Diagnosing Pelvic Floor Dysfunction in a Military Sexual Trauma Survivor Using a Trauma Sensitive Approach



Sheila A. Dugan MD, Patrice Trowbridge, Vanessa Tirone, Ryder Moses-Kessler MD, MS - Physical Medicine and Rehabilitation, Rush University Medical Center Road Home Program—Chicago, IL

Military Sexual Trauma (MST): Definition and Statistics per the VA

MST is any experience, against one's will, of sexual activity, assault, or threatening sexual harassment during military service

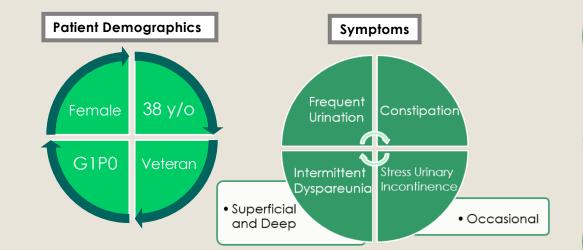
Prevalence of MST

- 1 in 3 women
- 1 in 50 men

Treatment

- FREE of charge
- Every VA health care system has a designated MST coordinator

Setting: Road Home Program: 3 week intensive outpatient program for PTSD and Military Sexual Trauma (MST)



Constipation High Tone Pelvic Floor Intermittent Stress Urinary Incontinence Overactive Bladder

Trauma History



Trauma-Sensitive Pelvic Evaluation

Preceding Explanation

- Written description
- Prior to program
- What is a pelvic floor evaluation

Exam Description

- · While patient clothed
- Verbal
- Models/Pictures

Empowerment

- Patient driven
- Take breaks
- Stopping exam

Relaxation Techniques

- Diaphragmatic breathing
- Guided imagery

Attentive Active Listening

- Provider awareness
 - Active communication
- Check-in