

The Mediterranean Incontinence and Pelvic Floor Society (MIPS) Educational Course



The Pelvic Floor : A Multi-Disciplinary Approach

29 - 30 March 2019

Park Rotana Hotel, Abu Dhabi

Target Audience

- Urogynecologists
- Urologists
- Neurourologists
- Pediatric Urologists

United Arab Emirates

- Pediatric Surgeons
- Colo-Proctologists
- General Practitioners
- Family Medicine Physicians

- Physical Medicine and Rehabilitation Physicians
- Physiotherapists
- Occupational Therapists
- Nurses

Destination Partner



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Message from the MIPS President

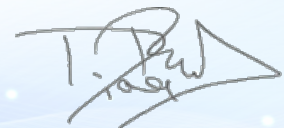


Dear Colleagues and Friends,

It gives me great pleasure as the President of the Mediterranean Incontinence and Pelvic Floor Society (MIPS) to cordially invite you to the first MIPS Educational course in Abu Dhabi, the capital city of the United Arab Emirates. Abu Dhabi's rapid development and urbanisation coupled with the relatively high average income of its population has transformed the city into a large and advanced metropolis and the country's centre of political and industrial activities. The meeting will be held on 29 - 30 March 2019 in Park Rotana Hotel. The scientific theme is "The Pelvic Floor- A Multi-Disciplinary Approach". The announcement is posted on the MIPS website <http://www.mipsnet.org>.

The Host Chair, Professor Francesco Cappellano, in collaboration with the Scientific Committee have organized an excellent course to introduce the concept of holistic and multi-disciplinary care of pelvic floor dysfunctions in United Arab Emirates. The Committee has endeavored to ensure that the scientific program is specific to health care providers educational needs as well as patient care priorities in United Arab Emirates. The course content covers all aspects of Pelvic Floor Dysfunctions from chronic pelvic pain syndromes to neural mapping with a special emphasis on pelvic floor and obstetric trauma, novel therapeutic technologies and surgical management options.

As a pelvic floor care provider, we would like to invite you to attend our course in order to further the collaboration between providers working in the Mediterranean region and United Arab Emirates with a consequent positive impact on the care and service delivery of Pelvic Floor Dysfunctions. Francesco, Mario and I, are very much looking forward to welcoming you in Abu Dhabi in March 2019.



Diao Rizk
President, MIPS

Message from the Course Chairman



Dear Colleagues,

I'm delighted to host and to introduce the first MIPS Pelvic Floor Educational Course in UAE. With the great help and support of Prof. Rizk - President of the Mediterranean Incontinence and Pelvic Floor Society (MIPS)- we will bring in Abu Dhabi outstanding physicians from the Gulf area, Europe and USA.

The Course will cover recent updates and management of pelvic floor disorders including pelvic organ prolapse, urinary incontinence, chronic pelvic pain and anorectal dysfunction.

Recent studies indicate that current pelvic floor disorders in both men and women remain underreported and under treated. There is a need to provide education with updated diagnosis and treatment skills in related specialties so that all patients receive consistent care, timely diagnosis to relieve prolonged suffering and the best treatment for their condition.

The symposium should interest multidisciplinary teams including doctors (general gynecologist/urogynaecologist, neurourologist, coloproctologist, urologist), GPs, trainees, nurses and midwifery staffs, physiotherapists and other allied health.

The course goal is to enable all clinicians and health care professionals involved in the care of this patient population to more accurately and quickly diagnose pelvic floor disorders and utilize a variety of treatment and referral options to improve patient outcomes and the overall quality of life for patients.

By the end of the Meeting, we hope you will have a better understanding and be more comfortable managing various pelvic floor disorders. This promises to be a major event for doctors and allied health professionals. It is a two day meeting that reflects the increasing recognition that pelvic floor problems and incontinence require an integrated multidisciplinary approach.

We very much hope that you will be able to attend the meeting with its superb program, original research and great networking.

A handwritten signature in dark ink, reading 'F. Cappellano'.

Francesco Cappellano
*Course Chairman,
MIPS Educational Course*

About COOLIEF*

- COOLIEF* Cooled Radiofrequency Treatment is a minimally invasive and non-surgical outpatient procedure to target and treat the nerves causing chronic pain. This advanced procedure uses cooled radiofrequency energy to safely target the sensory nerves causing pain.
- Studies have demonstrated that cooled radiofrequency treatment can provide chronic back pain patients up to 24 months of pain relief, improved physical function and reduced use of pain medicines.^{1,2}
- COOLIEF* is manufactured by Halyard Health. Halyard Health is a medical technology company focused on advancing health and healthcare by delivering clinically-superior products and solutions in infection prevention, surgical solutions, respiratory health, digestive health, IV therapy and pain management.
- COOLIEF* Cooled Radiofrequency must be administered by a COOLIEF* - trained physician.

How COOLIEF* Works

- COOLIEF* circulates water through the device while heating nervous tissue to create a treatment area that is larger than conventional RF treatments. This combination targets the pain-causing nerves without excessive heating, leading to pain relief.
- Procedure time varies depending on the physician and the treatment needed, but according to physicians that have performed a COOLIEF* Cooled RF procedure, the actual treatment time is less than one hour.
- Unlike surgery, COOLIEF* involves no incision. Since this minimally invasive, outpatient treatment requires no general anesthesia, patients should be able to return home shortly after the treatment.

About Chronic Back Pain

- Four out of five adults in the United States experience chronic lower back pain³ and Americans spend at least \$50 billion each year trying to treat it.⁴
- Traditional treatments for chronic back pain include oral anti-inflammatory medications, steroid injections, physical therapy, standard radiofrequency ablation and joint fusion or other surgery.
- Medications do not effectively target nerves that cause pain and can lead to side effects such as nausea, grogginess, and addiction.
- Surgery can be beneficial in properly selected patients. However, due to BMI, age, other co-morbidities or invasiveness, surgery isn't for everyone.

¹ Stelzer W., Aiglesberger M., Stelzer D., Stelzer V., Use of Cooled Radiofrequency Lateral Branch Neurotomy for the Treatment of Sacroiliac Joint-Mediated Low Back Pain: A Large Case Series, Pain Medicine, January 2013, Volume 14, Issue 1, pages 29-25.

² Ho KY, et al. Cooled radiofrequency denervation for treatment of sacroiliac joint pain: two-year results from 20 cases. Journal of Pain Research. 3 July 2013.

³ Mayo Clinic. Back pain. April 15, 2002.

⁴ "Low Back Pain Fact Sheet." National Institute of Neurological Disorders and Stroke. NIH Publication, 2003. www.ninds.nih.gov

About the Course

Pelvic floor dysfunction predominantly affects men and women of all ages and with increasing prevalence with advancing age. According to recent studies, globally, pelvic floor disorders in both gender remains to be under-reported and under treated by healthcare professionals who provide treatment to patients with such conditions. There is a strong need of continuing education for healthcare specialties to constantly provide updates in the diagnosis and treatment skills to improve patient care and to relieve prolonged suffering to patients who has this kind of condition. In United Arab Emirates, Pelvic floor dysfunction is one of the unaddressed issues in healthcare though it is common that mostly undermines the quality of life of patients suffering from it.

This 2-day course will introduce the concept, recent updates and multi-disciplinary care methods on pelvic floor disorders to healthcare professionals in the United Arab Emirates. The scientific committee has ensured that this course will educate all multidisciplinary team new understanding in the diagnosis, treatment and continuous care on patients suffering from pelvic dysfunctions.

This course will also update all healthcare professionals with the modern and simplified approach in the transitional care on patients with pelvic dysfunction. This continuing education teaches evaluation and intervention in the pelvic floor assessment thus this information is immediately applicable into practice. Presentations and evidence based evaluation and treatment techniques will be emphasized in this course.

After this course, better understanding about the pelvic floor disorders will enable clinicians to recognize and appropriately provide medical management that will ensure positive prognosis to improve the condition. Healthcare professionals will also understand that managing incontinence requires an integrated multidisciplinary approach and how an appropriate patient referral can contribute to the effectivity of multidisciplinary medical management.

Lecture Objectives

By attending this course, the participant will provide better patient care through an increased ability to:

- Assess the spectrum of pelvic floor disorders and patients that are especially at-risk
- Interpret the symptoms of common pelvic floor disorders
- Adapt with and utilize the resources to accurately and timely diagnose and treat these patients to limit the time spent in pain and increase overall quality of life,
- Apply non-surgical and surgical multi-specialty treatment options or referrals available to patients,
- Describe the role of physical therapy in pelvic floor disorder diagnosis and treatment.

Scientific and Organizing Committee

Scientific Committee

Chairman

D. Rizk

Members

F. Cappellano

M. Cristaldi

G. Cocco

International Speakers

A. AlQatawneh - Jordan

D. Rizk - Bahrain

R.A. Schmidt - USA

J. Voorham - USA

Organizing Committee

Chairman

F. Cappellano

Members

M. Cristaldi

G. Cocco

Local Speakers

- D. Minardi
- G. Cocco
- S.A. Wasti
- M. Patricolo
- H. Elbiss

- M. Cristaldi
- P. Sanna
- R. Neves
- V. Giaccaglia
- F. Cappellano

Friday, 29 March 2019

Time	Activities / Topics	Speaker
8:15 - 9:00	Registration	
9:00 - 9:15	INTRODUCTION AND WELCOME Local Representative: H.E The Italian Ambassador Dr. Liborio Stellino	D. Rizk F. Cappellano
9:15 - 9:45	KEYNOTE LECTURE How and Why the Pelvic Floor is Key to Pelvic Organ and Total Body Well-being: A physiologic discussion with a plea for comprehensive, early and periodic void diary utilization.	R.A Schimdt (USA)
SESSION I : THE PELVIC FLOOR IN DIFFERENT AGE GROUPS CHAIRPERSONS: D. RIZK / M. PATRICOLO		
9:45 - 10:15	Transitional Care of Pelvic Floor Dysfunction	M. Patricolo
10:15 - 10:45	How to Prevent Female Pelvic Floor Dysfunction	R. Neves
10:45 - 11:15	Aging of the Female Pelvic Floor: Menopause or Geripause?	D. Rizk
11:15 - 11:30	COFFEE BREAK	
SESSION II : UROGYNECOLOGY CHAIRPERSONS: F. CAPPELLANO / D. RIZK		
11:30 - 12:00	Epidemiology and Risk Factors of Pelvic Floor Dysfunctions in the Middle East	H. Elbiss
12:00 - 12:30	Pelvic organ prolapse [POP] : Diagnosis and classification systems	A. AlQatawneh
12:30 - 14:00	FRIDAY PRAYER AND LUNCH BREAK	
14:00 - 14:30	NON-CME Accredited Industry Supported Symposium URODYNAMIC WORKSHOP : “Brief Introduction on Laborie Urodynamic System	Mr. Mosaad Fawzy Attia Elsayed
SESSION III : PATHOLOGY OF PELVIC FLOOR DISORDERS: ANATOMICAL AND FUNCTIONAL CONDITIONS CHAIRPERSONS: H. ELBISS / M. CRISTALDI		
14:30 - 15:00	Female Urinary incontinence [UI]: Classification and Triage	A. AlQatawneh
15:00 - 15:30	Lower Urinary Tract Disorders (LUTD)	D. Minardi
15:30 - 16:00	Functional Anorectal Disorders: New Insights into Diagnostic Assessment	M. Cristaldi
16:00 - 16:30	Chronic Pelvic Pain	F. Cappellano
16:30 - 17:00	COFFEE BREAK	
17:00 - 17:30	Obstructed Defecation	V. Giaccaglia
17:30 - 18:00	Posture and Pelvic Floor Disorders	P. Sanna

Saturday, 30 March 2019

Time	Activities / Topics	Speaker
SESSION IV : THERAPY OF PELVIC FLOOR DISORDERS: AN EVIDENCE-BASED UPDATE-1 CHAIRPERSONS: MOHSEN / D. MINARDI		
9:00 - 9:30	Urogynecology : Surgical Repair of POP	D. Rizk
9:30 - 10:00	Urogynecology : Surgical Treatment of Female Stress Urinary Incontinence	A. AlQatawneh
10:00 - 10:30	Neurourology : LUTD	D. Minardi
10:30 - 11:00	Neurourology : Chronic Pelvic Pain	F. Cappellano
11:00 - 11:30	COFFEE BREAK	
SESSION V : THERAPY OF PELVIC FLOOR DISORDERS : AN EVIDENCE-BASE UPDATE -2 CHAIRPERSONS: S. WASTI / G. COCCO		
11:30 - 12:00	Coloproctology : Obstructed Defecation	M. Cristaldi
12:00 - 12:30	Functional Anorectal Disorders: Principles of Treatment	M. Cristaldi
12:30 - 13:00	Rehabilitation and Electrical Stimulation in LUTS, Obstructed Defecation, Pelvic Pain	R. Neves
13:00 - 13:30	Pediatric Urology : Invasive vs. Non-Invasive Assessment and Therapy for Pediatric Dysfunctions	M. Patricolo
13:30 - 14:30	LUNCH BREAK AND PRAYERS	
14:30 - 15:00	NON-CME Accredited Industry Supported Symposium MEDTRONIC Sacral Neuromodulation Workshop	Prof. Francesco Cappellano
SESSION VI : NEUROUROLOGY: WHAT'S NEW IN DIAGNOSIS AND THERAPY OF PELVIC FLOOR DYSFUNCTIONS CHAIRPERSONS: SCHMIDT / CAPPELLANO		
15:00 - 15:20	SSEP's and EMG in Diagnosis of Pelvic Floor Conditions	G. Cocco
15:20 - 15:40	Sacral Neuromodulation for Pelvic Floor Dysfunction. A Discussion of the Status Quo and Where (Hypothetically) We Need to Go	R.A. Schmidt
15:40 - 16:00	Neurophysiology – Something Else than Actual Diagnostics?	J. Voorham
16:00 - 16:20	Pudendal Nerve Block and PRF : The Future for Nociception?	F. Cappellano
16:20 - 16:40	Brain Neuroplasticity - Target of Future Therapy?	S.A Wasti
16:40 - 17:00	The Future of Postural Therapy : Myth or Fact	P. Sanna
17:00 - 17:30	Conclusions and “Take Home Messages”	D. Rizk F. Cappellano

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Registration cancellations two weeks before the event is non-refundable. Should cancellation be done more than 2 weeks before the event, a 20% administrative fee will apply. Substitute delegate is welcome to be processed; with timely communication to the course secretariat.

COURSE SECRETARIAT



For registration clarification and further information, please contact:

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