

## APA WMPH: Women's Stream Levels 1 and 2 Courses Information and FAQs

### The new Women's Stream courses

The APA's Women's Men's and Pelvic Health (WMPH group) are rolling out a new suite of courses that consist of highly contemporary and relevant information for physiotherapists practising in these areas. They are foundation and intermediate courses for WMPH, representing the most important knowledge and skills. These courses are also valuable as refresher and CPD for physiotherapists practising in this area.

The Women's Stream courses consists of an online *Introductory Women's Health Physiotherapy* course, followed by a choice to undertake one or both of the two women's sub-streams:

- *Women's Health through the Life Stages (Women's Life Stages)*
- *Women's Pelvic Health*

### Women's Stream Level 1 courses and pre-requisites

#### Introductory Women's Health Physiotherapy Level 1

- Online course: 6 hours
- This is the pre-requisite for both of the Women's *Life Stages* and *Pelvic Health* sub-streams

#### Women's Pelvic Health Physiotherapy Level 1

- Part A – online: 9 hours, this is the pre-requisite for the face-to-face classroom course
- Part B – classroom course: 1 day
- Part A and B are the pre-requisites for *Women's Pelvic Health Level 2*

#### Women's Health Physiotherapy through the Life Stages Level 1

- Part A – online: 11.5 hours, this is the pre-requisite for the face-to-face classroom course
- Part B – classroom course: 1 day
- Part A and B are the pre-requisites for *Women's Life Stages Level 2*

More information on the Level 1 topics and modules are outlined in Appendix A.

### Women's Stream Level 2 courses and pre-requisites

#### Women's Pelvic Health Physiotherapy Level 2

- Part A – online: 19 hours, this is the pre-requisite for the face-to-face classroom course
- Part B – classroom course: 2.5 days

#### Women's Health Physiotherapy through the Life Stages Level 2 (TBC)

- Part A – online: approximately 9 hours, this is the pre-requisite for the face-to-face classroom course
- Part B – classroom course: 1 day

More information on the Level 2 topics and modules are outlined in Appendix B.

## Career Pathway

Physiotherapists may choose to follow one or both streams; this flexibility will enable a physio to skill up at a time which suits them best. For example, a physiotherapist could:

- Complete Level 1 and 2 in Women's Life Stages only
- Complete Level 1 and 2 in Women's Pelvic Health only
- Complete Level 1 in both Women's Life Stages and Women's Pelvic Health, then complete Level 2 in both streams

## How do I enrol?

### Level 1

The Level 1 courses are available online and through the PD catalogue:

**Online** – [cpd4physios](https://cpd4physios.com.au) website:

- [Introductory Women's Health Physiotherapy Level 1](#)
- [Women's Pelvic Health Physiotherapy Level 1 – Part A](#)
- [Women's Health through the Life Stages Physiotherapy Level 1 – Part A](#)

**Face-to-face classroom** – listed on the [PD calendar](#), check to see when they will be running in your state.

### Level 2

The Pelvic Health Level 2 course is available online and through the PD catalogue:

- [Women's Pelvic Health Physiotherapy Level 2 – Part A](#) (online)
- Women's Pelvic Health Physiotherapy Level 2 – Part B (face-to-face classroom). Check the [PD calendar](#) to see when this will be running in your state.

The Women's Life Stages Level 2 courses are envisaged to commence in early 2024.

## What about the APA's Contenance and Women's Health Level 1 course?

The APA's Contenance and Women's Health Level 1 course has been retired.

## What about the WHTA introductory courses?

The new Women's Stream Level 1 and 2 courses replace the following WHTA courses:

- Introductory Women's Health 5 Day Course
- Introductory Maternity Ward Physiotherapy 2 Day Course
- Introductory Pelvic Floor 3 Day Course

## Exemptions

If you have completed other courses or believe you are able to demonstrate that you have equivalent competence, knowledge, skills and/or experience (or higher), you may apply for an exemption for a particular course. Exemption applications must be completed and submitted on the standard template. Request a copy of the exemption application form by emailing [Exemption@australian.physio](mailto:Exemption@australian.physio)

If you have previously completed the APA *Contenance and Women's Health Level 1* course, or one of the WHTA courses, you may be eligible for an exemption. This information is outlined in the following tables. You must submit an exemption application on the standard template to have this processed and recorded.

**I've completed the APA Continence and Women's Health Level 1 (CWH Level 1) course, can I go straight into Women's Health Level 2?**

There has been a significant revision of the topics and content covered from the CWH Level 1 to the new Women's Stream Level 1 courses. There is much greater theoretical depth within the online courses. The new level 2 courses in Women's Life Stages and Women's Pelvic Health have been designed to build on the deeper theoretical content now covered in Level 1.

The following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses:

*Question: I've completed the APA Continence and Women's Health Level 1 (CWH Level 1). Do I need to complete any of the new Women's Level 1 courses?*

*Answer:*

APA Course	Requirement
Introductory Women's Health Physiotherapy Level 1 (online)	Yes, you must complete this to progress in either sub-stream
Life Stages Level 1 – Part A (online)	Yes, you must complete this before undertaking Life Stages Level 2
Life Stages Level 1 – Part B (classroom)	No, you do not need to complete this
Pelvic Health Level 1 – Part A (online)	Yes, you must complete this before undertaking Pelvic Health Level 2
Pelvic Health Level 1 – Part B (classroom)	No, you do not need to complete this

You must submit a completed exemption application form for the Level 1 – Part B courses in order to have this processed and recorded. Email [Exemptions@australian.physio](mailto:Exemptions@australian.physio) to request the *Exemption application* form.

**I've completed the WHTA Women's Health 5 Day Course, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

Yes. The WHTA Introductory Women's Health 5 day course makes you eligible to progress straight to the level 2 courses, and you can apply for exemption from Level 1.

However if you completed this course more than three years ago and not had regular education or clinical practice in the field since, we would encourage you to undertake all of the new Level 1 courses.

APA Course	Requirement
Introductory Women's Health Physiotherapy Level 1 (online)	No, you do not need to complete this
Life Stages Level 1 – Part A (online)	No, you do not need to complete this
Life Stages Level 1 – Part B (classroom)	No, you do not need to complete this
Pelvic Health Level 1 – Part A (online)	No, you do not need to complete this
Pelvic Health Level 1 – Part B (classroom)	No, you do not need to complete this

You must submit a completed exemption application form to have this processed and recorded. Email [Exemptions@australian.physio](mailto:Exemptions@australian.physio) to request the *Exemption application* form.

**I've only completed the WHTA Introductory Maternity Ward Physiotherapy 2 Day course, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

No. If you have only completed the WHTA Introductory Maternity Ward Physiotherapy 2 Day course, the following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses.

APA Course	Requirement
Introductory Women's Health Physiotherapy Level 1 (online)	Yes, you must complete this
Life Stages Level 1 – Part A (online)	Yes, you must complete this
Life Stages Level 1 – Part B (classroom)	Yes, you must complete this
Pelvic Health Level 1 – Part A (online)	Yes, you must complete this
Pelvic Health Level 1 – Part B (classroom)	Yes, you must complete this

**I've only completed the WHTA Introductory Pelvic Floor 3 Day Course\*, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

If you have completed the WHTA Introductory Pelvic Floor 3 Day course, you do not need to undertake the Level 1 Pelvic Health Components and can apply for an exemption. The following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses.

However, if you completed this course more than three years ago and not had regular education or clinical practice in the field since, we would encourage you to undertake all of the new Level 1 courses to refresh your knowledge.

APA Course	Requirement
Introductory Women's Health Physiotherapy Level 1 (online)	Yes, you must complete this
Life Stages Level 1 – Part A (online)	Yes, you must complete this before undertaking Life Stages Level 2
Life Stages Level 1 – Part B (classroom)	Yes, you must complete this before undertaking Life Stages Level 2
Pelvic Health Level 1 – Part A (online)	No, you do not need to complete this
Pelvic Health Level 1 – Part B (classroom)	No, you do not need to complete this

\*The above criteria also applies if you have completed a 2 day or longer Introductory Pelvic Floor Course provided by another professional development provider.

You must submit a completed exemption application form to have this processed and recorded. Email [Exemptions@australian.physio](mailto:Exemptions@australian.physio) to request the *Exemption application form*.

**I have not completed the WHTA Introductory Women's Health 5 Day Course but have completed one of more of the WHTA Advanced Pelvic Floor Courses, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

If you have completed at least one of the following WHTA Advanced Pelvic Floor courses, you are eligible for exemption from the Level 1 Women's Pelvic Health Courses:

- WHTA Adv Pelvic Floor – Prolapse & Stress Urinary Incontinence
- WHTA Adv Pelvic Floor – Overactive Bladder

The following table outlines the pre-requisite courses that you will need to complete in order to be eligible to undertake the new Level 2 courses:

APA Course	Requirement
Introductory Women's Health Physiotherapy Level 1 (online)	<b>Yes</b> , you must complete this to progress in either sub-stream
Life Stages Level 1 – Part A (online)	<b>Yes</b> , you must complete this before undertaking Life Stages Level 2
Life Stages Level 1 – Part B (classroom)	<b>Yes</b> , you must complete this before undertaking Life Stages Level 2
Pelvic Health Level 1 – Part A (online)	<b>No</b> , you do not need to complete this
Pelvic Health Level 1 – Part B (classroom)	<b>No</b> , you do not need to complete this

If you have completed at least two of the following Advanced Pelvic Floor Courses you are eligible for exemption from all of the Women's Pelvic Health Level 1 (Part A online and Part B Classroom Course), as well as the Women's Pelvic Health Level 2 Part B Classroom Course (but not the Women's Pelvic Health Level 2 Part A – online).

- WHTA Advanced Pelvic Floor – Prolapse & Stress Urinary Incontinence
- WHTA Advanced Pelvic Floor – Overactive Bladder
- WHTA Advanced Pelvic Floor - Bowel Dysfunction OR Allison Bryant's Practical Colorectal Workshop

APA Course	Requirements
Introductory Women's Health Physiotherapy Level 1 (online)	<b>Yes</b> , you must complete this to progress in either sub-stream
Life Stages Level 1 – Part A (online)	<b>Yes</b> , you must complete this before undertaking Life Stages Level 2
Life Stages Level 1 – Part B (classroom)	<b>Yes</b> , you must complete this before undertaking Life Stages Level 2
Pelvic Health Level 1 – Part A (online)	<b>No</b> , you do not need to complete this
Pelvic Health Level 1 – Part B (classroom)	<b>No</b> , you do not need to complete this
Pelvic Health Level 2 – Part A (online)	<b>Yes</b> , you do need to complete this
Pelvic Health Level 2 – Part B (classroom)	<b>No</b> , you do not need to complete this

You must submit a completed exemption application form to have this processed and recorded. Email [Exemptions@australian.physio](mailto:Exemptions@australian.physio) to request the *Exemption application* form.

**I am already working in Women's Pelvic Health and performing vaginal and rectal examinations as part of my clinical practice. Do I need to complete the Women's Pelvic Health Level 1 Part B and Level 2 Part B classroom courses?**

If you are already working clinically in women's pelvic health, and have evidence of previously completing courses that included a practical component on vaginal examination and rectal examination may be considered for exemption from the Women's Pelvic Health Level 1 Part B and Level 2 Part B classroom courses.

You must submit a completed exemption application form to have this processed and recorded. Your application should include:

- number of years working in women's pelvic health performing internal examinations
- estimated number of VE and DRE in your career
- evidence of previous courses teaching VE and DRE.

Note: evidence of training can be a single course that included both skills, or separate courses where one course included a practical session on vaginal examination and another course included a practical session on digital rectal examination.

Email [Exemptions@australian.physio](mailto:Exemptions@australian.physio) to request the *Exemption application* form.

### Titling pre-requisites

From 1 August 2021, the new courses became the pre-requisites for the Titling Evidence Portfolio Pathway. This entails completion of the following:

- Introductory Women's Health Physiotherapy Level 1 – (online course)
- Women's Health Through the Life Stages Physiotherapy Level 1\* – Part A and B (online & face-to-face classroom)
- Women's Pelvic Health Physiotherapy Level 1 – Part A and B (online & face-to-face classroom)
- Women's Pelvic Health Physiotherapy Level 2 – Part A and B (online & face-to-face classroom)

\* Once Women's Life Stages Level 2 is available, this will also become a pre-requisite

*Note:* This includes options for approved exemption or recognition of prior learning, based on candidates' previous qualifications or experience, as assessed by APA.

## Appendix A – Women’s Stream Level 1 Topic Outline

### Introductory Women’s Health Physiotherapy Level 1

Online (6 hours)

- Introduction to Women’s Health Physiotherapy
- The Female Pelvic Organs, Pelvic Floor and Abdominal Wall
- The Female Reproductive Tract, Menstrual Cycle and Menopause
- Introduction to Pregnancy
- Introduction to Labour and Birth

### Women’s Health Physiotherapy through the Life Stages Level 1

Part A – online (11.5 hours)

#### Pregnancy

- Introduction to physical activity and exercise in pregnancy
- Introduction to pregnancy related pelvic girdle pain
- Lumbopelvic pain differential diagnosis and other common complaints in pregnancy

#### Postpartum Care

- Recovery Advice after Birth
- The lactating breast for physiotherapists – an introduction
- Postnatal musculoskeletal

#### Across the Lifespan

- Adolescence and menopause
- Introduction to breast cancer
- Gynaecological cancer

Part B – face-to-face classroom (1 day)

Women’s Health Physiotherapy through the Life Stages Level 1

### Women’s Pelvic Health Physiotherapy Level 1

Part A – online (9 hours)

#### Intro to Bladder, Bowel and PF Disorders

- Introduction to the urinary and digestive systems
- Introduction to the pelvic floor muscle dysfunction and prolapse
- Introduction to urinary, bowel and sexual dysfunction

#### Screening and Advice

- Introductory screening and assessment of the pelvic floor patient
- Introduction to the assessment of pelvic floor, bladder and bowel Function
- PFMT, education and lifestyle advice as first line management

Part B – face-to-face classroom (1 day)

Women’s Pelvic Health Physiotherapy Level 1

### Women’s Health Physiotherapy through the Life Stages Level 2 *\*coming in 2024*

Part A – online

Part B – face-to-face classroom

### Women’s Pelvic Health Physiotherapy Level 2

Part A – online

Part B – face-to-face classroom

## Appendix B - Women's Stream Level 2 Topic Outline

Pre-requisite for Women's Life Stages Level 2:

- Women's Life Stages Level 1 – Part A & B

Pre-requisite for Pelvic Health Level 2:

- Women's Pelvic Health Level 1 – Part A & B

### Women's Health Physiotherapy through the Life Stages Level 2 *\*coming in 2025*

**Part A** – online (approx. 9 hours)

#### Adolescence

- Menstrual and Other Disorders
- The Adolescent Female Athlete

#### Childbearing Years

- Exercise in High Risk Pregnancy
- Preparation for Birth
- Peripartum Mental Health
- Persistent Pelvic Girdle Pain

#### WH Across the Lifespan

- Bone Health
- Breast and Pelvic Cancer
- International Women's Health Issues

**Part B** – face-to-face classroom (1 day)

### Women's Pelvic Health Physiotherapy Level 2

**Part A** – online (19 hours)

#### Prolapse

- Terminology and Assessment
- Management – conservative and multidisciplinary

#### Urinary

- Advanced Anatomy
- Advanced Assessment
- Diagnosis and Management part 1
- Diagnosis and Management part 2

#### Bowel

- Advanced Anatomy and Assessment
- Diagnosis and Management part 1
- Diagnosis and Management part 2

#### Sexual

- Introduction to female sexual dysfunction

#### Clinical

- Initial Patient Interview
- Vaginal Examination
- Digital Rectal Examination

**Part B** – face-to-face classroom (2.5 days)