

North East area report – Autumn 2019



The north east group has continued to meet twice per year, in May and November. It feels like this year has been a positive year for the group as we have had higher numbers attending which always generates better ideas and discussions. We have additional numbers for membership in the North East which is also positive. We have had a mix of external speakers and training from members who have been on courses over the last year. We have all reflected on the meetings over the last twelve months and each person values the clinical discussion time that we have allocated at the end of the session. We all felt that this has hugely benefitted the group, allowing others to help with clinical scenarios that are difficult. We have some members who are lone workers within their Trust so open discussion gives an opportunity to share their practice, ideas and service changes.

We have continued to discuss areas that members would like to cover in our meetings and we set the date and topic for the next meeting allowing at least four months for members to plan their diaries to increase attendance.

We had a meeting in November 2018, one of our members led a session following attending a course on the management of Bladder Pain Syndrome. It gave enough of an overview and created interest that we organized the course to come to the North East which has been invaluable to all of us. The November session also included an overview of how people use bladder diaries, what information is gathered and how this helps with our treatment plan.

Our last meeting in May 2019 was really positive; we had a record number of attendees which was great. We had a session ran by a national representative on the newest incontinence products available to us for both men and women. There was lots of discussion within the group and it was useful to know who is using these products effectively. The second half of the session was led by a psychosexual counsellor who was invaluable. We covered a wide range of subjects within the area and allowed us to discuss how our referrals between the services can be made. We discussed how our practice

between the two professions can influence each other and it felt like a very positive afternoon for us all. We are now able to fully access psychosexual counselling with an easier referral process.

Our next meeting is in November 2019 and we are currently planning a session on the role of acupuncture within the management of OAB.

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