

Practices may wish to evaluate and document the competences of the APPs in their office. This **Training Guide Evaluation Form** has been developed to provide a systematic approach to a competence-based assessment. The evaluation has been divided into two levels:

- Level One – APP is new to urogynecology (up to 2 years’ experience)
- Level Two – APP has experience working in a gynecologic/urogynecologist practice (2 plus years’ experience)

When **Level Two** is completed, APP would be managing interactions independently, accessing consultation at the discretion of the APP, and/or in accordance with individualized practice guidelines and state-specific regulatory statutes. An APP that has achieved Level Two would focus on maintaining Urogynecology-focused Technical Skills by attending related educational meetings/courses.

LEVEL ONE	
(APP is new to urogynecology, and shadowing mentors and/or co-examining and co-managing patients.)	
Competence	Date Achieved/Initials
Describe basic abdominal, pelvic, and pelvic floor anatomy, and distinguish abnormal findings	
Describe basic normal pelvic floor physiology and functional anatomy	
Describe pathophysiology of stress urinary incontinence (SUI), overactive bladder/urgency urinary incontinence (OAB/UUI), and pelvic organ prolapse (POP)	
Describe risk factors, symptoms, expected physical exam findings for SUI, OAB/UUI, POP	
Identify resources to inform clinical urogyn questions (texts, online tools and websites)	
Obtain comprehensive urogynecology history from women who report pelvic floor symptoms at both new and return visits, including assessment of quality of life and symptom bother	
Perform advanced pelvic examination including neurologic components, POP-Q examination, pelvic muscle evaluation for function and pain, and vaginal and/or rectal examination as appropriate	
Perform basic bladder function assessment including uroflow interpretation, post void residual (straight catheter and ultrasound scanner), and appropriate testing for urinary infection and hematuria	
Provide evidenced-based dietary and behavioral counseling regarding constipation and bowel dysfunction	
List abnormal findings related to pelvic floor symptoms that would indicate need for urgent referral (e.g. unexplained weight loss, bleeding, acute pain, atypical findings)	
Formulate basic differential diagnoses for pelvic floor conditions	
Interpret findings and describe basic management options to women with varied levels of education and understanding	
Formulate an initial management plan for uncomplicated pelvic floor disorders, working with each woman to incorporate her values and preferences, and reviewing options at a basic level (behavioral, physical therapies, devices, surgeries)	
Provide education related to specific behavioral strategies to women with uncomplicated OAB/UUI, SUI, and POP	
Describe basic pharmacologic management for women with uncomplicated OAB/UUI, SUI, and POP	
Demonstrate ability to use setting’s medical record, including problem lists/coding, visit documentation, order entry and result retrieval and follow-up	
Demonstrate basic understanding of cost-effective care	
Utilize appropriate terminology to describe pelvic floor function	

LEVEL TWO

(APP is ready to see women without direct oversight, but may be reviewing select cases with a mentor.)

Competence	Date Achieved/Initials
Demonstrate basic knowledge of abnormal pelvic floor anatomy and physiology	
Assess bowel dysfunction (stool and symptom history, physical examination, any indicated laboratory testing or imaging, differential diagnosis)	
Demonstrate ability to perform or interpret complex urodynamics, anal manometry, pelvic floor physical therapy and biofeedback	
Demonstrate ability to interpret common laboratory results (urine microscopy, urine and vaginal yeast culture and sensitivity, pathology reports) and imaging results	
Demonstrate application of basic surgical principles, including informed consent, universal precautions, aseptic technique, and handling of tissue biopsies	
Formulate comprehensive patient-centered management plans for women with common comorbidities (e.g. hypertension, diabetes, obesity, mobility-impairment, anxiety/ depression)	
Formulate comprehensive patient-centered, management plans with women with recurring or chronic pelvic floor disorders	
Describe general algorithms for management of higher-risk findings (e.g. asymptomatic microscopic hematuria, gross hematuria, non-responsive OAB, under-active bladder/urinary retention, chronic constipation, pelvic pain syndromes)	
Discuss treatment options, risks and benefits with women and their families, guiding formulation of realistic initial treatment goals and correlated management options	
Counsel	
Provide education on behavioral strategies to women with complicated OAB/UUI, SUI, and POP	
Provide pre- and post-operative counseling	
Describe pharmacologic treatment options for women with pelvic floor disorders complicated by multiple medication use	
Determine need for consultation, referral, or transfer of women with complex pelvic floor disorders, adverse responses to treatment, or comorbidities	
Monitor own practice outcomes to improve practice	
Participate in patient-safety tracking/quality improvement projects and systems analysis	
Incorporate cost awareness into clinical decision-making (formulary and generic drugs, tailored diagnostic tests)	