



01 .Oct. 2025 | Venue: Itqan - Clinical Simulation & Innovation Center - Doha- Qatar

# Comprehensive Management of Chronic Prostatitis Chronic Pelvic Pain Syndrome (CP/CPPS): A Multidisciplinary Approach

## Hands On Workshop

### Targeted Candidates



Urologists



Urology Residents



Medical Students



Time Period  
4 Hours

### Workshop Director



Dr. Ahmed Majzoub

### Faculty

- Dr. Ayman Alnaqa
- Dr. Ahmad Elamin
- Dr. Ajemsha Sharafeddine
- Dr. Omer Aqel
- Mr. Fadi Qasem

### Workshop Structure

#### Didactic Session (120 minutes):

| Time   | Topic   | Speaker                      | Key Points  |
|--------|---|------------------------------|---|
| 20 min | Phenotype-Based Treatment Approaches for Men with CP/CPPS   | Urologist                    | Explore the different phenotypic classifications of CP/CPPS and how they influence treatment strategies, review NIH-CPSI-based phenotyping, targeted pharmacological treatments, physical therapy integration, and the role of psychological support in personalized care         |
| 20 min | Chronic Orchialgia: Treatment Strategies and Clinical Challenges  | Urologist                    | Overview of the etiology, diagnostic approach, and management of chronic orchialgia   |
| 20 min | The Muscular Component of Pelvic Pain: The Physiotherapist's Role in CP/CPPS Management                         | Physiotherapist              | Highlight the role of pelvic floor dysfunction in CP/CPPS and the importance of physiotherapy in symptom relief   |
| 20 min | Psychological and Behavioral Considerations in CP/CPPS: A Mental Health Perspective                             | Mental Health Specialist     | Examine the psychological impact of CP/CPPS, including stress, anxiety, and depression. The session will discuss cognitive-behavioral therapy (CBT), mindfulness techniques, and psychosexual counseling as essential components of a holistic treatment approach                 |
| 20 min | Gynecological Perspectives on Chronic Pelvic Pain Syndromes in Women: Insights for a Multidisciplinary Approach | Gynaecologist                | Explore chronic pelvic pain syndromes in women and their relevance to CP/CPPS. And pathophysiological mechanisms, diagnostic challenges, and treatment strategies, emphasizing the role of interdisciplinary collaboration in patient care  |
| 20 min | Low-Intensity Shockwave Therapy (LiSWT) as a Treatment Modality for CP/CPPS                                     | Urologist or Pain Specialist | Evaluate the role of LiSWT in the management of CP/CPPS, including its mechanism of action, treatment protocols, and current clinical evidence. The session will review patient selection criteria, expected outcomes, and integration of LiSWT with other therapeutic modalities |

## Practical Session (120 minutes):

1. **Low-Intensity Shockwave Therapy (LiSWT) for CP/CPPS** – Instructor: Urologist – Hands-on practice: Proper setup, energy intensity selection, and application techniques for LiSWT.
2. **Myofascial Release Techniques for CP/CPPS** – Instructor: Physiotherapist – Hands-on practice: Identifying and releasing pelvic floor trigger points through manual techniques.
3. **Transcutaneous Electrical Nerve Stimulation (TENS)** – Instructor: Physiotherapist – Hands-on practice: Device setup, electrode placement, and programming for pain relief in CP/CPPS.
4. **Trigger Point Injections** – Instructor: Urologist – Hands-on practice: Identifying trigger points and administering injections for pelvic pain relief.
5. **Spermatic Cord Block** – Instructor: Pain Specialist or Urologist – Hands-on practice: Techniques for performing spermatic cord blocks to alleviate pelvic pain.

## Learning Outcomes

- Identify the pathophysiology and multifactorial nature of CP/CPPS.
- Perform diagnostic evaluations to differentiate CP/CPPS from other pelvic pain syndromes.
- Implement multidisciplinary management strategies, including pharmacological, physical, and psychological therapies.
- Apply hands-on techniques such as LiSWT, myofascial release, TENS, trigger point injections, and spermatic cord blocks in clinical practice.

## Evaluation and Certification

- Participants will complete pre- and post-workshop evaluations to assess knowledge and skills gained.
- Certificates of completion will be awarded to participants who complete the workshop and demonstrate competence in hands-on techniques.

**Workshop fee per attendee: 150\$**

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