

# Continence Promotion



## Course Overview

As key health care practitioners involved in the care of women during childbearing, midwives are in a unique position to be able to promote bladder, bowel and pelvic floor health.

This course is provided by the Continence Foundation of Australia in consultation with the Australian College of Midwives.

Completion of this course will provide an evidence-based framework for midwives in the care of women who are at risk of bladder, bowel and the pelvic floor disorders.

Assessments include:

- Reflective Practice – templates provided
- Q&A
- Case studies
- Diagrams to label/identify.

**This course is designed for qualified midwives who want to refresh their knowledge about bladder, bowel and pelvic floor health.**

### **CPD:**

This course has been recognised by the ACM for 8 CPD hours, which is equivalent to the course duration.

### **Course Access:**

All users are provided with 12 months access from the date of their enrolment.

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## Module 1: Anatomy and function of the pelvic floor and the perineum

- describe normal female pelvic floor anatomy and function: anatomical layers and structures, distinguishing between the perineum and the pelvic floor.

## Module 2: Normal bladder and bowel function

- discuss the normal function of the pelvic organs. As midwives you will be well acquainted with the function of the uterus, so this section will not revise this.
- discuss the effects of pregnancy and childbirth on the pelvic floor, with respect to childbearing function.
- describe normal continence mechanisms of the bladder and bowel.

## Module 3: Disorders of continence and the pelvic floor

- describe the prevalence and lifestyle impact of incontinence and pelvic floor disorders.
- describe the mechanisms of urinary and anal incontinence.
- describe disorders related to pelvic floor dysfunction.
- describe disorders of storage and voiding of the bladder and bowel.
- discuss postnatal contraception.
- assess postnatal mood and perinatal mental health and wellbeing.

## Module 4: Anatomy and physiology of the bladder, bowel and pelvic floor: pregnancy

- describe the anatomical and physiological changes of the bladder, bowel and pelvic floor during pregnancy.
- describe common disorders of storage and emptying of the bladder and bowel related to pregnancy.
- describe the important elements involved in teaching pelvic floor muscle exercises (PFM) to women during pregnancy.

## Module 5: Impact of childbirth on continence and the pelvic floor

- describe optimal care of the bladder and bowel during labour, including fluid management.
- describe pelvic floor dysfunctions and trauma: prevalence and risk factors during childbirth.
- incorporate evidence based clinical guidelines for midwives in the assessment of risk, implementation of protective measures, and promotion of continence and pelvic floor health during labour and childbirth.

## Module 6: Postnatal care and long-term issues

- identify women in the postnatal period who are experiencing or have risk factors for bladder, bowel or pelvic floor dysfunction or trauma and assess the need for referral to a continence nurse, continence and women's health physiotherapist and/or medical practitioner.
- incorporate evidence based clinical guidelines for midwives in the assessment of risk, implementation of protective measures, and promotion of continence and pelvic floor health during the postnatal period.
- describe the important elements involved in teaching Pelvic Floor Muscle (PFM) exercises to women during the postnatal period.
- describe potential long-term consequences of pelvic floor dysfunction and/or continence problems, including the impact on future birth plans.
- identify where to access further education and community resources about pelvic floor health and continence for both midwives and women.