

Learning Objectives for the 7th Annual Meeting of the Canadian Society for Pelvic Medicine (CSPM)

Section 1: Annual Meeting

7th Annual Meeting of the Canadian Society for Pelvic Medicine (CSPM)

Learning Objectives

- Apply current evidence to the diagnostic workup and management of common female pelvic floor conditions.
- Describe emerging conceptual frameworks in pelvic floor health and their clinical implications.
- Select evidence-based, multidisciplinary treatment strategies appropriate to individual patient presentations.

Section 2: Conference Presentations

SimTrek: A New Frontier

Speaker	Designations
Adam Garber	MD, FRCSC, MSc (Ed.)
Katherine (Katie) Bonhomme	MD

Learning Objectives

- Watch a live simulation on stage for fun.
- Describe the role of simulation-based education in exploring complex interprofessional challenges in the workplace.
- Reflect on the pre-brief and post-simulation debrief as essential elements of this learning modality.
- Identify opportunities to implement interprofessional simulation within local clinical settings.

AI Won't Replace Urogynecologists — But It Will Change How You Practice

Speaker	Designations
Mark Walker	MD, FRCSC, MSc(epi), MSHCM

Learning Objectives

- Understand the fundamentals of artificial intelligence
- Understand the role and impact in medicine and specifically pelvic medicine.
- Review how it can make me a better physician, teacher, and researcher
- Understand limitations, and pitfalls

Trauma-Informed Pelvic Health Care and Sexual and Reproductive Health Trauma: Centred on Care for Women Living with FGM/C in Canada

Speaker	Designations
Bilkis Vissandjée	PhD, FCAHS
Jocelyn Stairs	MD, FRCSC
Parisa Rezaiefar	MD, CFCP, FCFPC, BSc.

Learning Objectives

- Outline obstetrical and gynaecological consequences of FGM/C.
- Describe the role of clinicians with expertise in pelvic medicine in improving clinical outcomes for individuals affected by FGM/C.
- Understand gender-based trauma and violence and their consequences on women and gender diverse persons.
- Identify challenges encountered in clinical settings due to language and cultural discordance.
- Support the enhancement of clinicians' practice and level of confidence, including use of referral collaborative pathways for the care for women and girls living with FGM/C in Canada.
- Explore opportunities and strategies to update of SOGC guidelines (2020) to strengthen trauma-informed and rights-based care for women and girls living with FGM/C in Canada.

The Implications of Pelvic Floor Loading in Pelvic Floor Disorders (PFDs)

Speaker	Designations
Linda McLean	PhD

Learning Objectives

- Discuss the extent of the problem related to pelvic floor disorders among physically active females.
- Describe the forces acting on the female pelvic floor and the relative influence of these forces during different physical activities.
- Consider how pelvic floor loading experienced during physical activities may affect pelvic organ support in the immediate and longer term.
- Discuss how different conservative interventions may mitigate pelvic floor strain or symptoms during physical activities.
- Consider the available evidence supporting biomechanical interventions for pelvic floor disorder symptoms experienced during physical activities when selecting appropriate interventions.

All About Metoidioplasty: The Who, What, Where, When, and Why of Masculinizing Genital Surgery Using Local Tissue

Speaker	Designations
Alexandra (Alexi) Millman	MD, MPH, FRCSC

Speaker	Designations
Yulia Wilk-Goldscher	MD
Olivia Drodge	MScPT

Learning Objectives

- Describe the various surgical options available for metoidioplasty and how anatomy is changed with each option.
- Describe the common complications from metoidioplasty.
- Develop an approach to evaluation of the post-metoidioplasty patient.
- Identify barriers to care for transmasculine individuals and opportunities for change to address those barriers in your own practice.

Recurrent UTI and BPS

Speaker	Designations
Duane Hickling	MD, M.Sci., FRCSC

Learning Objectives

- Define recurrent urinary tract infection and outline the recommended diagnostic evaluation according to AUA/CUA/SUFU guidelines.
- Describe evidence-based prevention strategies, including behavioral and non-antibiotic therapies.
- Develop guideline-concordant management plans incorporating appropriate antibiotic use and prophylaxis strategies.
- Identify patients who would benefit from physiotherapy intervention for BPS
- Understand the role of and evidence for physiotherapy interventions in cases of rUTI and BPS

Post-Radiation Pelvic Health Symptoms and Management

Speaker	Designations
Linda McLean	PhD
Sondos Zayed	MD, CM, FRCPC, MPH
Prof. Stéphanie Bernard	PT, PhD

Learning Objectives

- Describe the processes of radiation therapy and their effects on pelvic structures relevant to rehabilitation.
- Explain the rationale for adapting pelvic health interventions to address tissue changes and functional limitations caused by cancer treatments.
- Identify appropriate timing and strategies for initiating and modifying pelvic health interventions across different phases of gynaecological cancer care.

Debate — Title TBC

Learning Objectives

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Section 3: Pre/Post-Conference Workshops

Workshops 1–5 and 7–8 are CPD-accredited. Workshop 6 is a non-accredited, industry-sponsored session and is promoted separately from accredited content in accordance with Royal College and OCPD CPD guidelines.

Workshop 1: Essential Pelvic Health Skills for Family Physicians, Physiotherapists & Nurses: Managing GSM, SUI, POP & Pessaries

Course Director:	Maureen McGrath, RN, NCA
Course Faculty:	Carol Bolt, RN, NCA
Course Faculty:	Claudia Côté-Laroche, MD
Course Faculty:	MJ Forget, PT
Course Faculty:	Dante Pascali, MD
Course Faculty:	Parisa Rezaiefer, MD
Course Faculty:	Nancy Sullivan, RN, NCA

Learning Objectives

- Strengthen ability to perform trauma-informed pelvic examinations.
- Accurately diagnose and classify pelvic organ prolapse (POP).
- Distinguish genitourinary syndrome of menopause (GSM) from other urogenital conditions and correlate symptoms with findings.
- Develop confidence in pessary selection, fitting, insertion, and removal.
- Provide effective patient education related to pessary management.
- Troubleshoot common complications associated with pessary use.
- Establish safe and appropriate follow-up pathways.
- Integrate pessary services and collaborative care models into everyday primary care practice.

Workshop 2: CSPM Physiotherapy Forum

Course Director:	Linda McLean, PhD
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Station 1: Client-Centred at the Core: Assessment and Treatment of Diastasis Recti Abdominis

Course Faculty	Sabine Vesting, PT, PhD
Course Faculty	Nicole Beamish, PT, PhD

Learning Objectives:

- Critically discuss the current evidence on diastasis recti abdominis (DRA) and abdominal wall function during pregnancy and the postpartum period.
- Identify client-centred concerns related to DRA (e.g., function, symptoms, body image, quality of life, and return to activity) and integrate these into a biopsychosocial, movement-focused framework for clinical decision-making.

- Describe a structured clinical approach to assessing DRA and implement evidence-informed, individualized treatment strategies aligned with client goals.

Station 2: Run, Jump, Lift, or Dance Like No One is Watching? What to Do When Physical Activities Become a Problem for the Female Pelvic Floor

Course Director	Linda McLean, PhD
Course Faculty	Marie-Ève Bérubé, PT, PhD
Course Faculty	Adrienne Sim, PT, MPT, PhD Student

Learning Objectives:

- Discuss the extent of the problem related to pelvic floor disorders among physically active females.
- Describe the forces acting on the female pelvic floor and the relative influence of these forces during different physical activities.
- Consider how pelvic floor loading experienced during physical activities may affect pelvic organ support in the immediate and longer term.
- Discuss how different conservative interventions may mitigate pelvic floor strain or symptoms during physical activities.
- Consider the available evidence supporting biomechanical interventions for pelvic floor disorder symptoms experienced during physical activities when selecting appropriate interventions.

Station 3 Pelvic Rehabilitation After Radiation Therapy for Gynaecologic Cancer

Course Faculty	Stéphanie Bernard, PT, PhD
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Learning Objectives:

- Describe the processes of radiation therapy and their effects on pelvic structures relevant to rehabilitation.
- Explain the rationale for adapting pelvic health interventions to address tissue changes and functional limitations caused by cancer treatments.
- Identify appropriate timing and strategies for initiating and modifying pelvic health interventions across different phases of gynecological cancer care.

Workshop 3: Your Ideas and Innovations — Protecting Your Intellectual Property Through the Patent Process

Course Director	Scott Farrell, MD
Course Director	Christopher Bown, PhD

Learning Objectives

- Understand the necessary foundations for seeking patent protection for medical innovations (CanMEDS: Leader, Scholar).
- Understand the patenting process (CanMEDS: Scholar).
- Understand the types of patents and the rationale for their uses (CanMEDS: Scholar).
- Acquire an overview of the medical device regulatory environment and ethical practice standards (CanMEDS: Professional).

Workshop 4: Implementation of a Low-Fidelity Simulation Curriculum for Vaginal Surgery

Course Director:	Roxana Geoffrion, MD
Course Director:	Maryse Larouche, MD

Learning Objectives

- Evaluate current evidence-based programs for teaching vaginal surgery skills (CanMEDS: Expert, Scholar).
- Demonstrate implementation of an evidence-based vaginal surgery curriculum into an ObGyn residency program (CanMEDS: Manager).
- Build a CSPM network of surgical educators who can lead vaginal surgery curriculum implementation at their respective institutions (CanMEDS: Communicator, Scholar).

Workshop 5: Caring for the Neovagina: Multidisciplinary Management of Post-Vaginoplasty Concerns in Pelvic Health Practice

Course Director:	Alexandra (Alexi) Millman, MD, MPH, FRCSC
Course Faculty :	Yulia Wilk-Goldsher, MD
Course Faculty :	Olivia Drodge, MScPT
Course Faculty :	Emery Potter, NP, -PhC, NP

Learning Objectives

- Differentiate expected postoperative findings from complications following vaginoplasty (CanMEDS: Medical Expert).
- Perform trauma-informed neovaginal assessments using appropriate examination tools and techniques (CanMEDS: Medical Expert, Professional).
- Apply interdisciplinary management strategies for common post-vaginoplasty concerns, including dilation difficulties, hypergranulation, pain, discharge, and urinary issues (CanMEDS: Collaborator, Medical Expert).
- Identify clinical scenarios that require referral back to the operating surgeon or specialty care (CanMEDS: Communicator, Health Advocate).

Workshop 6: Non-Accredited Industry Sponsored Workshop –

Workshop 7: Teaching Motor Skills to Learners: From Simulation Development to the Clinical Setting

Course Director:	Katherine (Katie) Bonhomme, MD
Course Faculty:	Tania Dumont, MD
Course Faculty:	Teresa Flaxman, PhD
Course Faculty:	Adam Garber, MD, Msc (Ed)
Course Faculty:	Foster Rose, BSc

Learning Objectives

- Develop and design custom low-cost simulation trainers using 3D printing and silicone materials.
- Identify opportunities to implement or adapt simulation trainers within their own training programs.
- Describe key principles of effective hands-on procedural skills teaching, including deliberate practice, cognitive load management, and structured feedback.
- Apply a stepwise framework for teaching technical skills in both clinical and simulation environments.

Workshop 8: Ultrasound Imaging of the Structure and Function of the Female Pelvic Floor Muscles

Course Director:	Linda McLean, PhD
Course Director:	Adrienne Sim, PT, MPT, PhD Student

Learning Objectives

- With beginner competency, assess the morphology and function of female pelvic floor anatomy using 2D transperineal ultrasound imaging.
- Interpret dynamic ultrasound imaging measures of pelvic morphology during functional tasks, understanding how they relate to clinical pelvic floor assessment outcomes.
- Understand the relationship between ultrasound imaging measures and other measures of pelvic floor muscle activity (e.g., electromyography), and how a combination of methods is generally required to fully interpret findings.
- Discuss the current and potential clinical utility of using ultrasound imaging for the assessment and conservative treatment of pelvic floor muscle function.
- Discuss what can and cannot be interpreted from ultrasound imaging findings.