Update on Pelvic Floor Disorders

Friday, February 26, 2016
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 expected to increase to 43.8 million by 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 a wide variety of clinicians: primary-care, family medicine, urologists, colorectal surgeons and gynecologists, to help treat these conditions. There is a need to provide education with updated diagnosis and treatment skills in related specialties so that all patients with pelvic floor conditions receive consistent care, timely diagnosis to relieve prolonged suffering and the best treatment for their condition.

Course Description
This symposium will increase awareness of pelvic floor disorders (including urinary incontinence, pelvic organ prolapse, fecal incontinence, and other sensory and emptying abnormalities of the lower urinary and gastrointestinal tracts) and their multidisciplinary treatment options to enable clinicians and other health care professionals to accurately diagnose pelvic floor disorders and utilize a variety of treatment and referral options to improve patient outcomes and quality of life.

Intended Audience
This conference is designed for all specialties of physicians and multidisciplinary team members in the Pacific Northwest who care for patients with pelvic floor disorders or pelvic pain including those working in the following specialties: family medicine, primary care, internal medicine, urology, gynecology, emergency medicine, and physical therapy.

Agenda
7:20 a.m. Registration and Continental Breakfast
7:50 a.m. Welcome and Introductions
8 a.m. My Ovaries Hurt: Work Up of Acute and Chronic Female Pelvic Pain
Eleanor Friele, M.D.
8:35 a.m. Defining and Treating Urinary Incontinence in Men and Women
Elizabeth A. Miller, M.D.
9:10 a.m. Diagnosing and Managing Fecal Incontinence
Mukta Krane, M.D., FACS
9:45 a.m. Break
10 a.m. Is It Really a UTI?
Van Anh Ginger, M.D.
10:50 a.m. Birthday Cakes and Wands: Physical Therapy for Pelvic Floor Disorders (PFD)
Peg Maas PT, WCS, CLT
11:40 a.m. Panel
Moderator: Darren R. Pollock, M.D.
12:05 p.m. Lunch
1 p.m. Rectal Prolapse: Shining Light on Where the Sun Don’t Shine
Raman Menon, M.D.
1:35 p.m. Pelvic Organ Prolapse
Richard Wasserman, M.D.
2:10 p.m. Pessaries
Julie LaCombe, M.D., FACOG, FPMRS
2:45 p.m. Break
3 p.m. Sexual Dysfunction and the Pelvic Floor
Carolyn Libbey Livingston, ARNP, Ph.D.
3:35 p.m. Midlife to Elderly PFDs
Lora Plaskon, M.D., MS
4:10 p.m. Panel
Moderator: Darren R. Pollock, M.D.
4:40 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 7.25 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.

Acknowledgments
This symposium is financially supported in part by educational grants in accordance with ACCME’s Standards for Commercial Support. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.

For Further Information:
Phone: 206-386-2755
Fax: 206-320-7462
E-mail: CME@swedish.org
Web: swedish.org/CME
Course Objectives

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

• Review essential history in pelvic pain patients, execute a pelvic pain exam and discuss getting buy in on pelvic muscle spasm.
• Diagnose types of urinary incontinence for both men and women; review treatment strategies for overactive bladder using behavioral treatments, physical therapy, medicine and procedures; and treat stress incontinence in men and women.
• Evaluate and manage patients with fecal incontinence and discuss newer methods of treatment.
• Compare and contrast similar pelvic conditions that can present as a urinary tract infection (UTI) and diagnose and treat UTIs.
• Recognize the role of pelvic health physical therapy in the care of patients with pelvic disorders, identify the types of patients who might benefit from this care and state/ utilize at least three ways to enhance patient’s outcomes in collaboration with pelvic health physical therapy.
• Diagnose rectal prolapse and distinguish it from hemorrhoid prolapse, apply techniques to reduce rectal prolapse and utilize treatment options for rectal prolapse.
• Screen patients for pelvic organ prolapse, review surgical and non-surgical treatment options and discuss controversial treatments that may come up during patient visits.
• Review and apply diagnostic and therapeutic roles of pessary use for the urogynecologic patient.
• Recognize sexual dysfunction associated with pelvic floor disorders (PFDs) and utilize guidelines that may be helpful when working with clients who have a history of sexual abuse.
• 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.
• Review pelvic floor conditions and treatments with expert faculty.

Faculty

Eleanor Friele, M.D.
Medical Director
Swedish OBG Specialist First Hill
Swedish Medical Group

Van Anh Ginger, M.D., Ph.D.
Urologist
The Polyclinic

Mukta Krane, M.D., FACS
Associate Professor of Surgery
Colon and Rectal Surgery
University of Washington Medical Center

Julie LaCombe, M.D., FACOG, FPMRS
Assistant Professor
Department of Reproductive Services
Division of Female Pelvic Medicine and Reconstructive Surgery
University of Vermont College of Medicine
Urogynecologist
Athena Women’s Health, Proliance Surgeons

Carolyn Libbey Livingston, ARNP, Ph.D.
Clinical Specialist in Adult Psychiatric Nursing
AASECT Certified Sex Therapist

Peg Maas, PT, WCS, CLT
Physical Therapist
Board Certified Women’s Health Specialist
Swedish Medical Center

Raman Menon, M.D.
Colorectal Surgeon
Swedish Colon & Rectal Clinic

Elizabeth A. Miller, M.D.
Urogynecologist, Urologist
President
Washington Urology and Urogynecology Associates

Lora Plaskon, M.D., MS
Urogynecologist
Athena Women’s Health, Proliance Surgeons

Richard Wasserman, M.D.
Urogynecologist
Pacific Medical Centers

Planning Committee

Darren R. Pollock, M.D., Course Chair
Caye Boosalis, MEd, CME Manager
Eleanor Friele, M.D.
Julie LaCombe, M.D., FACOG, FPMRS
Elizabeth A. Miller, M.D.
William A. Peters III, M.D.
Lora Plaskon, M.D., MS
Jeanette Proctor, PT
Kellie Ryan
Tanya Sorensen, M.D.
Mia Swartz, M.D.
Erik Torgerson, M.D.
Cora Trujillo, PT
Danielle Westley, CME Specialist

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.
REGISTRATION FORM

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Friday, February 26, 2016
Please print or type information

NAME

TITLE/CREDS

ADDRESS

CITY/STATE/ZIP

PHONE

FAX

E-MAIL

EMERGENCY CONTACT NAME AND PHONE NUMBER (OPT.)

SPECIALTY

Registration Information:
Pre-registration is required as space is limited. Participants who register by the Advance Registration deadline will receive a confirmation postcard after Monday, February 15, 2016. Registrations will only be processed when accompanied by full payment.

If using the registration form, please mail or fax it to:
Continuing Medical Education
Swedish Medical Center
747 Broadway
Seattle, WA 98122
Fax: 206-320-7462

Cancellation: To receive a refund, notice of cancellation must be received no later than Friday, February 19, 2016.

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.

Registration Fees: The fee for this course includes catering, all instruction materials, online syllabus access and a certificate of AMA PRA Category 1 Credits™.

Registration Fees
Advance Registration After Feb. 15
M.D. or D.O. $250 $280
Allied Health Professional $125 $155
Medical Student No Charge No Charge
Resident/Fellow No Charge No Charge

Check enclosed, payable to Swedish CME
Credit Card #________

Signature __________________________ Expiration Date _______