. Diagnosis, Management and Treatment of Rectal Prolapse
2:15 p.m. Break
2:30 p.m. Physical Therapy Treatment for PFDs
3 p.m. Midlife to Geriatric PFDs
3:30 p.m. Adjourn

Accreditation with Commendation
Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™
Swedish Medical Center designates this live activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing CE Contact Hours
Swedish Medical Center Clinical Education and Practice is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Location
Swedish Medical Center is located at 747 Broadway in Seattle, Washington. The conference will be held in the Glaser Auditorium on the first floor of the medical center. Parking is available in the Broadway Garage at 747 Broadway at a maximum fee of $15. From I-5 (northbound and southbound), take the James Street exit. Travel east on James Street. Turn left (north) onto Broadway. Turn left into the main hospital entrance and follow the signs to the Broadway underground parking garage.
Intended Audience
This target audience for this conference includes primary-care and family medicine physicians, allied health professionals, residents and fellows in the Pacific Northwest, especially those with patients suffering from pelvic-floor disorders or pelvic pain.

Course Objectives
At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

• Describe the organization of the retroperitoneal pelvis based on vessels, muscles, ligaments and avascular spaces and review the relationship of female pelvic organs to the primary and secondary support structures
• Discuss the symptoms of high-tone pelvic-floor disorders and compare the available treatment options for pelvic pain
• Review the epidemiology and statistics of urinary incontinence for both men and women, list common types of incontinence, compare treatment strategies for urinary incontinence and evaluate incontinent female patients
• Evaluate the colorectal incontinent patient, examine workup studies for incontinence and determine treatment algorithms for incontinence management
• Analyze the neurogenic and neuromuscular inputs and outputs of the pelvic floor and review their effects on pelvic-floor dysfunction
• Recognize two or more indicators of pelvic-floor dysfunction in pregnancy or peripartum period and identify treatment options for patients with pelvic-floor dysfunction
• Describe three benefits of testosterone therapy in men with hypogonadism, utilize an erectile dysfunction treatment algorithm for men who don’t respond to medication and list three indications of surgical intervention in men with benign prostatic hyperplasia (BPH)
• Screen patients for pelvic organ prolapse in the primary-care setting, perform basic examination techniques when suspecting pelvic organ prolapse and discuss when to offer conservative management and when to refer to a specialist for pelvic organ prolapse
• Diagnose rectal prolapse, review techniques for reducing prolapse and discuss treatment of rectal prolapse
• Recognize types of patients that would benefit from pelvic-floor physical therapy and review how therapy can help your patients with pelvic-floor disorders
• Explain changes in hormones that affect pelvic health, outline the top three geriatric pelvic-health issues, screen for pelvic-health problems and apply non-invasive interventions for geriatric PFDs

Acknowledgments
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Registration Information:
Preregistration is required as space is limited. Participants who register by the “Advance Registration” deadline will receive a confirmation postcard after Monday, February 24, 2014. Registrations will only be processed when accompanied by full payment.

Cancellation:
To receive a refund, notice of cancellation must be received no later than Friday, February 28, 2014.

If using the registration form, please mail or fax it to:
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Please note: No registrations are accepted by phone or e-mail.

If you have special needs, please contact the CME office at 206-386-2755.

Save time — register online!
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