

APA Level 1 Women's Health

Introductory Women's Health Series

5 hours online

APA Level 1 Women's Health

Understanding the APA Level 1 Introductory Women's Health Series (IWH)

5 hours online learning

BACKGROUND

This APA Learning Pathway for physiotherapists wishing to work in the field of Women's Health primarily consists of two parallel learning streams

1. APA Women's Health through the Life Stages Stream (WLS)
2. APA Women's Pelvic Health Stream (WPH)

WOMEN'S HEALTH THROUGH THE LIFE STAGES STREAM (WLS)

for the physiotherapist wishing to work in the areas of:

- The Female Adolescent
- Pregnancy, Birth and Early Postnatal
- Menopause / Post-menopause
- Bone Health / Osteoporosis
- Female Oncology (breast cancer etc)

WOMEN'S PELVIC HEALTH STREAM (WPH)

for the physiotherapist wishing to work in the areas of

- Pelvic Organ Prolapse
- Urinary Disorders
- Bowel Disorders
- Sexual Dysfunction

ONLINE AND FACE-TO-FACE CONTENT

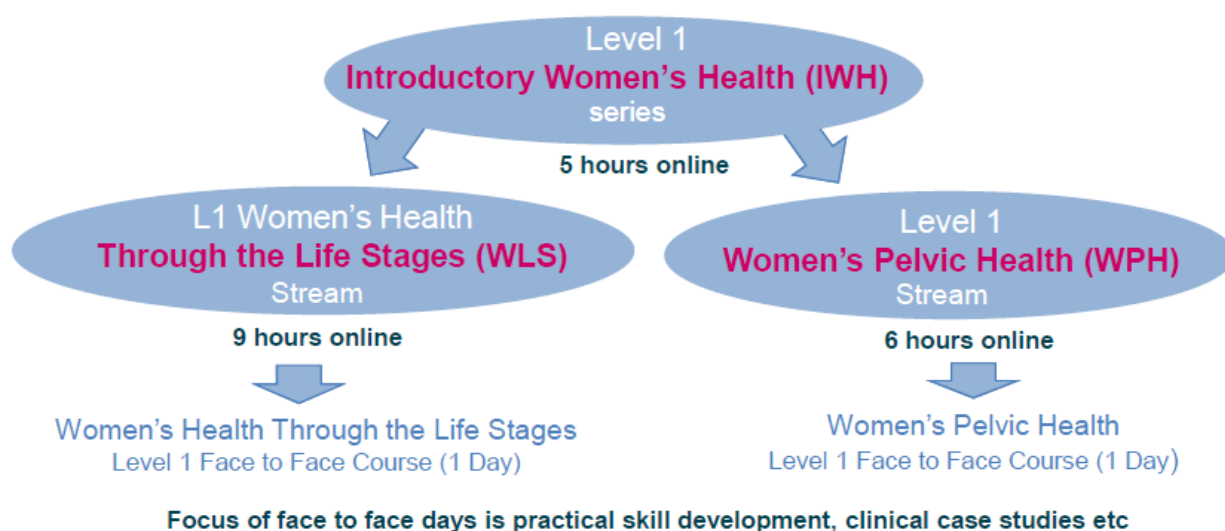
Each of these streams consist of both online and face-to-face learning opportunities at each of the pathway levels (L1 → L3).

The online content is designed to provide the theoretical knowledge underpinning the topic area, whilst the face-to-face days are focused on providing opportunity for practical skill development.

For both clinical streams, and at all pathway levels, it is a pre-requisite to have completed the stream specific online learning content prior to enrolment in the associated face-to-face practical day.

APA LEVEL 1 INTRODUCTORY WOMEN'S HEALTH SERIES (IWH)

Only existing at Level 1, is an additional set of online lectures collectively titled the *"Introductory Women's Health Series"*. This series of five online lectures provides the foundational knowledge required for all clinical practice in women's health, and is designed to be completed before progressing along either the Women's Health through the Life Stages stream (WLS) or the Women's Pelvic Health stream (WPH).



LEVEL 1 INTRODUCTORY WOMEN'S HEALTH SERIES (IWH)

LECTURES TITLES	DURATION
1. Introduction to Women's Health Physiotherapy - including an introduction to biological sex and gender	1hr 10min
2. Introduction to the Female Pelvic Organs, Pelvic Floor and Abdominal Wall	35min
3. Introduction to the Female Reproductive Tract, Menstrual Cycle and Menopause	45min
4. Introduction to Pregnancy - including an introduction to common complications and health care during pregnancy	1hr 30min
5. Understanding Labour and Birth - including common complications and medical interventions	1hr 0min

APA Level 1 Women's Health

Detailed Outline of each Lecture

APA Level 1 - Introductory Women's Health (IWH1.1)

Introduction to Women's Health Physiotherapy

including an introduction to biological sex and gender

This is the first lecture in the APA Level 1 Introductory Women's Health Series (IWH1.1).

It has been designed to provide an introduction to the field of women's health and the physiotherapist's role within it, as well as an overview of the difference between biological sex and gender.

Duration: 1 hour 10min online

TOPIC ONE: Introduction to Women's Health and the Role of Physiotherapy

LEARNING OUTCOMES

- Understand the concept of 'women's health', and why it is regarded as a specific area of health care at both an international and national level.
- Develop awareness of the role and scope of physiotherapy in the area of women's health
- Understand professional practice issues in women's health physiotherapy including duty of care, client safety, risk management, social media use, and self-care.
- Develop an awareness of relevant professional groups and associations

TOPIC TWO: Understanding Biological Sex and Gender in Health Care

LEARNING OUTCOMES

- Understand the concept of biological sex based on chromosomal, gonadal and phenotypic differences and the mistaken belief of sex being a binary concept.
- Understand the difference between biological sex and gender when defining 'female'
- Develop knowledge on appropriate terminology including transgender, cisgender, non-gendered, biological male/female and intersex.

RECOMMENDED NEXT ONLINE MODULE

APA Level 1 Introductory Women's Health Topic 2 (IWH1.2)

INTRODUCTION TO THE FEMALE PELVIC ORGANS, PELVIC FLOOR AND ABDOMINAL WALL

APA Level 1 - Introductory Women's Health (IWH1.2)

The Female Pelvic Organs, Pelvic Floor and Abdominal Wall

This is the second lecture in the APA Level 1 Introductory Women's Health series (IWH1.2).

It has been designed to provide the physiotherapist with an introduction to the female pelvic organs and their relative positions in the pelvic cavity, as well as an introduction to the anatomy and functional support role of the female pelvic floor.

Duration: 35minutes online

TOPIC ONE: The Pelvic Organs and Abdominal Wall

LEARNING OUTCOMES

- Understand the difference between a pelvic organ and abdominal organ
- Understand the relative positions of the female pelvic organs in the pelvic cavity
- Understand the basic anatomy of the abdominal wall

Content Duration ~10minutes

TOPIC TWO: The Female Pelvic Floor

LEARNING OUTCOMES

- Understand the components of the female pelvic floor including both muscle and fascial components
- Understand the interplay between muscular and fascial components of the pelvic floor in supporting the pelvic organs

Content Duration ~25minutes

RECOMMENDED NEXT ONLINE MODULE

APA Level 1 Introductory Women's Health Topic 3 (IWH1.3)

THE FEMALE REPRODUCTIVE TRACT, MENSTRUAL CYCLE AND MENOPAUSE

APA Level 1 - Introductory Women's Health (IWH1.3)

Introduction to the Female Reproductive Tract, Menstrual Cycle and Menopause

This is the third lecture in the APA Level 1 Introductory Women's Health series (IWH1.3).

It has been designed to provide the physiotherapist with an introduction to the anatomy of the female reproductive system, as well as an understanding of how female reproductive hormones influence both the menstrual cycle and overall body health.

Duration: 45minutes online

TOPIC ONE: Anatomy of the Female Reproductive Tract

LEARNING OUTCOMES

- Understand the anatomical structures that make up the female reproductive tract including the ovaries, fallopian tubes, uterus, vagina and vulva (external genitalia).
- Understand the role of each of these structures in female reproduction.

Content Duration ~23minutes

TOPIC TWO: Female Reproductive Hormones, Menstrual Cycle and Menopause

LEARNING OUTCOMES

- Understand primary female reproductive hormones, including their influence on the female reproductive tract and general female health
- Understand the female menstrual cycle including ovarian and uterine phases
- Understand the basic concepts of menarche and menopause

Content Duration 22minutes

RECOMMENDED NEXT ONLINE MODULE

APA Level 1 Introductory Women's Health topic 4 (IWH1.4)

UNDERSTANDING HUMAN PREGNANCY

APA Level 1 - Introductory Women's Health (IWH1.4)

Introduction to Pregnancy

including pregnancy health care and high risk pregnancy

This is the fourth topic in the APA Level 1 Introductory Women's Health series (IWH1.4).

It is the longest of the five lectures within the Introductory Women's Health series, and is designed to introduce the physiotherapist to the anatomical changes, physiological adaptations and complications that can occur in human pregnancy.

Duration: 1 hour 30min

TOPIC ONE: Understanding Human Pregnancy

LEARNING OUTCOMES

- Understand the duration, stages and dating conventions of human pregnancy
- Understand the basic anatomy of human pregnancy
- Understand the common physiological adaptations that occur during pregnancy.

Content Duration 50minutes

TOPIC TWO: COMPLICATIONS AND HEALTH CARE IN PREGNANCY

LEARNING OUTCOMES

- Understand maternal health outcomes in Australia and the world
- Understand common complications in pregnancy
- Understand the role of the physiotherapist as part of the multidisciplinary team

Content Duration 40minutes

RECOMMENDED NEXT ONLINE MODULE

APA Level 1 Introductory Women's Health Topic 5 (IWH1.5)

UNDERSTANDING LABOUR AND BIRTH

APA Level 1 - Introductory Women's Health (IWH1.5)

Introduction to Labour and Birth

including common complications and interventions in labour

This is the fifth lecture in the APA Level 1 Introductory Women's Health series (IWH1.5).

It has been designed to provide the physiotherapist with an introduction to normal vaginal birth including the anatomical and physiological processes of the three stages of labour, as well as some of the health complications and medical interventions that can occur.

Duration: 1 hour

TOPIC ONE: Normal Vaginal Birth

LEARNING OUTCOMES

- Understand the stages of labour including anatomical changes that occur
- Understand terminology associated with pre-labour, first, second and third stages of labour

Content Duration 28minutes

TOPIC TWO: Complications and Medical Interventions in Birth

LEARNING OUTCOMES

- Understand common complications and interventions in labour including induction, pain management, assisted vaginal delivery (forceps, vacuum) and episiotomy.
- Develop an introductory understanding of possible pelvic floor trauma and associated risks factors during birth
- Develop an introductory understanding of caesarean section including indications and types.

Content Duration 32minutes

NEXT OPTIONS

APA Level 1 – Women's Health through the Life Stages Stream (online) WLS1.1 – WLS1.9
APA Level 1 – Women's Pelvic Health Stream (online) WPH1.1 – WPH1.6