

Certificate of Completion

THIS CERTIFIES THAT
CALEB FELLOWES

has participated in the following education session:

Teaching Pelvic Floor Exercises

Presenter Sandra Ilett

Continence Nurse Specialist of Wide Bay Continence Service

In this session you will:

- Gain an understanding of the importance of maintaining pelvic floor muscles to prevent and or improve urinary incontinence
- Review the current information that directs the teaching of pelvic floor muscle maintenance
- Revise adult learning theory
- Examine the strategies required to provide this information to clients

Completed on

23 April 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

Pelvic floor muscles weaken for similar reasons to other muscles in our bodies; natural aging and inactivity. But pelvic floor muscles are also often weakened through hormonal changes in women's bodies, and through pregnancy and childbirth. Here we will discuss prevention and how to educate our clients.



Cheryl Dezotti

Director of the Nursing CPD Institute

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Nursing CPD Institute

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