

SAOT Objectives – October 27, 2018

Women's Health & Occupational Therapy: Pelvic Health & Perinatal Mental Health

Part 1: Foundational Skills in Pelvic Health for Everyday Practice

If you work with clients that have a pelvic floor, you would benefit from this interactive workshop!

- An overview of the anatomy and functions of the pelvic floor, core and associated structures.
- Review the evidence for a biopsychosocial frame of reference for addressing pelvic floor dysfunction.
- An introduction to an integrative pelvic health model and how this can be used to harness your existing skills to help your clients to understand and improve their pelvic health.
- Learn about the prevalence of and strategies to screen for pelvic floor dysfunction.
- Learn and practice some NEW foundational skills for helping your clients connect with their core and improve their pelvic health that you can begin implementing on Monday in any area of practice.
- Discuss when and how to refer to a pelvic health specialist.

Part 2: Perinatal Mental Health & the Role of OT

- Discuss prevalence, risk factors, and signs & symptoms of various pre-natal and postpartum mental health issues
- Learn about the prevalence & etiology of Birth Trauma
- Identifying & addressing optimal intervention points to support perinatal & postpartum mental health
- Take away screening tools & strategies for talking about mental health, pregnancy, and birth experiences with your perinatal clients

Part 3: Synthesis

- Participate in a case study to incorporate the information from the whole day
 - Briefly discuss OT models/theories/processes you can use to help guide your first meeting and get the big picture.
 - Identify major pain points for this client and more specified assessments that you can use to dive deeper.
 - How can you use your existing skills AND the strategies you learned today in order to support this family.
 - It takes a village! Reflect on your scope in your practice environment. Where are the gaps? How can you build your referral network to help resource the families in your community during the perinatal period?