

## **Scotland Area Report – Spring 2019**

The Scottish branch had their annual study day on the 30<sup>th</sup> November 2018 at University Hospital Wishaw.

Topics included:

A summary of The Happy Bladder Course.

Overview on hypopressives.

“The Best Start – Transforming Care to Ensure Women and Families are at the Centre of All We Do”.

Management of Irritable Bowel Syndrome.

Renew inserts.

Dermatology and Vulval conditions.

Musculoskeletal conditions in pregnancy.

Squeezy App.

Living with Pelvic Health Platform.

This was well attended and received excellent feedback.

The Scottish Pelvic Floor Network study day will be held at Glasgow Royal Concert Hall on Friday 15<sup>th</sup> February 2019. This is attended by all members of the healthcare team including many members of the POGP.

In April, we will be having our annual POGP Spring study day. The date and location for this are to be confirmed.

Janice Falconer, one of our members, has been invited out to the Grand Cayman in the Caribbean in February 2019 to do a 3 day Pelvic Health Course. We look forward to hearing all about this on her return.

An informal newsletter is disseminated quarterly to all members. This features POGP courses, updates, news, achievements and any other events being held locally. The next one is due out in April 2019.

Additional information:

- POGP Pelvic Health Physiotherapy: Female Urinary Dysfunction – an entry level course at St Johns Hospital in Livingston on the 7-9<sup>th</sup> June 2019.
- POGP Pregnancy Related Physiotherapy: Assessment and Management of Musculoskeletal Conditions: hip and trunk – advancing your practice on the 9<sup>th</sup> of November 2019 at University Hospital Wishaw.

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