

# FEMALE ECOLOGY MASTERCOURSE

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Join Moira Bradfield, ND to master female intimate ecology in clinical practice.

Over 6 weeks Moira will lead you through the maze of information on the vaginal microbiome and how it relates to clinical practice, case interpretation and therapeutic application.

There are an array of factors and considerations when supporting clients with intimate health issues, and in this online education mastercourse, you will gain the key skills to support your clients and their vaginal health.

The course consists of 6 online webinars over 6 weeks, each lasting 90 minutes. They will be split into 12 videos for those who prefer shorter classes. When joining live there will be Q&A, which will also be recorded.

#### **Additional materials available to download:**

- Class slides
- Clinical considerations and cheat sheets
- Client instructions sheets

For continued support, we will have a dedicated female ecology facebook group with Moira and the clinical education team at Invivo.

9 hours CPD (pending): BANT, NNA, NTOI, ANP

#### **STARTS:**

Thursday 31st October 2019. Classes will be recorded.

#### **ABOUT MOIRA BRADFIELD**

INTIMATE ECOLOGY, M ACU, B NAT,  
PHD CANDIDATE

Moira Bradfield, founder of Intimate Ecology clinical and education services, is a Naturopath, Acupuncturist and educator with over 18 years clinical experience. She has a passion for helping people reach optimal health in sustainable and sensible ways.

Clinically she has a niche interest in recurrent vaginal infections, optimal vaginal and genitourinary health, hormones and the vaginal microbiome.

Moira holds a Bachelor of Naturopathy Southern Cross University, a Master's degree in Acupuncture from Southern Cross University and is a PhD Candidate at Griffith University, Australia researching the vaginal microbiome and recurrent vaginal infections.

In addition to her role as a Naturopath, Moira has lectured in Naturopathy, biosciences and nutrition both overseas and in Australia.



# COURSE STRUCTURE

## WEEK 1 | 31.10.19

### INTRODUCTION TO FEMALE ECOLOGY:

- Introduction to essential anatomy and physiology
- Introduction to the vaginal microbiome
  - Introducing important microbial players: roles in regulation, health and disease
  - Community sub types: current understanding, transition and disorder

## WEEK 2 | 07.11.19

### INTRODUCTION TO THE VAGINAL MICROBIOME:

- Influences on vaginal microbial homeostasis: exogenous and endogenous challenges, resilience and recovery
- Concepts of dysbiosis: inflammation, imbalance, impact and risk
- Biofilms

## WEEK 3 | 14.11.19

### COMMON CLINICAL PRESENTATIONS I - BACTERIAL VAGINOSIS (BV):

- Explore the common clinical presentation of (BV)
- Microbial profiles and associated bacteria
- Acute BV
- Chronic BV
- Polymicrobial Infections of BV
- Testing and diagnosis
- Treatment interventions

## WEEK 4 | 21.11.19

### COMMON CLINICAL PRESENTATIONS II - VULVOVAGINAL CANDIDIASIS (VC):

- Clinical presentation of VC
- Implicated microbial species
- Acute VC
- Recurrent and chronic VC
- Testing and diagnosis
- Treatment strategies to support clients with acute and recurrent VC
- Explore the current knowledge of the vaginal mycobiome in health and disease

**WEEK 5 | 28.11.19****COMMON CLINICAL PRESENTATIONS III -  
URINARY TRACT INFECTIONS (UTI) AND CYTOLYTIC VAGINOSIS (CV):**

- Urinary Tract infections (UTI)
  - Clinical presentation
  - Relationship with vaginal microbes
  - Chronic UTI
  - Testing and diagnosis
  - Treatment and support strategies
  - Explore the current screening tests and management of Chronic/recurrent UTI
- Explore the current knowledge around the relationship between the vaginal and urinary microbiomes
- Review nutritional and herbal interventions to support urinary health
- Cytolytic Vaginosis (CV)
  - Not everything with a thick white discharge is thrush
  - What we currently know about CV

**WEEK 6 | 05.12.19****OTHER MICROBIAL INFECTIONS:**

- Aerobic vaginitis (AV)
- Strep B
- Desquamative inflammatory vaginitis (DIV)
- Ureaplasma: implications and risk
- Diagnosis
- Treatment and support

**PRICE - £199**AVAILABLE TO PURCHASE AT [INVIVOHEALTHCARE.COM](https://www.invivohealthcare.com)