

Acupuncture in Women's Health

1 day CPD course – 7 hours CPD

A one day course integrating acupuncture into the management of women's health patients. The three areas covered will be:

1) Pelvic pain

Evidence for the use of acupuncture in conditions such as vulvodynia and other chronic pelvic pain conditions will be covered. Evidenced protocols will be described and unfamiliar points practiced.

Myofascial pelvic pain presentations typically seen will also be presented alongside how to use acupuncture to treat associated trigger points.

2) Urogynaecology acupuncture

The use of acupuncture for urinary incontinence, overactive bladder and associated symptoms will be presented. This will be a mix of both Western clinical reasoning and Chinese medicine reasoning in order to give a holistic approach.

3) Bowel disturbances

Acupuncture to assist with the treatment of faecal incontinence, chronic constipation and other bowel disorders will be described. Digestive disturbances such as IBS and bloating will also be explained within a Chinese medicine framework.