



SECTION ON WOMEN'S HEALTH-APTA MEDICAL MODELS FOR INTERNAL PELVIC ASSESSMENT

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Typically, participants in the pelvic health coursework will serve as both “patient” and “therapist.” However, if unable to participate as the “patient” for vaginal and rectal examination, a live-female model will be needed to fulfill the requirements of your participation due to the anatomical and sensitive nature of the pelvic health courses. In this document, you will find information, expectations, and requirements for the utilization of medical models during internal pelvic assessment coursework.

The Section on Women's Health holds the value of respect and dignity of all people. The following are the considerations and indications for the utilization of a medical model.

CONSIDERATIONS FOR POTENTIAL UTILIZATION OF A MEDICAL MODEL

Those who may be unable to participate in vaginal and rectal examination labs as the “patient,” including but not limited to the following:

- **A participant with a history of sexual abuse or trauma**
 - Statistics tell us approximately 1 in 4 women and 1 in 6 men have experienced sexual abuse; therefore, we are mindful of how participation as a “patient” in vaginal and rectal examination might impact a participant
 - Some participants with this history may experience an emotional response to participating as the “patient”
 - It is solely the participant's decision if a medical model will be preferred to participate as the “patient” in vaginal and rectal examination labs
 - It is solely the participant's decision to disclose any history to the instructor as necessary; any information shared would be maintained confidential
- **A participant with a history of pelvic pain or painful sexual activity**
 - Statistics tell us approximately 20% of females and up to 10% of males will experience pelvic pain at some point in their lives
 - Some participants with this history may experience physical discomfort and/or an emotional response to participating as the “patient” in vaginal and rectal examination
 - It is solely the participant's decision if a medical model will be preferred to participate as the “patient” in vaginal and rectal examination labs
 - If you decide to participate as the “patient” in labs, it is recommended the participant discloses current or history of pelvic pain to the instructor or lab assistants as appropriate
- **Those choosing not to participate in vaginal and rectal examination labs as the “patient”**

INDICATIONS FOR UTILIZATION OF A MEDICAL MODEL

Those unable to participate in vaginal and rectal examination labs as the “patient,” including but not limited to the following

- **Male participants**
 - Must provide a live-female model for all labs requiring internal and external vaginal and rectal examination
 - However, as a male participant in Pelvic Health Level's 2 and 3, you may choose to undergo a rectal examination to enrich your learning experience
- **Recent relevant surgical procedure without medical clearance**
- **Confirmed pregnancy (without documented medical clearance for FULL participation in vaginal and rectal labs)**
- **Suspected pregnancy (without documented medical clearance for FULL participation in vaginal and rectal labs)**
- **Postpartum before 6 weeks or prior to medical clearance for exam**
- **Active urinary tract, vaginal or rectal infections**
- **Active lesions from sexually transmitted infections**

The following conditions do not indicate the necessity for a medical model

- **Menstruation**
 - A participant actively menstruating **will** be able and expected to participate in all lab portions of the course as both the “therapist” and the “patient”
 - A menstrual cup will be provided to participants to enable internal examination

If a participant chooses to utilize a medical model, the following steps should be completed:

- Inform the Section on Women’s Health Office at admin@womenshealthapta.org that a model will be used.
 - Instructors will be informed to ensure an optimal learning environment
- It is the responsibility of the participant to locate and acquire a medical model for participation in vaginal and rectal examination labs.

THOSE WHO COULD SERVE AS A MEDICAL MODEL

The following includes those who could serve as a medical model: Live-females over the age of 18 including but not limited to

- Volunteers (ex: friends, classmates)
- Students of healthcare professions (ex: medical, nursing, PT)
- Relative (ex: sister, mother, aunt)
- Spouse or partner

Here are some additional considerations for how a participant might locate a medical model

- Contact a local professional physical therapy program to inquire of PT student interest
- Contact local professional medical/nursing/physician assistant programs and request information regarding their suggestions for medical models
- Contact the course site facilitator for potential suggestions or contacts

ATTENDANCE & PARTICIPATION REQUIREMENTS FOR MEDICAL MODELS

- A medical model must sign a participation consent form upon arrival and before participation as a “patient” examinee
- A medical model should arrive 15 minutes before the scheduled lab begins
 - The course time of arrival will be provided pending the individual course schedule and will be made available by the education and technology manager
- A medical model is only able to be present during vaginal and/or rectal examination labs
 - A medical model that is a licensed physical therapist or physical therapist assistant is able to be present for course lecture if paying the \$350.00 course auditing fee
 - If a medical model chooses to pay the auditing fee per above, the model will be able to be present for the lecture portion of the coursework and will receive the course manual materials
 - The medical model/auditor will only participate in the labs as the “patient” to fulfill their live-model requirements
 - The medical model will not participate as the “therapist” during lab portions of coursework as auditors do not have lab participation privileges
- A medical model is only able to participate as a model for one participant; i.e. participants will not be able to share models

STANDARD PAYMENT FOR A MEDICAL MODEL

- A typical cost for a medical model is approximately \$50-75 per hour
- However, each participant may negotiate individual rates of payment for medical models
- Models are typically required for 2 labs per day for approximately 1-2 hours for each lab
 - Amount of labs occurring and the amount of time spent in lab varies between courses
 - Information regarding the course time ordered agenda can be available from the education and technology manager

WHAT YOU SHOULD COMMUNICATE TO THE MEDICAL MODEL

Below is the information the course participant should communicate to the medical model:

- Components, techniques and considerations of the vaginal and/or rectal examination
 - Internal and external vaginal and/or rectal assessment will be performed during pelvic course labs
 - Pelvic Health Level 1, Pelvic Health Level 2-Pelvic Pain and Gynecologic Visceral Manipulation includes vaginal examination and intervention techniques
 - Pelvic Health Level 2-Bowel Dysfunction and 3 include both vaginal and rectal examination and intervention techniques
 - Insertion of an internal electrode for surface EMG/biofeedback and/or electrical stimulation will be performed during some pelvic course labs
 - Pelvic Health Level 1 includes vaginal insertion of an internal electrode
 - Pelvic Health Level 3 may include both vaginal and/or rectal insertion of an internal electrode

- Other course participants will be present in the room during completion of the vaginal and/or rectal examination labs
 - Sheets are provided for optimal privacy and draping; however, vaginal and/or rectal anatomy will be visible to enable optimal learning for the participant
- Models are typically required for 2 labs per day for approximately 1-2 hours for each lab
 - Amount of labs occurring and the amount of time spent in lab varies between courses
 - Information regarding the course time ordered agenda can be available from the education and technology manager
- Vaginal and/or rectal lab participation is similar to and poses no greater risk than a gynecologic examination
- The risks of participation include, but are not limited to
 - Perineal, vaginal and/or rectal discomfort/soreness or pain during and/or following the examination
 - Risk of infection similar to that of a gynecological pelvic examination
 - Trunk muscle soreness and joint soreness including the abdomen, buttock, legs, pelvic joints and coccyx
 - Unexpected emotional reaction to being touched in the genital area