

Newsletter

June 2022

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International Organization of Physical Therapists in Pelvic and Women's Health



Committee Reports

President: Melissa Davidson

President Report

Kia ora,

Thank you to the 13 member countries who have given feedback on our proposed constitutional changes. We have collected the feedback and the executive committee will respond to any questions raised and finalise the constitutional changes. The governing document will then undergo a final review by World Physiotherapy before being voted on by our members. This voting will occur via email and be ratified at our GBM in the Congress in Dubai next year. It has taken many hours of work to get to this stage, and although it's not very 'exciting', it is vital to update this document and future proof the organisation. The education document has also gone out for feedback and will be finalised by the committee over the next few months. Annelie will report more on this document in her report below.

We held our second virtual networking meeting in February, however only 3 countries attended this time instead of around 12 countries at the first one. This was a shame as it was interesting and informative. Currently it is an online sharing of ideas, questions, and answers. No 'formal' minutes are taken of the meeting as it is an informal way of connecting with others in your field in a relaxed fashion. We are thinking of different ways to make this social networking be of benefit to everyone. We thought that by

getting different regions to 'host' these events it might enable more delegates of the region to attend and share ideas, thoughts, resources, etc. This is like how the newsletter works, with Shirley (our wonderful newsletter editor) approaching each region in turn to get information for the newsletter. Is this something that would interest to you and your country?

Finally, we would like to ask our members a simple question – How do we get improved delegate and member country engagement in IOPTPWH? The executive committee juggles their volunteer IOPTPWH workload with full time employment and family commitments, however sometimes we question if we are doing the best we can for the organisation in the most effective and efficient way. And to ensure we are meeting the vision and mission of IOPTPWH. To improve this, we have recently changed our email mail-out system to Mailchimp, we have set up password protection 'vaults', Gmail accounts, have a private delegate Facebook group, and are using Amazon web services to store larger files to improve member country access. With these improved systems, we can see who does, and who doesn't, access these files, opens emails, etc. While we have a core group of people who seem to always open their emails, access the files to read, give feedback when requested, and volunteer for extra roles (such as being part of the education appointed group), there are many delegates who don't access anything, including just opening their email to read it. And we never hear from them, or their member country, so we have no way to know if they are benefiting from anything we are doing.

So, we are asking you, our members:

- How do we get improved delegate and member country engagement?
- What will work for you?
- How do we get delegates opening emails and responding to requests for feedback, volunteering for roles or to take part in appointed groups?

- How do we ensure that our voting process coming up for the constitution is not going to take 10 months and 6 – 8 repeated emails from us to get everyone to vote (as it did for our name change vote)?
- How do we meet the vision and mission of IOPTPWH and feel we are moving forward in this space, rather than feeling like we are just peddling water sometimes?

Please take these questions to your member country committees, what idea's you have, what does and doesn't work for you, and what would you like out of IOPTPWH. And share with us solutions, ideas, and practical step suggestions on how to go about this. I look forward to hearing from you all, email me at ioptpwh.president@gmail.com

Noho ora mai

Dr Melissa Davidson

(Kia ora = Hello; Noho ora mai = Stay well)

Vice President: Sonia Roa

Vice President Report May 2022

We have had an intense period of work where, in addition to the meetings with the Executive Committee, I have had the opportunity to represent IOPTPWH in virtual meetings with World Physiotherapy (WP), mainly related to the next congress.

In March, I had the opportunity to represent IOPTPWH in person at the meeting of subgroups that World Physiotherapy organised in Dubai, the “World Physiotherapy Subgroup Summit”, on March 12th and 13th. In this meeting, we had the opportunity to talk about the relationship of the subgroups with WP. What are the collaboration challenges, what are the development needs and future challenges in different areas such as constitution, membership, relationship and support between subgroups,

forthcoming congress and, of course, regarding the development of our profession in a world with many common needs but different at the same time, considering the reality of each country and region.

In this meeting, I was able to share with representatives of 11 other subgroups and observe that we have very similar challenges in incorporating new members, achieving adequate communication with our members and their greater participation (photos 1, 2&3).

As the host city of our next congress, Dubai seemed very interesting to me. It is a very young city whose main attraction is its architecture and large buildings (including the Burj Khalifa, the tallest building in the world) and, obviously, the desert (very dry heat) (Photo: 4). It seemed to me that their culture is very respectful of the customs and clothing of foreigners (only in certain places, overall religious, do you have to be fully covered). It is also a very safe place. On the other hand, the sanitary measures were very strict: the use of a mask and the international vaccination card was always required.

I am aware that it is a challenge for many members to go to Dubai; I really hope that we can meet next year because regardless of the place, the important thing is to be able to stay together again. The call to present abstracts is now open. Please any questions your members have about the destination, I will be happy to answer.



Photo 1: Emma Stokes President World Physiotherapy (front row, second from L wearing necklace) Sonia (on right foreground) with delegates

Photo 2: Meeting in progress



Photo 3: L to R, Emma Stokes (President World Physiotherapy), Jonathon Kruger (Chief executive officer), Sonia Roa, Tracy Bury (Deputy chief executive officer)



Photo 4: Sonia experiencing the desert

Sonia Roa

Secretary: Heather Pierce

Secretary Report

My report starts with an acknowledgment and special thanks for the support received from the IOPTPWH executive committee (EC) through a challenging time over the past year with my family. Special thanks to Melissa, our president, who stepped up her time commitment to IOPTPWH to assist with secretarial duties, including fielding of emails, minutes of meetings and collating information from members following our requests for feedback on governance and education documents. With each member of the EC leading busy lives, this support highlights the value of volunteer time and the selfless way your EC continues to be committed to working together despite time pressures and difficult circumstances.

Executive committee meetings: Since my last report the EC has met three times, November 2021, January 2022 and April 2022 via Zoom. With Australia moving to winter and Europe/North America to summer, our meetings are now very early in the morning for me in Australia, and very late at night for Annelie in Sweden!

Membership matters: Please ensure your country's IOPTPWH delegate details are current/up to date so that our subgroup communications reach all our members. You are also able to sign up to receive communications directly from World Physiotherapy.

<https://mailchi.mp/world.physio/subscribe> World Physiotherapy Congress Dubai 2023: <https://wp2023.world.physio/#/home>

As you may be aware, the next Congress will be held in Dubai, 2-4th June 2023. IOPTPWH will be supporting the running of a pre-congress workshop: 'Physiotherapy in the maternity setting'. This exciting one-day workshop will focus on the potential role of physiotherapy for supporting women in labour and during the early postnatal period, with lead presenter Cristine Homsy Jorge from Brazil. We hope to meet many of you in person

in Dubai after the long break in international travel. Please consider submitting abstracts for presentation of research to your colleagues.

Dr Heather Pierce

Member at Large: Annelie Gutke

Report from the appointed project group responsible for education

The final steps in developing a document for the recommendation of education in the field of pelvic and women's health have been taken. The members of the appointed project group of education consisted of Netta Beyar (Israel), Signe Bekere (Latvia), Corlia Brandt (South Africa), Cristine Homsj Jorge Ferreira (Brazil), Gifty Akushia Koomson (Ghana), Valpuri Seikkula (Finland), and me Annelie Gutke (Sweden) have worked out a draft and the EC revised it to its final version. The document was sent out to all members of IOPTPWH for comments during the Spring. There was no comment that changed the content so we have finalising it and we have included it on page 24 of this newsletter.

The everyday life at the clinic is almost back to normal here in Sweden. We are still wearing a mask though when close to the patients. At the university, we are back to ordinary curriculum with a very happy group of teachers and students that finally can meet again. Although I must admit that I have learned a lot about digital teaching during the pandemic, I have really missed meeting students. The experiences from this period of digital education will hopefully result in an expanded and more sustainable exchange of knowledge between countries.

Dr Annelie Gutke

Treasurer: Meena Sran

Treasurer's Report

As of May 5, 2022, we have 26,159.96 GBP in the account. Many 2020 and 2021 membership dues payments have been received. Some payments and a number of calculation forms are still missing. I continue to follow up with this. It becomes quite confusing when a member is missing a few

years of payments. We have been very understanding with the pandemic, with many people having their lives change dramatically, and often they were not in their usual work space and rhythm. We would like to clean up all the amounts owing by the end of this year, please. It is each member's responsibility to ensure they are following through with these payments.

As we move toward our next General Business Meeting in Dubai, I will be preparing reports for the four years since our last meeting in Geneva. These reports will undergo an external review and be shared with members prior to and at this upcoming meeting.

I expect we will have several expenses in preparation for the in person congress, including our General Business Meeting and Networking sessions in 2023. This will be the first in person meetings of the both our General Membership and our Executive Committee since 2019 in Geneva.

Respectfully submitted,

Dr Meena Sran

New Executive Committee Members needed from June 2023

Due to family, work, and study commitments some members of our current executive committee will no longer be standing again for re-election next year at the GBM. These committee members have volunteered their time and effort for many years but feel they need to prioritise other commitments from next year, which while sad, is very understandable.

This allows a wonderful opportunity for new members to take over various positions in the committee. We will send out further information on the specifics of the positions and responsibilities that each member of the committee currently does over the next few months. However, we wanted to give member countries advanced notice to enable you to plan who you will nominate for these positions. All positions will be open as each of the

current committee members existing term ends in June 2023. At this stage, at least one committee member will be re-standing for their current position.

Each member country can nominate and endorse at least one member of their organization for a position. That nominee can be a current delegate, a previous delegate, or someone who has served on your national bodies committee, or who has shown they have the skills to take part in the executive committee. For the Presidents role only, the nominee must have served on the IOPTPWH executive committee or represented their member country as a delegate to IOPTPWH within the last 8 years.

Any nominee must have good written and spoken English skills as this is the official language of IOPTPWH. It also ensures that workloads can be shared between committee members easier. The nominee must also be able to commit volunteer time every month to IOPTPWH; the amount of time needed varies between each of the positions and varies across the year. It is also a huge advantage if they are technologically competent with computers as most of our work is done online now.

As we say in New Zealand, “put your thinking caps on” now to figure out who would be the best person to join the executive committee from your country. We will send out more information on the specific positions over the next few months, plus application forms for you to complete. The nominee will need to provide a current CV and a short candidate statement with the application form that will be shared with the members of IOPTPWH during the voting process.

If you have any questions, please get in touch with me via email:

ioptpwh.president@gmail.com

Melissa Davidson
President, IOPTPWH

International Organization of Physical Therapists in Pelvic and Women's Health

Delegate Duties and Responsibilities

Purpose

Delegates support and contribute to the mission, vision, and values of the International Organization of Physical Therapists in Pelvic and Women's Health (IOPTPWH). Delegates represent their national group's interests and concerns to the IOPTPWH membership.

Appointment

Each member country's national group appoints or elects up to three delegates, one being the chief delegate.

Term of office

The maximum term of office for a chief delegate or delegates is normally four years. Any extension due to special circumstances should be discussed with the IOPTPWH executive committee.

Orientation of successor

Each member country delegate shall orient their successor(s). All relevant materials and information will be passed on to new delegate(s) by the retiring delegate.

Authority

Member country delegates are responsible to their chief delegate. All are ultimately responsible to their country's national subgroup.

Operations

Meetings

Each member country may be represented at the General Business Meeting by up to three delegates. Each member country has one vote, cast by the chief delegate or another delegate charged with that responsibility.

Reports

Each member country will determine a means of communication by which individual members of their national group are informed of the IOPTPWH's activities and have an opportunity to convey their views.

Duties and responsibilities

1. Attendance by the chief delegate (or their representative delegate) at the IOPTPWH General Business Meeting once every four years is encouraged. This is in order to represent their national group.
2. Disseminate IOPTPWH materials & information to national group's individual members and gather their views in relation to IOPTPWH business in a timely manner (within 10 days of receipt).
3. Respond to correspondence from the IOPTPWH executive committee in a timely manner (within 10 days of receipt).
4. Receive and respond to the annual dues request from IOPTPWH treasurer (within 30 days of receipt). It is the responsibility of the chief delegate to ensure that the annual dues request is forwarded to the appropriate person in their country's national group, and that payment of the annual dues is completed in a timely manner (within 30 days of receipt).
5. When delegates change, it is the delegates' responsibility to inform the IOPTPWH secretary in a timely manner. Contact details of the new delegate including their name and their email address, and which delegate they are replacing, is required to be emailed to the secretary (within 10 days).

6. Provide updates/articles for the IOPTPWH newsletter as requested by the newsletter editor.
7. Provide feedback in a timely manner (within the timelines set for the specific topic) to IOPTPWH when requested, to assist in meeting the mission, vision, and values of IOPTPWH.
8. Prepare agenda items for the General Business Meeting and submit to the IOPTPWH Secretary at least six months prior to the meeting.
9. Coordinate activities or initiatives of the IOPTPWH at a national level as needed.
10. When World Physiotherapy Congress is held in an IOPTPWH member country, their delegates are encouraged to help the executive committee organize events, e.g., social networking, course organization, etc.
11. Nominate IOPTPWH executive committee, appointed group members, or other volunteer positions from within their national group when requested by the IOPTPWH.

IOPTPWH Delegates Role (updated May 2022)

News

On May 6, Our Vice President Sonia Roa-Alcaino (Photo:5) was recognized in her country with the national physiotherapy award "Professor Luis Bisquertt Susarte", an award given to physiotherapists who have collaborated internationally for the development of the profession in Chile.

Congratulations Sonia!



Photo 5: Sonia (on right) receiving her award

Thanks from Indonesian Group

Thank you very much for sharing about our event in the newsletter. The webinar in the maternity setting was a great success and got a very positive response from many Indonesian Physiotherapists who showed their enthusiasm for women's health. Right after the first day of the webinar, we got more than 300 fellow physios to join the WhatsApp group and created another group in Telegram to accommodate more people. Within the group, colleagues who share the same interests in women's health actively share information, discuss, and also motivate each other to develop women's health practices and services in the private or public sector. As for follow-up, we then initiate the Indonesian Women's Health Physiotherapist Association subgroup to create a more significant impact. Thank you very much for your continued support; we wouldn't be this far without the help of IOPTPWH. Appreciate it.

Faizah Abdullah

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Members Reports Portugal



Grupo de Interesse em Fisioterapia em Saúde da Mulher
(GIFSM)

Portuguese Physiotherapists Association (APFisio):

http://www.apfisio.pt/grupos_interesse/saude-da-mulher/ Facebook page:

http://www.apfisio.pt/grupos_interesse/saude-da-mulher/

The Portuguese interest group was created in 1983 and in 1999 was accepted as an integrated member at the International Organization of Physical Therapists in Pelvic and Women's Health (IOPTPWH).

For the moment we don't have yet nominal members specific to this interest group, all physios that have interest and have attended courses in women's health (WH) and belong to the Portuguese association of physical therapists are part of this group.

From the beginning of the group an important purpose was developing physiotherapists' expertise. Since 1984, many physiotherapists participated in interesting group education courses: Childbirth education courses, Postpartum, Pelvic dysfunctions (e.g. sexual dysfunctions, faecal and urinary incontinence in women, men and child), Lymphedema, etc. Many of the GIFSM members are currently teaching in health schools and developed master and post graduated programs in pelvic and women's health.

COVID pandemic changed physiotherapy care and in pelvic and women's health was not an exception. It was challenging times for all.

Last year we had our biannual national physiotherapy congress and we had two webinars and one symposium:

- *Pelvic floor in women's athlete: evidence vs controversy* May, 29
invited lecturers from Brazil:

Maita Araujo MD PhD , Thamires Botelho WH PT



Fig1-6th webinar "Pelvic floor of the female athlete: Controversy vs evidence" integrated in the XI National Congress of Physiotherapists on May 29, 2021. Online

Pelvic floor dysfunctions Literacy July, 10 were was presented by the Portuguese WH Physio Carla Faria, Maria João Miranda and Camila Carvalho from Brazil a validated questionnaire to evaluate literacy level on pelvic floor dysfunctions

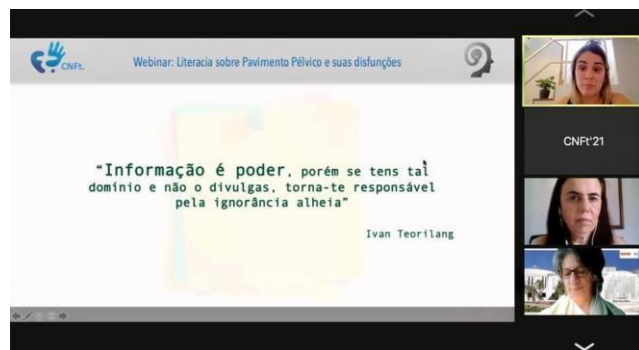


Fig2-8th webinar "Literacy on the pelvic floor and its dysfunctions" integrated in the XI National Congress of Physiotherapists on July 10, 2021. Online

- Symposium on Exercise, Wellbeing and Health across women's life span. November, 6 presented at the Portuguese national congress of the Portuguese Association of Physical therapists



Fig.3- 2021 November XI National Congress of Physiotherapists-60 years representing, promoting and developing physiotherapy (mixed format [in person in Lisbon & Online]) - oral presentation “Physical exercise health and well-being throughout a woman's life cycle”.

From right to left we have

Fátima Sancho – President

Paula Clara Santos Member responsible for investigation

Madalena Leal de Sousa –Secretary and social media responsible

Sónia Vicente - Vice president

Filipa Pires - Treasurer

Key message from all those events:

- Exercise practice is growing among women and many athletes have pelvic floor dysfunctions but not all sport physiotherapists or coaches are aware of that and on the importance of preventing pelvic floor dysfunctions; Assessing and developing specific exercise programs is requested in order to promote pelvic health.

Information from this events was posted on our Facebook page which is updated regularly and is the channel for sharing women’s health important news.

We have been developing pelvic and women’s skills of practice based on the international documents of IOPTPWH. This document is very important to define physiotherapy competencies in this area which will

help in expertise recognition and defining what physiotherapists can do in Portugal.

For the future, we would like to have international partners to collaborate with us in carrying out a multicentre study with the participation of the various countries of the IOPTPWH in order to compare their levels of literacy on pelvic floor.

Nowadays, the big change is the enrolment regulation of physiotherapy profession and the creation of the Physiotherapists Order and consequently election of the first Chairman. This will lead to a new challenge which is physiotherapy expertise recognition. Next years will be working in expertise criteria, assessment and regulation.

Sónia Vicente

Vice-President

The Netherlands



www.nvfb.nl

www.bekkenfysiotherapie.nl

Our organisation has been started more than 40 years ago. When it started the most important goal was the pre- and postpartum education and also the treatment of pelvic pain. Around 1990 the first course for education about pelvic floor therapy as urine incontinence, prolapse, faecal incontinence and all what's belonging to women's health, started. A few years later the pelvic floor education also broadened to the specific problems for men and children.

In 2005 the education was accredited as a specialized course for Pelvic physical therapist. Later from 2007 it was graded to a master, first Master of Profession (MSTP) and now it is a Master of Science (MSc).

The organisation has 660 members, nearly all are masters. Now in 2022 we are specialist in urology, gynaecology, proctology and sexology. Our special competences: internal palpation, ultrasound, flowmetrics, balloon training and the probe with EMG and FES. On 8 April 2022 we had our 40 th anniversary congress (photo 1) with the title: The past and The present



Photo 1: 40th Anniversary Congress Announcement 8th April 2022

The speakers:

Dr. Iris Hendriks, dermatologist - Multidisciplinary approach of anogenital problems

Dr. Paul Broens, Children surgeon - Autonomic Faecal reflexes

Dr. Bert Messelink, Urologist-sexologist



Photo 2: Lecturer Bert Messelink about the Brain behind Pelvic Pain

Dr. Heidi Moosdorff, Lecturer course Pelvic Floor therapy -Do peripartum women feel UI as a problem?

Dr.Herman Roelink , urologist - less incontinence after RALP or URALP

Dr.Marijke Slieker-ten Hove, Pelvic floor therapist, researcher and lecturer- The vaginal and anal palpation: looking back to understand the future

Dr. Manon Kerkhof, urogynaecologist- 'nice girls will be fifty, insights about hormones and menopause'.

Current aims include the NVFB taking care for the position of the pelvic floor therapist.

- socio-economic level like contacting the health insurers, protection of the title of Pelvic physical therapist and problems belonging to the practice like compensation for using a probe by Biofeedback.

-Science level like participating in guidelines as UI, lichen sclerosis, faecal incontinence, constipation, Pelvic Pain but also facilitate research to get more evidence in Pelvic Floor therapy

-PR and communication like spreading our competences, getting sponsors, organisation of the yearly congress.

-Contact with our members. There are newsletters every 2 month and twice a year a journal only for members. We also contact our members by LinkedIn and Facebook and also every interested in pelvic floor can sign up. All information you can find by the download of the NVFB app in the app store is also for members of the NVFB.

Issues we are currently working on include the fact that health insurers are not familiar with what Pelvic floor therapy includes plus the protection of the title Pelvic physical therapist. We are looking at the evidence of the driver's therapy forms. We are dealing with it by giving information about the Pelvic floor, to use clinimetry and by facilitating new research.



Photo 3: The president of the board

Further development of Science and Evidence

For now we have 6 PhD's but studies are growing in the universities and there is an increasing interest for research and promotion trajectories. Research vision and Agenda of Knowledge NVFB and Scientific Fund: Collaboration with TU Twente for 2e Science hub, first researches will start soon.

Bernadette Berendes-van Dijk (MSTP)

Secretary in the NVFB

Message from the Newsletter Editor: Shirley Bustard

Thank you to those countries who have submitted articles to this newsletter. As you can read in the above delegates duties and responsibilities, submitting reports to the newsletter is something we aim for delegates to achieve. To help share the task of producing the newsletter, I will ask a different region every six months to produce articles. There is a template to assist with this and I am very happy to give advice. Please also share any news, resources, articles or links of interest. We will rotate through the following 7 groups. For the

October/November 2022 newsletter I will be contacting Europe (3*) region: Slovenia, Spain, Sweden, Turkey and the United Kingdom, so I look forward to receiving your reports.

The WP Regions (and IOPTPWH group members) are

1. Asia/Western Pacific- Australia, Hong Kong, Japan, Kuwait, New Zealand, Saudi Arabia, and Singapore.
2. Africa-Nigeria, South Africa
3. Europe (1*) – Belgium, Croatia, Denmark, Finland, Germany and Ireland
4. Europe (2*) – Greece, Israel, Netherlands, Norway and Portugal.
5. Europe (3*) – Slovenia, Spain, Sweden, Turkey, United Kingdom
6. North America/Caribbean – Bermuda, Canada, United States of America
7. South America – Brazil and Chile

I hope you enjoy reading the recommendations for education in pelvic and women's health document below.

Shirley Bustard

IOPTPWH Newsletter Editor

International Organization of Physical Therapists in Pelvic and Women's Health (IOPTPWH)

Recommendations for Education in Pelvic and Women's Health fields

Dated: May 2022

Objective:

The objective of these recommendations is to provide a framework for global unity to physiotherapists practicing in pelvic and women's health. The objectives focus on the needs and conditions of the patient, and the physiotherapy training required to meet those needs.

IOPTPWH recognises that countries have differing political landscapes, cultural practices, and economic resources, therefore the needs and resources available to provide education and training in the field of pelvic and women's health physiotherapy will also differ.

These recommendations are offered to assist countries develop and enhance education in the fields of pelvic and women's health. The framework provides an overarching approach of the possibilities of different training levels to assist countries in their development of programmes to enhance patient care and practice in their regions. It is recognised that education is a continuum of life-long learning.

Each country will have professional regulatory bodies that will assist in defining the scope of practice that physiotherapists can work within, and therefore what standard is required for their physiotherapists.

Definitions of Terms and concepts:

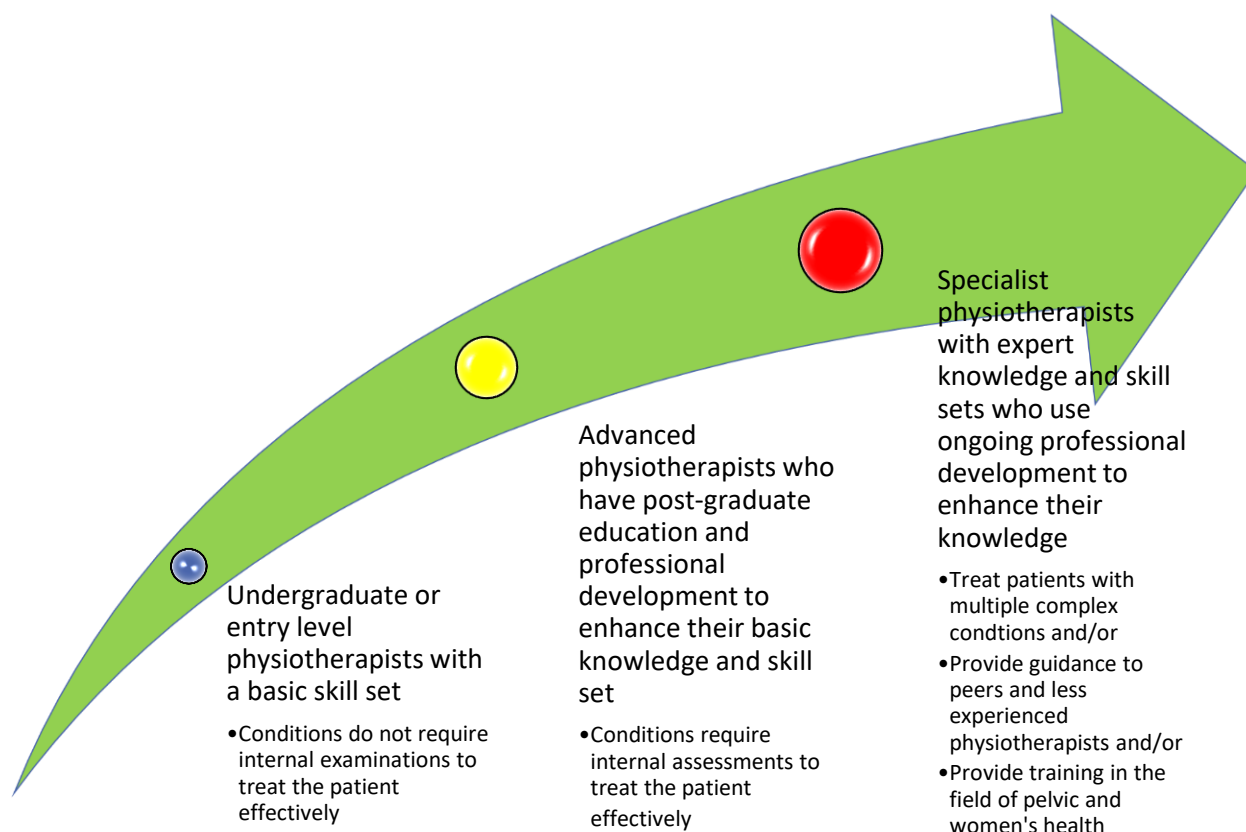
Pelvic and women's health; physical therapists; physiotherapists; pelvic, women's and men's health physiotherapists; entry level education or undergraduate education; advanced, specialist, or post-graduate education; and evidence informed practice are according to *World Physiotherapy Document Physiotherapist-education-framework-FINAL* [located on Figure 2, page 10 of the document].

Method:

The preparation of this document was based on expert opinion in two stages after IOPTPWH called for volunteers from all member countries in early 2021.

In the first stage, an Appointed Project Group was formed that included delegates representing seven member countries of IOPTPWH. They met as a full group five times online to discuss the recommendations. Additional meetings were held in two sub-groups of three participants each, where discussions generated suggestions of content to be taught in the areas covered. The suggestions were compiled into a single document that underwent further editing and the approval of the executive committee of IOPTPWH.

In the second stage, a draft version was shared with delegates from member countries for further input. The final version was approved by the executive committee of IOPTPWH and disseminated.



Undergraduate or entry level training of physiotherapists will depend on each country's ability to provide training for their physiotherapists to meet their country's needs. Qualifications will range from certificate, diploma, degree, masters, or doctoral programmes. Evidence informed practice should be used to guide development of the professional development of the physiotherapists in each country at each level.

It is recommended that every physiotherapist should have the skills to properly identify and give instructions to prevent, treat and contribute with the rehabilitation of the most prevalent conditions that have high levels of evidence related to pelvic and women's health.

Physiotherapists should be prepared to deal with ethical, privacy, cultural, gender diversity, mental health, and communication matters specifically related to the pelvic and women's health field.

Physiotherapists working in these fields should have awareness of their scope of practice when providing assessment and treatments for patients. Physiotherapists should be trained to identify when referral of patients is required to appropriately skilled physiotherapists, to facilitate optimal patient care.

As education is a continuum of lifelong learning, division of education and treatment intervention cannot be divided into clear divisions of basic, advanced, and specialist. Rather it should be viewed as a whole, with levels of training based on patient conditions and presentations. Countries are encouraged to ensure that the provision of training enables physiotherapists meet patient needs specific to their country, within the resources, knowledge, culture, and training available to them.

The following content is recommended to be included in pelvic and women’s health education:

Pelvic anatomy of females and males including pelvic floor muscles, pelvic bones, pelvic organs, urinary, reproductive, and digestive systems. Lumbo-pelvic, abdominal, and breast anatomy should also be included.

Normal pelvic floor function, physiology (including exercise physiology in women), and structures in females and males.

Pelvic health dysfunctions in females and males including (but not limited to): Bladder and bowel dysfunction, pelvic pain, cancer in the pelvic region, and sexual health.

Surgical interventions related to pelvic dysfunctions in female and males.

Normal functional and physiological changes that occur during pregnancy and the post-partum period in females.

Women’s health specific issues including pregnancy and postpartum-related conditions, pelvic organ prolapse, hormonal stages related to age of the patient, breast dysfunction, cancer in the breast region, fertility, neurological conditions, sporting injuries, osteoporosis, contraceptive methods, female genital mutilation, social determinants of health, and family violence. Lifestyle-related diseases and comorbidity as related to women’s health and sex differences.

Men’s health specific issues including prostate health.

Gender diverse health conditions including surgical reassignment/gender affirmation surgery.

Assessment techniques can include external examinations of the pelvic, lumbo-pelvic, abdominal and breast regions, and internal examination – vaginal and/or rectal.

Precautions and contraindications for treatment of patient conditions.

A range of treatment interventions that are evidence informed for all patient conditions, for example: education, advice on physical activity and activities on daily living, manual therapy, electrotherapy, strengthening and stretching programmes.

Reference Files or Appendix:

ICS definition of terms related to pelvic and women’s health assessment:

Frawley, H., Shelly, B., Morin, M., Bernard, S., Bø, K., Digesu, G. A., . . . Voelkl Guevara, J. (2021). An International Continence Society (ICS) report on the terminology for pelvic floor muscle assessment. *Neurourology and Urodynamics*, 40(5), 1217-1260. doi: <https://doi.org/10.1002/nau.24658>

World Physiotherapy Document

Physiotherapist-education-framework-FINAL <https://world.physio/news/world-physiotherapy-publishes-framework-physiotherapist-education>

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Corlia Brandt (South Africa)

Executive Committee IOPTPWH (2022)

Melissa Davidson (President, New Zealand)

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