

Women's Pelvic Health Level 2 - Part B

Informed Consent



The APA Women's Pelvic Health Physiotherapy Level 2 was developed by the Australian Physiotherapy Association (APA) and Women's Health Training Associates (WHTA).

This course is delivered through a blended learning model, and uses a mix of teaching and learning approaches with a focus on active learning and learner-centred strategies. The Australian Physiotherapy Association is committed to diversity, inclusion and eliminating discrimination. We value and celebrate people of diverse gender identity, sex characteristics and sexual orientations.

By registering for the Part B face-to-face course, you are agreeing to volunteer as a model for both vaginal examination (VE) and digital rectal examination (DRE). Please note, there are very limited places allocated for people who have a valid contraindication to VE or DRE to attend and not be required to model. Valid exclusion from being a model for the VE and/or the DRE will be considered on a case-by-case basis on receipt of a request prior to the course.

A valid reason to not model for the vaginal examination practical is not necessarily a valid reason to not model for the rectal examination, and vice versa.

Valid reasons for not modelling for the VE practical include:

- first trimester pregnancy
- high risk pregnancy (eg symptomatic placenta praevia, incompetent cervix, previous premature rupture of membranes in current pregnancy)
- if you are a person who does not have a vagina
- <8 weeks postpartum with lochia still present,
- severe vestibulodynia
- an active genital herpes outbreak

Being on your menstrual period will NOT be accepted as a valid reason to not be a model for the vaginal examination practical as up to a quarter of the group are likely to have their menstrual period during the course. However, whilst virginity is not a contra-indication in clinical practice, it will be accepted as a valid reason to not model in the practicum if the participant wishes not to volunteer.

How to submit a request

The reasons for requests will be treated in strict confidence. If the request is accepted, organisers and presenters will only be informed that you are not modelling for VE or DRE. They will not be provided the reasons.

To submit a request not to model:

1. Send an email that outlines:
 - a. You are requesting to be allocated a non-volunteer place on the course
 - b. Clearly identifies if you are requesting not to model for VE or DRE
 - c. The reason for your request or request to speak to a presenter about your request
2. Use the subject line: Women's Pelvic Health L2 – request to not model
3. Email the request to Karen.Ide@australian.physio or Joan.Condon@australian.physio
4. All exemptions will be assessed by the course presenter & developer only and information will be kept confidential

IMPORTANT: For participants who have agreed to model:

It is a requirement that you notify the APA immediately in writing if your situation changes (prior to the course start date) and you cannot model. Whilst all attempts to accommodate you on the same course will be made, this cannot be guaranteed due to the need to have sufficient models on the course for the required learning.