

W22: Group intervention for pelvic floor muscle dysfunctions in postmenopausal women: tips and tricks for a successful practice

Workshop Chair: Chantale Dumoulin, Canada
29 September 2023 16:00 - 17:30

Start	End	Topic	Speakers
16:00	16:25	Discussing the impact of a group intervention approach on urinary incontinence, other pelvic floor muscle dysfunctions, on PFM morphometry/function and on cost and on genitourinary syndrome of menopause,	Chantale Dumoulin Joanie Mercier
16:25	16:30	Questions	All
16:30	16:55	Describing the key features of a group intervention approach (education, adherence strategies, 12-week progressive treatment, progressive home exercise program) to promote efficient implementation in clinical practice.	Gabrielle Carrier-Noreau Joanie Mercier
16:55	17:00	Questions	All
17:00	17:10	Discussing the feasibility of going online and providing clinician with adequate tools to support this practice	Mélanie Le Berre
17:10	17:15	Questions	Mélanie Le Berre
17:15	17:30	Demonstrating a group intervention	Chantale Dumoulin Sophie Mont-Briant Joanie Mercier Mélanie Le Berre Gabrielle Carrier-Noreau

Description

Background information:

Pelvic floor muscle (PFM) dysfunctions such as urinary incontinence and other lower urinary track symptoms, pelvic organ prolapse, and genitourinary syndrome of menopause are prevalent in women over 50; treatments and related medical problems adds billions in cost to healthcare systems. Among aging women these problems can lead to reduced physical activity, social isolation, and psychological distress. As the median age of women rises and baby-boomers retire, so too will PFM dysfunction-associated costs.

Individual pelvic floor muscle training (PFMT) is the recommended first-line treatment for urinary incontinence and lower urinary tract symptoms, pelvic organ prolapse, and a promising intervention for genitourinary syndrome of menopause, but human and financial resources limit treatment delivery. Group-based interventions could alleviate this problem.

In this workshop we aim to transfer leading research on group-based interventions into practice to promote effective, affordable, scalable conservative management of PFM dysfunction in aging women. To do so, we will first present the state of the evidence. We will then share detailed protocol, give tips and tricks to empower clinicians in conducting face to face or online group interventions for PFM dysfunctions.

The cost of treatment and, more importantly, the cost of nontreatment in terms of deteriorating health among afflicted women has significant implications and already strains healthcare system in many countries. The timing of this knowledge transfer workshop is fortuitous given the projected demographic impact of baby-boomers on treatment needs and demand.

Key learning points:

1. Reviewing knowledge on the impact of a group intervention approach on urinary incontinence, other pelvic floor muscle dysfunctions, genitourinary syndrome of menopause, on PFM morphometry/function and on cost.
2. Learning about the key features of a group-based intervention approach
 - education components (anatomy of the pelvic floor, the pelvic organ, physiology, PFM dysfunctions, how to maximize your effort, how to choose a protection, how to reduce number of protections, risk factors, how to maintain gains, how to restart training)
 - adherence strategies (12 motivational capsules)
 - 12-week progressive treatment (components of a treatment session, warm up exercises, PFM exercises, general exercises, functional exercises)
 - Tips and tricks to improve the group intervention experience (how to stimulate group cohesion and inclusion, how to stay on time, how to make it fun for women with different symptoms and progression)

- progressive home exercise program (first month exercises in lying, second month exercises in sitting, third month exercises in standing)

3. Learning how to transfer this new knowledge online and with adequate tools to support this practice (how to prepare participants to online intervention, how to ensure one-on-one time with the therapist, how to maintain motivation)

4. Participating in a group intervention

Take home messages:

At the end of the workshop, the participant will have gathered the knowledge of literature on the topic. In addition, they will have all the tools (key features, tricks and tips) to implement group intervention in their practice.

Additional References:

Dumoulin C. (2022) Urinary incontinence How to prevent and treat this inconvenient problem. ISBN: 978-2-551-26756-9.

Dumoulin C. Montreal University Institute of Geriatrics collection. Canada (118 pages)

Aims of Workshop

To translate the latest research on group interventions for urinary incontinence, other pelvic floor muscle (PFM) dysfunctions and genitourinary syndrome of menopause for an effective, affordable and scalable use in clinical practice with postmenopausal women.

Educational Objectives

Urinary incontinence, other PFM dysfunctions and genitourinary syndrome of menopause are prevalent in women over 50; treatments and related medical problems adds billions in cost to healthcare systems, worldwide. Among aging women these problems can lead to reduced physical activity, social isolation, and psychological distress. As the median age of women rises and baby-boomers retire, so too will PFM dysfunction-associated costs and impacts.

In this workshop we aim to transfer the latest research on group intervention into practice to promote effective, affordable, scalable care for aging women with PFM dysfunctions. The cost of treatment and, more importantly, the cost of nontreatment in terms of deteriorating health among afflicted women has significant implications in already strained healthcare systems. Thus, the timing of this knowledge transfer workshop is fortuitous given the projected demographic impact of baby-boomers on treatment needs and demand.

The participants will engage and interact with the faculty through question periods after each subsection. They will also engage in group intervention approach through a live demonstration at the end of the workshop.

The outline of this workshop is justified by the published research findings on the topic.

Finally, this workshop will provide the knowledge needed to implement group-based interventions for urinary incontinence, other PFM dysfunctions and genitourinary syndrome of menopause, in postmenopausal women.

Learning Objectives

1. To present the impact of a group intervention approach on urinary incontinence, other PFM dysfunctions, genitourinary syndrome of menopause, PFM morphometry/function and cost.
2. To describe the key features of a group intervention approach (education, adherence strategies, 12-week progressive treatment, progressive exercise program) in order to promote efficient implementation in clinical practice.
3. To discuss the feasibility of going online and provide clinician with adequate tools to support this practice and finally to demonstrate a group intervention.

Target Audience

Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

Dumoulin C, Morin M, Danielli C, [Cacciari L*](#), Mayrand M, Tousignant M, Abrahamovick M. (2020) *Group-based versus individual pelvic floor muscle training to treat urinary incontinence in older women*. JAMA internal medicine, Aug; 180(10): 1284-1293.

Mercier J**, Morin M, Tang A, Richetzer B, Lemieux MC, Khalifé S, Zaki D, Gougeon F, Dumoulin C. (2020) Pelvic floor training: mechanisms of action for the improvement of genitourinary syndrome of menopause. Climacteric, Oct;23(5):468-473.

Mercier J**, Morin M, Zaki D, Reichtzer B, Lemieux M, Khalife S, Dumoulin C. (2019) Pelvic floor muscle training as a treatment for genitourinary syndrome of menopause: a single-arm feasibility study. *Maturitas*, March, 125: 57-62.

Cacciari L**, Kouakou C, Poder T, Vale L, Morin M, Mayrand M, Tousignant M, Dumoulin C. (2022) Group-based pelvic floor muscle training is a more cost-effective approach to treat urinary incontinence in older women : economic analysis of a randomised trial. *J of Physiotherapy*, 2022 June 23 :1-7.

Cacciari L**, Mayrand MH, Morin M, Dumoulin C. (2022) Never too late to train: effects of pelvic floor muscle training on the levator hiatus shape of incontinent older women. *Int. J. Environ. Res. Public Health* 2022, 19(17), 11078; <https://doi.org/10.3390/ijerph191711078>

Le Berre M**, Filiatrault J, Reichtzer B, Dumoulin C. (2022) Feasibility, acceptability and effects of a group pelvic floor muscle telerehabilitation program to treat urinary incontinence in older women. *Digital Health*. 2022;8. doi:10.1177/20552076221123720