Men’s Pelvic Health: Exploration of Entry-Level DPT Curricular Content Based on a National Faculty Survey

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Objective
● To examine current entry-level content on MPH in DPT programs, perceived barriers to content delivery, and to support future entry-level curricular development.

Participants
● Program directors or faculty responsible for pelvic health content at CAPTE accredited DPT programs across the United States

Methods
● Online surveys sent to 239 DPT programs nationally
● Questions based on literature review and Boissonnault’s research
● Quantitative and qualitative data regarding MPH content collected:
  ○ Opinions
  ○ Hours taught
  ○ Topics covered
  ○ Barriers
  ○ Demographics

Results
● Response rate: 23% (55 programs)
● 60.0% strongly agree that MPH should be taught in entry-level DPT programs.
● 23.6% reported spending less than 1 hour teaching men’s pelvic health content.
● 63.3% reported “time” as the largest barrier.
● Qualitative themes: men’s pelvic health curriculum, barriers, plans for inclusion of men’s pelvic health content
● Sub-themes: lack of time in DPT curricula, faculty knowledge to instruct, viewed as a specialty PT, lack of curricular guidelines

Conclusion
● Basic MPH perceived as entry-level by participants and should be included in DPT curriculum.
● Lumbo-pelvic musculoskeletal dysfunction is a key component to evidence based practice.
● Male pelvis is an integral part of musculoskeletal dysfunction and perceived as important for entry-level identification and referral.
● MPH content delivery is inconsistent across programs.
● Barriers identified include: time constraints, experienced faculty, clinical importance.

Clinical Relevance
● Male pelvic musculoskeletal dysfunction treatment is an entry-level skill.
● MPH curricular content can improve clinical awareness of pelvic health options for male patients, leading to higher quality recognition and referral.
● Improvement of care provided by entry-level physical therapists.

Introduction
● The pelvis and its floor play an integral role in everyday quality of life for both women and men.
● Survey research on women’s health content in Doctor of Physical Therapy (DPT) programs has helped develop curricular structure for entry-level therapists.
● Characteristics of content presented on men’s pelvic health (MPH) in DPT programs is unknown.
● 2019: The Section on Women’s Health voted to change their name to the Academy of Pelvic Health to be all inclusive.

References