

Scotland area report – Autumn 2019

The Scottish branch is currently made up of 67 members and includes 1 retired member, 26 full, 40 affiliates and 1 student.

The Scottish branch had their autumn study day on Friday 30th November 2018 at University Hospital Wishaw and this was attended by 20 delegates (members and non-members).

Topics included:

Summary of the happy bladder course, a short practical exploration of hypopressives, constipation and first line advice, “the best start”, dermatology and vulval conditions, musculoskeletal conditions in pregnancy, as well as Renew Medical discussing the use of anal inserts and squeezy app discussing the pelvic health platform.

We also held our spring study day on Friday 29th March 2019 at University Hospital Wishaw.

Dr Hassan discussed the management of female urinary incontinence. Dr Michelle Thornton gave a presentation on the management of faecal incontinence both from a medical and surgical perspective. Several other topics included sexual dysfunction, applications of pilates to the antenatal and postnatal period, Lanarkshire additional midwifery care as well as brief input from contiform and Macgregor healthcare discussing different irrigation systems. This was again well attended by both members and non-members with excellent feedback.

Several members also attended The Scottish Pelvic Floor Network Study Day held in Glasgow on Friday 15th February 2019. This was an excellent day and covered various topics including: Chronic pelvic pain management, functional bowel disorders and conservative management, social media and enhancing compliance with PFE, urinary tract infections, laparoscopic mesh removals and male and female sexual dysfunction.

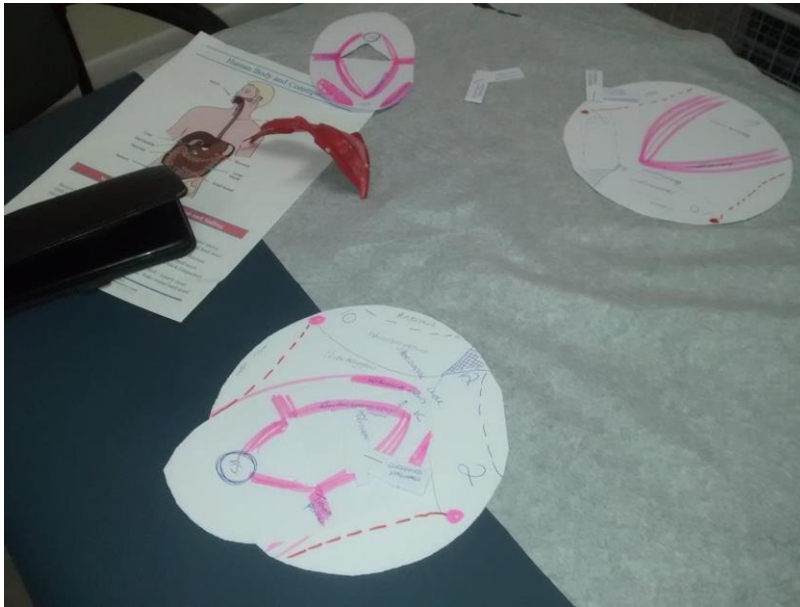
The propel dissemination workshop was also well attended by members on the 19th February 2019 in Glasgow.



POGP member and Pelvic Health Team Lead for Forth Valley, Janice Falconer, was invited to teach physiotherapists in Grand Cayman in the Caribbean in February 2019. The clinic staff had some basic pelvic health knowledge and skills. Janice spent three days teaching detailed anatomy, physiology, bladder and bowel assessment and treatment techniques. These included manual therapy for hypertonic pelvic floor muscles and visceral mobilisation techniques. There were several practical sessions and discussions around complex cases.

She did a talk to the wider MSK team highlighting the cross over between MSK and pelvic health issues. Local GPs attended an evening session and were impressed by the knowledge and skills physiotherapists in this field had and the treatment they can offer to a wide range of patients. She contributed to and edited an article in the local Cayman paper highlighting the role of the specialist Pelvic Health Physiotherapist.

The second week was a holiday and Janice enjoyed snorkelling, swimming with horses in the ocean and beach yoga.



POGP member Jenny Wickford attended the World Congress on Abdominal and Pelvic Pain on the 11-12 May 2019.

“Participants from around the globe met in London to hear about various aspects of APP, in particular with relation to lifecourse and lifestyle. Presentations included a range of topics from sex differences in chronic pain, to early life experiences and environmental sensitivities, to fear and pain in the gut. There was a weighting on the medical approach to APP, but a couple of physiotherapists presented on pelvic girdle pain and on the psychological barriers to exercise for both pelvic pain patients and their clinicians. The focus was perhaps more academic than clinical, but there were some valuable thoughts to take away from the conference. A highlight was connecting with people from all over the world, hearing from different practices and ways of addressing pelvic pain. The next congress is in Barcelona and it would be great to see more physios involved. This is a very exciting field, and the congress is well worth taking part in.”

Additional information:

1. POGP Pelvic Health Physiotherapy: Female Urinary Dysfunction – An entry level course to be held at St John’s hospital, Livingston on 7-9 June 2019
2. Advanced Pelvic Floor Course with Maeve Whelan on Saturday 18th/Sunday 19th May 2019 at Nuffield Health, Glasgow.
3. POGP pregnancy related Physiotherapy: Assessment and Management of Musculoskeletal conditions; hip and trunk – advancing your practice on 9th November 2019 at University Hospital Wishaw.

Debbie Kehoe
Scotland area representative
Debbie.kehoe@nhs.net