

Start	End	Topic	Speakers
15:00	15:05	Introduction and Overview	Ashani Couchman
15:05	15:15	Latest Research in Bowel Dysfunction and Pelvic Pain	Ashani Couchman Anna Spivak
15:15	15:30	Interactive Case studies (Bowel Dysfunction)	Stephanie Kotes
15:30	15:45	Interactive Case Studies (Pain)	Jo Clothier
15:45	15:55	Considering the bigger picture for the child	Anna Page
15:55	16:10	Physiotherapy and Conservative Management Strategies	Lucia Berry
16:10	16:30	Clinical Application and Strategy Development	Ashani Couchman

Description

Bladder bowel dysfunction described spectrum of lower urinary tract symptoms in combination with elimination issues which are mainly constipation and encopresis. The motion in social: The child/adolescent and family significant. Neuro developmental and environmental factors can have an impact on the importance of a patient centred approach cannot be underestimated.

The onward effect on the family life and family organisation can increase the burden of has cost, increased risk of poor self-esteem, social engagement and mental health deterioration.

The initial assessment and management in the safe and interdisciplinary setting can form the basis of excellent management which incorporates bowel dysfunction and pelvic pain management. Early identification an established relationship with the patient and family is important to prevent significant medical and social burden and encourage excellent health outcomes.

There is a lack of a cohesive body of evidence that supports assessment in this population with the key baseline factor being focus on pelvic floor management. Bowel dysfunction can feed into deep pelvic pain, and deep pelvic pain can feeding to bowel dysfunction. It is important develop a clear and coherent guideline with the initial assessment with guidance on referral for specialist testing to minimise the impact and burden of unnecessary or invasive testing.

Delegates will receive:

- 1. Comprehensive Knowledge:** Presentations will cover the latest research, including the impact of adverse childhood experiences (ACEs) on CPP, and the multifaceted nature of the condition, bridging gaps in current adolescent bowel dysfunction and pain management practices.
- 2. Interactive Learning:** The workshop will feature interactive case studies and group discussions, facilitating active engagement with faculty members. These sessions will foster a deeper understanding of adolescent bowel dysfunction and CPP's diagnostic challenges and treatment options, encouraging delegates to share experiences and strategies.
- 3. Practical Skills Development:** 'Hands-on' training modules will be included, focusing on assessment techniques and therapeutic interventions. This approach ensures that attendees not only learn the theoretical aspects but also acquire practical skills that can be immediately applied in clinical settings.
- 4. Multidisciplinary Approach:** Recognising the diverse nature of adolescent bowel dysfunction and CPP, the workshop incorporates perspectives from adolescent urology, adolescent colorectal, physiotherapy, psychology and pain management, offering a holistic view that is crucial for effective treatment.
- 5. Clinical Application:** Delegates will leave with actionable strategies for early detection and management of adolescent bowel dysfunction and CPP. The workshop emphasizes evidence-based practices and multidisciplinary collaboration, equipping attendees with tools to improve patient outcomes in their clinical practice.

This workshop is not just an educational session; it's an opportunity for healthcare professionals to revolutionize their approach to paediatric patients with pelvic pain, directly translating learned skills into improved patient care and outcomes.

Background Information

In the face of an escalating issue of chronic pelvic pain beginning in childhood, this workshop is an essential response to a growing concern. Paediatric chronic pelvic pain (CPP), a condition often eclipsed by its adult counterpart, significantly impacts

the lives of children in varied ways. This workshop, titled "Early Intervention and Prevention Strategies in Paediatric Pelvic Pain: Starting on the Right Path," is designed to shed light on early identification and an interdisciplinary approach which is crucial in accurate and effective treatment with preventive strategies to manage and reduce the progression of pain manifestations in paediatric patients.

Defined by the European Association of Urology, paediatric CPP can arise from various underlying conditions, including urological, gynaecological, and gastrointestinal issues. Beyond physical discomfort, this condition leads to emotional distress, diminished quality of life, and disruption in daily activities. Often going undiagnosed or undertreated, many young patients endure this pain in silence. This workshop aims to address these challenges by focusing on mitigating the exacerbation of pain belief systems in young patients, emphasizing the importance of early intervention and the best practices for initiating treatment effectively.

The need to address paediatric CPP is more critical than ever. With early intervention and preventive strategies, there is a potential not only to alleviate suffering but also to enhance quality of life and avert the long-term consequences that may persist into adulthood. This workshop provides a collaborative platform for healthcare professionals, educators, and researchers to exchange knowledge and explore impactful methods to improve the lives of paediatric patients.

Chronic Pelvic Pain in the paediatric population poses a significant challenge in healthcare due to its complex nature and diverse etiology. Research has identified contributing factors like dysmenorrhea, pelvic myofascial pain, pelvic floor dysfunction, and neuralgias. Notably, a link between adverse childhood experiences (ACEs) and the development of urologic chronic pelvic pain syndromes (UCPPS) has been highlighted, underscoring the importance of early identification and holistic management.

This workshop is structured to provide a comprehensive overview of the latest findings and clinical guidelines in the early detection, a management and treatment of paediatric pelvic pain. It will delve into assessment and objectivation strategies, drawing on the latest clinical evidence.

Key Learning Points:

- Understanding the multifactorial nature of CPP and the pathophysiology of elimination
- Approaches to early detection and accurate diagnosis of bowel dysfunction and CPP.
- The role of adverse childhood experiences in the development and management of CPP and bowel dysfunction.
- Multidisciplinary management strategies, including medical, psychological, and physiotherapeutic interventions.
- Hands-on training in physiotherapy techniques and conservative pain management strategies.(CPP)

Take Home Messages Bowel dysfunction:

- Bowel dysfunction is a common and complex problem
- Assessment requires a careful evaluation of medical, social and developmental factors
- Key assessment tools – bowel diary, diet diary, developmental background and specialised testing
- Assessment and management of bowel dysfunction/encoparesis

Take Home Messages CPP:

- CPP is a complex condition requiring a nuanced, multidisciplinary approach.
- Early detection and comprehensive management are key to improving patient outcomes.
- Psychological support is crucial in the holistic treatment of CPP.
- Practical skills in conservative management and physiotherapy are essential tools for healthcare professionals dealing with CPP.

Additional References

Hammett J, Krupski TL, Corbett ST. Adolescent pelvic pain: interstitial cystitis. *J Pediatr Urol.* 2013 Jun;9(3):e134-7. doi: 10.1016/j.jpuro.2013.01.012. Epub 2013 Feb 12. PMID: 23410957.

Stevens, Bonnie J., and others, 'Chronic pelvic pain in children and adolescents', in Bonnie J. Stevens, Gareth Hathway, and William T. Zempsky (eds), *Oxford Textbook of Pediatric Pain*, 2 edn, Oxford Textbook (Oxford, 2021; online edn, Oxford Academic, 1 June 2021), <https://doi.org/10.1093/med/9780198818762.003.0031>, accessed 6 Jan. 2024.

Schrepf A, Naliboff B, Williams DA, Stephens-Shields AJ, Landis JR, Gupta A, Mayer E, Rodriguez LV, Lai H, Luo Y, Bradley C, Kreder K, Lutgendorf SK; MAPP Research Network. Adverse Childhood Experiences and Symptoms of Urologic Chronic Pelvic Pain Syndrome: A Multidisciplinary Approach to the Study of Chronic Pelvic Pain Research Network Study. *Ann Behav Med.* 2018 Sep 13;52(10):865-877. doi: 10.1093/abm/kax060. PMID: 30212850; PMCID: PMC6135957.

Naveed M, Changxing L, Ihsan AU, et al. Therapeutic interventions to urologic chronic pelvic pain syndrome and UPOINT system for clinical phenotyping: How far are we? *Urologia Journal.* 2022;89(3):315-328. doi:10.1177/03915603211065301

Aims of Workshop

This workshop explores the complexities of paediatric and adolescent chronic pelvic floor dysfunction, focusing on chronic pelvic pain (CPP) and bowel dysfunction. These conditions affect children's physical and psychological health. The interactive session, based on current research and clinical guidelines, focuses on early detection, diverse aetiologies, and interdisciplinary treatment approaches. Ideal for professionals in paediatric pelvic floor/pain management and bowel dysfunction care, the workshop aims to enhance outcomes and quality of life for young patients.

We aim to deliver a holistic template for assessment, management and treatment of this heterogeneous group of patients with comment on safeguarding/trauma informed care.

Educational Objectives

Our workshop offers critical insights into two key aspect intimately associated with adolescent pelvic floor dysfunction – bowel dysfunction and pelvic pain and insights into the early development of Chronic Pelvic Pain (CPP) in paediatric patients. A complex and often under-recognized condition that requires a nuanced understanding for effective management.

Learning Objectives

1. Demonstrate a comprehensive understanding of the multifactorial nature of adolescent bowel dysfunction and chronic pelvic pain, including its diverse aetiologies and clinical presentations.
2. Enhance proficiency in early detection and diagnosis of adolescent bowel dysfunction and pelvic pain through the application of evidence-based assessment tools and case-based scenarios.
3. Develop the capability to formulate and implement evidence-based preventive strategies, encompassing lifestyle modifications and educational interventions, to mitigate the occurrence and severity of adolescent bowel dysfunction and chronic pelvic pain in clinical settings.

Target Audience

Urology, Bowel Dysfunction, Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

Passavanti MB, Pota V, Sansone P, Aurilio C, De Nardis L, Pace MC. Chronic Pelvic Pain: Assessment, Evaluation, and Objectivation. Pain Res Treat. 2017;2017:9472925. doi: 10.1155/2017/9472925. Epub 2017 Nov 20. PMID: 29359045; PMCID: PMC5735788.

Bladder and bowel dysfunction in children: An update on the diagnosis and treatment of common, but underdiagnosed paediatric problem.de Santos at all Canadian urological Association Journal 11(1–2 supplement 1), S64, 2017.

Development of an adolescent biofeedback service to manage bowel dysfunction and younger patients. Knox a Toldt. Gastrointestinal nursing 18(Sup4), S18–22, 2020