



Society for Continence (Singapore)

# Continence Management Course

27 - 29 Aug 2026

CPE Accredited



# Continence Management Course 2026

**W**elcome to Continence Management Course, 2.5 day program designed to provide healthcare professionals with a comprehensive and practical understanding of bowel and urinary continence. This event covers the anatomy and physiology of micturition, key types and consequences of urinary incontinence, overactive bladder and the management of neurogenic and stress urinary incontinence, as well as bowel related topics covering fecal incontinence and constipation. Emphasis is placed on clinical assessment through structured history taking, physical examination, bladder diaries, and urodynamic evaluation. Interactive workshops will strengthen practical skills in patient assessment, documentation, and diagnostic interpretation, bridging theory with real world clinical practice.

**27 - 29 Aug 2026**



**Lifelong Learning Institute**

11 Eunos Rd 8, Singapore 408601

[www.sfcs.org.sg](http://www.sfcs.org.sg)

To Register,  
Scan Here



or

**TAP ME**



# Contenance Management Course 2026

## Programme

Day 1: 27 Aug (Thu)



Lifelong Learning Institute  
11 Eunos Rd 8, Singapore 408601

- 7:30 – 8:00 am Opening Ceremony *by: President Dr Surendra Mantoo*
- 8:15 – 8:40 am Anatomy and Physiology of Micturition *by: Dr Tricia Kuo*
- 8:40 – 9:00 am Types and Causes of Urinary Incontinence *by: Dr Ng Lay Guat*
- 9:00 – 9:15 am Consequences of Incontinence *by: Ms Liang Qing*
- 9:15 – 9:40 am Overactive Bladder *by: Dr Yeow Siying*
- 9:40 – 10:00 am Stress Urinary Incontinence *by: Dr Neo Shu Hui*
- 10:00 – 10:30 am Tea-break
- 10:30 – 10:55 am Management of Neurogenic Bladder *by: Dr Yong Jin*
- 10:55 – 11:20 pm History Taking and Physical Assessment *by: APN Zhuo Guoshuang*
- 11:20 – 11:40 pm Bladder Diary *by: Ms Sarah Chen*
- 11:40 – 12:00 pm Basic Urodynamics *by: Dr David Consigliere*
- 12:00 – 1:00 pm Lunch

### DAY 1 Workshop

- 1:00 – 2:30 pm History taking (Group A&B) *by: Ms Zhuo Guoshuang*
- 2:30 – 3:00 pm Tea break
- 3:00 – 4:00 pm Bladder diary (Group A) *by: Ms Sarah Chen*
- 3:00 – 4:00 pm Urodynamics (Group B) *by: Ms Song Kun*
- 4:15 – 5:15 pm Urodynamics (Group A) *by: Ms Song Kun*
- 4:15 – 5:15 pm Bladder diary (Group B) *by: Ms Sarah Chen*



# Contenance Management Course 2026

## Programme

Day 2: 28 Aug (Fri)



Lifelong Learning Institute  
11 Eunos Rd 8, Singapore 408601

7:30 – 8:00 am	Registration
8:00 – 8:30 am	Pharmacotherapy for Urinary Incontinence and Retention <i>by: Ms Selina Cheong</i>
8:30 – 9:00 am	Paediatric Urinary Incontinence <i>by: Dr Fay Li</i>
9:00 – 9:30 am	Urinary Incontinence in Frail Elderly <i>by: Dr Tay Poh Peng</i>
9:30 – 10:00 am	Bladder Pain Syndrome <i>by: Dr Melissa Tay</i>
10:00 – 10:30 am	Tea-break
10:30 – 11:00 am	Surgical Options for Intractable Urinary Incontinence <i>by: Dr Park Joon Jae</i>
11:00 – 11:30 am	Bladder Re-education <i>by: Ms Sarah Chen</i>
11:30 – 12:00 pm	Pelvic Floor Management <i>by: Ms Rachel Tang</i>
12:00 – 1:00 pm	Lunch

### DAY 2 Workshop

1:00 – 2:00 pm	Bladder Re-education (Group A) <i>by: Ms Sarah Chen</i>
1:00 – 2:00 pm	PFMT (Group B) <i>by: Ms Rachel Tang</i>
2:00 – 3:00 pm	Bladder Re-education (Group B) <i>by: Ms Sarah Chen</i>
2:00 – 3:00 pm	PFMT (Group A) <i>by: Ms Rachel Tang</i>
3:00 – 3:30 pm	Tea-break
3:30 – 4:30 pm	Clean Intermittent Catheterisation (Group A) <i>by: Ms Liang Qing</i>
3:30 – 4:30 pm	1. Catheter and Continence Aids (Group B) <i>by: Ms Diana Chua</i> 2. IAD <i>by: Ms Adeline Sim</i>
4:30 – 5:30 pm	1. Catheter and Continence Aids (Group A) <i>by: Ms Diana Chua</i> 2. IAD <i>by: Ms Adeline Sim</i>
4:30 – 5:30 pm	Clean Intermittent Catheterisation (Group B) <i>by: Ms Liang Qing</i>



# Continence Management Course 2026

## Programme

Day 3: 29 Aug (Sat)



Lifelong Learning Institute  
11 Eunos Rd 8, Singapore 408601

- 7:30 – 8:00 am Registration
- Symposium 1: Bowel Dysfunction & Fecal Incontinence**
- 8:00 – 8:25 am Anatomy and Physiology of Bowel Function: Foundations for Understanding Fecal Incontinence *by: Dr Lee Yao Zong*
- 8:25 – 8:55 am Clinical Presentation and Diagnostic Approach to Fecal Incontinence *by: Dr Surendra Mantoo*
- 8:55 – 9:20 am Contemporary Management of Fecal Incontinence: From Conservative Therapy to Advanced Interventions *by: Dr Cherylin Fu*
- 9:20 – 9:35 am Q&A *by: Ms Sarah Chen*
- 9:35 – 10:00 am Tea-break
- Symposium 2: Management of Constipation**
- 10:00 – 10:25 am Etiology of Constipation *by: Dr Aloysius Tan*
- 10:25 – 10:50 am Management of Constipation *by: Dr Karen Chan*
- 10:50 – 11:15 am Nurses' Role *by: Ms Madalinah Tan*
- 11:15 – 11:30 pm Q&A
- 11:30 – 11:40 pm Closing Ceremony *by: Dr Lim Jit Fong*
- 11:40 – 11:45 pm Course Evaluation

