

MUMMY MOT® PELVIC FLOOR ASSESSMENT COURSE



THE POSTNATAL CHECK YOU DESERVE

VENUE:

Chelsea & Westminster Hospital NHS Foundation Trust

Therapy Service department
369 Fulham Road
SW10 9NH
London

Thursday 11th April 2024 – Pelvic Floor Theory, Online Module

Join Zoom Meeting https://us02web.zoom.us/j/84295629055?pwd=Z1Jkb0NxdTdhMWpvb2VDR1BLMXkwQT09 Meeting ID: 842 9562 9055 Passcode: 761106		
18:30 – 18:45	Introduction	
18:45 – 19:00	Aims and Objectives	
19:00 – 19:45	Professional Issues	
19:45 – 20:30*	Anatomy of the Female Pelvis and Pelvic Floor Complex – Internal and External	*21:00 latest

Saturday 13th April 2024 - Pelvic Floor Assessment, Practical Day

09:30 – 10:30	Re-cap of Anatomy	
10:30 - 12:00	<u>Practical</u> : Mapping of the External and Internal Pelvis and Pelvic Floor Complex	
12:00 – 13:00	Subjective Assessment	
13:00 – 13:45	LUNCH	
13:45 – 14:30	Objective Assessment	
14:30 – 16:00	<u>Practical</u> : Clinical Assessment of the Pelvic Floor Complex	
16:00 – 16:15	TEA BREAK	
16:15 – 17:00	Common Postnatal Pelvic Floor Dysfunctions	
17:00 – 17:15	Re-visiting Aims and Objectives	
17:15	FINISH	
(This schedule may be subject to minor alterations in timing on the day.)		

REFERENCES

- Ashton-Miller, J.A. and DeLancey J. (2007) Functional Anatomy of the Female Pelvic Floor. Annals of the New York Academy of Sciences, 1101, pp266-296.
- Chartered Society of Physiotherapy (2011) Consent and Physiotherapy Practice, PD078. CSP, London.
- Chartered Society of Physiotherapy (2013) Chaperoning and related issues, PD104/ERUS IP24 CSP, London.
- Department of Health (2009) Reference guide to consent for examination or treatment, 2nd edition. Department of Health, London.
- Health and Care Professions Council (HCPC) (2016). Standards of conduct, performance and ethics <http://www.hcpc-uk.org/aboutregistration/standards/standardsofconductperformanceandethics>
- Herschorn, S. (2004) Female Pelvic Floor Anatomy: The Pelvic Floor, Supporting Structures and Pelvic Organs. Reviews in Urology, 6 (Supplement 5) S2-S10.

IMPORTANT INFORMATION

- Please wear comfortable clothes such as gym wear.
- We will be providing gloves.
- Please let us know if you are booking a hotel and we are happy to provide proof that your stay is due to work/training/education purposes.

Resources

<https://courses.meps.org.uk/courses/mummy-mot-pelvic-floor-assessment-course>

Pre-Registration Form

Please complete this online form by Wednesday 3rd April 2024. This helps us to learn more about you, your experience, and how we can support your learning.

<https://forms.gle/RQRd7S4w8axcREhG8>

Pre-Reading

Ahead of the course, please watch this zoom recording as an introduction to the Pelvic Floor

https://us02web.zoom.us/rec/share/w8FhO_a7uFPmbfCJVqI_V9yDQCmcjT-LPfXnYC4FBbRFB_HQJq41IZa4EzKJoUNF.aJrXLiGp81cY5r60?startTime=1603524708000

Passcode: mmotpf1!