

EXCELLENCE MATTERS FOR MANAGERS

Representation on several Guideline Development Groups

POGP are registered as stakeholders for a number of Quality Standards and Clinical Guidelines

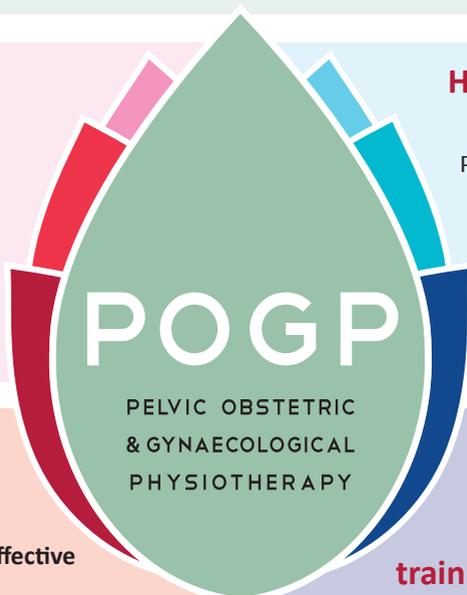
Competitive Clinical Care

Pelvic floor muscle exercises as first line conservative management are cheaper than surgical or drug measures

Increasing Evidence Base

Pelvic floor muscle training is clinically effective in:

- Preventing and Improving Pelvic Organ Prolapse; one to one physiotherapy is recommended (POPPY study - pelvic floor muscle training works for pelvic organ prolapse –Lancet 2013)
- Treating stress and mixed urinary incontinence – patients should be offered supervised pelvic floor muscle exercises for at least 3 months as first line management
- Preventing urinary incontinence – women should be offered pelvic floor muscle exercises in their first pregnancy to prevent urinary incontinence



Highly Skilled and Effective

Physiotherapists trained in the management of continence provide cost and clinically effective treatment

Support and training for your staff at a click

- Workshops and short courses available in 5 specialist areas – teaching theoretical and practical knowledge and skills
- Links to University of Bradford Post Graduate Certificate courses in Women's Health or Continence with options for Masters level further education
- Check out the website for details pogp.csp.org.uk

EXCELLENCE MATTERS FOR PATIENTS

Evidenced Based Treatment that Works

The following guidelines suggest a specialist physiotherapist delivers best care:

- CG 171 Urinary Incontinence: The management of urinary incontinence in women (published 2013)
- CG 49 Faecal incontinence: The management of faecal incontinence in adults (published 2007)
- CG 148 Urinary Incontinence in Neurological Disease (published 2012)
- Pelvic floor muscle exercises improves the symptoms of pelvic organ prolapse (POPPY trial, Lancet 2013)

A Specialist Physiotherapist Near You

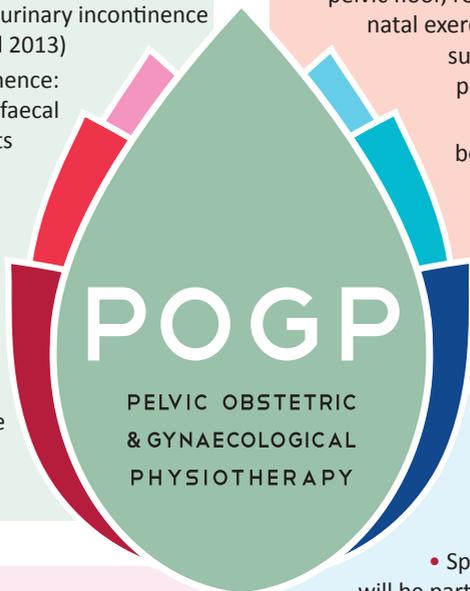
- pogp.csp.org.uk using the 'contact us' option
- Our website providing information about specialist physiotherapy in women's and men's health, continence and pelvic floor problems - contact details and quick responses.
- Private healthcare providers such as BUPA will provide patients with the appropriate specialist physiotherapist

Information Booklets When You Need Them

- Up to date evidence based information booklets on pregnancy, pelvic floor, relaxation, ante and post natal exercise and gynaecological surgery available for your physiotherapist to order.
- A pelvic girdle pain booklet available for you to download free

Integrated Care Pathway

- Specialist physiotherapists will be part of any multidisciplinary team.
- Antenatal care will be shared by physiotherapists and midwives
- POGP are working with RCM to encourage greater understanding and collaboration
- Pelvic Girdle Pain guidelines are followed by the obstetric team
- National guidelines (NICE / SIGN) are known by all members of the care team for patients with pelvic floor dysfunction and women receiving antenatal or postnatal care



EXCELLENCE MATTERS FOR PHYSIOTHERAPISTS

Peer Support and Mentoring

- 14 area representatives across the UK
 - 17 POGP tutors across the UK
- Website with extensive resources to all POGP members pogp.csp.org.uk
 - iCSP – safe place to network /collaborate / learn
 - Professional Network – part of the Client Group

Journal of POGP

- Bi-annual peer reviewed academic journal
- Published for past 64 years
- 600 copies per edition
- Distributed to 13 different countries across all continents

Evidenced Based Booklets

- 24 different publications available
- Booklets for physiotherapists and patients
- Reviewed 3 yearly
- 250,000 sold 2012- 2013

High hit rate website

- December 2013 there were 4,919 visits
- Over 80% of visits were on a mobile or tablet device showing the website suits the busy 'on the go' practitioner. (Google Analytics, 2013)
- In December 88% of visits were new visitors to the website (Google Analytics, 2013)
- The POGP (formerly ACPWH) journal is available online to members dating back 6 years to 2008
- website updated regularly and new posts weekly
- Follow us on twitter - @ThePOGP



POGP

PELVIC OBSTETRIC
& GYNAECOLOGICAL
PHYSIOTHERAPY

Wide Range of Training Opportunities

- Yearly conference with a Conference Organising Committee.
- Member discount for Annual Conference and workshops
- High profile international speakers at Conference
- Conference presentations available online via the member section of the website
- Post Graduate Certificates at University of Bradford in Continence for Physiotherapists or Women's Health

Short courses and study days

- 5 options covering all aspects of PFD, continence and obstetric physiotherapy
- CSP endorsed urinary course