

Integrating Conservative Management into Female Pelvic and Sexual Health: A Multidisciplinary Approach



THURSDAY,
5TH NOV 2026



10:15 PM
11:45 PM

(GMT +4)



King Abdullah International Convention Centre,
Jeddah, KSA | Room 3

COURSE DESCRIPTION

Pelvic floor dysfunction is highly prevalent yet remains underdiagnosed and undertreated in female urology, significantly impacting stress urinary incontinence (SUI), pelvic organ prolapse (POP), and sexual function. This course addresses current gaps in integrating advanced diagnostics, surgical management, and conservative treatment. Designed for urologists, residents, fellows, and allied professionals, it provides evidence-based strategies to improve functional outcomes and patient quality of life. Participants will gain practical tools to enhance clinical decision-making, optimize treatment selection, and effectively integrate pelvic floor rehabilitation into routine urological care through a multidisciplinary approach.

LEARNING OBJECTIVES

At the end of this session, attendees should be able to:



Identify key mechanisms of pelvic floor dysfunction in female urological conditions.



Interpret the role of urodynamic testing in guiding treatment selection.



Evaluate surgical indications and expected functional outcomes in SUI and POP.



Explain the clinical indications of pelvic floor rehabilitation in urological care.



Integrate multidisciplinary strategies to improve patient outcomes and quality of life.

COURSE DIRECTOR



Salma Sebraoui
Spain

FACULTY



Mariam Malallah
Kuwait



Wally Mahfouz
Egypt

AGENDA

10:15 - 10:25	Building the Foundation: How do we assess a woman with pelvic floor dysfunction?	Mariam Malallah, Kuwait
10:25 - 10:40	Pelvic Floor Physiotherapy: When to Treat and When to Refer?	Salma Sebraoui, Spain
10:40 - 10:55	Pelvic Floor Rehabilitation in Practice: What does a pelvic floor physiotherapist actually do?	Salma Sebraoui, Spain
10:55 - 11:05	Before the Scalpel: Can we optimize outcomes without surgery?	Mariam Malallah, Kuwait
11:05 - 11:20	Pandora's Box: Unleashing the Secret: What is normal female sexual function, and why should every clinician ask about it?	Wally Mahfouz, Egypt Salma Sebraoui, Spain
11:20 - 11:35	Breaking the silence and building connections: How do we confidently assess and manage female sexual dysfunction in everyday clinical practice?	Wally Mahfouz, Egypt
11:35 - 11:45	Q&A and Discussion	All Faculty

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