

Irmina Nahon  
Senior Lecturer  
Physiotherapy  
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## 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 Senior Lecturer, 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 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. She is also co-author on 2 presentations on the management of constipation in children, at the Congress of the European Academy of Paediatric Societies.

## 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, University of Sydney  
Award Date: 25 Nov 2011

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

University of Melbourne  
Award Date: 17 Nov 2000

Bachelor, University of Sydney  
Award Date: 11 Nov 1991

## Research outputs

### **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., 20 Aug 2022, (E-pub ahead of print) In: *Seminars in Oncology Nursing*. p. 1-17 17 p., 151333.

### **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.

### **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.

### **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., 23 Jul 2021, (E-pub ahead of print) In: European Journal of Physiotherapy. p. 1-7 7 p.

### **Constipation in Children**

Bushell, M. & Nahon, I., 1 Jun 2021, Australian Pharmacist, p. 34-41 7 p.

### **Physiotherapy management of incontinence in men**

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

### **Over the counter: Constipation in children**

Bushell, M. & Nahon, I., 2021, In: Australian Pharmacist. 40, 5, p. 34-42 9 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 in Urologic Nursing**

NAHON, I., Martin, M. & Adams, R., 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.