

## **Standards for urodynamics training: Background**

The ICS now recommends standards for urodynamics training programs and is prepared to recognize programs that conform to those standards. The recommendations cover programs intended to train beginners in how to perform and interpret urodynamics. They are framed in a way that is applicable all over the world, with variations to suit local conditions.

Organizers of urodynamics courses and training programs that conform to the standards are invited to apply for ICS recognition.

Draft recommendations were presented to the education committee of the ICS and – in outline – to the Annual General Meeting of the ICS in Heidelberg, Germany, August 2002. They have been revised and finalized after being placed on the ICS web site for discussion.

June 1, 2003

## **International Continence Society: Standards for urodynamics training**

The International Continence Society, as the world's largest and most authoritative interdisciplinary society devoted to urodynamics and urinary tract function, intends to recommend standards for training programs in practical urodynamics worldwide and to recognize programs that conform to those standards. The training envisaged will be directed to those actually performing urodynamic investigations in day-to-day practice, especially beginners or those with limited experience who at present have little access to formal training. Such training is therefore not restricted to any particular professional group or groups. ICS standards for training in urodynamics will include attendance at a recognized course together with evidence of experience and competence.

The proposal covers only standards for programs intended to train new or inexperienced urodynamics technicians – nurses, radiology technologists, physical therapists, other paramedicals, or physicians – in how to perform urodynamics. Clinical consequences and treatment are not included because in some countries they are outside the professional scope of those performing urodynamics. The standards do not include testing of individuals, and do not lead to any formal qualification. Recognition of a training program merely implies that it provides a practical course suitable for beginners that reaches a certain minimum standard. Adherence to ICS standards is not mandatory for any course or program, existing or future. It is expected that existing programs will continue, attracting trainees on the basis of their own reputations. However, since the ICS-recommended standards are not onerous, simple modifications will usually be sufficient to obtain ICS recognition if desired. No specific grandfathering arrangements are proposed.

The use made of ICS standards will differ from country to country. In some countries they may be used by national or regional organizations as a basis for certificate programs for urodynamics technicians, perhaps supplemented with testing or other requirements. Other countries may wish to maintain their own, separate standards for basic urodynamics training. It is not expected that the existence of ICS standards will affect postgraduate training of specialists or existing continuing education programs for health care professionals in any country, as these have a different target audiences and different content. In future, other ICS standards, directed at different types of training, may be introduced. These are not discussed in this document.

### **A. ICS standards for urodynamics training**

A training program in urodynamics that conforms to ICS standards will include:

- I. Attendance at a **recognized urodynamics course**, as evidenced by a certificate of attendance
- II. A summary of participant's **urodynamic experience**
- III. A minimum of 30 cases examined by the participant, as evidenced by a **logbook**

#### IV. More detailed presentations of a minimum of 5 cases from the logbook

Steps II, III and IV should be assessed as satisfactory by an individual or body acceptable to the organizer of the recognized course and the ICS. The course and steps II-IV do not have to be completed at the same time. However, training will not conform to the standards until all 4 steps have been performed.

#### B. Urodynamics training courses

To conform to ICS standards, a urodynamics training program must include a course that satisfies the following requirements.

1. Its content and approach conform to the current published recommendations of the International Continence society (see: [www.icsoffice.org](http://www.icsoffice.org) )
2. It provides at least 18 contact hours of instruction and training.
3. It provides a combination of lectures and instruction in principles and practical techniques, including the following topics:
  - *Principles and background:*
    - i. basic principles and overview of urodynamics
    - ii. overview of anatomy and physiology of the lower urinary tract
    - iii. significance of urinary symptoms
    - iv. neurophysiology and neurogenic bladder dysfunction
    - v. effect of pelvic floor dysfunction on the lower urinary tract
  - *Urodynamic techniques:*
    - vi. uroflowmetry
    - vii. filling and voiding cystometry
    - viii. videourodynamic studies
    - ix. urethral pressure profilometry
    - x. abdominal and detrusor leak point pressures
    - xi. adaptation of technique to specific patient groups, e.g., pediatric and neurological patients
    - xii. ambulatory monitoring
    - xiii. indications for various urodynamic techniques
  - *Urodynamics in practice:*
    - xiii. how to set up and use equipment
    - xiv. how to conduct a study
    - xv. live urodynamic studies viewed by real time CCTV link or by actual presence in the urodynamics laboratory
  - *Interpretation of studies:*
    - xvi. recognition of clinically significant events and characteristics of urodynamic studies
    - xvii. misinterpretation of urodynamic studies and artifacts

4. Participants receive a course book that describes in detail the topics to be covered.
5. A formal evaluation of the course by the participants is included.

### C. Summary of urodynamic experience (Requirement II)

#### The following should be documented:

*Institution(s) or clinic(s) where experience has been gained*

*Dates of starting (and completion if relevant)*

*Supervising urodynamicist(s) or mentor(s)*

Since these courses are intended for those with relatively limited experience, this experience should have been gained under the guidance of a more experienced urodynamicist. This supervisor or mentor should be prepared to provide a reference confirming the stated urodynamic experience

*Urodynamic skills acquired (those that apply to be checked):*

Note that participants' actual urodynamic experience is not required to cover all possible skills and techniques. It is therefore not required that every box on the list below be checked: **mandatory** skills are shown in **bold** type. However, participants would be expected to have some knowledge and understanding of all of the topics on the list, whether checked or not.

- history taking**
- understanding of pre-urodynamic testing to exclude other pathologies** (e.g. urinalysis or dipstick)
- physical examination and pelvic floor assessment

*Urodynamic technique:*

- setting up and checking calibration of equipment**
- uroflowmetry and post-void residual measurement**
- filling and voiding cystometry**
- videourodynamics
- urethral function tests
- ambulatory testing
- neurophysiological testing (e.g. bulbocavernosus reflex, sacral dermatome sensation)

#### **D. Logbook (Requirement III)**

The logbook should comprise a list of patients examined by the participant (either independently or under the supervision of a more experienced urodynamicist). The list should include patients' sex, age, and symptomatic complaints (for example, "symptoms of urge incontinence" or "poor stream, recurrent UTIs"), the urodynamic tests performed, and the urodynamic findings. A minimum of 30 patients is required. Depending on the participant's practice, a mixture of male, female, pediatric, neurological and/or geriatric patients with a range of pathologies should be included.

#### **E. Case presentations (Requirement IV)**

At least 5 of the cases in the logbook should be presented in more detail, and should cover an appropriate range of patients and pathologies. In addition to the logbook data described above the presentations should include: copies of the urodynamic traces with the participant's annotations clearly written on them; a critical assessment of the traces, including artefacts; and comments on the relation of the urodynamic findings to the patient's symptoms (e.g., whether the symptoms were reproduced).

#### **F. Application for recognition**

To apply for ICS recognition of a urodynamics training program, the program organizer should submit to the ICS education committee (c/o the ICS Office) evidence that the program conforms to ICS standards, as follows:

- a course outline and the course schedule, in English;
- copies of all course materials, including the course book or handout and a blank copy of the evaluation form; these need not be translated into English.

In addition, the program organizer must specify how and by whom the participants' experience, logbook, and case presentations will be assessed. Assessment may be delegated to an appropriate professional body.

The application for recognition should be accompanied by a non-refundable fee of €100.

Since the language of the course materials may vary, in order to assess them the ICS education committee will make use of its multinational membership. If necessary a speaker of the language in question will be asked to assist the committee.

The ICS will determine whether the training program conforms to the standards set out in Section B, on the basis of the submitted material. If the submitted material is insufficient for this purpose, the ICS reserves the right to send an observer to one of the courses. Reasonable travel and accommodation expenses for the observer will be borne by the applicant.

If the application is approved, recognition will be granted for a period of 3 years. To apply for renewal, the program organizer should again submit the materials listed above, together with lists of the participants in each of the courses organized in the preceding 3 years and copies of their evaluation forms.

Organizers of ICS-recognized courses may indicate ICS recognition in publicity material or on certificates of attendance by the following statement (or its equivalent in the appropriate language):

*“Attendance at this course fulfils part of the requirements for completion of a urodynamics training program recognized by the International Continence Society.”*

A list of recognized training programs will be maintained on the ICS web site.

### **G. Review of standards and requirements**

The ICS standards and requirements for training programs will be reviewed periodically by the ICS education committee and revised as necessary. On submission for recognition or renewal, programs should conform to the most recent revision.