



**Mary Free Bed**  
Rehabilitation Hospital



**HERMAN & WALLACE**  
pelvic rehabilitation institute

# PEDIATRIC INCONTINENCE AND PELVIC FLOOR DYSFUNCTION

*Friday, June 5-Sunday, June 7*

## **LOCATION**

Mary Free Bed  
Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE  
Grand Rapids, MI 49503

## COURSE DESCRIPTION

According to the National Institute of Diabetes and Digestive and Kidney Diseases, by five years of age, more than 90% of children have daytime bladder control. What's life like for the other 10% who experience urinary leakage during the day? At night, as many as 30% of four-year-olds experience urinary leakage. Bedwetting is a pediatric issue with significant negative quality-of-life impact for children and their caregivers. Children who experience anxiety-causing events may have a higher risk of developing urinary incontinence, and, in turn, incontinence causes significant stress and anxiety for children (Thibodeau et al., 2013). Bowel dysfunction, such as constipation, is also a contributor to urinary leakage or urgency, and with nearly 5% of pediatric office visits occurring for constipation, the need to address these issues is great (Constipation in Children, 2013). As pediatric bladder and bowel dysfunction can persist into adulthood, pelvic rehabilitation providers must direct attention to the pediatric population to improve the health in our patient populations.

The pediatric population is greatly underserved, causing undo stress for the child and family as well as development of internalizing and externalizing psychological behaviors. The two most common pelvic floor dysfunctions in the pediatric population are dysfunctional elimination syndrome and bedwetting. This specialty continuing education course focuses on treatment for children with day or nighttime incontinence, fecal incontinence and/or dysfunctional voiding habits.

This course begins with instruction in anatomy, physiology and in development of normal voiding reflexes and urinary control. The participant will learn terminology from the International Children's Continence Society, medical evaluation concepts for bowel and bladder dysfunction, and common dysfunctions in voiding and defecation. Common causes of incontinence in the pediatric patient will be covered, and a comprehensive approach to evaluation will be instructed, including video examinations of the pelvic floor and surface electromyography (or sEMG, a form of biofeedback.)

## AUDIENCE

This continuing education seminar is targeted to physical therapists, occupational therapists, physical therapist assistants, occupational therapist assistants, registered nurses, nurse midwives and other rehabilitation professionals. Content is not intended for use outside the scope of the learner's license or regulation. Physical therapy continuing education courses should not be taken by individuals who are not licensed or otherwise regulated unless they are involved in a specific plan of care.

## PREREQUISITES

This is a beginning-level course. There are no prerequisites for this pediatric continuing education course.

## PREREQUISITE ASSIGNMENTS

Additional documents will be emailed one week prior to the course.

## WHAT TO BRING

Theraband medium resistance and 10 cuff pound weight or equivalent

## REFERENCES

Constipation in Children. (2013) retrieved June 9, 2014 from <http://digestive.niddk.nih.gov/ddiseases/pubs/constipationchild/#common>

Thibodeau, B. A., Metcalfe, P., Koop, P. and Moore, K. (2013). Urinary incontinence and quality of life in children. *Journal of pediatric urology*, 9(1), 78-83.

Urinary Incontinence in Children. (2012). Retrieved June 9, 2014 from <http://kidney.niddk.nih.gov/kudiseases/pubs/uichildren/index.aspx>

## COURSE OBJECTIVES

Upon completion of this continuing education seminar, participants will:

- List two muscles groups and describe three functions of the pelvic floor
- Understand the development of normal urinary control in pediatrics
- Understand medical red flags for abnormal voiding and when to refer to medical doctor
- List the four phases of defecation and describe the rectal anal inhibitory reflex
- Identify common causes of constipation and its relationship to bladder dysfunction
- Perform soft tissue techniques for constipation
- Describe the pelvic floor relationship to voiding reflexes
- Understand pediatric urology terminology and investigative tools used for testing the pediatric patient for differential diagnosis
- Discuss education and treatment about diet, including bladder health and bladder retraining
- Understand pediatric pelvic floor dysfunctions on sEMG as it relates to bowel and bladder function
- Identify the need for referral based on sEMG findings and visual PFM assessment
- Evaluate the effects of posture and positioning on pelvic floor muscle recruitment and relaxation
- Understand the psychological effects of bedwetting, daytime urinary incontinence and fecal incontinence and know when to refer to appropriate practitioners
- Describe behavioral treatments or urotherapy for pediatric pelvic floor dysfunctions
- Understand the use of surface electromyography (sEMG) in the pediatric patient
- Develop treatment progressions for children with pediatric bowel and bladder dysfunction
- Perform verbal instruction of pelvic floor activation
- Perform three diaphragmatic breathing techniques for pediatric patients, including diastasis rectus abdominis assessment with examples of core activation
- Discuss the effects of toileting postures on pelvic floor muscle recruitment and relaxation

## AGENDA

### Friday, June 5

4:30-5 p.m.	Registration
5-5:30 p.m.	Anatomy
5:30-5:45 p.m.	Normal bowel and bladder function in pediatrics
5:45-6 p.m.	Posture and development of the PFM
6-6:15 p.m.	Standardization of terminology of bladder function in children and adolescents
6:15-6:45 p.m.	Conditions and diagnoses
6:45-8:30 p.m.	Investigative Tools Part 1 – Bladder diaries, uroflow, KUBs, ultrasound
8:30 p.m.	Adjourn

### Saturday, June 6

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8:45 a.m.	Vesicoureteral Reflux – VUR: Definition, medical-surgical management
8:45-9:15 a.m.	Physiology of defecation
9:15- 9:30 a.m.	Break
9:30-11 a.m.	Constipation and Encopresis: Definitions, treatment, medication
11 a.m.-Noon	Lab: Belly breathing with toileting
Noon-1 p.m.	Lunch (provided)
1-2 p.m.	Enuresis (bedwetting): Definition, etiology, medical-behavioral management
2-3 p.m.	Biofeedback fundamentals and treatment
3-3:15 p.m.	Break
3:15-4 p.m.	sEMG demonstration
4-5 p.m.	Dysfunctional voiding
5 p.m.	Adjourn

### Sunday, June 7

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8:15 a.m.	Neurogenic bladder
8:15-8:45 a.m.	Medical evaluation
8:45-9:30 a.m.	Psychological considerations
9:30-10:15 a.m.	Therapy evaluation – subjective and objective
10:15-10:30 a.m.	Break
10:30-11 a.m.	Therapy assessment, goals and plan
11-11:45 a.m.	Treatment session examples
11:45 a.m.-12:15 p.m.	Labs 4 & 5 DRA assessment; belly breathing assessment and treatment
12:15-12:30 p.m.	Lunch (provided)
12:30-1:30	Eat while watching a video initial evaluation
1:30-1:45 p.m.	Break
1:45-2:15 p.m.	Stimulating a void – assessment and treatment
2:15-2:30 p.m.	Startup – Reimbursement and referral resources
2:30-3:45 p.m.	Interactive case studies
3:45-4 p.m.	Q&A
4 p.m.	Evaluation/Adjourn

## INSTRUCTOR

### Dawn Sandalcidi, PT, RCMT, BCB-PMD

Dawn specializes in orthopedic manual therapy and pelvic muscle dysfunction (incontinence and pain) treatment. She has trained medical professionals in manual therapy since 1992, both nationally and internationally. Dawn, who owns a private practice in Denver, received her bachelor's degree in physical therapy in 1982 from SUNY Upstate Medical Center in Syracuse, New York, then participated in extensive postgraduate studies in manual and manipulative therapy of the spine and extremities in Germany, Switzerland and New Zealand. About 17 years ago, Dawn became the first physical therapist to treat pelvic muscle dysfunction in the Denver area. Since then she has developed a pediatric dysfunctional voiding treatment program about which she lectures nationally. She has further studied pediatric conditions in post-graduate work at Regis University. Dawn has published articles in the Journal of Urologic Nursing, the Journal of Manual and Manipulative Therapy and the Journal of Women's Health Physical Therapy.



## REGISTRATION INFORMATION

Please note, the pelvic floor series of courses typically fill up quickly. It's highly recommended that participants register well in advance to reserve their seats. If you need your employer to send a check for your registration payment, please click the Request Invoice button on the course event page to reserve your seat.

**Price:** \$625 (early registrant price: \$600)

Discounts are available. Please check the website below for details.

**Experience Level:** Beginner

**Contact Hours:** 17.5

Please follow the link below to register; registration is available only through this link:

<https://hermanwallace.com/continuing-education-courses/pediatric-incontinence-and-pelvic-floor-dysfunction/grand-rapids-mi-june-5-7-2020>

**Questions:** Contact Herman and Wallace at 646.355.8777 or

<https://hermanwallace.com/contact-us>.

## AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport, 5500 44th St. SE, Grand Rapids, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

There are many lodging options in and around the Grand Rapids area, including but not limited to:

### AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503  
616.774.2000  
*0.9 miles west of Mary Free Bed*

### HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504  
616.235.7611  
Downtown Grand Rapids at US 131 and Pearl Street  
*One mile northwest of Mary Free Bed*

### DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503  
616.242.6000 or 800.321.2211  
Downtown Grand Rapids at Fulton and Monroe  
*One mile west of Mary Free Bed*

### HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503  
616.451.2300  
*One mile northwest of Mary Free Bed*

### HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Place NE, Grand Rapids, MI 49503  
616.456.2000  
*One mile north of Mary Free Bed*

### HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW, Grand Rapids, MI 49548  
616.871.9700  
South of downtown Grand Rapids at US 131 and 68th Street  
*Nine miles south of Mary Free Bed*

### SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, Grand Rapids, MI 49544  
616.785.1600 or 888.287.9400  
[springhillsuites.marriott.com](http://springhillsuites.marriott.com)  
1-96 and Alpine Avenue  
*Five miles north of downtown Grand Rapids*

### STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512  
616.464.3200  
29th Street and Lake Eastbrook Boulevard  
*Eight miles east of Mary Free Bed*

### SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512  
616.975.9000  
29th Street and East Paris Avenue  
*Eight miles east of Mary Free Bed*



If you require special arrangements to fully participate in this workshop, please call 616.840.8851.