

## **SCPT Practice Resource**

### **Pelvic Floor Retraining and Treatment of Urogenital and Rectal**

#### **Standards of Practice for Physical Therapists and Practice Resources**

Along with the implementation of the Standards of Practice document (as of September 1, 2022), Practice Guidelines are being transitioned to Practice Resources. Practice Resources are educational documents for physical therapists when considering broader topics that may involve multiple standards or regulations.

As part of the transition, Practice Guidelines will be renamed Practice Resources until they can be incorporated into new revamped Practice Resources.

*The Physical Therapists Act* and SCPT Bylaws, which includes the Ethical Code, and the Standards of Practice document are the approved documents for physical therapy practice in Saskatchewan providing the foundation for which practitioners are governed within the regulatory environment.

#### **Background**

The SCPT Regulatory Bylaws define specialized physical therapy procedures to include invasive techniques for the treatment of urogenital or rectal dysfunction, and section 18 of those bylaws prohibits members from performing invasive techniques for the treatment of urogenital or rectal dysfunction, unless they have completed an educational program recognized by the council.

The College considers non-invasive techniques for the treatment of urogenital or rectal dysfunction to fall within the provision of basic physical therapy services.

#### **Recognized Educational Programs**

The following educational programs are recognized by the council:

- Pelvi-Perineal Re-Education for Female Urinary Incontinence instructed by Claudia Brown and Marie Jose Lord, or recognized instructors.
- Treating Urinary Incontinence in Women: Pelvic Floor Muscle Re-Education and Behavioural Techniques instructed by Dianna MacDonald, or recognized instructors.
- Treating Fecal Incontinence - A Practical Approach instructed by Judy Fox or recognized instructors.
- Continence Therapy Using Biofeedback Techniques instructed by Judy Fox or recognized instructors.
- Level I: The Physical Therapy Approach to Female and Male Urinary Incontinence instructed by Nelly Faghani, or recognized instructors.
- An introduction to Pelvic Floor Rehabilitation: Physical Therapy Evaluation and

Management of Urinary Incontinence; Instructor: Christine Epp BScPT, Clinical Specialist Women's Health.

- Women's Health Training Associates – Women's Health Physiotherapy 5 Day Intensive Course by Taryn Hallam, or recognized instructors
- The Council recognizes the courses included in a recognized educational program provided by Canadian Universities as providing the education and training necessary to perform invasive techniques for the treatment of urogenital or rectal dysfunction taught in these program

### **The SCPT Code of Ethical Conduct provides:**

#### **A. A Responsibilities to the Client**

6. Respect the principles of informed consent including by explaining service options, risks, benefits, potential outcomes, possible consequences of refusing treatment or services, and by avoiding coercion.

8. Respect and support the autonomy of the client to participate in the management and decision-making relating their own health.

12. Practice in a safe, competent, accountable and responsible manner during the provision of services.

13. Take all reasonable steps to prevent harm to clients. Should harm occur disclose it to the client and others as required.

17. Enhance their expertise through lifelong acquisition and refinement of knowledge, skills, abilities and professional behaviours.

### **Practice Resource**

1. Physical therapists who have successfully completed a recognized educational program and are practicing invasive techniques for the treatment of urogenital or rectal dysfunction are expected to use professional judgment and act within their level of competence.
2. The physical therapist should:
  - a) treat only the patient population for which the physical therapist has had training;
  - b) adhere to all protocols generally accepted within the practice; and
  - c) use only assessment/treatment equipment that is medically approved by the d) Canadian Standards Association and maintained on an ongoing basis.