



CANADIAN SOCIETY FOR PELVIC MEDICINE
7TH ANNUAL MEETING

STRONGER TOGETHER

**Integrating Knowledge, Practice
and People**

Scientific Program

May 1-3, 2026

University of Ottawa
Desmarais Building

Ottawa, Ontario



Learning Objectives

1

Update clinical knowledge in the diagnosis and management of common pelvic floor disorders.

2

Integrate multidisciplinary expertise to deliver more coordinated and patient-centred pelvic floor care.

3

Strengthen collaboration across specialties to translate new knowledge into better outcomes for patients.

Your Voice Matters

Scan **after each session** to complete a brief anonymous evaluation — and help shape the future of CSPM events. Thank you for attending the 7th Annual Meeting.





Message from the President

Welcome to Ottawa—it is great to have you here. Our nation's capital is my home, and it is a privilege to host you here for our 7th annual meeting.

CSPM has always been at its best when we are together—pushing each other's thinking, raising the standard of care for women, and moving this field forward. I hope you arrive at each session curious, leave each conversation with something new, and find time to reconnect with old friends and make new ones.

To everyone who made this possible—faculty, presenters, sponsors, exhibitors, volunteers, and the extraordinary Scientific Meeting Committee—

thank you. What you have built is something worth travelling for.

Ottawa in May is at its finest. The tulips are just coming into bloom—enjoy the city while you're here.

Sincerely,

Dante Pascali, MD FRCS(C)

President

Canadian Society for Pelvic Medicine



Message from the Chair of the Scientific Committee

This program was built on CSPM's vision of *"a future where a multidisciplinary community of providers has standard training and access to the best information to collaboratively deliver excellent pelvic floor healthcare in Canada"*. Honouring this vision, the theme of this year's meeting is: **Stronger Together: Integrating Knowledge, Practices and People.**

This theme shaped the program you are holding. As the first physiotherapist to chair this committee, I hold CSPM's commitment to multidisciplinary as both a privilege and a responsibility — and I am proud of what the Scientific Meeting Committee has created in that spirit.

I am grateful to Vice Chair May Sanaee, the Scientific Meeting Committee members, abstract reviewers, invited speakers, and workshop facilitators for their enthusiastic support, thoughtful ideas, collaborative approach and rigorous standards which they applied to all aspects of planning this meeting.

I hope the scientific content challenges, and inspires you and that you carry new evidence and new ways of thinking or doing into your practice. And, as we are Stronger Together, be sure to take some time to make new connections and strengthen your existing connections while in this beautiful city I call home.

Sincerely,

Linda McLean, PhD

Recognizing Our Lifetime and Honorary Members

LIFETIME MEMBERS

CSPM would not be what it is today without the people who invested deeply in this field and in this community. Our Lifetime Members built this organization — through their practice, their leadership, and their enduring belief in the importance of pelvic health. We are honoured to recognize them and grateful they remain part of our community.



David Cenaiko



Harold Drutz



Marie-Andrée Harvey



David Quinlan

HONORARY MEMBERS

CSPM's Honorary Members have made an indelible mark on Female Pelvic Medicine and Reconstructive Surgery — advancing research, elevating standards of care, and inspiring the multidisciplinary community that defines this field in Canada. Appointed by the Board of Directors in recognition of extraordinary contribution, they are the shoulders this Society stands on. We are proud to honour them.



Kevin Baker



Alfred Bent



Craig Campbell



Scott Farrell



Madhu Gupta

DAY 1: Friday, May 1, 2026

Rooms 12102 / 12110

7:00–8:00 AM — REGISTRATION (FOYER)

8:00–11:00 AM	Workshop 1 (CPD Accredited) — Room 12110 Essential Pelvic Health Skills for Family Physicians, Physiotherapists & Nurses: Managing GSM, SUI, POP & Pessaries	Maureen McGrath, RN, NCA Dante Pascali, MD Parisa Rezaiefar, MD Carol Bolt, RN, NCA Claudia Côté-Laroche, MD Marie-Josée Forget, PT Nancy Sullivan, RN, NCA
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9:30–10:00 AM — BREAK (12TH FLOOR)

8:00–11:00 AM	Workshop 2 (CPD Accredited) — Room 12102 CSPM Physiotherapy Forum	Linda McLean, PhD Sabine Vesting, PT, PhD Nicole Beamish, PT, PhD Marie-Ève Bérubé, PT, PhD Adrienne Sim, PT, MPT, PhD Student Stéphanie Bernard, PT, PhD
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11:00 AM – 12:00 PM — LUNCH (FOYER)

12:00–3:00 PM	Workshop 4 (CPD Accredited) — Room 12110 Implementation of a Low Fidelity Simulation Curriculum for Vaginal Surgery	Roxana Geoffrion, MD Maryse Larouche, MD
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1:30–2:00 PM BREAK (12TH FLOOR)

12:00–3:00 PM	Workshop 5 (CPD Accredited) — Room 12102 Caring for the Neovagina: Multidisciplinary Management of Post-Vaginoplasty Concerns in Pelvic Health Practice	Alexandra Millman, MD, MPH Yulia Wilk Goldsher, MD Olivia Drodge, MScPT, Hons. PhD Student Emery Potter, NP-PHC, NP
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3:30–5:30 PM	Workshop 6 — Industry Sponsored Event (Not CPD Accredited) — Room 12110 <i>Refreshments served at 3:45 PM</i>	
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5:30–6:30 PM — BREAK

6:30–10:00 PM	CSPM Social — Lieutenant's Pump	361 Elgin St, Ottawa, ON K2P 1M9
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DAY 2: Saturday, May 2, 2026

Rooms 1160 / 1110 / 1120

Scan the QR code to read the Abstracts summaries.



7:00–8:00 AM — REGISTRATION & CONTINENTAL BREAKFAST (FOYER)

8:00–8:15 AM	Welcome Address — Room 1160	Dante Pascali, MD President, CSPM
8:15–9:15 AM	Keynote: SimTrek: A New Frontier — Room 1160	Adam Garber, MD, MSc Katherine Bonhomme, MD, MSc

9:15–9:30 AM — TRANSITION TO BREAKOUT SESSIONS

9:30–10:30 AM	Session 1 — Room 1160 All About Metoidioplasty: The Who, What, Where, When, and Why of Masculinizing Genital Surgery Using Local Tissue	Alexandra Millman, MD Yulia Wilk Goldsher, MD Olivia Drodge, MScPT, Hons. PhD Student
9:30–10:30 AM	Session 2 — Room 1110 Post Radiation Pelvic Health Symptoms and Management	Sondos Zayed, MD, MPH Stéphanie Bernard, PT, PhD
9:30–10:30 AM	Session 3 — Room 1120 Recurrent UTI and BPS	Duane Hickling, MD, MSc Hisham Khalil, MD Krista Cochrane, PT

10:30–11:00 AM — BREAK (FOYER)

ABSTRACT PRESENTATIONS — Room 1160 PELVIC RECONSTRUCTIVE SURGERY AND PELVIC ORGAN PROLAPSE	Moderators: Stéphanie Bernard, PhD Erin Kelly, MD
11:00–11:07 AM Life After Colpocleisis for Complex Urogenital Prolapse: Older Women's Expectations, Self-Perceptions, and Relationship Experiences	Michelle Gao, MD Student
11:07–11:09 AM Q&A	

DAY 2: Saturday, May 2, 2026

11:10–11:15 AM	Complications After Minimally Invasive Sacrocolpopexy by Robotic Versus Laparoscopic Approach: A NSQIP Database Study	Rea Konci, MD
11:15–11:20 AM	Complications Associated with VNOTES Hysterectomy Compared to Vaginal Hysterectomy: A Retrospective Cohort Database Study	Rea Konci, MD
11:20–11:25 AM	Patient-Specific Pessaries Following Suboptimal Outcomes with Standard Pessary Use in Canadian Patients	Goli Ameri, PhD
11:25–11:30 AM	Q&A	
11:30–11:35 AM	Conservative Physiotherapy Approaches for Pelvic Floor Dysfunction in Transgender Women: Secondary Results From a Scoping Review	Gabrielle Monis, MSc Student
11:35–11:40 AM	Impact of Neovaginal Douching Frequency and Recent Past Antibiotic Use on Neovaginal Microbiota: A Feasibility Study	Lucas Vasas, MD
11:40–11:45 AM	Q&A	
11:45 AM – 12:00 PM — GROUP PHOTO (FOYER) 12:00–1:00 PM — LUNCH (FOYER)		
AFTERNOON SESSIONS — ROOM 1160		Moderator: Jodie Pulsifer, PT, PhD Student
1:00–1:45 PM	Implications of Pelvic Floor Loading in PFD	Linda McLean, PhD
ABSTRACT PRESENTATIONS — Room 1160		
URINARY INCONTINENCE		Moderators: Hisham Khalil, MD Adrienne Sim, PT, PhD Student
1:45–1:52 PM	Does a Self-Fitted Pessary or Menstrual Tampon Mitigate Urine Leakage While Running Among Females Who Experience Exercise-Induced Urinary Incontinence?	Grace Collins, MSc Student, CSEP-CEP

DAY 2: Saturday, May 2, 2026

1:52–1:54 PM	Q&A	
1:55–2:00 PM	Portrait Biopsychosociale Des Personnes Présentant Une Complication Liée À Leur Bandelette Sous-Urétrale — Une Étude Rétrospective Réalisée Dans Un Centre Interdisciplinaire De Troisième Ligne	Clémence Bélanger, MSc, PHT
2:00–2:05 PM	Bladder Neck Versus Midurethral Placement of Autologous Fascial Slings: A Systematic Review	Rea Konci, MD
2:05–2:10 PM	A Novel Non-Operative Stretching Technique for Early Post-Operative Urinary Retention (POUR) Following Midurethral Sling Surgery	Jamie Vinken, MD, BKI, MA
2:10–2:15 PM	Q&A	
2:15–2:22 PM	The Anatomy of the Mid-Urethral Sling: Retropubic and Transobturator Approach	Gurjot Gill, MD
2:22–2:24 PM	Q&A	
PERIPARTUM PELVIC FLOOR HEALTH AND SEXUAL FUNCTION		Moderators: Cheryl Hull, PT Melissa Tai, MD
2:30–2:37 PM	Investigating Postpartum Perineal Pain and Its Impact on Breastfeeding Duration	Marie-Ève Bergeron, PT, MSc Student
2:37–2:39 PM	Q&A	
2:40–2:45 PM	Development of a Standardized Postpartum Assessment for Follow-Up Care After Obstetric Anal Sphincter Injuries (OASIs)	Kiera Pajunen, MD
2:45–2:50 PM	First Year Experience From a Dedicated OASI Clinic: A Quality Improvement Study	Claudia Côté-Laroche, MD
2:50–2:55 PM	Psychometric Properties of Patient-Reported Outcome Measures for Sexual Function in Breast Cancer: A Systematic Review Using the COSMIN Checklist	Chloé Roy-Richard, PHT, Master's Student
2:55–3:00 PM	Q&A	

DAY 2: Saturday, May 2, 2026

3:00–3:30 PM — BREAK

3:30–4:30 PM Panel: Trauma-Informed Pelvic Health Care and Sexual and Reproductive Health Trauma: Centred on Care for Women Living with FGM/C in Canada
Jocelyn Stairs, MD, MPH
Parisa Rezaiefar, MD
Bilkis Vissandjée, PhD

ABSTRACT PRESENTATIONS — Room 1160
CARE DELIVERY IN PELVIC FLOOR HEALTH

Moderators:
Aisling Clancy, MD
Nelly Faghani, PT

4:30–4:37 PM Primary Language Discordance as a Risk Factor for Obstetric Anal Sphincter Injury and Pelvic Floor Morbidity
Gurjot Gill, MD

4:37–4:39 PM Q&A

4:40–4:45 PM Exploring the Roles of Primary Healthcare Professionals and Their Referral Patterns in the Management of Urinary Incontinence in Females
Marylène Charette, MSc, PT

4:45–4:50 PM Access to Pelvic Floor Physical Therapy for Women with Chronic Pelvic Pain: A Cross-Sectional Survey
Rose-Marie Bourget, MSc, PHT

4:50–4:55 PM Knowledge, Practices, and Confidence in FGM/C Care Among Canadian Health Care Providers
Bilkis Vissandjée, PhD

4:55–5:00 PM Q&A

5:00–7:00 PM CSPM Reception (Foyer, Desmarais Building)

DAY 3: Sunday, May 3, 2026

Rooms 1160 and 12110, Desmarais Building / Room 131, Lees Campus

7:00–8:00 AM — CONTINENTAL BREAKFAST (FOYER)

8:00–9:30 AM CSPM Annual Members Meeting and Lifetime and Honorary Recognition Ceremony

9:30–10:30 AM **Keynote:** AI Won't Replace Urogynecologists — But It Will Change How You Practice Mark Walker, MD

10:30–11:00 AM — BREAK (FOYER)

DEBATE

Moderators:
Aisling Clancy, MD
May Sanaee, MD

11:00 AM – 12:00 PM SUI Showdown: Mesh, Muscle, or Mechanical? Marie-Ève Clermont, MD
Alana Devlin, PT
Nicole Guitar, MD
Susan Luong, MD
Safia Marani, MD
Jodie Pulsifer, PT, PhD Student
Anita Smith, MD
Jocelyn Stairs, MD
Lucas Vasas, MD

ABSTRACT PRESENTATIONS

PAIN AND THE PELVIC FLOOR

Moderators:
Alana Lazareck-Devlin, PT

12:00–12:07 PM Assessment of Corticomotor Excitability of the Pelvic Floor Motor Representation in Women With and Without Provoked Vestibulodynia (PVD): A Cross-Sectional, Observational Case-Control Study Flávia Ignácio Antônio, PT, PhD

12:07–12:09 PM Q&A

12:10–12:15 PM Physiotherapy Treatment Evolution for the Management of Genito-Pelvic Pain: A Scoping Review Jodie Pulsifer, BaKPE MPT, Registered Physiotherapist, PhD Student

12:15–12:20 PM Creation of Health Education Tools for Women with Bladder Pain Syndrome: Design by Them for Them Cora Plitt, MD

DAY 3: Sunday, May 3, 2026

12:20–12:25 PM Time to Expect Clinically Meaningful Pain Intensity Reduction After Multimodal Physiotherapy Treatments in Women With Provoked Vestibulodynia

Kim Kupin, MD Student, Class of 2027

12:25–12:30 PM Q&A

12:30–12:37 PM Pregnancy-Related Pelvic Girdle Pain: A Patient Education Video

Jessica Adaszynski, PT

12:37–12:39 PM Q&A

12:40–1:15 PM CSPM Awards Ceremony for:
Best Abstract
CSPM Excellence in Female Pelvic Medicine and Reconstructive Surgery

Aisling Clancy, MD
Magdalene Payne, MD

1:15–1:30 PM Closing Ceremony

Linda McLean, PhD
May Sanaee, MD
Dante Pascali, MD

1:30–2:00 PM — LUNCH (FOYER)

2:00–5:00 PM WORKSHOP 7 (CPD Accredited) —
Desmarais Building — Room 12110

Teaching Motor Skills to Learners, From Simulation Development to the Clinical Setting

Katherine Bonhomme, MD
Tania Dumont, MD
Teresa Flaxman, PhD
Adam Garber, MD, MSc
Foster Rose, BSc

2:30–5:30 PM WORKSHOP 8 (CPD Accredited) —
Lees Campus— 200 Lees Ave, MFM Lab 131

Ultrasound Imaging of the Structure and Function of the Female Pelvic Floor Muscles

Linda McLean, PhD
Adrienne Sim, PT, MPT, PhD Student

Become a Member!

Join us in our mission to be the recognized Canadian authority on pelvic health for women, supporting provider excellence and standardization in care. To learn more about the benefits of becoming a member our multidisciplinary community, visit: canadiansocietyforpelvicmedicine.org



We gratefully acknowledge the following organizations for their generous support of the 7th Annual Meeting.

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SCIENTIFIC MEETING COMMITTEE

We are grateful to the members of the Scientific Meeting Committee, whose months of careful planning brought this program to life.



**Linda
McLean, PhD**
Chair



**May
Sanaee, MD**
Vice Chair



**Katie
Bonhomme, MD**



**Aisling
Clancy, MD**



**Nelly
Faghani, PT**



**Sara
Houlihan, MD**



**Cheryl
Hull, PT**



**Hisham
Khalil, MD**



**Maryse
Larouche, MD**



**Alana
Lazareck-
Devlin, PT**



**Dante
Pascali, MD**



**Jodie
Pulsifer, PT**



**Adrienne
Sim, PT**

SACRAL NEUROMODULATION FOR UROGYNECOLOGISTS PRACTICE WORKSHOP

This workshop is presented by MEDTRONIC. It is not a CPD accredited activity.

Course Director: Dr. Shunaha Kim-Fine, MD, MS, FRCSC | University of Calgary | Friday, May 1 at 3:30 PM

Workshop Overview

- Debunk myths about SNM complexity and candidacy in OAB, NOUR, and FI
- Review evidence: indications, outcomes, and cost effectiveness
- Demonstrate PNE setup and lead placement using anatomical models
- Optimize referrals: build multidisciplinary pathways and improve referral quality

Learning Objectives

- Identify appropriate candidates for SNM therapy
- Explain the clinical and economic evidence behind SNM
- Perform a basic PNE procedure on a model
- Develop strategies to improve referral quality and networks