

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 16 peer reviewed articles and presented twice at the International Continence Society meeting, four times at the Australasian Prostate Cancer conference and 7 times 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 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., 15 Oct 2020, In : Seminars in Oncology Nursing. p. 1-18 18 p.

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., 16 Jul 2020, (Accepted/In press) In : Seminars in Oncology Nursing. p. 1-6 6 p., 151051.

Entry level women's health physiotherapy curricula in Australia

Mcpherson, K., Nahon, I. & Waddington, G., 17 Jun 2020, In : European Journal of Physiotherapy. p. 1-5 5 p.

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

Sayner, A. & Nahon, I., 2020, (Accepted/In press) In : *Seminars in Oncology Nursing*. p. 1-6 6 p., 151050.

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*. 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.

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., Jan 2019, (Accepted/In press) In : *Urologic Oncology: seminars and original investigations*. p. 1-18 18 p.

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*. 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.

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.

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*. 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 protastectomy incontinence

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