

Continuing Medical Education

# Multidisciplinary Pelvic Health Update

From Population Health  
to Personalized Care

**Friday, October 6, 2023**

Presented at Virginia Mason Medical Center, Seattle,  
and online via livestream



# Faculty

## COURSE DIRECTORS

### **Jenny A. Kaplan, MD, MAS**

Colon and Rectal Surgery  
Virginia Mason Franciscan Health  
Seattle, Wash.

### **Una Lee, MD, FPMRS**

Female Pelvic Medicine and Reconstructive Surgery  
Virginia Mason Franciscan Health  
Seattle, Wash.

### **Vlad V. Simianu, MD, MPH**

Colorectal Surgeon  
Medical Director, Colon and Rectal Disorders,  
Center for Digestive Health  
Virginia Mason Franciscan Health  
Seattle, Wash.

## KEYNOTE SPEAKER

### **Ian M. Paquette, MD**

Colon and Rectal Surgeon  
Chief, Division of Colon and Rectal Surgery,  
University of Cincinnati College of Medicine  
Cincinnati, Ohio

## VIRGINIA MASON FACULTY

### **Justin G. Brandler, MD**

Neurogastroenterology and Motility

### **Melissa Carlson, DPT**

Physical Therapy

### **Thomas W. Fuller, MD**

Urology

### **Ashley Judson, MS, RDN, CD**

Registered Clinical Dietitian

### **Jennifer D. Kelly, PsyD**

Rehab Psychology

### **Megan I. Loring, MD**

Minimally Invasive Gynecologic Surgery

### **Alvaro Lucioni, MD**

Urology

### **Diana McFarlane, PA-C**

Gastroenterology

### **Ravi Moonka, MD**

Colon and Rectal Surgery

### **Cristina J. Palmer, DO**

Urology

### **Sydney M. Picard, PT, DPT**

Physical Therapy

### **Scott Poehlmann, MD, FACOG**

Urogynecology

### **Ksenija B. Stefanovic, MD, PhD**

Urology

## Continuing Medical Education

# Multidisciplinary Pelvic Health Update

Friday, October 6, 2023

Last year we ‘focused on function’ with an emphasis on metrics for measuring patient symptoms. This year our focus is on how to individualize treatments based on guidelines and population health, with an emphasis on algorithms of care that highlight the roles of the multidisciplinary teams in medical and surgical management. It will include three “supersessions” on defecatory disorder, urologic conditions, and pelvic pain management. Case and panel discussions between plenary speakers will also be utilized to help anchor the clinical points.

In addition to our core Seattle faculty, we have invited VMFH clinicians with expertise in functional pelvic floor disorders to demonstrate the breadth of care in our system. We will review important national standards for testing and diagnosis, including important screening that can be done by primary care providers, current evidence on best surgical and non-surgical care, and clinical trials and initiatives at Virginia Mason.

The interactive discussions amongst the faculty and audience will also serve to illustrate the level of multidisciplinary care offered for pelvic floor disorders in our system.

Teaching methods include lecture, Q&A with faculty and panel discussion.

---

**TARGET AUDIENCE:** This course is appropriate for clinicians in general and primary care, internal medicine, gastroenterology, gynecology and urology.

---

### OBJECTIVES:

- Recommend when a change in practice is necessary based on guidelines
- Develop a practical framework for approaching differential diagnosis patients with slow transit constipation
- Differentiate between types of fibers, benefits, daily intake goal and variety of sources
- Describe surgical management options for patients with slow transit constipation
- Explain the differential diagnosis for chronic diarrhea
- Summarize common treatment strategies for fecal incontinence
- Discuss where surgery fits in the algorithm for fecal incontinence
- Review patient centered perspectives on stress urinary incontinence
- Explain how to best evaluate a patient with overactive bladder (OAB)
- Recognize patients that require advanced diagnostics and discuss surgical treatment options
- Identify several treatment options for the management of pelvic organ prolapse
- Describe the stratification of patients with recurrent UTIs and criteria for referral
- Summarize newer medical treatments for endometriosis-related pelvic pain and dyspareunia
- Explain several causes of pelvic pain in the urology patient
- Outline the differences between proctalgia fugax, levator syndrome, and coccydynia
- Employ guidance for treating pelvic pain from a biopsychosocial perspective, including when to refer for additional services



Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**CREDIT DESIGNATION:** Virginia Mason Medical Center designates this live activity for a maximum of **4.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Agenda

- 7:00 a.m.** *Registration opens, complimentary coffee*
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**  
**Clinical Practice Guidelines: How to Assess the Evidence to Guide Your Practice** | Ian Paquette, MD
- 8:30 a.m.** *Break*
- 8:45 a.m.** **Opening Remarks/Overview** | Val Simianu, MD
- 8:50 a.m.** **Developing Practical Precision in Constipation Management**  
Justin Brandler, MD
- 9:00 a.m.** **Improving the Exit Strategy: A Dietitian's Guide to Managing Constipation**  
Ashley Judson, RD
- 9:10 a.m.** **Surgical Management of Slow Transit Constipation** | Jenny Kaplan, MD
- 9:20 a.m.** **Medical Workup and Management of Fecal Incontinence**  
Diana McFarlane, PA-C
- 9:30 a.m.** **Pelvic Floor Physical Therapy in the Treatment of Fecal Incontinence**  
Sydney Picard, PT
- 9:40 a.m.** **Surgical Management of Fecal Incontinence** | Val Simianu, MD
- 9:50 a.m.** **Panel Discussion** | Moderator: Ravi Moonka, MD
- 10:10 a.m.** *Break*
- 10:30 a.m.** **Stress Urinary Incontinence: Patient-centered Treatment Options**  
Una Lee, MD
- 10:40 a.m.** **My Patient Failed Anticholinergics, What Else Can I Do for Overactive Bladder (OAB)?** | Alvaro Lucioni, MD
- 10:50 a.m.** **Evaluation and Treatment of Male Urinary Incontinence**  
Thomas Fuller, MD
- 11:00 a.m.** **Pelvic Organ Prolapse: Treatment Options** | Cristina Palmer, DO
- 11:10 a.m.** **Recurrent UTIs: A Guidelines-based Approach** | Ksenija Stefanovic, MD
- 11:20 a.m.** **Panel Discussion** | Moderator: Scott Poehlmann, MD
- 11:45 a.m.** *Lunch Break*
- 12:45 p.m.** **Demystifying Endometriosis for the Non-Gynecologist** | Megan Loring, MD
- 12:55 p.m.** **Pelvic Pain from a Urologists Perspective** | Cristina Palmer, DO
- 1:05 p.m.** **Sources of Anorectal Pain** | Jenny Kaplan, MD
- 1:15 p.m.** **The Role of Pain Psychology in Managing Chronic Pelvic Pain**  
Jennifer Kelly, PsyD
- 1:25 p.m.** **Panel Discussion** | Moderator: Val Simianu, MD  
Panel: Justin Brandler, MD, Melissa Carlson, PT
- 2:00 p.m.** *Adjourn*

**LOCATION:** This course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) Please note the Terry Street entrance into Lindeman Pavilion is Level Two.



This course will also be livestreamed.

For more information, contact the CME Department at 206-341-0142 or email [cme@virginiamason.org](mailto:cme@virginiamason.org).

# Registration

To register, complete the form below and send via:



**Mail:**

Virginia Mason CME Dept.  
1 100 Ninth Ave, D3-CME  
Seattle, WA 98101



**Phone:** 206-341-0142



**Fax:** 206-341-1480



**E-mail:** [cme@virginiamason.org](mailto:cme@virginiamason.org)

**Web:** [VirginiaMasonCME.org](http://VirginiaMasonCME.org)

**Cancellation and Refund Policy:** Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

## Continuing Medical Education

# Multidisciplinary Pelvic Health Update

Friday, October 6, 2023

*Please print clearly*

NAME: \_\_\_\_\_ DEGREE / CREDENTIALS: \_\_\_\_\_

SPECIALTY: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Please provide one question for the faculty: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TUITION:**  \$140 – I will attend in person (includes lunch)

\$115 – I will attend the livestream

Check enclosed. Make check payable to VMCC – CME

Please charge my:  VISA  MasterCard  American Express  Discover

CARD NUMBER: \_\_\_\_\_ EXP: \_\_\_\_\_

CARDHOLDER NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please add me to your e-mail list for news of upcoming CME courses.

