

Editorial

Every 3 years, a new editor is appointed to *JPOGP*, and it is with excitement, but also some trepidation, that I take on this role. Working as a women's health clinical specialist in the National Health Service, I have been a POGP member for nearly 25 years. Over all that time, the journal (in its various incarnations) has dropped onto my doormat every spring and autumn. It has always addressed the most current topics, got me thinking and helped me to develop my practice. It is a highly regarded publication, both among the membership, and increasingly, internationally. With peer review and good editorship, the bar has been kept high.

Although it's my name on the masthead, this edition really has been a team effort involving three editors: myself, and outgoing co-editors Wendy Rarity and Amanda Savage. I have benefited from a very smooth handover, and both Wendy and Amanda have shared their experience and expertise generously. The *JPOGP* production team also includes Andrew Wilson, who, as managing editor for over 15 years, has always brought his skill and professionalism to this publication. Volunteering for this post was made much easier for me because of the dedicated journal subcommittee (JSC), all of whom perform their roles with enthusiasm and bring new ideas to the table. I would like to thank all of them for their work on both the paper journal and the extended online content (EOC).

I hope that you enjoy reading this edition's book, DVD and product reviews (pp. 74–80), which focus on male pelvic health. This theme has also informed "Website watch" (pp. 68–71). When new products appear, I think it's very important for clinicians to have access to independent, critical reviews written by their peers.

There were so many engaging talks at the 2015 POGP Annual Conference in Harrogate (see pp. 64–65)! I would like to thank all those busy speakers who have taken the time to submit an article on their presentation to the journal so that the whole membership can benefit. There is a real mix of subjects in the conference papers and posters published in this edition, and I highly recommend each one to you. The 2015 Margie Polden Memorial Lecture was by Alison Baum, the founder and chief executive officer of Best

Beginnings (pp. 5–13). She set up this charity in 2006 with the aim of working to give every child in the UK the best start in life. Her article focuses on the innovative Baby Buddy mobile phone application (app), which POGP is in the process of endorsing. Follow Alison's instructions to download the app and find out for yourself the benefits it can bring. Further videos on physiotherapy themes, featuring Claire Bamping, a POGP member, have recently been uploaded.

As incoming editor, I have set a few goals for the journal over the next 3 years. First, I would like to publish more high-quality original research. Trisha Greenhalgh (2014, p. 1) defined research as "[f]ocused systematic enquiry aimed at generating new knowledge". I want to encourage you all to conduct some research, however small, and then submit your work to *JPOGP*, which is indexed by the CINAHL and AMED databases. If you have done a project at work, why not get recognition for all your effort by publishing it? If you have gained a qualification, why not complete the research cycle and share your findings? The journal is open to submissions of all types of original work, including case studies, audits, service evaluations, and qualitative, quantitative and randomized controlled trials. The peer-review process is rigorous but supportive, and detailed feedback is given to assist authors in meeting the high publication standard. Please see our guidelines for writing, which can be found at the back of the journal (pp. 88–90) and on the POGP website (<http://pogp.csp.org.uk/documents/acpwh-journal-writing-guidelines>), and follow these closely. I look forward to receiving your submissions.

I am delighted that Dr Hubert van Griensven chose to submit his original work to the journal (pp. 14–30). This well-conducted study of the long-term effects of Caesarean section scars on women is an excellent example of qualitative research. Using a postal survey and interviews, women described their experiences, and also reported on the type of healthcare support that they would have liked to have been given. The results give physiotherapists an opportunity to improve prenatal Caesarean section information and their service to women.

Another of my aims is to promote *JPOGP* and extend its reach. The JSC is being innovative in

doing this. We have made some videos about the journal that will initially be shown to students at the University of Bradford. These have been edited by Jilly Bond, and if successful, this idea will be developed further. We hope that more students will write for the journal. We are promoting *JPOGP* internationally via the International Organization of Physical Therapists in Women's Health newsletter, and would welcome the submission of more international studies. In a new development, a paper journal subscription is now available for libraries (£75 per year). We want to encourage hospitals and universities to sign up, so please spread the word and get your library to subscribe (e-mail: info@fitwise.co.uk).

The journal is already highly regarded, but a third goal is to get an impact factor. Thomas Reuters (2016) states that "the impact factor of a journal is calculated by dividing the number of current year citations to the source items published in that journal during the previous two years". This is a process that will take several years. If we are successful, an impact factor will be a mark of the quality and usefulness of the studies published in the journal, and should attract more high-quality research submissions.

Research is important because we are an evidence-based profession. We don't stand still; we evolve as new information comes to light. However, although the research base is gradually building over time, we do not have high-quality answers from research for everything. Nevertheless, we look for the best evidence that we can find. This is subject to change, and requires us to keep searching and be aware of what's new. We also need the skills to read and critique any new studies. Sackett *et al.* (1996, cited in Greenhalgh 2014, p. 1), stated that evidence-based medicine is "the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients". There are three important elements to this: the patient, and his or her choices; ourselves as therapists; and the actual evidence. These three factors come together when we use all our clinical

reasoning and skills, along with the evidence, to achieve the best possible outcome for each individual patient. I hope that you enjoy reading the *JPOGP* EOC, where you can find the best recent research in "Papers in other journals".

I would like to congratulate all the POGP members who have been published in this edition of the journal. The association is always proud to showcase the achievements of its members. There is so much great work being done to promote our clinical speciality and improve services for patients. I am sure that you will enjoy reading about these achievements in "Notes and news" (pp. 81–87). My congratulations go to members who have received awards and prizes.

In March 2014, POGP sent its first tweet. Rebecca Bennett has done an amazing job successfully launching us on Twitter, and helping to keep the conversation going. If you have not tweeted yet, why not read her article (pp. 82–83) and get involved. It's a wonderful way to be right up to date, and it also spreads the reach of POGP. Don't forget to follow @thePOGP and also read the social media policy. Why not tweet and let us know what you are enjoying reading in the journal? Rebecca has also launched our private POGP members' Facebook page, which all the membership is welcome to join. As I write, it has 145 active members.

I would like to thank all those who have contacted me to wish *JPOGP* well. I look forward to all the new skills I will learn while steering our journal forward.

Shirley Bustard

References

- Greenhalgh T. (2014) *How to Read a Paper: The Basics of Evidence-Based Medicine*, 5th edn. John Wiley & Sons, Chichester.
- Sackett D. L., Rosenberg W. M. C., Gray J. A. M., Haynes R. B. & Richardson W. S. (1996) Evidence based medicine: what it is and what it isn't. *BMJ* **312** (7023), 71–72.
- Thomson Reuters (2016) *The Thomson Reuters Impact Factor*. [WWW document.] URL <http://wokinfo.com/essays/impact-factor/>

Copy deadlines

Copy for the Autumn 2016 and Spring 2017 editions of the journal (Nos 119 and 120) must be submitted to the editor by **31 March 2016** and **9 September 2016**, respectively. Please note that academic and clinical articles must be received well before the deadline since time must be allowed so that these can be peer-reviewed. Manuscripts should be presented **double-spaced** with a wide margin, and adhere to the author's guidelines found on pp. 88–90 and on the POGP website (<http://pogp.csp.org.uk/documents/acpwh-journal-writing-guidelines>). Articles for consideration should be sent to Ms Shirley Bustard, Physiotherapy Department, University Hospital of North Durham, North Road, Durham DH1 5TW, UK.