

## **South Area Report – Autumn 2018**

South area currently has 38 members.

The Bristol Pelvic Health Physiotherapists Group continues to meet twice yearly and is open to POGP members and non-members from Bristol and the surrounding areas.

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### **BSUG accreditation:**

North Bristol NHS Trust Urogynaecology Department underwent a rigorous review by the British Society of Urogynaecologists (BSUG) in June 2017. The pelvic health physiotherapy team were involved in presenting as part of this process, alongside other MDT members involved in the care of patients with complex urogynaecological disorders. Having clearly demonstrated that the team is effective in both service delivery as well as pathway structure, the Trust was given BSUG accreditation.

### **International Continence Society (ICS) Cadaver course, September 2018, Bristol:**

POGP member Jen Pinkstone will be presenting and teaching on the ICS Cadaver course alongside her Bristol Urological Institute MDT colleagues. Jen will teach pelvic floor assessment techniques as well as presenting on physiotherapy treatment options in the management of urinary incontinence.

Pelvic health physiotherapists at the Royal United Hospital (RUH) Bath have introduced several new services in the last year, including a hydrotherapy class for pregnant women to support healthy activity and weight management. They are also involved in a 6-month trial of specialist pelvic health physiotherapy for women referred from the vulval dermatology clinic. Outcomes so far are encouraging and it is hoped that funding will become available for setting up a joint consultant/physio clinic at the end of the pilot.

Both the North Bristol and RUH Trusts have introduced pre-radical prostatectomy education and pelvic floor exercise classes, receiving very good feedback on patient satisfaction questionnaires.

In Gloucester, clinical specialist Women's Health Physiotherapist and POGP member, Kate Mitchell, has been involved in setting up a joint physiotherapy and midwife led perineal trauma clinic for all women who have had a 3<sup>rd</sup> or 4<sup>th</sup> degree tears. Kate also runs a pessary clinic in her Advanced Urogynaecology Practitioner role.

- Gloucestershire group: quarterly meetings (county-wide).  
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- Wiltshire Women's Health Physiotherapy group: meetings several times a year at Melksham Hospital.  
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