



The Pelvic Floor Masterclass: From Connection to Complexity

Date: 17th – 18th September 2026

Day 1: Navigating the Complexities

Advanced Interventions & The Gut-Brain Connection

17th September 2026

Time	Session Title & Details
08:45 – 09:00	Registration
09:00 – 09:10	Opening Introductions -Tatenda Marunda ACP/Lead Biofeedback practitioner

Time	Session Title & Details
09:10 – 11:10	The Multidisciplinary Journey: One Case, Four Perspectives—A Deep Dive into Complex DGBI (Dr Amarasinghe, Mr Giordano, Tatenda Marunda, Dr Sula Windgassen Health Psychologist, CBT Therapist and EMDR Therapist) We follow a single patient presenting with complex Disorders of Gut-Brain Interaction (DGBI), autonomic dysfunction, and evacuatory difficulties. Delegates will hear from the entire multidisciplinary team: • Case Introduction: History, red flags, and the initial working diagnosis. • The Gastroenterologist: Navigating the diagnostic framework of the gut-brain axis • The Psychologist / Psychiatrist: Managing central sensitisation and associated mental health considerations. • The Specialist Nurse: The art of patient coaching and holistic management. • The Surgeon: The difficult decision—when to operate and when to hold back. • The Panel: A collaborative discussion on formulating a unified care plan.
11:10 – 11:30	Coffee Break
11:30 – 12:00	Diet and IBS - Specialist Dietitian/ Nutritionist
12:00 – 12:40	Seeing the Unseen: Radiology in Practice – Dr Khalil Elgendy Consultant Radiologist From endoanal ultrasound to complex magnetic resonance imaging (MRI), exploring instances where imaging provides the crucial missing piece of the diagnostic puzzle.
12:40 – 13:00	Anorectal Physiology Testing- Alex Dennis/ Hannah Cuthbert Clinical Physiologist
13:00 – 14:00	Lunch

Time	Session Title & Details
14:00 – 15:00	Trans-Anal Irrigation (TAI): A Life-Changing Tool (Xiaoling Tang, Phoebe Dumarán, Lisa Allison, Tatenda Marunda) Beyond the mechanical principles of TAI, this session examines the clinical evidence and practical application across four challenging clinical scenarios: 1. Navigating TAI in patients with slow transit constipation. 2. Optimising outcomes for Obstructed Defecation Syndrome (ODS). 3. Managing TAI in pouch and inflammatory bowel disease (IBD) patients. 4. Utilising TAI in fistula management: weighing risk versus reward.
15:00 – 15:15	Short Break
15:15 – 16:00	The Future of Treatment: Neuromodulation—Rewiring the Path to Recovery A comprehensive evaluation of MoWoot, Sacral Neuromodulation (SNM), and Posterior Tibial Nerve Stimulation (PTNS), transitioning from foundational science to the clinical grey areas of modern practice: • Fundamentals: The physiological science underpinning neural stimulation. • Obstetric Anal Sphincter Injuries (OASI): Why neuromodulation is frequently considered the gold standard for obstetric trauma. • The Elderly Patient: A debate addressing the ethics and efficacy of neuromodulation in age-related muscle degeneration without direct sphincter damage.
16:00 – 16:15	Summary, Key Takeaways & Final Questions

Day 2: The Foundation of Care

Mastering the Art of Assessment & Practical Skills

18th September 2026

Time	Session Title & Details
08:45 – 09:00	Registration
09:00 – 09:10	Welcome: Moving from "Treating a Condition" to "Caring for a Person" Tatenda Marunda ACP/Lead Biofeedback practitioner
09:10 – 09:45	Anatomy and Physiology - Miss Yan Li Goh Consultant Surgeon
09:45 – 10:15	Listening Between the Lines: Trauma-Informed History & Consent – Annie Homagain ACP Pelvic health and IBD Imperial
10:15 – 10:45	Back to Basics: The Fundamentals of Pelvic Floor Assessment – Samantha Vincent and Hannah Beecham
10:45 – 11:05	Coffee Break
11:05 – 11:35	The Skilled Touch: Digital Rectal Examination - Tatenda Marunda ACP/Lead Biofeedback practitioner
11:35 – 12:10	The Whole Person: Psychosexual Assessment – Sr Denise Robinson -Matron St Marks Outpatients
12:10 – 13:00	The Practical on TAI, PTNS, Tensi and Anisys GO Biofeedback/Physiology- <i>Industry demonstrations and teaching</i> – Coloplast, Tensi, De Smit, BFB Team
13:00 – 14:00	Lunch & Networking
14:00 – 15:30	Skills in Motion: The Practical Workshop (Rotational Hands-On Stations) – BFB Team led session Delegates will work in small groups using anatomical mannequins to refine tactile skills and examination techniques: • Station 1: Rectal Assessment & Clinical Nuance • Station 2: Vaginal Assessment & Anatomy • Station 3: Understanding Prostate Assessment
15:30 – 16:00	Concluding Remarks, Feedback & Close