

The 8th Nordic Course on Urodynamics & LUTD

September 18-19th 2026

Rikshospitalet - Oslo universitetssykehus HF

Chronic Pelvic Pain

Breaking the Cycle: Practical Approaches for Clinicians

September 18th 12:00-18:00

11:00-12:00 LUNCH		
Urodynamics Unlocked: Practical Insights for Managing Chronic LUTD		
12:00 – 12:10	Introduction	<i>Dr. Lotta Renström Koskela Karolinska University Hospital</i>
12:10 – 12:25	Basics of Urodynamics	<i>Dr. Lotta Renström Koskela Karolinska University Hospital</i>
12:25 – 12:40	The role of EMG	<i>Dr. Lotta Renström Koskela Karolinska University Hospital</i>
12:40 – 12:55	Video urodynamics & chronic LUTD	<i>Dr. Charlotte Graugaard-Jensen</i>
12:55 – 13:10	Pelvic floor assessment	<i>Helena Hallencreutz Grape Karolinska University Hospital</i>
13:10 – 13:30	Case presentations & Panel discussion	<i>Dr. Christine Reus Karolinska University Hospital</i>
13:30 – 14:00	Coffee Break	
Chronic Pelvic Pain Syndrome (CPPS): Diagnosis & Treatment		
14:00 – 14:15	Chronic prostatitis	<i>Dr. Charlotte Graugaard-Jensen Aarhus University Hospital</i>
14:15 – 14:30	Chronic scrotal pain	<i>Dr Karl Svennersten Karolinska University Hospital</i>
14:30 – 14:45	Chronic urethral pain in women	<i>Dr Malin Nyberg Isacson Karolinska University Hospital</i>
14:45 – 15:00	Differential diagnosis & Bladder pain syndrome from a gynaecological perspective	<i>Dr. Jenny Alvirovic Oslo University Hospital</i>
15:00 – 15:15	Pudendal nerve entrapment	<i>Helena Hallencreutz Grape Karolinska University Hospital</i>
15:15 – 15:30	The key role of the physiotherapist	<i>Helena Hallencreutz Grape Karolinska University Hospital</i>
15:30 – 16:00	Coffee Break	
Chronic Pelvic Inflammation: Bridging Gaps in Diagnosis and Patient Care		
16:00 – 16:15	Interstitial Cystitis: diagnosis & workup	<i>Dr. Lotta Renström Koskela Karolinska University Hospital</i>
16:15 – 16:30	Interstitial Cystitis: from conservative management to surgery	<i>Dr. Lotta Renström Koskela Karolinska University Hospital</i>
16:30 – 16:45	Recurrent UTIs	<i>Dr. Karin Andersen Odense University</i>
16:45 – 17:00	Radiation Cystitis	<i>Dr. Karin Hjelle Haukeland University Hospital</i>
17:15 – 17:30	Rarer causes of cystitis: eosinophile, Ketamine, Cyclophosphamide...	<i>Dr. Karin Hjelle Haukeland University Hospital</i>
17:30-18:00	Nightmare cases & Panel discussion: Importance of conservative management & When to ABSTAIN from surgery!	<i>Panel discussion including physiotherapist & gynaecologist</i>

September 19th 08:30-13:00

Collaborative Care for Chronic Pelvic Pain: A New Paradigm		
08:30 – 09:00	Coffee Break	
09:00 – 09:30	How to set up a Multi-Disciplinary Team: physical, virtual or both?	Dr. Anja Løvik <i>Akershus University Hospital</i>
09:30– 10:00	Challenges of the multimodal approach	Dr. Charlotte Graugaard-Jensen <i>Aarhus University Hospital</i>
10:00 – 10:30	Panel discussion <i>Interactive session with Mobile/MCQ</i>	Dr. Christine Reus <i>Karolinska University Hospital</i>
10:30 – 11:00	Coffee Break	
Beyond the Horizon: Future Directions in Chronic Pelvic Disorders		
11:00 – 11:15	Evidence-based literature & international meetings updates	Dr Christine Reus <i>Karolinska University Hospital</i>
11:15 – 11:30	The Sexologist's point of view	Randi Gjessing
11:30 – 11:45	The Physiotherapist's new insights	Helena Hallencreutz Grape <i>Karolinska University Hospital</i>
11:45 – 12:00	Conclusion – Feed-back questionnaires & wrap-up	Dr Christine Reus <i>Karolinska University Hospital</i>
12:00 – 13:00	LUNCH	