

Irmina Nahon
Associate Professor
Physiotherapy



Biography

Dr Irmina Nahon graduated with a Bachelor of Applied Sciences (Physiotherapy) from the University of Sydney in 1991. She has since developed a strong interest in Pelvic Floor rehabilitation and has a Post Graduate Certificate in Continence and Pelvic Floor Physiotherapy from Melbourne University (2000) and a Master of Physiotherapy from the University of South Australia (2003). In November 2011, she was awarded her PhD entitled "Assessment and Management of Male Urinary Incontinence" from the University of Sydney.

Irmina works as a pelvic floor physiotherapist in a private practice and is Associate Professor and Professional Practice Coordination at the University of Canberra. She is an active member of the International Continence Society, the Continence Foundation of Australia, and the Australian Physiotherapy Association's Men's and Women's Health group. Irmina is an active member of the Clinical Research, Rehabilitation and Translation group in the Faculty of Health. Irmina is very passionate about continence promotion, as well as research into the assessment and management of incontinence. She has published many peer reviewed articles and presented at the International Continence Society meeting, the Australasian Prostate Cancer conference and at the National Conference on Incontinence. Dr Nahon also does research in the area of Clinical Education.

Biography

I am currently available to supervise Higher Degree by Research Students in the following areas (subject to faculty/institute capacity and approval)

Conservative management of post prostatectomy Incontinence

Physiotherapy management of pelvic floor dysfunction

Management of persistent pelvic pain

Clinical education of physiotherapy students

Qualifications

PhD, Assessment and management of male urinary incontinence, University of Sydney
Award Date: 25 Nov 2011

Master, master of Physiotherapy, University of South Australia
Award Date: 7 Apr 2004

Post Graduate Certificate in Continence and Pelvic Floor Rehabilitation, University of Melbourne
Award Date: 17 Nov 2000

Bachelor, Bachelor of applied sciences (Physio), University of Sydney
Award Date: 11 Nov 1991

Research outputs

Assessment of the bearing-down manoeuvre in pregnancy and detection of paradoxical levator ani muscle contraction using 2D transperineal ultrasound and vaginal palpation: a concurrent validity and inter-rater reliability study

Murdoch, J., Nahon, I., DeVitry-Smith, S., Bernardi, E. & Woods, T., 16 Oct 2023, (E-pub ahead of print) In: BJOG: an International Journal of Obstetrics and Gynaecology. p. 1-5 5 p.

Association Levels Between Results from a Therapeutic Educational Program on Women Suffering from Genito-pelvic Pain Penetration Disorder and Their Socioeconomic Status

Lopez-Brull, A., Perez-Dominguez, B., Canton-Vitoria, L., Plaza-Carrasco, M., Casaña, J. & Nahon, I., Sept 2023, In: Sexuality Research and Social Policy. 20, 3, p. 1180-1187 8 p.

Assessing Sexual Functioning with the Female Sexual Function Index in Women Suffering from Genito-Pelvic Pain Penetration Disorder Undergoing a Therapeutic Educational Program

Lopez-Brull, A., Perez-Dominguez, B., Blasco-Ortiz, C., Morales-Baixauli, M., Nahon, I. & Casaña, J., 7 Aug 2023, (E-pub ahead of print) In: American Journal of Sexuality Education. p. 1-10 10 p.

Psychometric Properties of the Translated Spanish Version of the Vaginal Penetration Cognition Questionnaire: A Preliminary Work for Validation

Lopez-Brull, A., Perez-Dominguez, B., hernandez-sanchez, S., Rodriguez-Rodriguez, A. M., Nahon, I. & Blanco-Diaz, M., 19 May 2023, In: Healthcare (Switzerland). 11, 10, p. 1-10 10 p., 1482.

While allied health students prefer face-to-face clinical placement, telehealth can support competency development: results from a mixed-methods study

Bacon, R., Hopkins, S., Georgousopoulou, E., Nahon, I., Hilly, C., Millar, C., Flynn, A., Chapman, S. & Brown, N., 15 May 2023, In: Frontiers in Medicine. 10, 1151980, p. 1-9 9 p., 1151980.

Women's and men's health physiotherapy, the content covered and it's perceived importance within entry-level physiotherapy programs in Australia—an observational study

McPherson, K., Nahon, I. & Waddington, G., 2023, In: European Journal of Physiotherapy. 25, 1, p. 27-32 6 p.

What are the effects of multimodal prehabilitation interventions in men affected by prostate cancer? A systematic review

Paterson, C., Roberts, C., Kozlovskaia, M., Nahon, I., Schubach, K., Sara, S., Lourenco, R. D. A., Turner, M., Chan, R. J., Lam, T., Woo, H. & Toohey, K., Nov 2022, In: Asia-Pacific Journal of Clinical Oncology. 18, p. 221-221

An Education Intervention Addressing Health Students' COVID-19 Vaccine Knowledge, Attitudes, and Behaviours

Bushell, M., Kavanagh, P., Millar, C., Nahon, I., Mahon, N., Bevitt, T. & Frost, J., 25 Oct 2022, In: Australian Journal of Clinical Education. 11, 2, p. 15-25 12 p.

Opportunities and Capabilities to Perform Pelvic Floor Muscle Training Are Critical for Participation: a Systematic Review and Qualitative Meta-Synthesis

Sayner, A., Tang, C., Toohey, K., Mendoza, C. & Nahon, I., 1 Oct 2022, In: Journal of the American Physical Therapy Association. 102, 10, p. 1-11 11 p., pzac106.

The Effects of Multimodal Prehabilitation Interventions in Men Affected by Prostate Cancer on Physical, Clinical and Patient Reported Outcome Measures: A Systematic Review

Paterson, C., Roberts, C., Kozlovskaia, M., Nahon, I., Schubach, K., Sara, S., Sayner, A. M., De Abreu Lourenco, R., Turner, M., Chan, R. J., Lam, T., Woo, H. & Toohey, K., Oct 2022, In: Seminars in Oncology Nursing. 38, 5, p. 1-17 17 p., 151333.

Transcutaneous Tibial Nerve Stimulation in the Management of Overactive Bladder: A Scoping Review

Sayner, A. M., Rogers, F., Tran, J., Jovanovic, E., Henningham, L. & Nahon, I., 8 Jun 2022, In: Neuromodulation. 25, 8, p. 1086-1096 11 p.

International Continence Society (ICS) report on the terminology for sexual health in men with lower urinary tract (LUT) and pelvic floor (PF) dysfunction

Kocjancic, E., Chung, E., Garzon, J. A., Haylen, B., Iacovelli, V., Jaunarena, J., Locke, J., Millman, A., Nahon, I., Ohlander, S., Pang, R., Plata, M. & Acar, O., Jan 2022, In: Neurourology and Urodynamics. 41, 1, p. 140-165 26 p.

Culturally responsive women's and men's health physiotherapy for Indigenous people living in regional, rural, and remote Australia

McPherson, K. & Nahon, I., 2022, In: Physical Therapy Reviews. 27, 6, p. 407-413 7 p.

Entry level women's health physiotherapy curricula in Australia

Mcpherson, K., Nahon, I. & Waddington, G., 2022, In: European Journal of Physiotherapy. 24, 1, p. 16-20 5 p.

Constipation in Children

Bushell, M. & Nahon, I., 1 Jun 2021, In: Australian Pharmacist. 40, 5, p. 34-42 9 p.

Physiotherapy management of incontinence in men

Nahon, I., Apr 2021, In: Journal of Physiotherapy. 67, 2, p. 87-94 8 p.

Responding to emerging needs: Development of adapted performance indicators for physiotherapy student assessment in telehealth

Nahon, I., Jeffery, L., Peiris, C., Dunwoodie, R., Corrigan, R. & Francis-Cracknell, A., 2021, In: Australian Journal of Clinical Education. 9, 1, p. 16-27 12 p.

Student Perceptions of MASK-EDTM Simulation in Physiotherapy Education: A Mixed Methods Cohort Study

Bissett, B., Freene, N., Nahon, I., Witchalls, J., Copeman, P. & Preston, E., 2021, In: Health Education in Practice: Journal of Research for Professional Learning. 4, 1, p. 47-75 29 p.

Telehealth and the provision of pelvic health physiotherapy in regional, rural and remote Australia

McPherson, K. & Nahon, I., 2021, In: Australian and New Zealand Continence Journal. 27, 3, p. 66-70 5 p.

The role of telehealth during the COVID-19 pandemic across the interdisciplinary cancer team: Implications for practice

Paterson, C., Bacon, R., Dwyer, R., Kittani s. Morrison, Toohey, K., O'Dea, A., Slade, J., Mortazavi, R., Roberts, C., Pranavan, G., Cooney, C., Nahon, I. & Hayes, S., Dec 2020, In: Seminars in Oncology Nursing. 36, 6, p. 1-7 7 p., 151090.

Improving Physical and Mental Health in Patients with Prostate Cancer Undergoing Androgen Deprivation Therapy: Strategies to Promote and Improve Physical Activity Quality and Quantity

Toohey, K., McKune, A., Nahon, I., Kavanagh, P. S., Newton, R. U. & Paterson, C., Aug 2020, In: Seminars in Oncology Nursing. 36, 4, p. 1-6 6 p., 151051.

Pelvic Floor Muscle Training in Radical Prostatectomy and Recent Understanding of the Male Continence Mechanism: A Review

Sayner, A. & Nahon, I., Aug 2020, In: Seminars in Oncology Nursing. 36, 4, p. 1-6 6 p., 151050.

Supporting Men to Support Women: Improving the Sexual Relationship For Women Who Experience Painful Intercourse Due To Endometriosis

Keany, J., Nahon, I. & Fox, C., Jun 2020, In: Journal of Sexual Medicine. 17, 6, p. 124-124 1 p.

Reconsideration of pelvic floor muscle training to prevent and treat incontinence after radical prostatectomy

Hodges, P. W., Stafford, R. E., Hall, L., Neumann, P., Morrison, S., Frawley, H., Doorbar-Baptist, S., Nahon, I., Crow, J., Thompson, J. & Cameron, A. P., May 2020, In: Urologic Oncology: seminars and original investigations. 38, 5, p. 354-371 18 p.

The Impact of Exercise and Nutrition as Part of a Person-Centered Approach to Prehabilitation in Patients with Bladder Cancer

Nahon, I., Paterson, C. & Sayner, A., 2020, In: Seminars in Oncology Nursing. 36, 5, p. 1-5 5 p.

Predictors of self-perceived cultural responsiveness in entry-level physiotherapy students in Australia and Aotearoa New Zealand

Te, M., Blackstock, F., Fryer, C., Gardner, P., Geary, L., Kuys, S., McPherson, K., Nahon, I., Tang, C., Taylor, L., Van Kessel, G., van der Zwan, K. & Chipchase, L., 13 Feb 2019, In: BMC Medical Education. 19, 1, p. 1-10 10 p., 56.

Dietitians Association of Australia, 35th National Conference, "Think Big", 17-19 May 2018, Sydney, Australia

BACON, R., KELLETT, J., BEVITT, T., NAHON, I. & Christenson, J. K., 1 May 2018, *Special Issue: Dietitians Association of Australia, 35th National Conference, "Think Big"*. 1 ed. Nutrition and Dietetics, Vol. 75. p. 7-121 115 p. (Nutrition & dietetics: the journal of the Dietitians Association of Australia).

Pre-operative functional pelvic floor muscle training in radical prostatectomy: identifying feasibility

Sayner, A., Nahon, I., Davies, S., Haines, K., Karahalios, E. & Ogluszko, C., 2018, In: BJU International Supplement. 122, S2, p. 20-21 2 p.

Prevalence of Nocturnal Enuresis in 6-15 Years School Children and its Awareness among Parents in Dharwad

Gaonkar, N., Nahon, I., Bagalkot, P. S., Parmar, S. T., Lal, R. K., Annigeri, V. M. & Pandit, A. M., 2018, In: Indian Journal of Physiotherapy and Occupational Therapy. 12, 3, p. 11-16 6 p.

Case study: Urinary incontinence - the role of a pharmacist in an aged care Residential Medication Management Review

Deeks, L., Naunton, M. & Nahon, I., 2017, In: Australian and New Zealand Continence Journal. 23, 2, p. 30-34 5 p.

Physiotherapist-guided Pelvic floor muscle therapy: Referral behaviours of urologists for radical prostatectomy patients

Andrews, L., Mcpherson, K., O'Shea, S. & Nahon, I., 2017, p. 17-17. 1 p.

A randomised controlled study to evaluate the utility and effectiveness of an animated pelvic floor muscle exercise (PFME) model for patients prior to undergoing radical prostatectomy in improving the ability to correctly perform pelvic floor muscle contraction

Crowe, H., Harbison, A., Wootten, A., Pillay, B., Morrison, S., Martin, M., Nahon, I., McKenzie, D. & Costello, A., 2016, p. 17-18. 2 p.

Pelvic organ prolapse – Would you move differently if your uterus was falling out – A narrative review

Mcpherson, K., Nahon, I., Waddington, G. & Fearon, A., 2016, In: Manual Therapy. 25, p. 125-125 1 p.

Pre-Operative Pelvic Floor Muscle Training--A Review

NAHON, I., Martin, M. & Adams, R., 1 Sept 2014, In: Urologic Nursing Journal. 34, 5, p. 230-237 8 p.

Pelvic floor muscle training after prostate surgery

Neumann, P., Sutherland, P., Nahon, I. & Morrison, S., 14 Jan 2012, In: The Lancet. 379, 9811, p. 119 1 p.

Assessing muscle function of the male pelvic floor using real time ultrasound

Nahon, I., Waddington, G., Adams, R. & Dorey, G., 2011, In: Neurology and Urodynamics. 30, 7, p. 1329-1332 4 p.

Juniper berries, prayer and pelvic floor exercises: managing male incontinence across the ages

NAHON, I., WADDINGTON, G., Adams, R. & Dory, G., 2011, In: Australian and New Zealand Continence Journal. 17, 3, p. 87-91 5 p.

The History of Urologic Surgery: From Reeds to Robotics

Nahon, I., Waddington, G., Dorey, G. & Adams, R., 2011, In: Urologic Nursing Journal. 3, 3, p. 173-180 8 p.

Assessment and Conservative Management of Post-prostatectomy Incontinence after Radical Prostatectomy

Nahon, I., Waddington, G., Dorey, G. & Adams, R., 2009, In: Australian and New Zealand Continence Journal. 15, 3, p. 70-77 8 p.

Perceived bladder management in older men: a normative assessment

NAHON, I., Dorey, G., WADDINGTON, G. & Adams, R., 2009, In: Continence UK. 3, 2, p. 19-24 6 p.

Perceptions of Embarrassment for Men with and without Urinary Incontinence

Nahon, I., Waddington, G., Dorey, G. & Adams, R., 2009, In: Urologic Nursing Journal. 29, 3, p. 164-170 7 p.

Idiopathic slow transit constipation is rare: But delayed passage of meconium is common in the constipation clinic

Croaker, G. D. H., Pearce, R., Li, J., Nahon, I., Javaid, A. & Kecskes, Z., 1 Dec 2007, In: Pediatric Surgery International. 23, 12, p. 1153-1159 7 p.

Systematic review of the treatment of post-prostatectomy incontinence.

Nahon, I., Dorey, G., Waddington, G. & Adams, R., 1 Dec 2006, In: Urologic nursing : official journal of the American Urological Association Allied. 26, 6, p. 461-476 16 p.

How wet is too wet?

Nahon, I., 2006, In: Australian and New Zealand Continence Journal. 12, 4, p. 100-100 1 p.

Systematic review of the treatment of post prostatectomy incontinence

Nahon, I., Dorey, G., Waddington, G. & Adams, R., 2006, In: Urologic Nursing. 26, p. 461-482 22 p.