"No Need to Fear: How to Manage Common Women's Health Issues in Your Physical Therapy Practice"

Saturday May 19, 2018

Course Description:

Physical therapists encounter women with movement dysfunction throughout their lifespan. What are the unique issues of being a woman that impacts assessment and treatment of movement dysfunctions? This course will provide an overview of common women's health issues, including osteoporosis, urinary incontinence, breast cancer and post-partum recovery for the general outpatient physical therapist—men and women. Information will be provided regarding anatomical and physiologic implications as well as medical management and how they impact movement. Laboratory sessions will show attendees to adapt assessments and intervention plans for common movement issues.

Approval:

7.5 contact hours total—approved by the WV Board of PT: WVU-F18-05 (PTs only)

Objectives:

1. Identify determinants of bone health and risk factors for osteoporosis.
2. Discuss guidelines for screening, counseling and treatment of osteoporosis, including pharmacologic agents and exercise.
3. Given a typical case presentation, describe key features of a movement assessment and intervention plan for a woman with osteoporosis.
4. Differentiate types of urinary incontinence and impact on the muscles of the pelvic floor.
5. Identify indicators of issues outside of physical therapy scope of practice for a woman with urinary incontinence.
6. Perform a basic external assessment of pelvic floor muscle function.
7. Utilize a bladder diary to guide lifestyle counseling for bladder health.
8. Identify different surgical interventions for breast cancer relative to their impact on upper quarter movement.
9. Describe the impact of medical treatments for breast cancer on strength, balance and endurance.
10. Discuss risk factors, assessment and physical therapy intervention for breast cancer-related lymphedema.
11. Given a typical case presentation, determine appropriate exercise modifications for a woman recovering from breast cancer treatment.
12. Describe hormonal, psychosocial, emotional and biological influences on the movement system during the postpartum phase
13. Perform a physical assessment of abdominal muscle function.
14. Given a typical case presentation, determine an appropriate exercise plan for a woman recovering from childbirth.

Schedule:

7:45-8:00	Arrival and check-in
8:00-8:30	Introduction to women's health issues and impact on optimal movement
	Anne Swisher PT, PhD, CCS, FAPTA
8:30-9:30	Osteoporosis—risk factors, incidence, management and implications for movement
	Corrie Mancinelli PT, PhD, GCS
9:30-10:30	Urinary incontinence—types, causes and implications for movement
	Kristin Phillips DPT, WCS, CLT-LANA
10:30-10:45	*break & snack*
10:45-11:45	Breast cancer—pathophysiology and effects of medical/surgical treatment on movement
	Megan Burkart DPT, CLT
11:45-12:15	Impact of pregnancy and childbirth-related physical and emotional issues on movement Kristin Phillips DPT, WCS, CLT-LANA
12:15-12:45	*lunch break (provided)*
12:45-1:00	Overview of cases to guide lab sessions
	Anne Swisher PT, PhD, CCS, FAPTA
1:00-2:00	Lab session 1: basic assessment & interventions (posture, muscle activation and balance)
	All speakers
2:00-2:45	Lab session 2: intermediate assessment & interventions (adapting therapeutic exercise and exercise training)
	All speakers
2:45-3:00	*break*
3:00-4:00	Lab session 3: unique assessments (lymphatic system status, pelvic floor muscle function, post-partum abdominal muscle function)
	All speakers
4:00-4:30	Review of cases and indicators for referral to other health care providers
	All speakers
4:30-5:00	Discussion of future interests/needs and course assessment
	Anne Swisher PT, PhD, CCS, FAPTA

Speakers:

Anne Swisher PT, PhD, CCS, FAPTA is a Professor in the Division of Physical Therapy at West Virginia University. She has been active in teaching, research and clinical care related to the role of exercise in the management of chronic diseases and disabilities for over 20 years. She is an ABPTS certified Cardiovascular and Pulmonary Clinical Specialist.

Corrie Mancinelli PT, PhD, GCS is a Professor in the Division of Physical Therapy at West Virginia University. She is an ABPTS certified Geriatric Clinical Specialist and certified as an exercise expert in the aging adult (CEEAA) through the Academy of Geriatrics, American Physical Therapy Association. She is coordinator of the musculoskeletal track with a research agenda that has focused primarily on balance, gait and the assessment of physical performance.

Kristin Phillips DPT, WCS, CLT-LANA is an Assistant Professor in the Division of Physical Therapy at West Virginia University. She is an ABPTS certified Women's Health Clinical Specialist and has 5 years of experience as a pelvic floor physical therapist. She is a graduate of the women's health physical therapy residency at the University of Pittsburgh and a certified lymphedema provider. She is also a registered yoga instructor.

Megan Burkart DPT, CLT is an Assistant Professor in the Division of Physical Therapy at West Virginia University. She has been providing physical therapy services for persons with cancer for 4 years. She is a certified lymphedema provider and STAR certified practitioner for the physical therapy management of cancer survivors.

Location: WVU Division of Physical Therapy,

Room 8404 Health Sciences Center South

Morgantown, WV

Course fees: $250

*Enrollment is limited to 40 participants to allow full participation in lab activities. Appropriate dress for movement is required (e.g. athletic wear). Room temperature can be unpredictable—a jacket or other garment is recommended.