

IUGA Workshop 25

Interactive seminar: Basic

Sexual Dysfunction

Allied health professionals, fellows, physicians

Wednesday, June 21, 2017 2 hours: 13h – 15h

Interdisciplinary management of women with provoked vestibulodynia

Learning objectives:

- 1) Define provoked vestibulodynia and identify the presentation and symptomatology inherent in this common form of dyspareunia
- 2) Understand the medical, psychological and physiotherapeutic aspects of a comprehensive biopsychosocial approach to provoked vestibulodynia
- 3) Recognize the value of the interdisciplinary approach in the management of genito-pelvic pain/penetration disorders

The clinical evaluation of women with chronic vulvar pain, with a focus on provoked vestibulodynia, will be described by an obs/gyn, highlighting perineal and vaginal observation, specific tests and assessment tools. The relevance of this information will be underlined and the implications of the assessment results will be discussed, with a particular focus on the differential diagnosis. In addition, treatments including local non-surgical therapies (e.g., injections, creams), systemic treatment options (e.g., oral medications), and surgery (i.e., vestibulectomy) will be described, along with indications for referral to allied health professionals.

Next, a psychologist will provide an overview of psychological evaluation and treatment for women with PVD, focusing on cognitive behaviour therapy (CBT). An outline of CBT goals, treatment strategies and predictors of

outcome will be detailed, with indications for combining various treatment approaches within a multimodal, interdisciplinary approach.

The assessment of the pelvic floor musculature and related structures will be covered in detail by a physiotherapist, to include the pelvic floor muscle contraction, the post-contraction relaxation, the pelvic floor muscle tone, presence of protective reactions, vestibular hypersensitivity, muscle trigger points and myofascial restrictions. The treatment approach will be described, covering education, exercises, manual techniques, biofeedback, electrical stimulation and insertion techniques.

The involvement of the partner in the treatment process will be discussed and patient education will be discussed, with an emphasis on pain management and pain science. Evidence to support the various concepts and procedures will be cited from the literature.

Finally, the chairperson will animate an interactive discussion with the faculty and the audience on interdisciplinary management of sexual pain disorders. Participants will be encouraged to share their experiences and opinions in relation to this approach, to include discussion of the facilitators and barriers to implementation.

The workshop should leave participants with an enhanced knowledge of PVD, and of the typical medical psychological and physiotherapeutic approaches to treatment. The value of an interdisciplinary approach in the treatment of PVD should be a clear take-home message.

Claudia Brown, (Chair) Physiotherapist: Introduction (5 minutes)

Leslie Sadownik, Gynecologist: Definitions, evaluation and management (30 minutes)

Rami Nijar, Psychologist: Evaluation and management (30 minutes)

Marie-Josée Lord, Physiotherapist: Evaluation and management (30 minutes)

Chair-mediated faculty/audience discussion: (15 minutes)

Question period: 10 minutes