

CC12 Enable individuals to undertake pelvic floor muscle exercises

OVERVIEW

This standard covers enabling individuals to undertake pelvic floor muscle exercises. You will need to be able to review the suitability of individuals for pelvic floor muscle exercises and advance exercise programmes according to the needs of individuals. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. the current European and National legislation, national guidelines, organisational policies and protocols in accordance with clinical/corporate governance which affect your work practice in relation to pelvic floor muscle exercises/training
2. the importance of working within your sphere of competence (scope of practice) and when to seek advice if faced with situations outside of your sphere of competence
3. the importance of applying standard precautions for infection control and the potential consequences of poor practice
4. the importance of documentation, the data protection act, care records and disclosure of information with consent from the individual and your employer and the legal and professional consequences of poor practice
5. the anatomy and physiology of the male and female lower urinary tract in relation to lower urinary tract function and continence status including:
 1. urine production and what influences this
 2. normal micturition and common bladder pathologies
 3. the nervous system, including autonomic dysreflexia
 4. sexual function
 5. the bowel
 6. the pelvic floor muscles/complex
 7. the endocrine system
 8. the effects of pregnancy and childbirth
 9. the prostate
6. the anatomy and physiology of the male and female lower gastro intestinal tract in relation to lower bowel function and continence status including :
 1. stool production and what influences this
 2. normal defaecation, and common abnormalities

- 3.the nervous system, including autonomic dysreflexia
- 4.the bowel
- 5.the pelvic floor muscles/complex and anal sphincter muscles
- 6.the endocrine system
- 7.the effects of pregnancy and childbirth
- 7.the process of gaining valid consent
- 8.the use of a chaperone
- 9.how to respect individuals' privacy, dignity, wishes and beliefs
- 10.how to assess the suitability of pelvic floor muscle exercises/training for individuals
- 11.how to develop an appropriate individual exercise programme
- 12.the variety of methods which facilitate the recruitment of pelvic floor muscles
- 13.the methods of teaching pelvic floor muscle exercise programmes
- 14.how to regularly re-assess and re-evaluate the pelvic floor muscle exercise programme
- 15.how to progress a pelvic floor muscle exercise programme
- 16.the adverse effects of pelvic floor muscle exercises/training and when and how to take appropriate actions
- 17.the impact of lifestyle and physical activity on symptoms and quality of life
- 18.how to negotiate and establish individual goals for treatment

PERFORMANCE CRITERIA

You must be able to do the following:

- 1.apply standard precautions for infection prevention and control and take other appropriate health and safety measures
- 2.obtain the individual's valid consent
- 3.maintain the individual's safety, comfort and dignity
- 4.review the individual's suitability for pelvic floor muscle exercises/training
- 5.negotiate and establish the individual's goals for treatment
- 6.devise and teach an appropriate pelvic floor muscle exercise programme
- 7.regularly re-assess both the symptoms and pelvic floor muscles to ensure that the exercise programme is effective
- 8.advance the exercise programme appropriately and according to the individual's needs
- 9.use visual aids and written materials effectively to support individuals to undertake pelvic floor muscle exercises
- 10.recognise adverse effects of pelvic floor muscle exercises/training and take the appropriate action
- 11.record clearly, accurately and correctly any relevant information in the individual's records in accordance with local and professional policies and guidance

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health in partnership with the Royal College of Nursing in December 2007. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments