College of
HEALTH AND CARE
PROFESSIONALS OF BC

INTRAPELVIC HEALTH

Certification Program

The *Health Professions and Occupations Act*'s **Health and Care Professionals Regulation** authorizes certified physical therapists to insert an instrument, device, hand or finger beyond the labia majora or anal verge for the purpose of assessing or treating the pelvic floor.

CHCPBC acknowledges that the full breadth of intrapelvic health cannot be addressed within one course.

This certification program provides flexibility for physical therapists to choose the area(s) of intrapelvic health they wish to practise. Certification is granted as one certified practice, but the course work supporting the application must align with at least one of the 7 competency profiles in the **Competency Framework for Intrapelvic Health**. Once certified, physical therapists may expand into additional areas of intrapelvic health practice by completing further learning aligned with the relevant competency profile, without applying for a separate certified practice.

To apply for certification in intrapelvic health, a Full licensee in good standing must start and complete the required course work and evaluated practice within the 3 years immediately before applying for the certified practice.

Licensees who require longer than 3 years to complete certification program requirements may request an extension by emailing **certification@chcpbc.org**. Extension requests are reviewed and approved by the Licence Committee.

Course requirements

The following course requirement informs the minimum knowledge and skills needed for providing intrapelvic health ethically, competently, and safely.

The **course work must include a minimum of 30 hours** of education on the assessment and treatment of intrapelvic health, offered by a private organization or university, inclusive of evaluated theory and practice.

The course requirement may be met through **one course or a combination of courses**. For example, a course that covers only intrapelvic theory may be complemented by another course that includes evaluated practical training.

Course selection

The College of Health and Care Professionals of BC does not approve, endorse, or accredit courses for intrapelvic health. It is the physical therapist's responsibility to reflect on their individual learning needs, the needs of the patient population they serve, and the content of available courses when selecting continuing education.

When selecting courses, physical therapists must ensure that their education and evaluated practice support the learning objectives and competencies in the **Competency Framework for Intrapelvic Health**.

The framework includes 7 competency profiles, each focused on a different area of intrapelvic health practice.

To meet the certification course requirement, a physical therapist must complete learning that addresses all learning objectives and competencies for at least one complete competency profile. The 7 competency profiles are:

- Urinary disorders
- Intrapelvic pain
- Gastrointestinal and anorectal disorders
- Pelvic prolapse and pessaries
- Pediatric pelvic health
- Pelvic neurological disorders, and
- Other intrapelvic health concerns (e.g., frailty syndrome, mutilation, support with gender affirming care, oncology, etc.)

Licensees must provide proof of successful course completion and evaluated practice for the competency profile they are relying on for certification.

Mentorship

Licensees who are newly certified to practise intrapelvic health are strongly recommended to seek mentorship with an experienced physical therapist or other authorized health professional soon after obtaining the authorization to practice intrapelvic health from CHCPBC.

Mentorship is based on a supportive relationship between an experienced healthcare professional and a less experienced one. It is collaborative and includes reciprocal learning and long-term professional development. Common learning approaches include observation of experienced clinicians, case-based discussions, reflective practice, and peer consultation, and are supportive of ethical, competent, and safe practice.

Licensees may refer to the **Certified Practices** web page for information on mentorship. Licensees are responsible for identifying a suitable mentor. The College does not review and approve mentorship programs.

Proof of Recent Practice

Licensees who completed the course requirements more than 3 years before applying may still be considered eligible if they can demonstrate that they have been practising intrapelvic health continuously within the 3 years immediately before their application. This exception applies where the licensee is authorized to practise intrapelvic health in another jurisdiction and provides proof of recent, active intrapelvic health practice.

References

CHCPBC Certified Practices web page
CHCPBC Bylaws, section 7
CHCPBC Ethics and Practice Standards
Profile of Essential Competencies for Physical therapists in Canada

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