

Synopsis 30 Aug 2008

Theme: Abnormalities of Pelvic Floor Function

The pelvic floor is a specialized sheet of muscle that spans the outlet of the pelvic cavity. It serves to support the pelvic organs (bladder, uterus and rectum) and to provide sphincteric function to the urethra and the anal canal. The latter allows for voluntary control of urination and defecation.

The close proximity of the pelvic organs and their common support imply that abnormalities of pelvic floor function rarely affect one organ system. Pelvic floor disorders include the following, which may occur singly or (more commonly) in combination: urinary incontinence, voiding dysfunction, pelvic organ prolapse, chronic constipation, rectal prolapse and faecal incontinence. Although these disorders are more prevalent in the female population, they can also occur in the male population.

Specialists from the NUH Pelvic Floor Centre will speak on the common conditions affecting the pelvic floor, while our physiotherapist colleague will discuss various ways and means to optimize the outcomes of pelvic floor exercise.

Learning objectives:

1. Appreciate the normal structure and function of the pelvic floor
2. Understand the “ripple” effect of pelvic floor degeneration/ dysfunction
3. Appreciate the holistic management of pelvic floor dysfunction
4. Appreciate the proper application of pelvic floor exercise.

Talks and speakers:

1. Pelvic organ prolapse and its contemporary management- Dr. James Lee (A/ Consultant Obstetrician & Gynaecologist)
2. Colorectal problems in pelvic floor dysfunction- Dr. Jennifer Liauw (Consultant Colorectal surgeon)

3. Taming the overactive bladder- Dr. Siow Woei Yun (Consultant Urologist)
4. Current Advances in Pelvic Floor Muscle Training- Ms. Li Mingjuan (Emmanuel Physiotherapy)

Programme

1300 - 1400	Lunch	
1400 - 1410	Opening address Introducing the NUH Pelvic Floor Center & the Partners in Continence Care (PICC)	Dr. David Consigliere
1410 - 1430	Pelvic organ prolapse & its contemporary management	Dr. James Lee
1435 - 1455	Colorectal problems in pelvic floor dysfunction	Dr. Jennifer Liauw
1500 - 1520	Taming the overactive bladder	Dr. Siow Woei Yun
1525 - 1545	Current Advances in Pelvic Floor Muscle Training	Ms. Li Mingjuan
1550 - 1600	Closing address	TBC