AUGS/IUGA SCIENTIFIC MEETING
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# A Randomized Comparison Of Hands-on Versus Video-based Training Program Designed To Enhance Pelvic Floor Examination In Patients Presenting With Chronic Pelvic Pain

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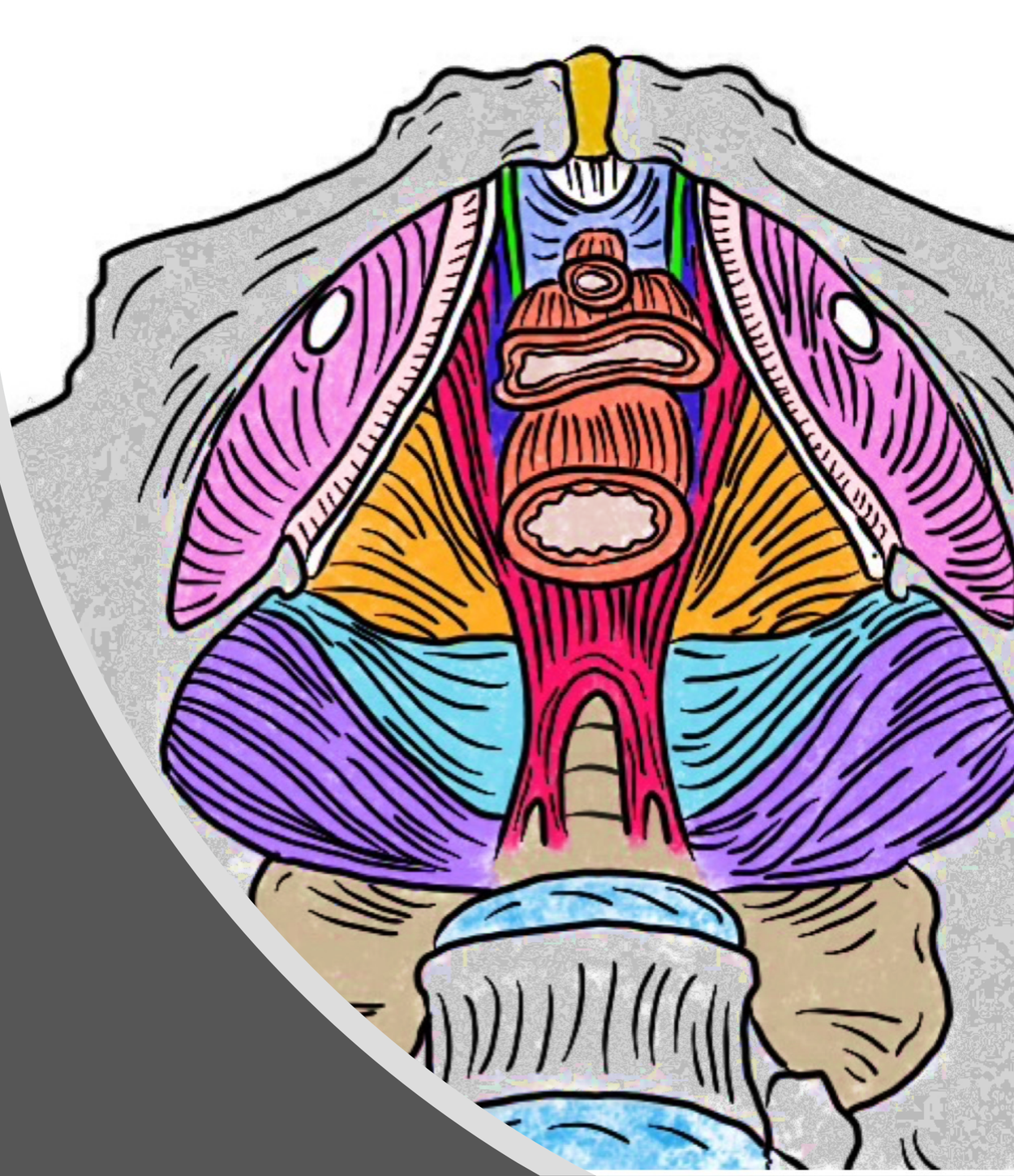



# Speaker Disclosure

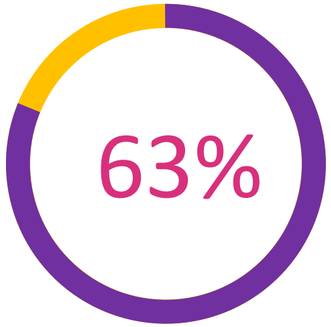
Nothing to disclose

# Chronic Pelvic Pain

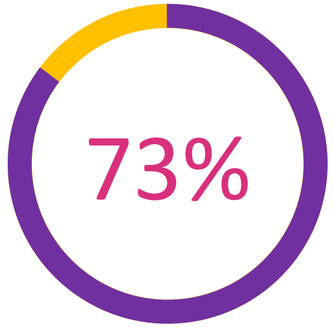
- Persistent pain for ≥6 months
- 15-20% of women

# Pelvic Floor Myalgia

Patients with chronic pelvic pain who were also found to have pelvic floor myalgia:




Examined by a physician




Examined by a physiotherapist

Fitzgerald et al., 2011

# Untreated Symptoms

- Persistent symptoms
- Central sensitization
- Unnecessary laparoscopic surgery
- Psychological distress
- Impaired quality of life

# Assessment of the Pelvic Floor Musculature

# A randomized, single-blinded, single-center trial

January 1 - November 18, 2018

*This Quality Improvement study was reviewed and exempted from the Saskatchewan Health Authority and University of Saskatchewan Research Ethics Boards.*

## Objectives:

1. Compare the effectiveness of hands-on vs video-based training of a comprehensive assessment of the pelvic floor musculature on a pelvic model

2. Design an effective training program to enhance examination of the pelvic floor musculature for patients presenting with chronic pelvic pain

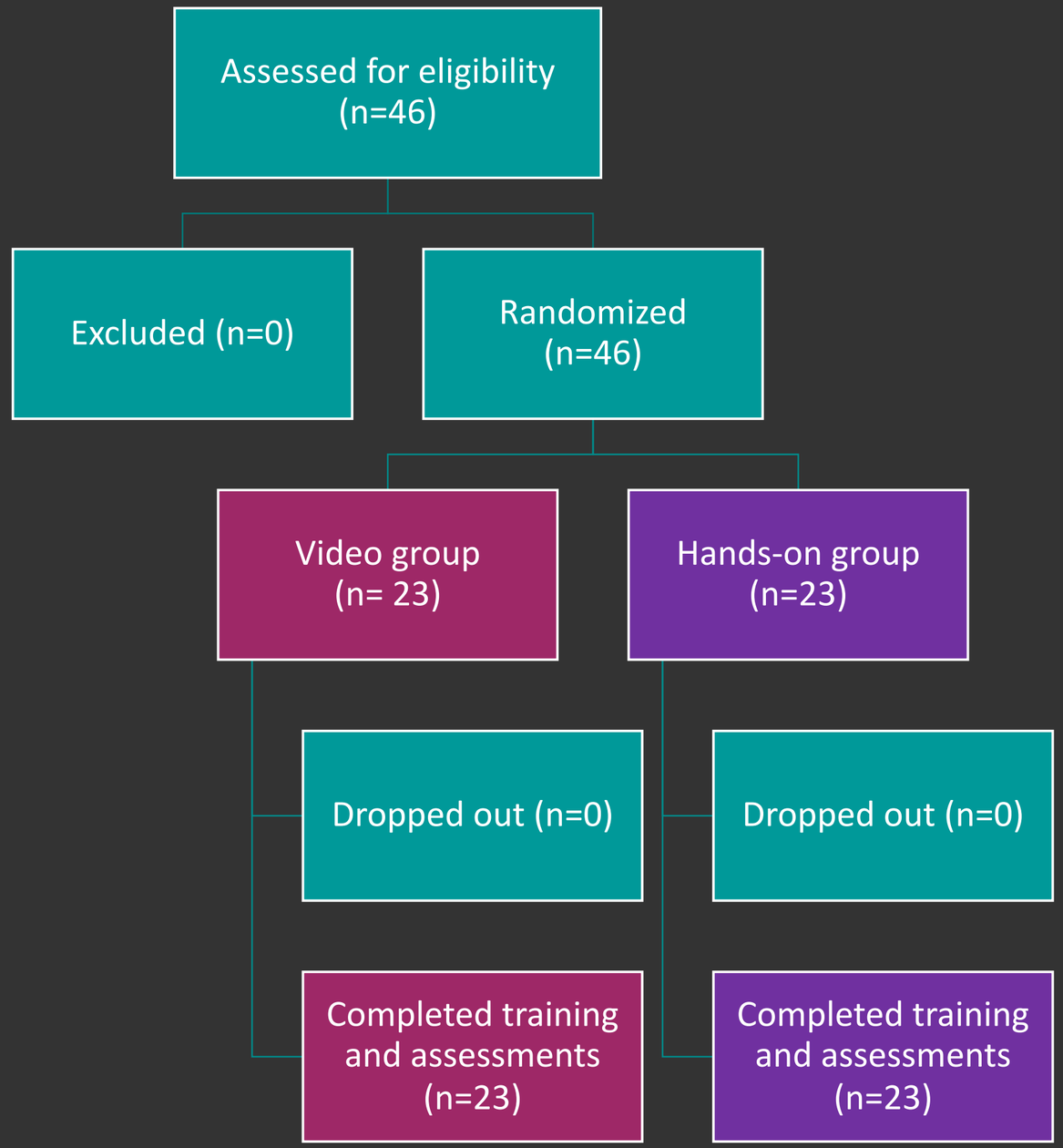



Figure 1: Participant Enrollment Flow Figure

**Study Population**

1. Obstetricians and Gynecologists
2. Obstetrics and Gynecology resident physicians
3. Family Medicine physicians
4. Family Medicine resident physicians
5. Medical students (years 2-4)

**Inclusion criteria:**

1. Age ≥18yo
2. Learners affiliated with College of Medicine at the University of Saskatchewan in Regina campus. This includes obstetrics and gynecology resident physicians (Years 1-5), family medicine resident physicians (Years 1-2), and medical students (Years 2-4).
3. Obstetrics and Gynecology staff affiliated with the University of Saskatchewan in Regina campus.

**Exclusion criteria:**

1. Physical limitation that prevents a participant from performing a pelvic examination

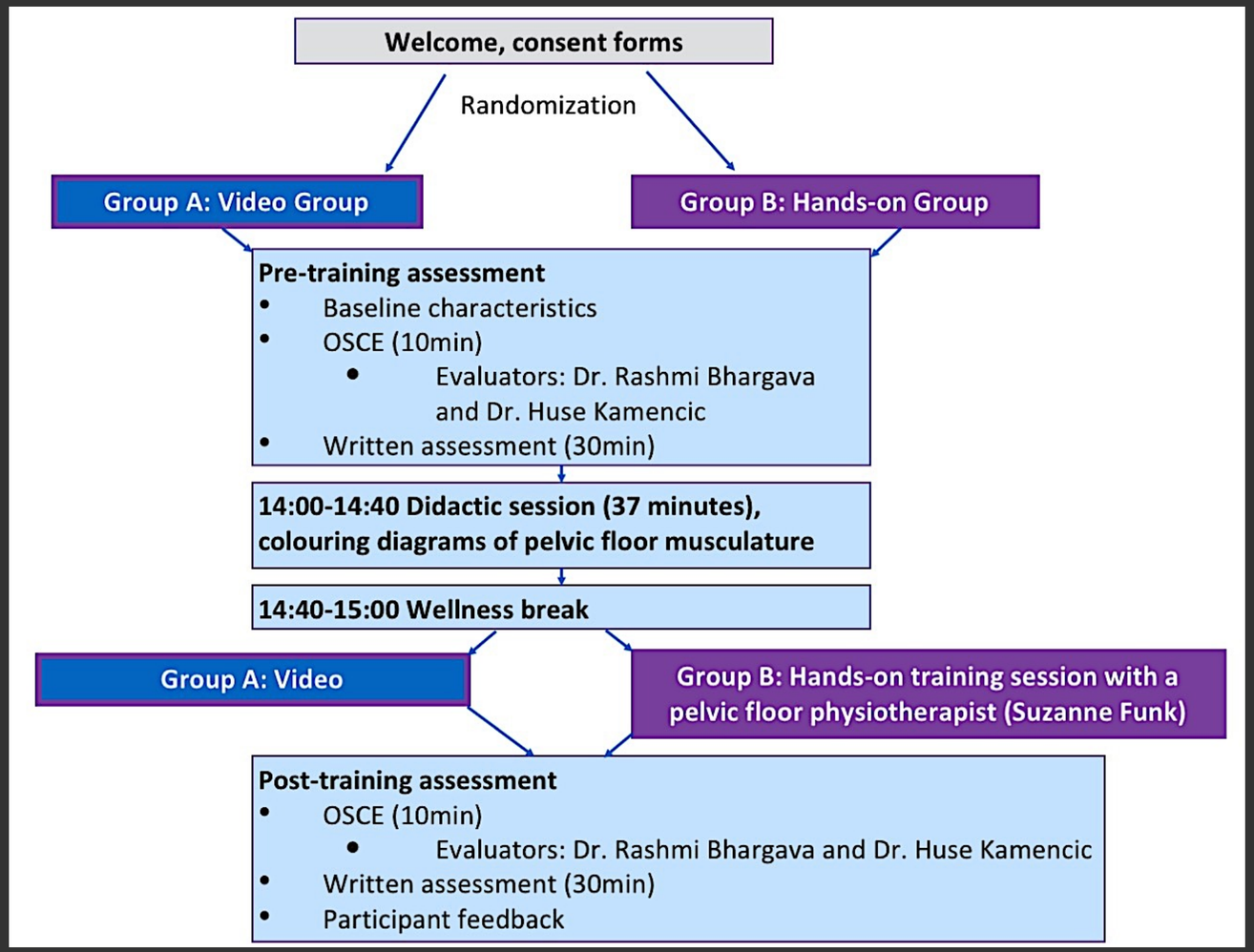
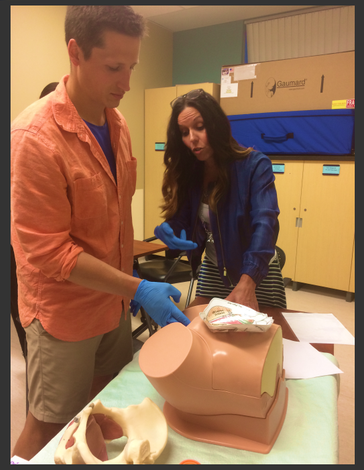



Figure 2: Structure Of The Training Session

Didactic Lecture

Video



Hands-on

# Outcome Measures

## Primary Outcome Measure:

1. Change in written examination and OSCE scores from pre-training to post-training assessments in the video and hands-on groups

## Secondary Outcome Measures:

1. Change in the level of comfort with performing pelvic floor examination in patients presenting with chronic pelvic pain before and after the training program
2. Usefulness of the training program for clinical practice

# Data Analysis

**Sample size required:**

- 21 participants per training group
  - Using the minimally important difference in OSCE and written examination scores of 15%, a standard deviation of 5, alpha level of 0.05, and power of 0.80

| Categorical variables | Continuous variables |
| --- | --- |
| Chi-square test | Mixed design ANOVA |

# Results

Written Assessment Scores

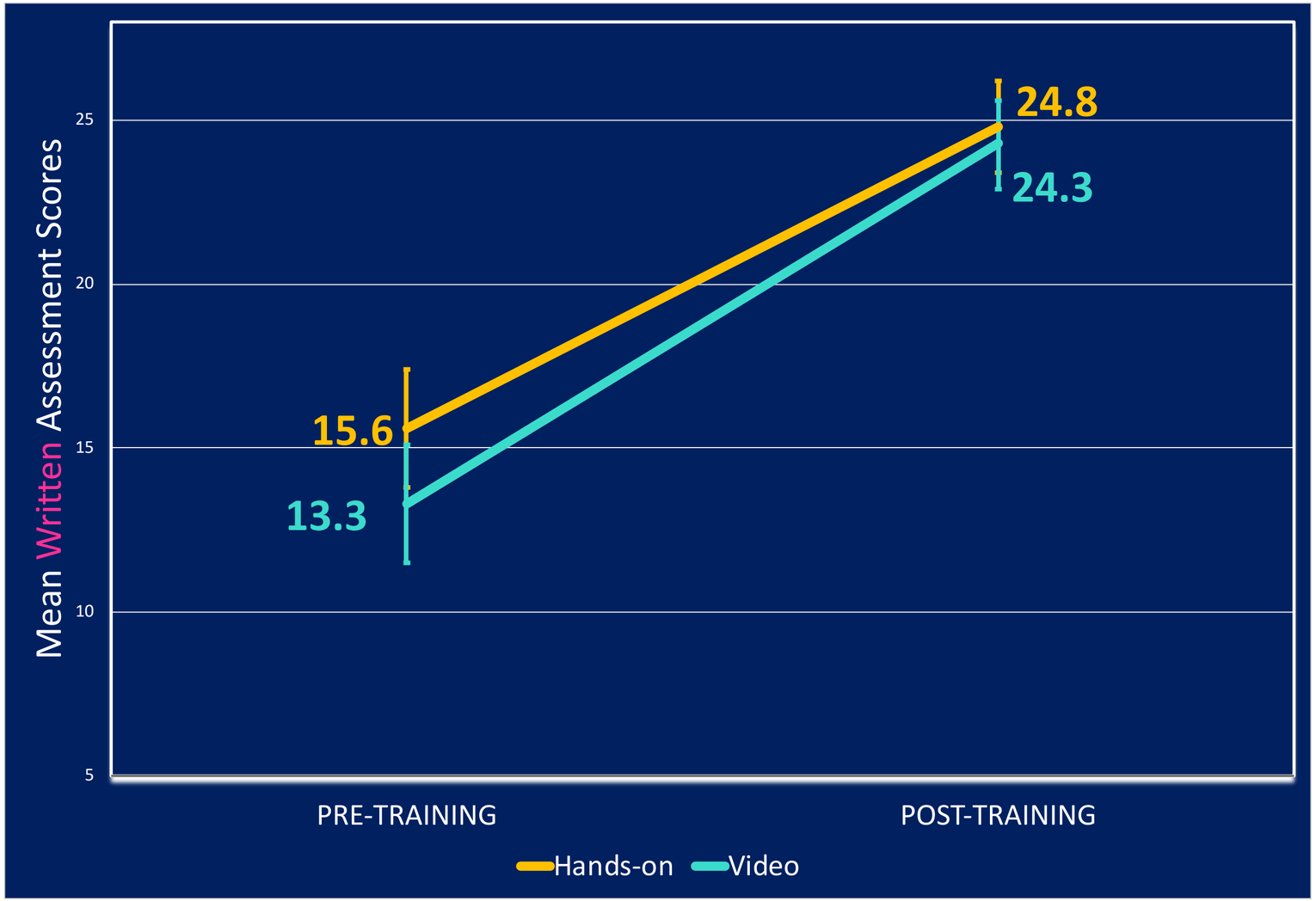



**Figure 3:** Mean written assessment scores before and after training in video and hands-on groups (maximum score was 30). There was no statistically significant difference between the 2 groups (p=0.19).

# Results

OSCE Scores

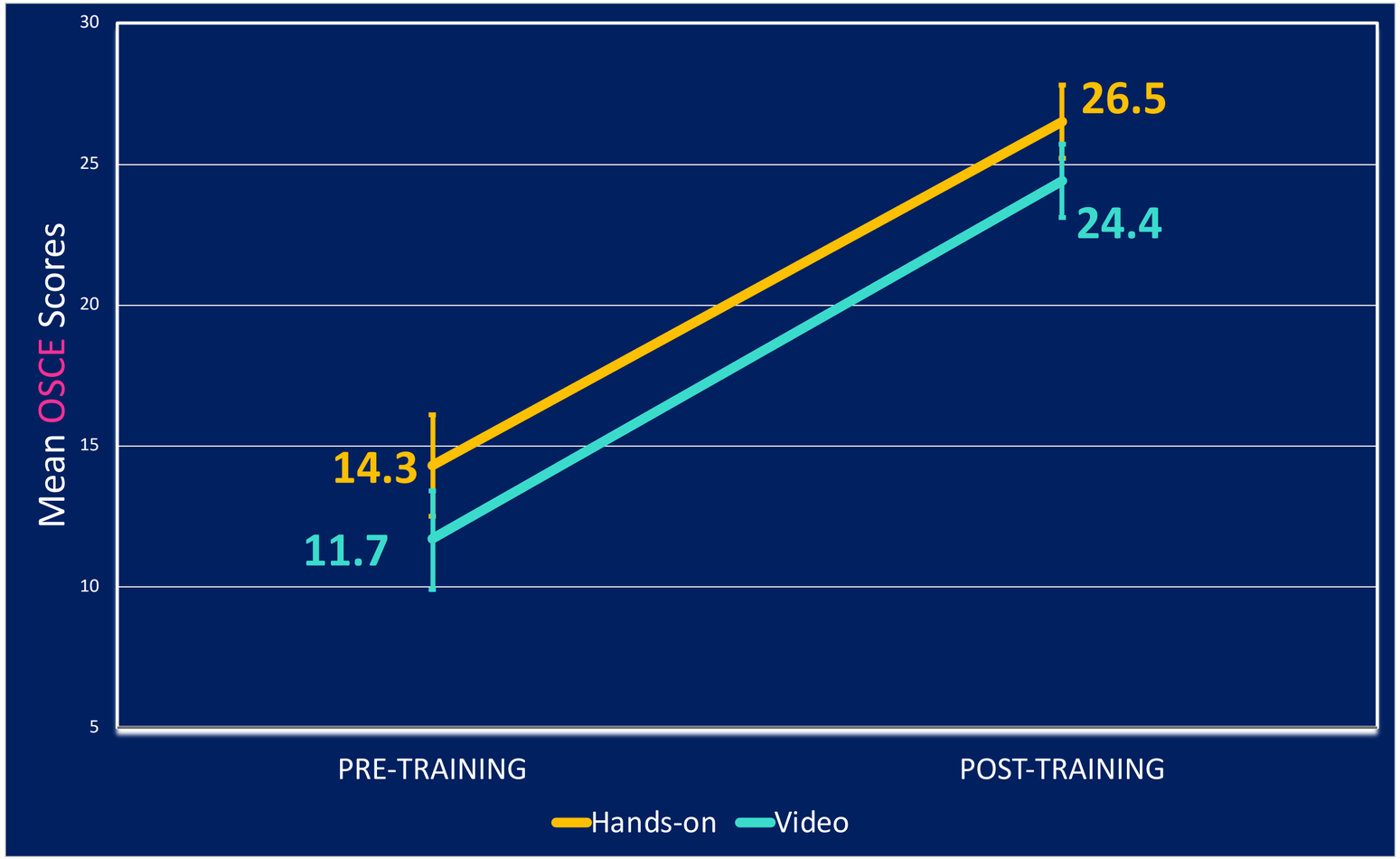



**Figure 4:** Mean OSCE scores before and after training in video and hands-on groups (maximum score was 30). There was no statistically significant difference between the 2 groups (p=0.10).

# Usefulness for Clinical Practice

Participants found the training program to be useful for their clinical practice

# Conclusion

Both hands-on and video-based training methods are effective.

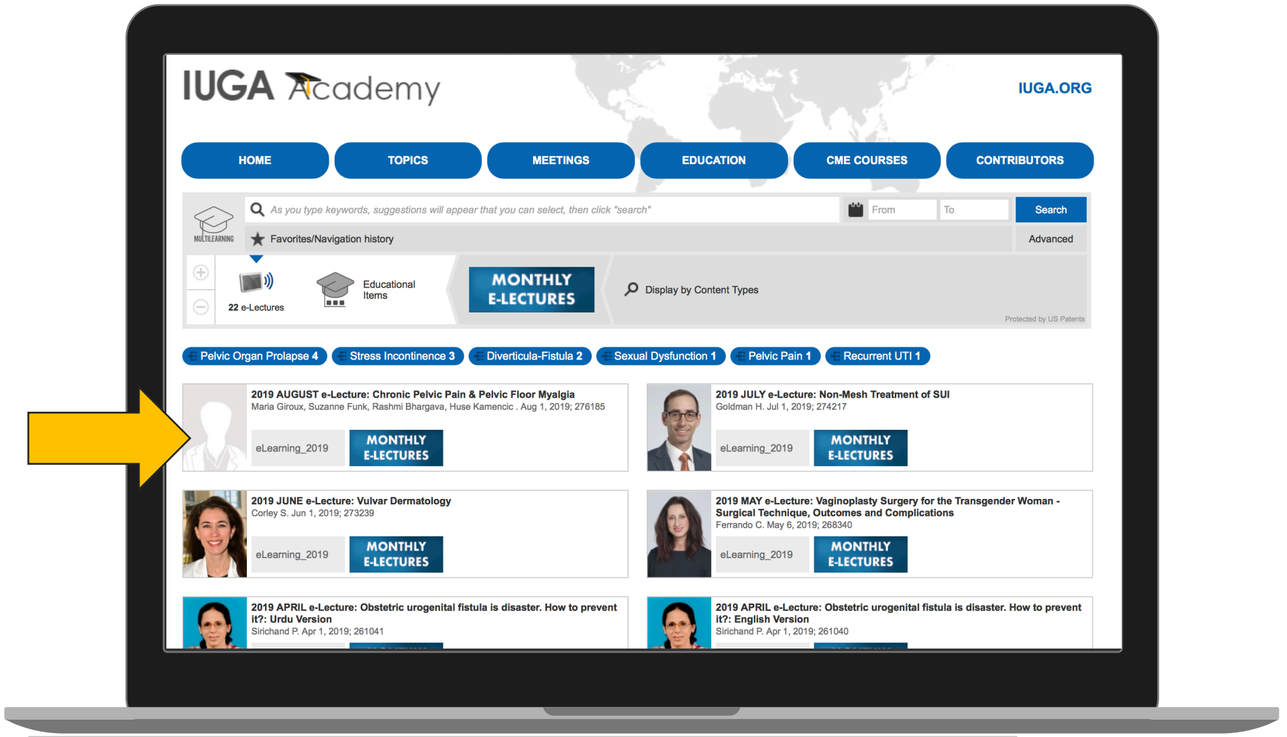
There is no difference in the degree of improvement in assessment scores between both methods.

# Significance

New effective multidisciplinary training program for teaching the assessment of the pelvic floor musculature to identify a possible muscular cause or contribution to chronic pelvic pain and provide early referral for appropriate treatment.

# Video

## IUGA Academy




https://academy.iuga.org

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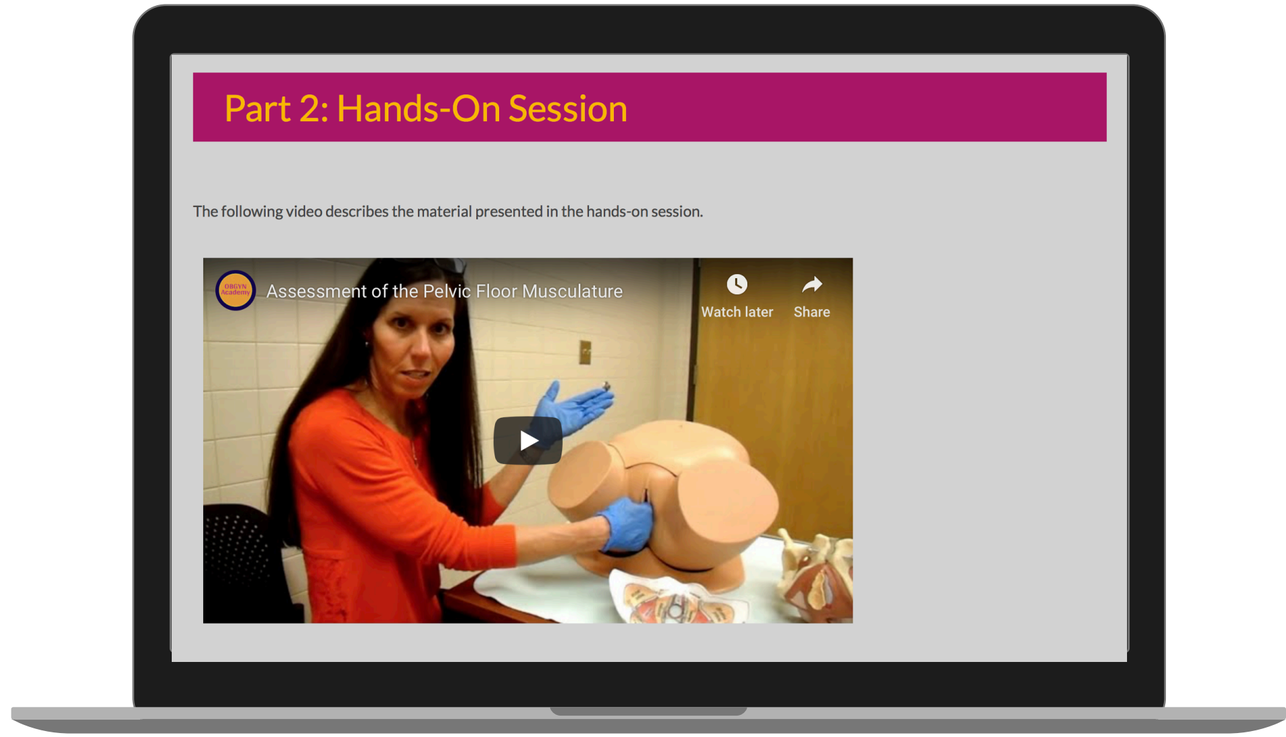
## OBGYN Academy




https://obgynacademy.com

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Hands-on

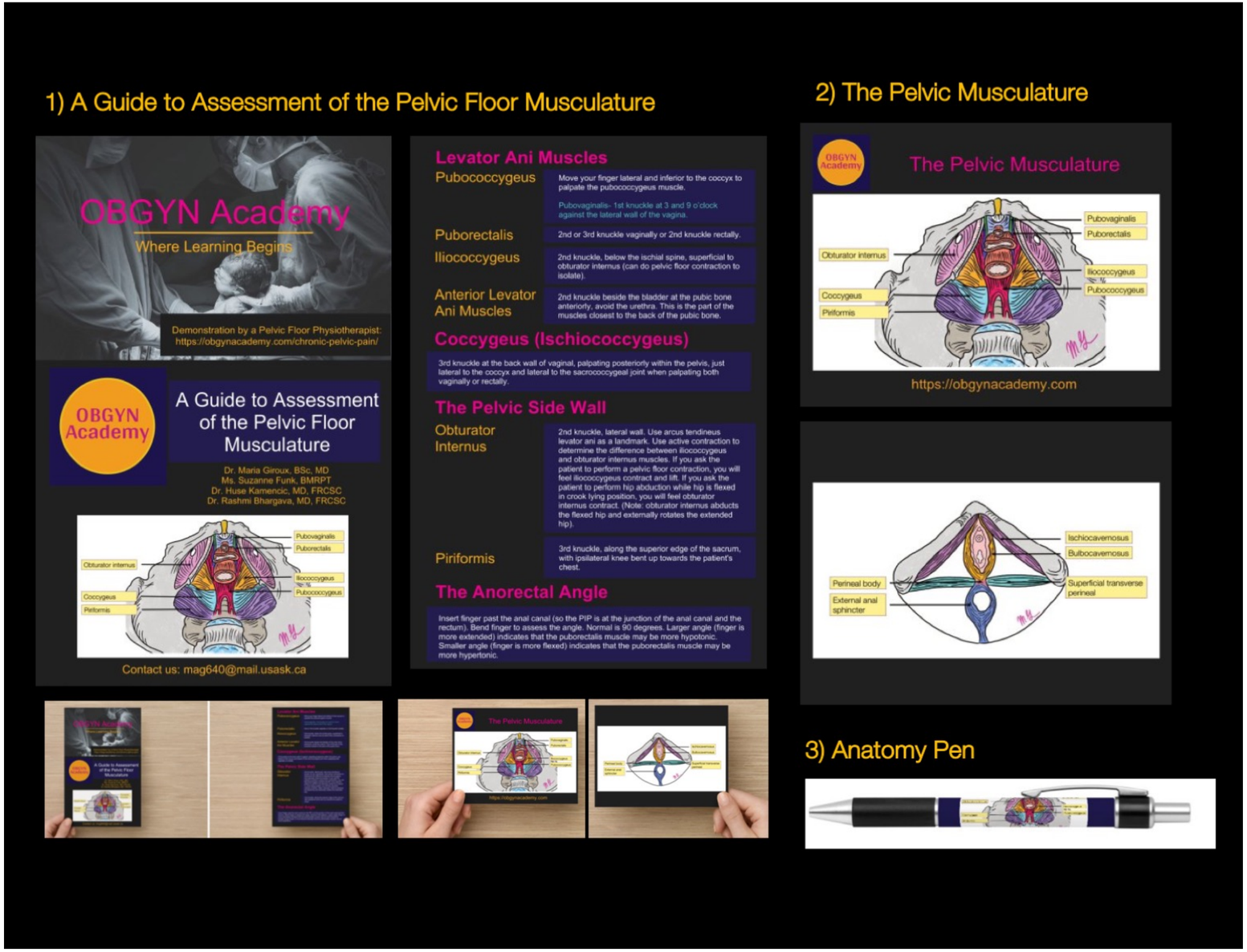
# Chronic Pelvic Pain & Pelvic Floor Myalgia Workshop

https://obgynacademy.com/chronic-pelvic-pain/

Both versions

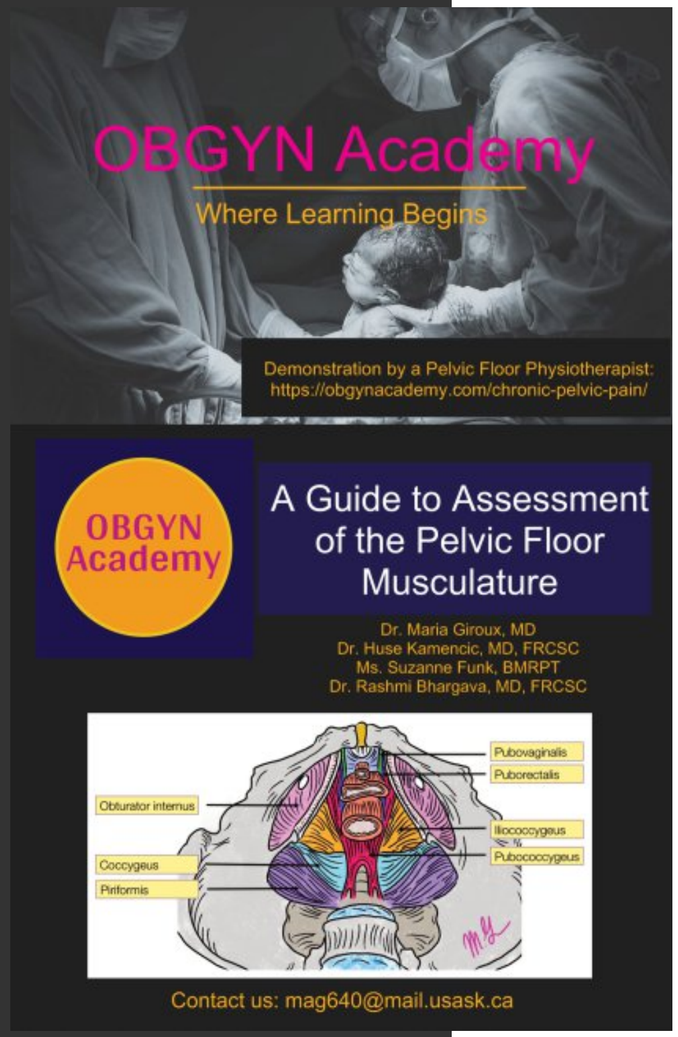
# Guide to Assessment of the Pelvic Floor Musculature

https://obgynacademy.com/chronic-pelvic-pain/



# Future Direction

- Workshop at both national and international levels in order to improve patient care through provider education

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