



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\$

**For registration please fill the form
at the end of the previous page**



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