

Notes and news

Spotlight on the new continence subcommittee

Following the merger of the Association of Chartered Physiotherapists in Women's Health (ACPWH) and Chartered Physiotherapists Promoting Continence (CPPC) to create Pelvic, Obstetric and Gynaecological Physiotherapy (POGP), a new subcommittee has been formed. Its aim is to promote continence awareness, education and development within this new professional network.

The chair of the Continence Subcommittee (CSC) is Annette Woodward, an advanced practitioner in continence who has worked for the Heart of England National Health Service Foundation Trust, Birmingham, for over 30 years. She treats both male and female patients, and leads the trust's women's health service. Annette has attended many continence and general management courses during her career, and completed the ACPWH Postgraduate Certificate in Continence for Physiotherapists in 1995. She has also been involved in a number of national continence-related initiatives, and continues to develop continence services both within the Heart of England hospital trust and nationally across the health economy. Annette kindly agreed to answer a few questions about the CSC.

Rachel Bromley
Deputy Editor

Rachel Bromley: *How did CPPC start?*

Annette Woodward: In 1988, Jo Laycock ran the first validated continence course at Bradford, which was attended by Julia Herbert, Trish Evans, Pauline Chiarelli and 10 others. Following on from this, the idea of having a non-political, non-hierarchical group of proactive physiotherapists interested in continence issues started to form. It wasn't until 2 years later, when Jo and Jeanette Haslam hosted the second validated course, and Julia Herbert was asked to speak, that things began to really take shape.

R.B.: *How did CPPC get its name?*

A.W.: Initially, over a few glasses of wine, the founding members, Jo Laycock, Jeanette Haslam, Julia Herbert, Trish Evans and Pauline Walsh, called themselves "PISI" (Physiotherapists Interested in Stopping Incontinence).

However, the next morning, it was decided that this name was too frivolous and CPPC was born!

R.B.: *What were the original objectives of CPPC?*

A.W.: The original committee, chaired by Julia Herbert, drew up a constitution whose objectives were:

- to encourage, promote and facilitate the interchange of knowledge, skills and ideas between all professionals working in continence care;
- to encourage the continuing professional development (CPD) of members by providing education, lectures and discussions on subjects of interest to members;
- to improve communication and understanding between all chartered physiotherapists working in the speciality of continence;
- to provide relevant support and information to members; and
- to develop the speciality by supporting and undertaking research projects, where appropriate.

R.B.: *What are the aims and objectives of the new CSC?*

A.W.: Overall, our objectives still reflect those originally set out by CPPC. As members of POGP, we aim to promote and develop continence education and management for both patients and our professional colleagues.

R.B.: *How many members are currently on the CSC?*

A.W.: At present, there are 10 committee members.

R.B.: *What impact does the CSC hope to have?*

A.W.: The prevalence of both urinary and anal incontinence is widely under-reported for a number of reasons. However, the awareness of the impact of continence problems on the individual's quality of life is becoming increasingly recognized. Continence issues can affect employment, education, and social and sporting activities. With this increased awareness comes the opportunity both nationally and locally to work to improve continence services, and overall continence management and care. As part of the new professional network, the CSC is looking forward to working closely with POGP by contributing to, and supporting, its aims and objectives – to promote, educate and develop continence awareness and care for all.

Report on the 2014 Annual Representative Conference

Cardiff hosted the 25th Annual Representative Conference (ARC) on 3–4 March 2014, and as a resident of this city, regional representative Liz Benson attended on behalf of POGP. She was accompanied by *Journal* co-editor and Executive Committee member Wendy Rarity.

This conference provides Chartered Society of Physiotherapy (CSP) members with the opportunity to directly influence their professional body and trade union so as to inform future policy and direction.

Thirty-three motions were heard, debated and voted upon this year. These were wide ranging, encompassing professional issues, learning and development, social policy, employment issues, equality and diversity, health, safety and well-being, CSP policy, and health services.

The POGP Executive Committee were delighted to have a motion accepted for ARC, albeit on the secondary agenda. Unfortunately, time ran out before our motion, which related to exercise prescription, could be presented. However, Liz Benson competently seconded a motion on the menopause that was proposed by the National Group of Regional Safety Representatives.

The first session was opened by Sue Rees, CSP Chair of Council, followed by Mark Drakeford AM, the Welsh Government Minister for Health and Social Services.

The Welsh Board of the CSP hosted a drinks reception at the end of the first day, and this was followed by the conference dinner, which provided an ideal opportunity for socializing and networking.

Karen Middleton, in her new role as Chief Executive of the CSP, addressed the conference for the first time at the start of the second day. She stated that her aim was to continue to progress the profession, and that she looked forward to making a difference.

A fringe meeting was held at lunchtime. This focused on safe and effective staffing levels as a key component in ensuring patient care following the Francis Report. The collaboration across the UK on this issue gives a real sense of the professions working together.

This conference is a very enlightening experience, and it provides a great opportunity to see the breadth of activity that the CSP is involved in all around the UK, internationally and in partnership with the Trades Union Congress. It

provides a wealth of CPD for attendees, and participation is highly recommended.

Wendy Rarity
Co-editor

Dame Josephine Barnes Bursary

Completing the Postgraduate Certificate in Physiotherapy for Women's Health has been an aspiration of mine for years. Last year, I decided to take the plunge, and after agreeing to the challenge at my appraisal, I applied for the course. The Dame Josephine Barnes Bursary helped me to finance the course, and enabled me to concentrate on preparing for the hard work to come!

The Postgraduate Certificate in Physiotherapy for Women's Health allowed me to broaden my knowledge and practical skills in this specialist area. It is an exciting course, and a great opportunity to meet new colleagues and share in the learning experience.

I found the change from undergraduate to postgraduate studies challenging, but it enabled me to access a wealth of experience and new resources. Completing assignments and assessments with two young children running around proved tough, but the personal, clinical and academic rewards made it all worthwhile. I became more confident in presenting my interpretation of the literature, and was privileged to be given an opportunity to deliver a systematic review that I had completed as part of the course at the ACPWH Annual Conference in Bristol on 21 September 2013. I am currently writing up this literature review for publication in the *POGP Journal* in Spring 2015. The Dame Josephine Barnes Bursary also helped to fund my attendance at the conference, and this was very much appreciated.

Completing the course gave me the confidence and qualifications to further my career within the field of urogynaecology. I would like to thank ACPWH for this opportunity, and I would encourage others to step up and take the plunge.

Michelle Neal
Dame Josephine Barnes Bursary Recipient

Peer review pro forma

For anyone aspiring to have a paper published in the *Journal*, it has been suggested that it might be useful to include a guide to what is examined during peer review. The review criteria are as follows:

- Does the title describe the contents?
- Does the abstract succinctly describe the contents?
- Does the paper identify a gap in the knowledge?
- Does the paper make a rational case for the purpose of the study?
- If a section on methodology is included, are the design, techniques and equipment clearly described?
- If there is a results section, are the statistical methods used appropriate for the study?
- Are the results, tables and graphs clearly displayed?
- Is the discussion relevant to the results?
- Does the discussion represent current, balanced thinking on the subject?
- Are the conclusions logical in relation to the contents of the rest of the paper?
- Do the references adequately cover the topics mentioned in the text?
- Is the paper well written and well organized?
- Is the paper too long or too short?

We hope that this information will assist members who are contemplating submitting a paper to the *Journal*, and would encourage as many of you as possible to do so.

Wendy Rarity
Co-editor

Extended online content

I was recently offered a “no extra cost” e-subscription to a magazine that I had previously only enjoyed in its paper form. My initial reaction was to refuse: why would I need an electronic copy of something that I already physically owned? However, on closer inspection, I realized that the e-magazine offered extra titbits of information, articles and offers not included in the paper version that popped through my letter box every month. What’s not to love about an offer like that?

The extended online content (EOC) of this *Journal* is much the same. As well as electronic versions of the articles, abstracts and discussion pieces published in the paper edition, the EOC also includes photos and area reports. Furthermore, you will also find the extremely useful series of articles entitled “Website watch” and “Papers in other journals”, which are researched and prepared by Karen Radford and Alison Clarke, respectively. These give a summary of information and research from around the world.

We are always looking for interesting snippets of information to include, so if you have something that you would like to share, please get in touch (e-mail: rebromleyphysio@btinternet.com)!

Rachel Bromley
Deputy Editor/Online Content Editor