

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

- Update clinical knowledge in the diagnosis and management of common pelvic floor disorders.
- Integrate multidisciplinary expertise to deliver more coordinated and patient-centered pelvic floor care.
- Strengthen collaboration across specialties to translate new knowledge into better outcomes for patients.

Section 2: Conference Presentations

SimTrek: A New Frontier

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

Learning Objectives

- 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

- Describe the fundamental principals of artificial intelligence (AI)
- Identify the role and impact of AI in medicine and specifically pelvic medicine.
- Explain how AI can make them a better physician, teacher, and researcher
- Identify the limitations, and pitfalls of using AI in clinical practice

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.
- Describe forms of gender-based trauma and violence and explain 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
Yulia Wilk-Goldsher	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, MSc, FRCSC
Krista Cochrane	PT

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
- Describe the role of and evidence for physiotherapy interventions in cases of rUTI and BPS

Post-Radiation Pelvic Health Symptoms and Management

Speaker	Designations
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.

SUI Showdown: Mesh, Muscle, or Mechanical?

Speaker	Designations
May Sanaee	MD, FRCSC, MHScED
Aisling Clancy	MD

Learning Objectives

- Compare the indications, efficacy, and limitations of surgical, pessary-based, and physiotherapy-led approaches in the management of stress urinary incontinence (SUI).
- Critically evaluate patient-specific factors that influence selection of optimal SUI treatment strategies.
- Integrate multidisciplinary perspectives to develop individualized, evidence-informed management plans for patients with stress urinary incontinence.

CanMEDS roles: Medical Expert, Scholar, Professional

Learning Objectives

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: Core Pelvic Health Skills for the Generalist

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 Rezaiefar, MD
Course Faculty	Nancy Sullivan, RN, NCA

Learning Objectives

- 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.
- Demonstrate 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 - CANCELLED

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

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 USI measures of pelvic morphology during functional tasks, understanding how they relate to clinical pelvic floor assessment outcomes
- Describe the relationship between ultrasound imaging measures and other measures of pelvic floor muscle activity, such as 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
- Explain what can and cannot be interpreted from ultrasound imaging