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Pelvic Health Through the Lens of Occupational Therapy

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Background

- In United States, 25% of women are impacted by one or more pelvic floor dysfunction (PFD). The percentage increases in the higher age group..
- About 400K urinary incontinence related surgeries are performed each day in the United States.
- Occupational therapists bring a unique perspective to providing care for PFD.
 - Toileting, sexual hygiene, toilet hygiene and much more.
 - Environmental barriers and increase occupational engagement and participation while providing holistic care

(Alden et al., 2020; Alfarra & Altawee, 2017; Baker et al., 2017; Hallock & Handa, 2016)



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Literature Review and Needs Assessment

- Growing need of occupational therapists.

Findings from literature review:

- Urinary functions, bowel function, sexual engagement, social engagement, psychological and physical well-being
- Etiology: age, genetics, number of pregnancies, mode of delivery, trauma during childbirth, and obesity
- PFD rehabilitation before surgeries
- Pelvic organ prolapse 12.6% and stress urinary incontinence 13.6% risk associated with surgery for women older than 65.
- Cost related to PFD: \$421 million and expected to increase 42.7% by the year 2050

(Baker et al., 2017; Burkhart et al., 2020; Dieter et al., 2015; Wu et al., 2014)



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Program Purpose

Goal of the capstone project: Building an introductory pelvic health modules for entry level OTD students.

Goal of the course:

- Teach foundational knowledge regarding the structure, and function of the adult female pelvis, common pelvic floor dysfunctions and their impact on occupational performance and biopsychosocial health.
- Knowledge about evidence-based interventions to address concerns regarding performance skills, performance patterns, environment, client factors, biopsychosocial factors and occupational difficulties.



Guiding Theory

Theory of Occupation Reconstruction

Emphasizes the mind-body engagement while dealing with transformational injustice or problematic solution. Seven principles which aim to guide therapists with designing, studying and evaluating small to large scale of social transformation.

This includes:

- Community-based practice
- Community development
- Participation
- Inclusion
- Empowerment
- Health activism
- Occupational injustice
- Political practices

(Cho, 2015)



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Guiding Theory

Behavioral Frame of Reference

- Behavioral modifications to shape behaviors by increasing adaptive behavior or by decreasing maladaptive learned behaviors.

Steps:

- Identifies client specific behaviors
- Baseline performance
- Design a data collection format
- Select reinforcer or reinforcement schedule
- Charts the data
- Shapes adaptive behavior

(Cho, 1983)



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Outcomes Modules

Introduction to the Pelvic Floor

- Structure and function of the pelvic girdle and pelvic floor.
- Bony landmarks, muscles, ligaments and nerves.

Pregnancy and Postpartum

- Biochemical changes, vaginal delivery, postpartum, dysfunctions associated with pregnancy and delivery.

Urinary Incontinence

- Etiology and prevalence, impact on occupational performance, biopsychosocial factors and various treatment options.

Fecal Incontinence/Constipation

- Etiology and prevalence, impact on occupational performance and biopsychosocial factors related to fecal incontinence, anal incontinence, hemorrhoids, and constipation.
- Preventative methods for constipation and hemorrhoids.

Female Sexual Dysfunctions

- Etiology and prevalence o impact on occupational performance and biopsychosocial factors and various treatment options related to female sexual dysfunctions.



Outcomes Modules

For each module:

- Discussion Board
- Agenda
- Pre-class activities
- Learning material (videos, reading and evidence based articles)
- Quizzes

Week 1: Introduction to Pelvic Floor		✓	+	⋮
⋮	Week 1 Discussion	✓		⋮
⋮	W1 Agenda	✓		⋮
⋮	LO1 - Introduction to the Pelvic Floor	✓		⋮
⋮	Student copy_ Introduction to the Pelvic Floor.pdf	✓		⋮
⋮	Introduction to the Pelvic Floor.pdf	✓		⋮
⋮	Week 1 Quiz 5 pts	✓		⋮

Course syllabus:



Outcomes

Exercise Pamphlet:

- In class learning activity
- Evidence-based exercises to address pelvic floor dysfunctions.



Outcomes

Resource Binder:

- Resource for current OTD student interested in going into pelvic health setting.



Discussion

- These modules can be implemented into an elective course or taught in the conditions course.
- These are conditions that we as OTs come across in every setting.
- Referring our client's to the correct professional when we see the signs and symptoms of these dysfunctions.
- Implemented by another capstone student
- Pelvic health skills lab



Impact

Personal:

- Creating advocacy and competency opportunities for current OTD students.
- Screening all my patients for pelvic floor dysfunctions
- Pelvic health rehab: promoting and advocating for all clients

UOP Program:

- Expanding into emerging practice areas
- Starting elective courses



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