

# POGP Conference 2023



***Friday 3<sup>rd</sup> November to Saturday 4<sup>th</sup> November 2023  
The Principal Hotel York, Station Road, York YO24 1AA***

This event will be an excellent opportunity to hear experts from various arenas discuss current 'hot topics', advances in clinical application and promote high standards and consistency in practice.

The conference aims to support learning and development in this highly specialist field of physiotherapy as well as providing networking opportunities with peers.

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## POGP CONFERENCE 2023

### **National Conference Organising Committee:**

**Chair:** Debbie Plowman, Advanced Clinical Specialist, York & Scarborough Teaching Hospitals NHS Foundation Trust

**Sub-committee member:** Camilla Lawrence, Women's Health Domiciliary Physiotherapist, across the Test Valley, Hampshire/ Wiltshire

**Sub-committee member:** Sarah Hill: Pelvic Health Physiotherapist, Calderdale and Huddersfield NHS Foundation Trust

### **Keynote Speaker**

Professor Bob Freeman - Education Chair for MASIC Foundation

### **Guest Speakers**

Gráinne Donnelly - Advanced Physiotherapy Practitioner in Pelvic Health

Dr Sarah Baker - Head of AHP Education, Training & Research (York and Scarborough Teaching Hospitals NHS Foundation Trust)

Christien Bird – Pelvic Physiotherapist (White Hart Clinic, London)

Jilly Bond - Physiotherapist/Doctoral Researcher

Claire Brown - Clinical Specialist Physiotherapist (Cambridge University Hospitals NHS Foundation Trust)

Virginia Rivers-Bulkeley - Clinical Specialist Pelvic Health Physiotherapist (Chair of the POGP's Mesh Centres Committee)

Mr Rufus Cartwright - Consultant Urogynaecologist (Chelsea and Westminster NHS Trust)

Dr Selina Johnson Pain Specialist Physiotherapist, and Clinical Research Fellow (Walton Centre NHS trust and University of Liverpool)

Antony Lo - APA Musculoskeletal Physiotherapist (The Physio Detective)

Mr Michael Lim - Consultant Colorectal Surgeon (York & Scarborough Teaching Hospitals NHS Foundation Trust)

Bill Taylor MSc PT - Pelvic Health Physiotherapist, Educator

Jo Turner - Physiotherapist, Life Coach (Founder of Mehab)

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## **POGP CONFERENCE 2023 - Programme**

### **Friday 3<sup>rd</sup> November**

***08:00 - 08:30 Registration, refreshments, and view exhibition stands***

**08:30** Welcome and Introduction to Day 1 of the Conference - Dr Kate Lough, Chair of POGP

**08:40 - 09:20** (*presenting Live from Plymouth*) Prof Bob Freeman - Keynote Speech

**09:25 - 10:05** Christien Bird - Menopause & the role of Physiotherapy

This presentation will provide evidence-based information and an overview of the menopause, covering hormonal changes, neuro-muscular soft tissue & bone health, urogenital symptoms of the menopause and exercise prescription.

By the end of the session, the audience will understand the role of the pelvic health physiotherapist to support women into the menopause and signpost to resources and services.

**10:10 - 10:25** Poster Presentation: Service evaluation: How does pelvic health training impact health visitors' confidence in discussing and promoting pelvic health during the perinatal period?

Presented by Helen Hunt, Clinical Lead and Pelvic Physiotherapist for the Perinatal Pelvic Health Service LMNS BUMP Project and Megan Fisher Assistant Professor University of Bradford

Currently there is no mandatory training in pelvic health (PH). This has resulted in a knowledge gap, limiting health professionals having conversations discussing and promoting PH in the perinatal period, acting as a barrier to achieving national Perinatal Pelvic Health Service (PPHS) responsibilities.

***10:25 - 10:45 Refreshments and view exhibition stands.***

**10:45 - 11:00** Poster Presentation: Physiotherapy Care for the Lactating Breast Presented by Amy Williamson, Specialist Pelvic Health Physiotherapist Sprint Physiotherapy with additional credits to, Gayle Subramaniam, Valentina Roffi and Anjana Periyasamy.

A retrospective, descriptive study evaluating perceived patient satisfaction and treatment outcomes to inform physiotherapy care for the lactating breast.

**11:05 - 11:45** Mr Rufus Cartwright - What a physiotherapist needs to know to competently manage trans and non-binary patients.

By the end of the session, the audience will understand what is happening with the Chelsea Centre for Gender Surgery, how to provide culturally competent care for trans patients and what you need to know about gynaecological conditions for trans men and non-binary individuals.

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**11:50 - 12:30** Virginia Rivers-Bulkeley - Demystifying the role of pelvic health physiotherapy for women with vaginal mesh associated complication.

By the end of the session, the audience will understand the work of the POGP's Mesh Centres Committee, patient presentations and pathways and an E-Delphi consensus study: High-quality pelvic health physiotherapy services within complex regional mesh centres.

**12:35 - 12:50** Main sponsor - iMEDicare

**12.55 - 13:30** AGM (*All POGP Members to attend AGM*)

**13.00 - 14.15 Lunch & view exhibition stands**

**14:15 - 14:55** Jilly Bond - "It doesn't feel like me" - Sensorimotor changes in persistent pelvic pain.

By the end of the session the audience will understand what sensorimotor changes occur in persistent pelvic pain, understand how to test for them, and understand how and why to begin treating them.

**15:00 - 15:40** Claire Brown - Physiotherapists working with Pessaries.

By the end of the session, the audience will have an insight into the developments of Physiotherapists working with Pessaries (PwP) POGP subgroup and be updated on training opportunities within POGP and UKCS.

**15:45 - 16:00** Main sponsor – Quofora

**16.00 - 16.15 Refreshments and view exhibition stands**

**16:15 - 16:55** Dr Sarah Baker - #AHPsDoResearch and why that's important.....

By the end of the session, the audience will better understand the benefits of research for patients, clinicians, and organisations, they will have a clear understanding as to why and how AHPs should be research active.

**17:00 Close.**

***There will be an opportunity to network with colleagues immediately after the final presentation on Friday with drinks and nibbles in The Oak Room and a free raffle prize draw\****

***You are automatically entered into the draw when you sign in on Friday 3<sup>rd</sup> November. \*\****

*\*Anyone in receipt of a free conference place won't be entered into the prize draw.*

*\*\*Prizes cannot be exchanged.*

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## **POGP CONFERENCE 2023 - 2023 Programme**

### **Saturday 4<sup>th</sup> November**

#### ***08:30 - 08:50 Registration and Refreshments***

**08:50** Welcome and Introduction to Day 2 of the Conference - Dr Kate Lough, Chair of POGP

**09:00 - 09:40** (*presenting Live from Australia*) Antony Lo - Hard, Heavy, and Fast? A Biopsychosocial Approach to Returning to CrossFit Postpartum

By the end of the session, the audience will understand what CrossFit is from a biological, psychological, and sociological perspective, they will understand the Key Principles involved in a biopsychosocial approach to returning to CrossFit postpartum and be able to apply the Key Principles to help you Analyse, Evaluate and Create a Return-To-CrossFit Timeline and Exercise Program / Progression for their clients.

**09:45 - 10:25** Gráinne Donnelly - Targeted compression garments to the pelvic floor - potential mechanisms of action

By the end of the session, the audience will be able to understand, the role of compression garments in sport and exercise medicine, the aims of targeted compression garments to the pelvic floor and proposed mechanisms of action within a biopsychosocial lens.

#### ***10:25 - 10:45 Refreshments***

**10:45 - 11:25** Mr Michael Lim - Faecal incontinence and anal intercourse – controversies and difficult conversations

By the end of the session, the audience will understand the complex relationship between faecal incontinence and anal intercourse and be able to identify opportunities to initiate difficult conversations in such patients.

**11:30 - 11:45** Poster Presentation: A critical review of pelvic floor muscle training mobile applications for supporting women in the self-management of urinary incontinence. Presented by Dr Christine Addington with additional credits to Rohan May, Dr Rohini Terr, Dr Victoria Salmon and Prof. Sarah Dean.

This review critically appraises current PFMT mobile apps for UI, providing an evidence-based checklist for patients and clinicians to evaluate app suitability.

**11:50 - 12:05** Poster Presentation: Symptoms of pelvic floor dysfunction as reported by recreational athletes: results from a national survey. Presented by Dr Gillian Campbell, Professor Mark Batt and Professor Avril Drummond.

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This was a survey to investigate the prevalence of pelvic floor disorders in recreational athletes and in women who were not exercising. From this we aimed to identify any association between taking part in sport at recreational levels and experiencing symptoms.

Findings: Levels of PFD reported here are high, but no association was found between taking part in sport recreationally and PFD. Future studies are required to investigate any long-term risks to the pelvic floor from recreational exercise. Most women do not seek professional help for their symptoms and further barriers may exist to appropriate referral for those that do.

**12:05 - 12:20** POGP update: Dr Kate Lough

**12:20 - 13:05 Lunch**

**13:10 - 13:50** Jo Turner - Cracking the Code of Self-Care: Translating Eye-Roll Buzzwords into Genuine Well-Being

By the end of the session, the audience will understand the relationship between meaningful work, energy management, and self-worth. *Find your own sweet spot, Jo, and purpose without burnout.*

**13:55 - 14:35** Selina Johnson - Pelvic pain from a chronic pain perspective.

By the end of the session, the audience will be able to present research exploring what patients with chronic pelvic pain want from treatment, they will be able to discuss management of chronic pelvic pain and how a biopsychosocial approach can be applied in clinical practice and consider future research to support treatment delivery for chronic pelvic pain.

**14:40 - 15:20** Bill Taylor – Pelvic Floor muscle tone – what is it? & How can we measure it? The current state of play.

By the end of the session, the audience will have explored current concepts surrounding muscle tone and measurement of muscle tone and understand what this means in the clinic.

**15:20** Dr Kate Lough – Thank you, and close of conference.

***Refreshments will be provided for you to takeaway.***

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# POGP CONFERENCE 2023

## Speaker Bios



### Dr Sarah Baker

I graduated from Leeds Beckett University in 2002 with a BSc Hons in Dietetics after which I worked as a Clinical Dietitian in the NHS. I undertook my MSc in Health Services Research at York University funded by the Medical Research Council to investigate clinical decision making surrounding the initiation of artificial nutrition support. I went on to complete my PhD at York University funded by the Economic and Social Sciences Research Council to examine social factors in relation to alcohol use in women with pre-school aged children. Following this, I worked as a Research Fellow at York University before taking up post as Course Director for Postgraduate Dietetics

at Leeds Beckett University. I currently work as Head of AHP Education, Training and Research at York and Scarborough Teaching Hospitals NHS Foundation Trust and spend 1 day per week working as a Health Services Research Fellow at York St John University. My aim is to support research activity, strengthen cross-institutional collaboration, develop joint working practices, and translate research evidence into practice for the benefit of patients

### Christien Bird

Christien Bird is a pelvic health physio and practice owner of the multi-disciplinary White Hart Clinic in South-West London. She is also one of the co-founders of Menopause Movement, an online training platform to support health & fitness professionals to confidently treat & train women into the menopause. She joined the educational subcommittee of the POGP in 2020, enjoying working alongside some very impressive physio peers to support training and awareness of pelvic health. Many years ago, she completed the Bradford diploma course with Jo Laycock, inspired by Jo's commitment to evidenced based practice she embarked on a Masters in research methodology at King's college, coordinated a RCT in acute low back pain and worked for North Thames in guideline development & dissemination of clinical practice.



She loves everything about movement, continues to compete as an age-group athlete for British triathlon representing Britain. Much of her drive is supporting women in enjoying movement and staying strong. [www.whitehartclinic.co.uk](http://www.whitehartclinic.co.uk) [www.menopausemovement.co](http://www.menopausemovement.co)



### Jilly Bond

Jilly Bond is a pelvic health Physiotherapist and Doctoral Researcher in Wales, UK, with a specialist interest in pelvic pain. She has worked in the NHS, developed and led a private hospital service and now works clinically from Station House in St Nicholas near Cardiff. She has previously sat on the executive board for the POGP, has trained over 700 pelvic health physios in pelvic pain professional development courses and is a regular speaker at national and international conferences. She is now providing professional mentoring, live and online courses for Physios, collaborating on international research projects and is in the process of a PhD with Brunel University London looking at sensorimotor distortions in persistent pelvic pain.

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### **Claire Brown**

Claire works as a clinical specialist physiotherapist at Cambridge University Hospital NHS Foundation Trust and has been a Pelvic Health physiotherapist for 15 years. Claire was employed in 2013 as a physiotherapist to teach women how to manage their own pessaries in a quality improvement programme and today uses pessaries in her clinical caseload. Claire has also been part of the UK Pessary guideline group, leading the sub-training group, UKCS pessary accreditation scheme and published work on the current management of pessary care in the UK. Claire is also a tutor for POGP on the prolapse course.



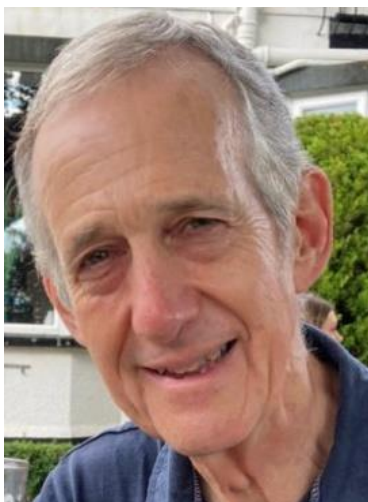
### **Mr Rufus Cartwright**

Consultant Urogynaecologist. Rufus Cartwright is a consultant urogynaecologist at Chelsea and Westminster NHS Trust, with a research interest in the epidemiology of pelvic floor disorders. He has published over 100 articles in peer-reviewed scientific publications. He is also an editor of the International Urogynaecology Journal and the Continence Journal. He sits on the Scientific Committees for the International Urogynaecological Association and the European Professional Association for Transgender Health.



### **Gráinne Donnelly (MSc BSc PgC)**

Gráinne Donnelly (MSc BSc PgC) is an Advanced Physiotherapy Practitioner in pelvic health, educator, researcher and current Editor of the Journal of Pelvic Obstetric and Gynaecological Physiotherapy. She is undertaking a PhD investigating adjuncts that may support returning to running postpartum and she is an Associate Member of the Perinatal Physical Activity Research Group at Canterbury Christ Church University.



### **Professor Robert (Bob) Freeman (MD FRCOG)**

Affiliations: University Hospitals Plymouth NHS Trust, Plymouth University Peninsula Schools of Medicine and Dentistry.

As a consultant in Plymouth, he set up a clinical and research Urogynaecology unit over 30 years ago. Several trainees have obtained MD's and PhD from Plymouth University. The unit is an RCOG approved centre for subspecialty training and is accredited by the national society (BSUG). With others, he has helped with the RCOG/RCM 'OASI Care Bundle' for the prevention of obstetric anal sphincter injury, the UR-CHOICE risk assessment tool for identifying those at-risk of long-term incontinence and prolapse, and the Episissors-60 for the safe angle of episiotomy. His main area of interest is the prevention of obstetric pelvic floor injury and he has written and lectured on this both nationally and internationally. Previously he was a scientific editor for the International Urogynaecology Journal and the BJOG. He helped form the British Society of Urogynaecology as founding Secretary in 2001, and

Chairman (2006). He was President of the International Urogynaecological Association (IUGA) from 2014-2016. He is now education chair for the MASIC Foundation (the UK charity for women who have suffered birth injury).

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### **Dr Selina Johnson**

Dr Selina Johnson works as a pain specialist physiotherapist at the Walton Centre NHS trust and a clinical research fellow at the University of Liverpool. As part of my clinical role, I work on the various group based MDT rehabilitation programmes for CP and provide individual physiotherapy support for chronic conditions including CRPS, and pelvic pain within the pain clinics. Within my research role I am exploring patient centred approaches for the management of persistent pelvic pain to improve treatment efficiency of how people access appropriate treatment, and quality of life outcomes to support people to live better with chronic pain.



### **Mr Michael Lim**

Having qualified in Australia, trained in Yorkshire, completed a fellowship in New Zealand and worked in both Scotland and England - I guess I have had the opportunity to be exposed to quite a few healthcare systems. I have been a practicing consultant for 10 years now and my current interest interests include surgery for advanced cancer and pelvic floor conditions. Fair weather cyclist and amateur gardener.

### **Antony Lo**

Antony Lo is a physiotherapist, educator and podcast host from Australia who works at the junction of Musculoskeletal/Ortho, Sports, and Pelvic Health. He runs The Physio Detective Clinic, My PT Education, The Women's Health Podcast, and The Diastasis Project. He helps the general public and health and fitness professionals who struggle to progress their clients by cutting through the BS and thinking outside the box so they confidently assist people to achieve their goals. Antony has a wife and 3 children, living in the best city in the world – Sydney, Australia!



### **Virginia Rivers Bulkeley**

Virginia is a Clinical Specialist Pelvic Health Physiotherapist with a specialist clinical and research interest in persistent pelvic pain. Virginia led the design and delivery of pelvic health physiotherapy pathways for the regional complex mesh centres in London (UCLH) and the South East (UHS). Virginia is a member of the POGP's Education Subcommittee and Chair of the POGP's Mesh Centres Committee.

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### **Bill Taylor (MSc PT)**

Bill Taylor is a Physiotherapist with almost 40 years' experience in the treatment of pelvic dysfunction. He is widely recognised in the UK & internationally as being one of the leading pelvic health physios and one of the few who specialise in male pelvic floor dysfunction.

He is a certified member of the Canadian Academy of Manipulative Therapy and has spent most of his career treating the Musculoskeletal System using manual therapy and exercise. He has a special interest in Chronic Pelvic Floor Dysfunction and the use of manual and exercise therapy in addressing this condition. He has contributed a chapter to the textbook, Chronic Pelvic Pain and Dysfunction entitled The Effect of Sport and Exercise on Chronic Pelvic Pain. He also compiled the chapter on Pelvic Girdle Assessment in Nicola Petty's textbook, Neuro-musculoskeletal Assessment- Including reference to pelvic floor dysfunction aiming to engage undergraduate physios in pelvic health.



He has a special interest in the effect of manual therapy and exercise on pelvic floor dysfunction and is in the early stages of developing a research project in this area. He has taught widely in UK, Europe, Scandinavia & Israel on male and female pelvic health. He is one of the few UK based Physiotherapists to work full-time in male and female pelvic health and has built one of UK's biggest pelvic health clinics. Additionally, he has worked with Scottish Ballet and Scottish Dance Theatre for over 20 years. He was integral in the development of a full time Physiotherapy service to the National Ballet after which he continued as Consultant Physiotherapist for a number of years.

He continues to work with dancers of all ages and abilities in his Edinburgh clinic.

He is a Visiting Lecturer at Edinburgh University where he contributes to the MSc in Dance Science and Education, teaching the Preventative Dance Injury Module.

He has also been a visiting Lecturer at Edinburgh Napier University where he has taught on the BSc /MSc Midwifery course and the MSc Physiotherapy course. He has been mentoring students in the clinic for over 20 years as well as supervising undergraduate thesis projects.

Recently he has become a member of the visiting Faculties at Burnell and Keele Universities. He has a passion to share his knowledge of pelvic floor dysfunction and the Physiotherapy treatment of this area.



### **Jo Turner**

Jo is a Life Coach, founder of Mehab and host of the You Matter podcast. She is also a Physiotherapist and Director of Courtyard Clinic.

Mehab is a platform dedicated to the health and well-being of all clinicians. At the heart of everything Jo does is a belief that if you want thoughtful, innovative and sustainable delivery of healthcare, you must have clinicians who know their worth, with systems in place that allow them to take care of themselves as surely as they care for others.

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# POGP CONFERENCE 2023

## Thank you to the following companies for their support:

*Arrangements made in accordance with the ABPI Code of Practice. Financial support will be assisting towards the venue and catering costs. Supporting companies have had no input into the creation of the agenda. Meeting created and facilitated by Nimbuscare Limited*

### GOLD SPONSORS:

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The Epi-no is a medical device invented in Germany in 1999 designed to help women prepare their perineum for a vaginal delivery and to help regenerate their pelvic floor muscles after birth.

It is sold in 28 countries across the world and has been available in the UK since 2005

It offers a 3-stage exercise programme designed to prepare women both mentally and physically for birth.

The first stage teaches women to control their pelvic floor muscles and practice muscle relaxation.

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## BRONZE SPONORS



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## CHARITY STANDS



The MASIC Foundation is a multi-disciplinary UK charity supporting women who have suffered severe perineal injuries during childbirth known as OASI (obstetric anal sphincter injuries) or 3rd and 4th degree tears. We focus on raising public awareness and supporting injured women, and educating the medical profession through research and prevention.

The Physiotherapy Benevolent Fund (PBF) exists to provide support for physiotherapist, associates and students who are members of the CSP who might be experiencing financial difficulty, whether that is due to illness, bereavement, stress, or any of the other many unexpected events that can happen in normal life.



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