



An Introduction to Functional Bowel Disorders: Assessment and Management

2-day course for Physios and Nurses

If you are a Physiotherapist or Nurse specialist looking to expand your clinical practice in to the wonderful specialities of Colorectal and Gastroenterology then this course is for you!

The course is spread over 2 days and is aimed at clinicians who have pelvic health experience and are looking to learn or develop their anorectal assessment skills and knowledge and management of a variety of gut disorders.

Learning Objectives:

1. Be able to effectively and safely assess a patient with functional bowel dysfunction
2. Be able to formulate an appropriate management plan of a patient with functional bowel dysfunction
3. Confidently apply effective treatment modalities
4. Be aware and conform to professional nursing/physiotherapy standards in relation to the assessment and management of patients with functional bowel disorders.

Please note that the practical sessions include peer physical examination and courses can be attended by all genders. All participants have the right to opt in or out of the practical sessions at any time. Participants are required to perform at least one digital rectal examination to pass the competency for DRE. A participant choosing to act as a model may opt out of having assessment or treatment techniques performed on them at any stage and valid consent procedures are used throughout the course. Privacy and dignity of participants who opt to be models will be maintained at all times. Consent forms will be provided prior to the start of the course.

Typical course outline:

Day 1

08:15 – Registration

08:30 – Welcome and introduction

08:45 – Professional Issues in Gut Health

09:30 – Anatomy and Physiology

10:30 – Break

11:00 – Functional Bowel Disorders

12:15 – Lunch

13:15 – Subjective assessment

14:15 – Objective assessment & Practical

17:30 - Close

Day 2

08:30 – Objective assessment recap

09:00 – Investigations for functional bowel disorders

10:00 – Break

10:30 – Demonstration and practice of treatment techniques including PFME, NMES, Biofeedback and Balloon retraining

13:00 – Lunch

13:30 – Trans Anal Irrigation – Brigitte Collins and TAI demonstration with Qufora Team

15:00 – Biofeedback the Holistic Approach

15:30 – Case Studies

16:30 – Evaluation and finish