10TH – 12TH OCT 2014
ANORECTAL PELVIC FLOOR DISORDERS

A special multidisciplinary event
An invitation is extended to all Colorectal Surgeons, General Practitioners, Physiotherapists, Registered Nurses and other interested health professionals to join us for this multidisciplinary event.

PRIMARY PRESENTERS
- Professor Marc Gladman (colorectal surgeon)
- Ms Taryn Hallam (physiotherapist)

2 Days In-Depth Lectures
Advanced Anatomy and Pathophysiology Review
Detailed explanation of Modern Anorectal Physiology Testing
Conservative Medical and Surgical Management Options
Additional 3rd Day Physiotherapy Workshop (physiotherapists only)

SYDNEY, AUSTRALIA ENROLMENT
The administration for this course is being carried out by Women’s Health Training Associates
www.whta.com.au
# Course Program

**DAY 1: Friday 10th October**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00 am to 8:30 am</td>
<td>Registration</td>
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<tr>
<td>8:30 am to 8:40 am</td>
<td>Welcome and Introduction to the Course</td>
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<tr>
<td>8:40 am to 9:30 am</td>
<td>Anatomy of the Colon, Rectum and Anal Canal</td>
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<td>9:30 am to 10:30 am</td>
<td>Muscular Control of the Anorectum &amp; the Physiology of Defecation</td>
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<tr>
<td>10:30 am to 11:00 am</td>
<td>MORNING TEA</td>
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<tr>
<td>11:00 am to 12:00 pm</td>
<td>Anorectal Physiological Investigations</td>
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<tr>
<td>12:00 pm to 1:00 pm</td>
<td>Pathophysiology of Obstructed Defecation</td>
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<tr>
<td>1:00 pm to 1:45 pm</td>
<td>LUNCH</td>
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<tr>
<td>1:45 pm to 2:45 pm</td>
<td>Pathophysiology of Faecal Incontinence</td>
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<tr>
<td>2:45 pm to 3:15 pm</td>
<td>Miscellaneous Anal Conditions</td>
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**MORNING TEA** (10:30am to 11:00am)

**LUNCH** (1:00pm to 1:45pm)

**AFTERNOON TEA** (3:15pm to 3:30pm)
**DAY 1: Friday 10th October (continued)**

<table>
<thead>
<tr>
<th>Time</th>
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| 3:30 pm to 4:00 pm | Muscular and Neural Pain Disorders of the Anorectum  
  *Chronic proctalgia / levator ani syndrome, proctalgia fugax, compensatory levator ani hypertonus: links with OASIS and endometriosis, pudendal neuralgia* |
| 4:00 pm to 5:00 pm | Other Bowel Disorders -  
  *Diverticulitis, Inflammatory Bowel Disease, Colorectal Cancer* |

**DAY 2: Saturday 11th October**

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<th>Time</th>
<th>Session</th>
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| 8:30 am to 9:15 am | Clinical Assessment of Constipation and Faecal Incontinence  
  *Subjective history taking – asking the difficult questions, validated questionnaires, bowel and nutrition diaries, digital rectal examination.* |
| 9:15 am to 10:15 am | Introduction to Conservative Management of OD and FI  
  *Dietary and lifestyle changes, defecation retraining (muscular co-ordination, biofeedback and balloon retraining), pelvic floor muscle training for faecal control, conservative e-stimulation options (transcutaneous tibial nerve / sacral / anal stimulation)* |
| 10:15 am to 10:45 am | **MORNING TEA** |
| 10:45 am to 11:45 am | Medical / Surgical Management of Anal Fissures and Haemorrhoids  
  *Chemical sphincterotomy vs surgical sphincterotomy vs advancement flap procedures. HAL-RAR (haemorrhoid artery ligation – rectoanal repair) vs haemorrhoidectomy, implications on faecal control and muscular co-ordination.* |
| 11:45 am to 1:00 pm | Surgical Management of Obstructed Defecation  
  *STARR (stapled transanl resection of the rectum); Laparoscopic Ventral Rectopexy; Is there still a role for colectomy?* |
| 1:00 pm to 1:45 pm | **LUNCH** |
| 1:45 pm to 3:15 pm | Surgical Management of Faecal Incontinence – past, present and future…..  
  *Graciloplasty, sphincter repair and SNS* |
| 3:30 pm to 3:45 pm | **AFTERNOON TEA** |
| 3:30 pm to 5:00 pm | Clinical Case Studies |
DAY 3: Sunday 12th October

PHYSIOTHERAPY WORKSHOP

(physiotherapists only)

7:45 am to 8:00 am REGISTRATION.

8:00 am to 8:10 am Welcome and Introduction to the Workshop

8:10 am to 8:45 am Subjective History Taking & Role Play

In this section all participants will be given a subjective history form for use in a colorectal setting. A role play will then be performed: approximately 10 attendees will be given a script of questions (1 section each) and the presenter will play the role of the patient. Following the role play, the case will be analysed to enhance differential diagnosis skills and develop an objective assessment plan.

8:45 am to 9:30 am Objective Assessment Results

Participants will be given objective assessment results of the Bowel Diary, DRE, EAUS, Anal Manometry, and PNTML for the case study. Findings will be reviewed and a final diagnosis made.

9:30 am to 10:00 am MORNING TEA

10.00 am to 10:45 am Constipation Management #1: Lifestyle Advice

Treatment #1: Establishing a strict morning routine
Treatment #2: Fluid Advice
Treatment #3: Exercise Advice
Treatment #4: Aperients / Fibre supplements etc…

10:45 am to 11:45 am Constipation Management #2: Defecation Retraining

Treatment #1: Managing Structural Defects (rectocele/descending perineum) with Digitation and Support
Treatment #2: Position, Posture and alteration to the toileting setting
Treatment #3: Muscular Co-Ordination retraining +/- addition of Biofeedback (EMG & Pressure)
Treatment #4: Simulated Defecation Training (Balloon Retraining)

11:45 am to 12:15 pm Constipation Management #3: Slow Colonic Transit – do physiotherapists have a role?

Treatment #1: Treating Outlet Obstruction to Improve Slow Colonic Transit
Treatment #2: E-stimulation – does it have a role in slow colonic transit

12:15 pm to 12:45 pm LUNCH

12:45 pm to 2.00 pm Faecal Incontinence Management #1:

Treatment #1: Importance of stool consistency, anal canal evacuation and end of defecation anal closure
Treatment #2: Pelvic Floor Muscle Training for the Posterior Compartment
Treatment #3: Sensory retraining and urgency control utilizing balloon retraining

2.00 pm to 3.00 pm Faecal Incontinence Management #2:

Treatment #1: E-Stimulation Options (sacral, tibial nerve, anal)
Treatment #2: Constipating agents…..‘flush and plug’
Treatment #3: Anal Plugs and other supportive devices

3:00 pm to 3:15 pm AFTERNOON TEA

3:15 pm to 4:30 pm Clinical Case Studies, Questions, Group Discussion