

 <p>Prince Edward Island College of Physiotherapy</p> <p><b>STANDARDS OF PRACTICE</b></p>	<b>PRACTICE STANDARD TITLE:</b>  Pelvic Floor Assessment and Treatment
	<b>DATE CREATED:</b> October 2020
<b>CATEGORY:</b> Reserved Activities	<b>DATE APPROVED:</b> November 1, 2020
<b>AUTHORITY:</b> Regulated Health Professions Act	<b>DATE REVISED:</b>

**Definition:** Pelvic floor physiotherapy is the assessment and treatment of various conditions involving the pelvic floor. Conditions may include: urinary and fecal incontinence, retention and urgency, painful intercourse, pelvic organ prolapse, pelvic/genital pain. Treatment of the pelvic floor may include: pelvic floor muscle exercises, therapeutic modalities, manual techniques, education and lifestyle modification.

**Standard:** Pelvic floor assessment and treatment may involve reserved activities including putting an instrument, hand or finger beyond the labia majora or anal verge under the Regulated Health Professions Act. Those members wishing to offer pelvic floor assessment and treatment are required to apply for special authorization to perform this reserved activity.

Physiotherapists authorized to perform pelvic floor assessment and treatment are expected to work within the competencies (knowledge, skills and abilities) for which they have been educated and trained.

Physiotherapists shall:

- Advise clients of the benefits and risks associated with pelvic floor assessment and treatment and obtain informed consent in accordance to the *Core Standards of Practice for Physiotherapists in Canada*.
- Comply with *Practice Standards for Infection Prevention and Control*. Additional requirements include:
  - If probes are multi-user the client must be informed and provided the option to purchase their own probes.
  - If probes are multi-user, a condom is to be placed over the probe. Be aware of clients with latex sensitivity when using condoms and other latex products. Ensure probe and leads are cleaned in accordance to manufacturer’s instructions and personnel engaged in cleaning have documented training.
- Ensure that during intrapelvic assessment and treatment a private secure treatment area is used and the dignity of the client is maintained.
- Advise clients they have the right to have a third-party present. If a client waives this right, a notation of same shall be made in the chart. In addition, it is recommended the client sign a waiver confirming they have been advised of their right to have a third party present and have waived their right to do so.
- Ensure that a third party is present if requested by the client. When a third party is present, the name of the person and his or her relationship to the client and/or physiotherapist shall be documented in the client’s chart.
- The physiotherapist may, with client informed consent, request that a third party be present during intrapelvic assessment and treatment.
- Not delegate pelvic floor assessment and treatment to another person who does not have legal authority to perform the act.