



NEWSLETTER

Issue 20, June, 2009

Physiotherapy for Pelvic Floor Dysfunction at Kwong Wah Hospital

by Brigitte Fung (Physiotherapist, KWH)

Over the past ten years there has been increasing interest in the part that physiotherapists can play in the management and treatment of both urinary and faecal incontinence. Further support has been given to physiotherapy involvement in this aspect by the UK Government in the published guidelines *Good Practice in Continence Services* (DoH, 2000). This document implicitly supports pelvic floor exercises in the prevention and treatment of incontinence through the age groups. It also names specialist physiotherapists as the professionals able to deliver this aspect of the continence service and as potential candidates for the post in a locality of director of such services.

Multidisciplinary collaboration in the treatment of urinary incontinence was started at our department in 1994. Over the years, we have extended our service not only in the scope of female urinary incontinence but also to male incontinence as well as those suffering from anorectal dysfunction such as constipation and faecal incontinence.

Structural program are implemented in different department. We take an active role at the urogynaecology clinic by providing assessment of the pelvic floor function as well as on site advice . We also share the urodynamic session with the nurse specialist. By taking up the cystometry session, we can provide prompt and positive feedback to our patient.

Physio for Pelvic Floor Dysfunction at KWH 1-4

1st UAE International Meeting on Diagnosis and Treatment of the Neurogenic Bladder in Children and Adolescents & 1st UAE ICCS Basic Course on Incontinence in Children and Adolescents 4-5

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Ultrasound imaging is being incorporated at our department for the following purpose:

- Incorporate core strengthening for the deep abdominals and pelvic floor muscles using RTUS for biofeedback
- Role of RTUS imaging use in both physiotherapy research and practice is being recognized
- Work as a biofeedback in muscle contraction

There is a treatment protocol for the treatment of urinary incontinence at the physiotherapy department. (fig1)

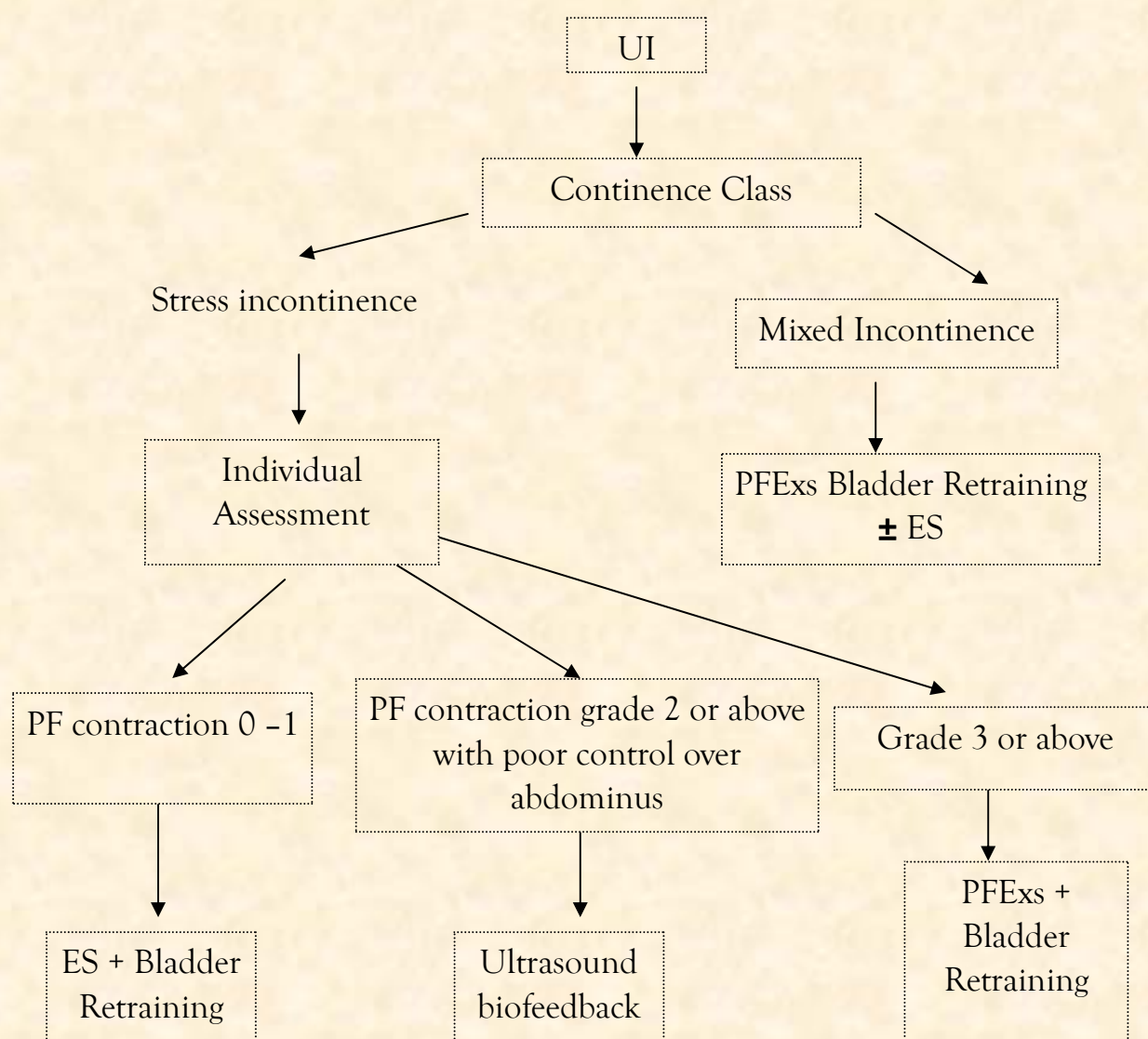


Fig 1. Overview Management of Urinary Incontinence in Kwong Wah Hospital



Extended and structural service with the Surgical Unit in the treatment of anorectal dysfunction started in 2001. Cases referred are those suffering from faecal incontinence and constipation. (fig2.)

Patients seen at the colorectal clinic with S/S of constipation or faecal incontinence



Fig 2. Alogrithm for the management of constipation and faecal incontinence



Ultrasound biofeedback



Defaecation Proctogram



Anorectal Physiology



Electrical stimulation

Reference:

Department of Health (2000). Good Practice in Continence Services.

1st UAE International Meeting on Diagnosis and Treatment of the Neurogenic Bladder in Children and Adolescents & 1st UAE ICCS Basic Course on Incontinence in Children and Adolescents.
by Dr. Michael Leung (AC, Surgical, QEH)

Seven members of the Hong Kong Continence Society, including 2 paediatric surgeons, 4 nurses and 1 physiotherapist, had attended the above conference and workshop on 6-8 March, 2009. The Meeting was jointly organized by the Sheikh Khalifa Medical City in Abu Dhabi and the International Children Continence Society (ICCS). Abu Dhabi is the capital city of United Arab

Emirates, about 120Km southwest from Dubai. The meeting started with an 1-day compact programmed workshop organized by ICCS, covering the basic science and up-to-date clinical management on incontinence in children and adolescent. It was followed by the 2-day international conference on management of neurogenic bladder. New advances in management, including urotherapy, botulinum toxin injections, new surgical techniques and recent developments in research on bladder tissue engineering were discussed in the conference.

Internationally renowned experts in the field were invited as faculty in the meeting to share their experiences. The conference also provided a platform for us to meet old and new friends who had the common interest in caring children continence problems. Also, all of us are deeply impressed by the development of this wealthy city, the fascinating culture and delicious food.



Members attended the ICCS Basic Course on Incontinence in Children and Adolescents



Members at venue of Conference

Coming events

Hong Kong Guangzhou Symposium

Date: 11 July 2009

Time: 9:00am to 5:00pm

ASM 2009 Main Theme on:

Physical Therapy for Incontinence and Constipation

Date: 19 Sept 2009

Time: 2:00 to 5:00 pm

Venue: Block M, QEH

39th Annual Meeting of the International Continence Society at San Francisco, USA

Date: 29 Sept to 3 Oct 2009

****Sponsorship Application****

The Hong Kong Continence Society will sponsor a maximum of 8 members to attend the captioned meeting. Each sponsor will be HK\$8,000 for passive participation or HK\$10,000 for active participation (i.e. having a paper accepted for oral or poster presentation).

The application is now opened to all members with at least 2 recent consecutive years of membership (i.e. 2008 & 2009 memberships).

Deadline: 30 June 2009

(for more detail, please refer to Website: <http://www.hkcs.hk>)

Welcome to new council members



Ms. Peggy Hui (Newsletter Editor)
Occupational Therapist, UCH



Dr. Winnie Lau, AC, Obstetrics
& Gynaecology, PYNEH



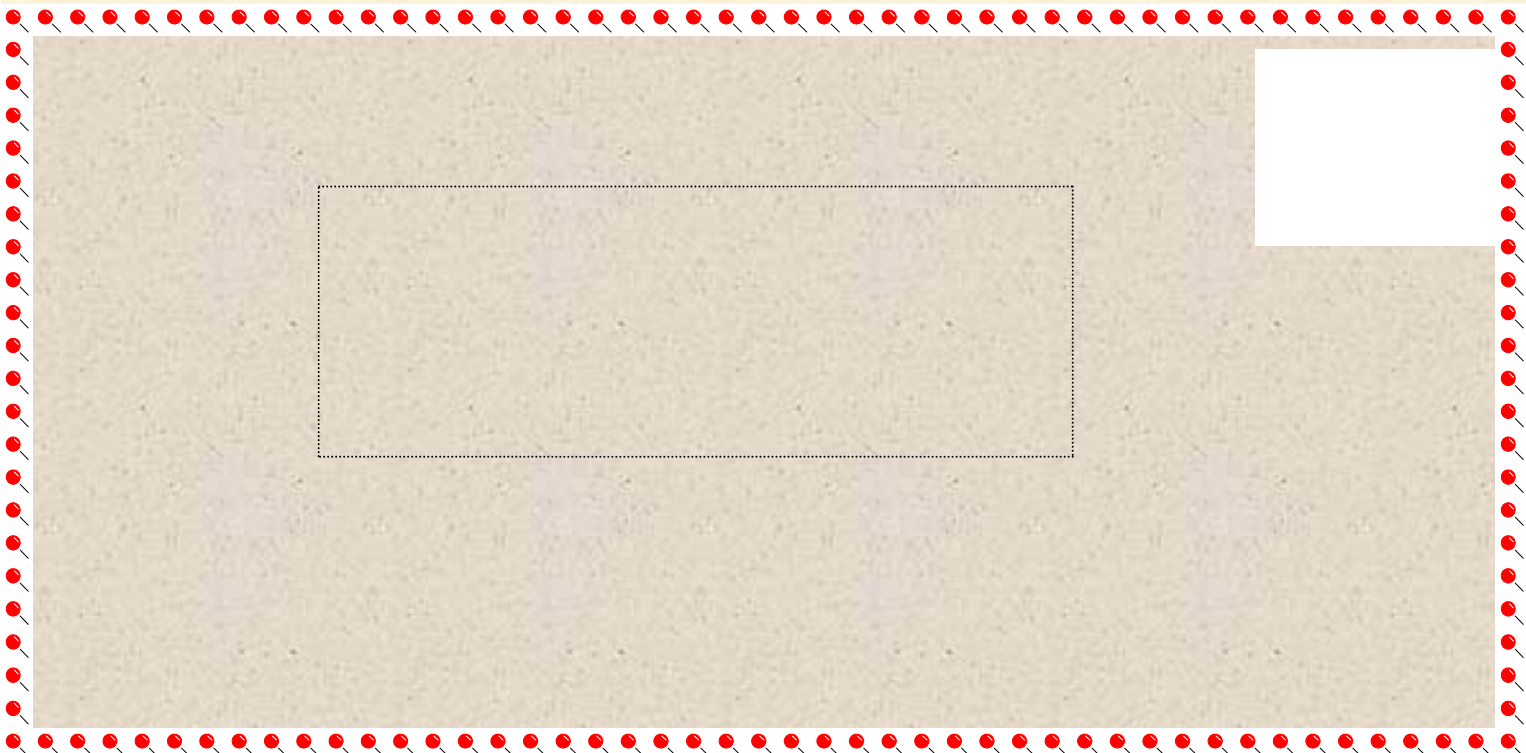
Dr. Ho Kwan Lun
AC, Urology, QMH



Ms. Brigitte Fung,
Physiotherapist, KWH



Dr. Michael Leung
AC, Surgical, QEH



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