

# **A Randomized Comparison of Hands-on versus Video-based Training Program Designed to Enhance Pelvic Floor Examination in Patients Presenting with Chronic Pelvic Pain**

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## **Objective**

The purpose of this study was to compare the effectiveness of hands-on vs video-based training of a comprehensive assessment of the pelvic floor musculature on a pelvic model.

## **Methods**

A randomized single-blinded trial was conducted between January 16 and November 19, 2018. 46 participants were enrolled and randomized to video (n=23) and hands-on (n=23) groups. Both groups underwent pretraining assessment that consisted of a written examination and an Objective Structured Clinical Examination (OSCE). Both groups had a didactic session. The video group then viewed an instructional video and the hands-on group underwent a hands-on training session with a pelvic floor physiotherapist. Both groups then underwent a post-training assessment. Primary outcome measure was the change in assessment scores from pre- to post-training. Secondary outcome measures were the change in the level of comfort with performing pelvic floor examination and usefulness of the training program for clinical practice.

## **Results**

The mean written assessment and OSCE scores improved significantly pre- and post-training in both hands on and video-based training groups ( $p < 0.001$ ). The mean written assessment scores improved from 15.6 (13.8-17.4) to 24.8 (23.4-26.2) and from 13.3 (11.5-15.1) to 24.3 (23.0-25.7) in hands-on and video groups respectively. The mean OSCE scores improved from 14.3 (12.5-16.1) to 26.5 (25.2-27.8) and from 11.7 (10.0- 13.5) to 24.4 (23.1-25.7) in hands-on and video groups respectively. There was no statistically significant difference in the degree of improvement of the mean written assessment scores ( $p = 0.19$ ), OSCE scores ( $p = 0.10$ ), and comfort level ( $p = 0.19$ ) between training groups. The training program was useful for clinical practice.

## **Conclusions**

Both video and hands-on are effective training methods. There is no difference in degree of improvement of assessment scores between both methods. This study presents a new effective multidisciplinary training program for teaching the assessment of the pelvic floor musculature to identify a possible muscular cause or contribution to chronic pelvic pain.