



THE 8TH NORDIC COURSE ON

Urodynamics & LUTD

COURSE THEME

Chronic Pelvic Pain

Breaking the Cycle: Practical Approaches for Clinicians

18–19 SEPTEMBER 2026

Rikshospitalet, Oslo University Hospital
Oslo, Norway

PROGRAMME

11:00 – 12:00 *Registration & 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 Aarhus University Hospital</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 — a gynaecological perspective	<i>Speaker to be confirmed</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>

CHRONIC PELVIC INFLAMMATION: BRIDGING GAPS IN DIAGNOSIS & PATIENT CARE

15:30 – 15:45	Interstitial cystitis: diagnosis & work-up	<i>Dr. Lotta Renström-Koskela Karolinska University Hospital</i>
15:45 – 16:00	Interstitial cystitis: from conservative to surgical management	<i>Dr. Lotta Renström-Koskela Karolinska University Hospital</i>
16:00 – 16:30	<i>Coffee Break</i>	

DAY 1 · FRIDAY 18 SEPTEMBER · 11:00–18:00

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: eosinophilic, ketamine, cyclophosphamide...	<i>Dr. Karin Hjelle Haukeland University Hospital</i>
17:30 – 18:00	Nightmare cases & panel discussion — the importance of conservative management, and when to abstain from surgery	<i>Panel discussion</i>

19:00 – 21:00 **Mingle-style Dinner**
Eight Rooftop Bar, Grand Hotel Oslo – Doors open at 18:00

DAY 2 · SATURDAY 19 SEPTEMBER · 08:30–13:00

08:30 – 09:00 *Coffee Break*

COLLABORATIVE CARE FOR CHRONIC PELVIC PAIN: A NEW PARADIGM

09:00 – 09:30	How to set up a multi-disciplinary team: physical, virtual, or both?	<i>Dr. Anja Løvvik Akershus University Hospital</i>
09:30 – 10:00	Challenges of the multimodal approach	<i>Dr. Charlotte Graugaard-Jensen Aarhus University Hospital</i>
10:00 – 10:30	Panel discussion / interactive session with mobile MCQs	<i>Dr. Christine Reus Karolinska University Hospital</i>
10:30 – 11:00	<i>Coffee Break</i>	

BEYOND THE HORIZON: FUTURE DIRECTIONS IN CHRONIC PELVIC DISORDERS

11:00 – 11:15	Evidence-based literature & international meeting updates	<i>Dr. Christine Reus Karolinska University Hospital</i>
11:15 – 11:30	The sexologist's point of view	<i>Randi Gjessing</i>
11:30 – 11:45	The physiotherapist's new insights	<i>Helena Hallencreutz Grape Karolinska University Hospital</i>
11:45 – 12:00	Conclusion — feedback & wrap-up	<i>Dr. Christine Reus Karolinska University Hospital</i>
12:00 – 13:00	<i>Closing Lunch</i>	

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