

# CLINICAL TRAINING COURSES

**de smit medical**  
Learning Academy

Five clinical training courses,  
designed for healthcare professionals  
to improve clinical practice.



Practical assessment  
of female pelvic floor  
muscle dysfunction®



Practical assessment  
of lower bowel  
dysfunction®



Use of biofeedback  
& electrical stimulation  
in treatment of pelvic  
floor dysfunction®



Advanced management  
of paediatric bladder  
and bowel  
dysfunction®



Male pelvic floor muscle  
function, dysfunction,  
assessment  
and treatment®

## **COURSE AUTHOR: JULIA HERBERT** **CONSULTANT PELVIC HEALTH PHYSIOTHERAPIST**

Julia Herbert specialises in the therapeutic management of lower bowel dysfunction and has lectured extensively in both the UK and internationally.

Julia is currently a clinical tutor and honorary lecturer at the University of Bradford and an approved tutor for the POGP.



## PRACTICAL ASSESSMENT OF FEMALE PELVIC FLOOR MUSCLE DYSFUNCTION

1 1/2 day course

Practical session

Clinical & classroom environment

Learn the theory supporting the assessment of female pelvic floor muscle function in relation to bladder problems. Gain practical experience of the clinical vaginal assessment of anterior pelvic floor muscle function via abdominal and vaginal examination.

## PRACTICAL ASSESSMENT OF LOWER BOWEL DYSFUNCTION

2 day course

Practical session

Clinical & classroom environment

Learn the theory supporting the assessment of lower bowel dysfunction. Gain practical experience in the clinical assessment of anorectal function, including posterior pelvic floor muscle function via abdominal and anorectal examination.

## USE OF BIOFEEDBACK & ELECTRICAL STIMULATION IN TREATMENT OF PELVIC FLOOR DYSFUNCTION

2 day course

Theory session

Classroom environment

Learn the theory supporting the use of biofeedback and neuromuscular electrical stimulation (NMES) in the treatment of adult male and female pelvic floor muscle dysfunction. Experience the use of biofeedback and NMES in practical sessions in the classroom.

## MANAGEMENT OF PAEDIATRIC BLADDER AND BOWEL DYSFUNCTION

1 day course

Theory session

Classroom environment

Learn the theory supporting the anatomy, physiology and pathophysiology in paediatric bladder and bowel dysfunction. Also understand the use of technology in this client group, focusing on EMG game therapy (biofeedback) and including the use of electrical stimulation.

## MALE PELVIC FLOOR MUSCLE FUNCTION, DYSFUNCTION, ASSESSMENT & TREATMENT

1 day course

Virtual session

Digital classroom environment

Learn the theory supporting the assessment and treatment of the male pelvic floor to include relevant anatomy and physiology, pathophysiology, professional issues, and conservative therapy.

If practitioners do not already have practical anorectal assessment of the pelvic floor muscle skills, we recommend attending the practical assessment of lower bowel dysfunction course.

## BESPOKE COURSES

If you have multiple people from your organisation wishing to come on a training course, you may consider hosting the course at your premises to minimise travel and accommodation costs.

Course tutor, Julia Herbert can discuss the content that you are looking for and we will help coordinate the event. Get in touch and we can work with you to arrange a bespoke training day for your team.

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Contact Us

0845 345 4226

[www.desmitmedical.com](http://www.desmitmedical.com)

[sales@desmitmedical.com](mailto:sales@desmitmedical.com)

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