

Editorial

At the time that I started writing this, I had just returned from an amazing few days in York for the 2023 POGP Conference. Unfortunately, Assistant Editor Biljana Kennaway, along with many other members, became caught up in the travel disruptions caused by a period of bad weather, and were unable to get to it despite their best efforts. We are hopeful that those who missed out find the online recording to be a suitable alternative.

As for Conference . . . it exceeded all expectations. It was sold out, and had an overall positive energy and exceptional air of excitement. For me, it reinforced the importance of in-person meetings, and the value to be gained from not only a stellar programme of speakers, but also the networking and rich conversations during the breaks.

This event has reignited a spark in me, and restored my belief in the quality of our profession and what it has to offer. This edition of the

Journal of Pelvic, Obstetric and Gynaecological Physiotherapy should exemplify that with quality contributions that range from organic research studies to clinical commentaries applying science to difficult and contentious clinical practice conundrums.

I look forward to showcasing papers and abstracts from Conference in the Autumn edition of *JPOGP* (No. 135), and I welcome your feedback and thoughts on your own experience of our meeting in York. Consider writing a letter to the editor or submitting an opinion piece. Let the journal amplify your voice within our profession.

On 7 December 2023, the POGP Journal Webinar hosted the second in a two-part series on understanding research methodology with Dr Jenny LaCross (Fig. 1). This was another rich event that offered members useful tips and insights into how they can gain the most out of reading the literature. You can see



The graphic is a dark grey rectangular poster for a webinar. At the top left is the POGP logo, which consists of a stylized leaf shape containing the text 'POGP PELVIC OBSTETRIC & GYNAECOLOGICAL PHYSIOTHERAPY' and the tagline 'EXCELLENCE MATTERS' below it. To the right of the logo, the title 'POGP Journal Webinar' is written in large, bold, white sans-serif font. Below the title, the topic 'How Clinicians Should Interpret p-values, 95% Confidence Intervals, and Effect Sizes' is written in a smaller white font. A horizontal line separates this from the date and time information: '19.00 GMT' (with a clock icon) and '7th December, 2023' (with a calendar icon). At the bottom, two headshots of women are shown against a white, torn-paper-like background. The woman on the left is identified as 'Hosted by Gráinne Donnelly, POGP Journal Editor'. The woman on the right is identified as 'Presented by Dr Jenny LaCross, @aptapelvic member'.

Figure 1. POGP Journal Webinar publicity.



Figure 2. Marie Carron, 7 July 1956 to 13 December 2023.

a full write-up of this topic in this edition in the “Getting the Most Out of Research” section (pp. 67–72). We hope you enjoyed the webinar, and if you missed it, you can catch up on it in your members area of the POGP website (https://thepogp.co.uk/pogp_journal_webinars.aspx).

As I finish this editorial, I have passed another significant milestone in my life. My main endeavour during 2023 was caring for my dear mother alongside my four siblings. What many people may not know is that most of my work on this edition was carried out in the kitchen or bedside table at my mother’s house during what can only be described as the enormous juggle struggle to cover round-the-clock care. It is with a heavy heart that I report that my wonderful, amazing and inspirational mother lost her battle with cancer in December 2023. Given that so much of the content of the Spring 2024 journal will forever resonate with her final journey, I wish to dedicate this edition to her memory – a very special woman – Marie Carron (Fig. 2).

Gráinne Donnelly

Copy deadlines

Copy for the Autumn 2024 and Spring 2025 editions of the journal (Nos 135 and 136) must be submitted to the editor by **14 March 2024** and **14 September 2024**, respectively. Please note that academic and clinical articles must be received well before the deadline since time must be allowed so that these can be peer-reviewed. Manuscripts should be presented double-spaced with a wide margin, and adhere to the author’s guidelines found on the POGP website (https://thepogp.co.uk/journals/authors_guidelines/guidelines.aspx), which can be accessed using the QR code on the right. Articles for consideration should be sent to Gráinne Donnelly (e-mail: journal@thepogp.co.uk).

