

Northwest Area Report – Autumn 2018

Currently this area has 65 Members. We have four meetings a year that last for three hours. Between 15 and 20 members attend each meeting. The venues are at different Trusts throughout the region and on different days to encourage people to attend from all areas. The host usually arranges a speaker and then there are discussions on topics or any issues that may have arisen.

The presentations this year have been:

- Contenance Surgery.
- Clinical research practitioners from Bolton.
- Bulkamid.
- Vulval dermatology.
- Anticholinergic Loading and Astellas Representative.
- The Bay Integrated Bladder Team Female Overactive Bladder(FOAB) Pathway.

Discussions:

- Returning to activity after tapes:
It was noted that there are differences between RCOG, IUGA and BSUG advice. There was also a discussion as to what is 'normal activity' does this include iron man classes and cross fit?
- INNOVO discussed that this is being advertised everywhere and the evidence is poor and the author has a conflict of interest.
- Sweaty mamas exercising with baby a sling and the impact this might have on the pelvic floor especially doing squats.
- Pelvic girdle pain and self-referral.
- Complex cases.
- DNA rates.
- Hypopressive breathing; is there any evidence?

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