



Foundation Skills for use of Ultrasound in Pelvic Health for Physiotherapists



Course Programme

Course Summary

This course is aimed at physiotherapists and other AHPS's with a special interest in male and female pelvic health. This course is designed to provide the practitioner with the essential probe handling and image orientation skills required to begin learning to use ultrasound imaging of the pelvis.

The course is a home-based programme of practical instruction that is facilitated by provision of an ultrasound scanner to each delegate. This series of remotely delivered interactive video conference sessions with accompanying practice exercises has been specifically designed to develop applied anatomical knowledge, muscle identification, probe handling and orientation confidence in a progressive manner through repetition.

The course is conducted over 4 weeks.

All delegates are sent an Orca POD Toolbox containing a wireless handheld ultrasound scanner, tablet, gel phantom, gel and wipes provided for the duration of the course. The POD Toolbox incorporates all the elements necessary to enable the progressive acquisition of knowledge and skills through home-based practice. The teaching programme is delivered by a combination of interactive lectures and practice exercises that will equip delegates with the essential cognitive skills necessary to begin incorporating ultrasound imaging guidance into their daily clinical management.

There is an assignment at the end of each session which helps the delegates to revise the concepts learnt during each session and to provide a framework for practising those skills.

Capacity is limited to 10 delegates per course.

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| Course Objectives: | <ul style="list-style-type: none">• To gain understanding of physics and controls of ultrasound• To learn how to optimise an ultrasound image• To gain probe skills necessary to use ultrasound to identify anatomy of the male and female pelvis.• To develop pattern recognition to identify normal anatomy.• To learn techniques for assessment of muscles during dynamic movement.• PLEASE NOTE: DELEGATES SHOULD NOT EXPECT TO BE COMPETENT IN ULTRASOUND AT THE END OF THE COURSE. |
| What's Included? | <ul style="list-style-type: none">• Each delegate has their own POD box for duration of course. This contains a Sonon 300C ultrasound transducer, tablet and gel phantom. Ultrasound gel and wipes are also included.• 4 x weekly 2hr live teaching sessions with lectures, demonstrations and interactive guided scanning practice.• Weekly homework assignment with feedback to guide practice.• CPD certificate upon completion. |

Course Structure:

Week 1: Principles of Ultrasound

Welcome
Course rationale
Basic Physics of Ultrasound
Ultrasound Controls
Probe handling and orientation
Interactive practice session scanning gel phantom
Q&A

Week 2: Trans-abdominal approach

Welcome
Review of assignment 1
Normal male and female anatomy and appearance on ultrasound.
Image planes and orientation.
Image optimisation.
Limitations and pitfalls.
Bladder scanning and volume measurement.

Week 3: Trans-perineal approach

Welcome
Review of assignment 2
Anatomy, scan planes and corresponding images.
Angle of approach.
Pelvic tilt.
Image optimisation.
Considerations for trans-perineal approach.

Week 4: Dynamic scanning

Welcome
Review of assignment 3
Scanning during dynamic pelvic floor movement.
Patient positioning.
Pelvic floor contraction.
Review of course
Q & A.

Course Leads:

- Mrs Lucia Berry, Clinical Lead pelvic health physiotherapist and Physiotherapy lecturer. (Royal Free Hospital and Brunel University)
- Mrs Jane Dixon, Independent Consultant Physiotherapist. Montagu House Healthcare.
- Mrs Grainne Donnelly, Advanced Physiotherapist Women's Health – Continence. Absolute Physio.

Orca Technical Support: Mr Douglas Ogg and Mrs Tracey Gall

Orca Administration: Mrs Sophie Vickerstaff

How do I Register?

Please register interest or book via the website www.orcamedical.co.uk or contact us on 0117 428 5774 for more information.