

Notes and news

Update on the new ACPWH website

Since its reincarnation in July 2011 as a microsite of the main Chartered Society of Physiotherapy (CSP) website, the ACPWH website (<http://acpwh.csp.org.uk/>) has developed into a dynamic and interactive resource for members. The Association was the first of an increasing number of professional networks to link their websites to the CSP in this way, an arrangement that brings many benefits.

Rather than diminishing, as the term “micro” might suggest, our website has been able to expand its horizons as a result of this change by virtue of a system of links integrating related material that extends beyond our own microsite to the main CSP site, including *Frontline*, *Physiotherapy* and interactiveCSP (iCSP). This intricate interweaving of documents, news and discussions offers the reader the chance to take a stimulating journey around the topic in question.

For example, the “Research” section includes a link on the right-hand “More like this” sidebar to a *Frontline* article called “Mover and Shaker” (Trueland 2009) about the service redesign and CSP awards achieved by Irene Pullar and her team in Dundee. From there, another link on the right-hand “Similar content” sidebar takes you to “Behind Closed Doors” (Priestley 2011), an article about the self-referral pilot project. Further links lead to the “Incontinence” page of “Your health” on the CSP site (CSP 2012), and then a CSP document containing a leaflet entitled *Personal Training for Your Pelvic Floor Muscles* (CSP 2009). This leaflet is, in turn, linked to an abstract of a clinical paper by Bø & Haakstad (2011) about pelvic floor muscle training and adjunctive therapies (<http://www.csp.org.uk/physio-journal/97/3/pelvic-floor-muscle-training-effective-when-taught-general-fitness-class-pregnan>). The reader finally comes to rest at an ACPWH document, the Urinary Incontinence Assessment Form (<http://www.csp.org.uk/documents/urinary-continence-assessment-form>). Thus, the reader is enticed down a paper-free trail that broadens the scope of any enquiry from a casual browse to a thorough perusal.

While much can be viewed by non-members, it is necessary to log in in order to enjoy the full

benefits of our new website. Account and login details are now shared with the CSP site so that all areas of both are accessible with a single login. Account holders can now enjoy the convenience of regular e-mail bulletins advising of any new ACPWH website content alongside new iCSP activity.

For instructions on how to create an account, click on the “Help” tab located on top right. This opens up a new page containing a comprehensive range of help topics concerning website use, including some video tutorials. Whether you arrived at the ACPWH site via the main CSP site or directly (by either simply entering “ACPWH” into Google or by typing “<http://acpwh.csp.org.uk/>” into the address bar), the login process will always land you back at the main CSP site. To get back to ACPWH, first click “Networks” at the top of the page, followed by “Professional Networks”, then select “ACPWH” from the list of professional networks.

One advantage of the new site lies in its ability to be current. Since I was unable to attend the 2012 ACPWH Conference, I was delighted to be able to read the conference presentations only days after the event. Both these and the 2011 conference presentations are available from the menu bar arranged vertically down the left-hand side of each page. All previous conference material as far back as 2008 can be found within the “Resources” section, but this is only visible when logged in.

If you are still wondering where some of your regular *Journal* content has gone – “Papers in other journals”, “Regional reports” or “Website watch”, for example – then you need to discover the dedicated pages of the ACPWH website. These particular items can now *only* be found online. Current and back issues of the full *Journal* are available to read online or download, with access to recent editions being restricted to members only.

If yet more encouragement to get online and discover the benefits of our website is required, further detailed information about the website and how to use it can be found in issues 109 and 111 of *JACPWH* (Radford 2011, 2012).

Karen Radford

Journal Websites Editor

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University of Bradford postgraduate course update

The Association recognizes two programmes of study at the University of Bradford, Bradford, UK. A postgraduate certificate in either Physiotherapy in Women's Health or Continence for Physiotherapists is awarded to students who successfully complete both the theory and practice core modules, which equate to 60 credits at Master's level. Completion of either programme is recognized by ACPWH as the most common method of demonstrating the level of knowledge and skills required for membership of the Association.

The new School of Health Studies opened in September 2011, and both ACPWH-recognized programmes are being delivered during the 2012–2013 academic year. By the time you read this, our second cohort will have enjoyed using the new facilities during their teaching blocks in Bradford. All of these blocks are delivered from early Sunday afternoon until Tuesday lunch-time, and it's particularly nice being the only group in the building on the Sunday afternoon!

Rachael Sharples and Louise Johnson continue to lead the postgraduate physiotherapy programme, and are the academic tutors on both the women's health and continence courses. The specialist clinical tutors are Gill Brook and Ann Johnson for the women's health modules, and Teresa Cook and Julia Herbert for the continence ones. These members of staff are sup-

ported by many physiotherapy colleagues; a few deliver specialist presentations at the university, but many more support our students as clinical mentors. Both students and staff are grateful for the continuing commitment of these individual clinicians – you're too many to mention, but you know who you are! As a tutor myself, I'm conscious of the fact that I don't have contact with all of our mentors each year. We teach students from all over the UK, so the clinicians who are approached to be mentors will vary over time. In other words, please don't think we don't appreciate you if you don't receive an approach every year!

Awarding of certificates by ACPWH

Graduates who complete the academic requirements and attend the formal dinner at the annual ACPWH Conference are presented with a certificate confirming their eligibility to apply for membership of the Association.

Because of the module changes in 2010 and the absence of the ACPWH Conference dinner in 2011 (the Association took part in the Physiotherapy Round Table dinner held as part of the International Continence Society Annual Meeting in Glasgow, UK, that year), there was an unprecedented number of students eligible to receive their certificate at Conference 2012. The complete list follows and includes students who graduated between September 2010 and September 2012. Some of these names have already been published in the *Journal* in the Spring 2012 edition (No. 110, pp. 65–66), but we've decided to publish the whole list for completeness:

- *Postgraduate Certificate: Continence for Physiotherapists:* Lorna Bayliss, Lucia Berry, Sadie Booker, Sally Broadhurst, Rachel Bromley, Claire Brown (née Smith), Mary Chestnutt, Charlotte Church, Alison Clarke, Rachel Collett, Gemma Cook (née Barnes), Helen Cooper, Alison Crocker, Isabelle d'Almeida, Bronwyn Dunn, Kirsteen Ferguson, Lisa Few, Michelle Gormley, Jennifer Hall, Fiona Hart, Lisa Hastie, Deborah Higgins, Jennifer Horrigan, Rachel Hurst, Louise Kerr, Jane Macnaughton (née Thomas), Melissa Maidment, Lindsay McLaren-Brown, Anne McCloskey, Aoibhin McGreal, Nicola Mulkeen, Sylvia Nagle, Fiona O'Connor, Funmilayo Odofoin, Camilla Pleydell-Bouverie, Liz Sheehan, Jennifer Sheppard, Kimberley Sinclair, Claire Smith, Julia Spencer, Katharine Walsh, Lara Watson and Karen Whitehouse.

- *Postgraduate Certificate: Physiotherapy for Women's Health:* Amanda Adie, Kirsten Barratt, Rebecca Bennett, Amanda Casey, Natasha Chesler, Clare Haslam, Jennifer Heron, Victoria Keates, Nicola King, Eibhlin Mulhall, Daniela Papezova, Camilla Pleydell-Bouverie, Miriam Rowlands, Rebecca Sessions and Kirsty Simpson.

Certificates confirming eligibility to apply for membership are available for all those mentioned above, so if you didn't receive yours at, or since, the Conference dinner in September 2012, please contact Teresa Cook (e-mail: tcook1@bradford.ac.uk). If you are listed above and are currently registered as an affiliate member on the ACPWH membership database, you will be eligible to apply for a change in status to your membership (often known as "full" membership, although there is no such membership category!). To change your membership status, you need to contact Katie Laing at Fitwise Management Ltd (e-mail: katie.laing@fitwise.co.uk). Katie deals with membership issues and will need proof of eligibility to change your membership category. This is likely to be documentary evidence from the University of Bradford or a copy of the above-mentioned certificate.

For those interested in applying for the 2013–2014 academic year, the closing date for applications (for both the Physiotherapy in Women's Health and Continence for Physiotherapists postgraduate certificates) is likely to be 30 June 2013. If this changes, any new information will be posted on the ACPWH academic courses page of the website (<http://acpwh.csp.org.uk/academic-courses>).

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New JACPWH editors

Wendy Rarity

After qualifying from The Queen's College, Glasgow, UK, in 1981, I took up my first post as a rotational Basic Grade Physiotherapist in Monklands District General Hospital, Airdrie, North Lanarkshire. Some 18 months later, I secured a Senior 2 post, specializing in treating children with profound physical and mental dis-



abilities. Then 9 months after this, I moved to the town of Dunoon on the West Coast of Scotland to take up a Senior 2 post at the local hospital, intending to travel from there to work in the USA. However, this didn't happen because I married instead and have yet to leave Dunoon!

I became the Superintendent IV Physiotherapist at Cowal Community Hospital in 1986, a post I held until 1991, when I dropped to part-time hours to concentrate on bringing up my two daughters. In 2002, I started to develop my interest in women's health and was allocated 3 h a week for this. Although I didn't manage to gain more hours until 2007, I was able to set up and run a women's health clinic based in the hospital. I am currently a Band 7, and solely responsible for the delivery and development of women's health services in the Cowal and Bute Locality of the Argyll and Bute Community Health Partnership.

As well as women's health, I also have an interest in acupuncture. I am the current West

of Scotland regional representative for the Acupuncture Association of Chartered Physiotherapists (AACP) and a member of the AACP Conference Committee.

Outside of physiotherapy, my interests include singing, tennis, horse riding, walking, reading, socializing and foreign travel, especially cruising.

This is my first foray into the realm of editing, but I am looking forward to the challenge and, in tandem with Amanda, I will do my best to keep the *Journal* as contemporary as possible.

Amanda Savage

Qualifying in 1993 from the last year group to graduate from the School of Physiotherapy at Addenbrooke's Hospital in Cambridge, UK, I was lucky to enjoy a third-year placement in women's health with Linda Maud and the highly experienced team at Ipswich Hospital. After 3 years of rotating through everything that St George's Hospital in London could offer a jack-of-all-trades junior, I was fortunate to cross paths with the wonderful and inspiring Jo Fordyce on my final rotation, and my fate was sealed. I spent 4 years working in Cape Town, South Africa, and helped to found the first physiotherapy pelvic floor dysfunction unit there



before returning to my Cambridge roots as Clinical Specialist for Urogynaecology at Addenbrooke's. I completed the Postgraduate Certificate in Women's Health in 2001 and subsequently gained a Master's degree at the University of Cambridge. I enjoyed working with the women's health team at Addenbrooke's until I gradually moved to fewer hours after the birth of my son, and now work only in private practice to fit around the family.

I am delighted to join Wendy as the new co-editor of *JACPWH*, not least because I have previously submitted some of my own academic work to it and so I have empathy with authors regarding the process of preparing a piece according to journal guidelines. I would be delighted to help and assist any "newbies" to academic writing through the process so that they can enjoy the satisfaction of seeing their work in smart, bound print that can also be found online and in libraries for years ahead. After putting in hours of hard work and research to complete an academic course, publishing one of your essays or a dissertation is an opportunity to share some of that work with the whole physiotherapy community and also to contribute to the resources available to all interested people working in women's and men's health.

An Introduction to Pilates in Women's Health Physiotherapy

Southport and Formby District General Hospital, Southport, 24–25 November 2012

Women's health is usually the subject from which a musculoskeletal physiotherapist runs the proverbial mile, mainly because of fear and ignorance. Nevertheless, I can honestly say that I got more out of this particular workshop than I have from any musculoskeletal course that I've attended in the past few years.

Not coming from a women's health background myself, I was initially unsure whether I would, first, understand anything, and secondly, gain something relevant and useful to my musculoskeletal practice that would better allow me to help the ever-increasing number of women presenting with pelvic girdle pain and dysfunction. I was wrong on both counts.

Our group was made up of individuals from a wide variety of backgrounds, including physiotherapists working in private musculoskeletal



practice, in-patient gynaecology and beyond, and the attendees also represented a spectrum of levels of experience. Obviously, the most knowledgeable people of all were our tutors, the lovely Linda Boston and Shernaz Screwvala. We also had the pleasure of the company of Dr Doreen McClurg, who had come all the way from Belfast to observe the course in order to aid future planning and research in the field. Despite the diversity within our group, we shared a common goal: our desire to apply specific Pilates-based exercises to particular patients/common dysfunctions in women's health, and most importantly, to know why we would be doing it!

On a more personal note, I wanted to acquire all the clinical tools that I might need to manage this patient group optimally. Clinical reasoning is such a buzz-word in the physiotherapy world at the moment, but how many of us think through each individual case and critically appraise why we are giving a patient one specific exercise rather than another? I for one am often guilty of prescribing exercises because I know that these work, and do so out of habit rather than because I have considered, for example, which muscle slings I want to target. Indeed, the beauty of this kind of course is often that we are reminded that, as physiotherapists, we do have excellent clinical reasoning skills – all we have to do is use them.

Throughout the 2 days of the workshop, Linda and Shernaz managed just the right balance of theory and practice to keep us on our toes – quite literally at times! We started the weekend with some necessary background on the history of Pilates featuring Mr Joseph H. Pilates himself, along with his tiny pants and compromising exercise positions, which certainly broke the ice. The effects of female hormones on the musculoskeletal system were also covered, which really helped me to gain a better understanding of the patient group in question. In fact, it opened my eyes to those patients in puberty and menopause, whom I often overlook because, when I consider women's health, I immediately think of pregnancy! We covered some very interesting and clinically relevant material on these hormones, including the subject of osteoporosis. This really brought home how these two areas of physiotherapy integrate with each other.

The principles of lumbopelvic stability and the cylinder of control were more my territory, but this was still a much-needed refresher. This information combined well with that about basic contractions and the principles of Pilates, and indeed, the difference between this system and standard exercise. There was plenty of group discussion, brainstorming, and sharing of ideas and experiences among the group, which was a luxury for me since I come from a

background of mostly working alone. Overall, the ladies presented a fabulous and well-balanced mixture of theory, practice, case studies and demonstrations, and some Pilates and relaxation were thrown in for good measure among the learning! I'm not sure whether or not this was actually meant to ensure that we were alert and receptive to the course material, but it worked wonderfully.

All of this was washed down with lots of coffee and gorgeous home-made cake, compliments of ACPWH Vice-chairman and workshop organizer Katie Mann's daughter. Katie very kindly demonstrated the many functions of the biofeedback unit in relation to the pelvic floor.

We ended the weekend by presenting our case studies, which encompassed all possible types of patient and dysfunction, from an elite athlete with stress incontinence to acute post-operative prolapse repair. The progression of exercise for this diverse patient group was also discussed in depth, along with the all-important topics of contra-indications and precautions. An evaluation of the course, and our goals and expectations punctuated the end of the last day on a positive note.

One of the tutors' strong points was the way in which they empowered us, and I definitely left the workshop feeling confident that I do have a lot to offer to women in need and that I know where to go if I require any further guidance or expert advice. I am already considering taking another ACPWH course in the new year in order to develop my women's health skills further, and have a list of recommended books and research sources to get my teeth into in the meantime. This was a well spent weekend all round!

Edel Comer

Practice Manager

David Roberts Physiotherapy

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Distinguished Service Award for Lesley Cochrane

The CSP has honoured ACPWH member Lesley Cochrane with a Distinguished Service Award in recognition of her contribution to the profession in the field of women's health. She was nominated by Gill Brook.

The CSP citation reads: "Since 2003, Lesley has overseen, on an entirely volunteer and self-funded basis, the development of physiotherapy services to women who have suffered major obstetric injuries as the result of obstructed labour in Hamlin Fistula Hospital, Addis Ababa. Lesley has helped equip the department and develop the skills of the staff. She guided and supported the staff in the development of treatment protocols and individualised care plans for women; the maintenance of CPD through regular departmental training sessions, and visits to staff working in five outreach centres. She has also encouraged data collection, outcome measurement and manual handling training. The service now employs two Ethiopian physiotherapists in Addis Ababa, and two trained physiotherapy support workers in each of the outreach centres."

The citation also highlights the fact that Lesley has been involved with ACPWH throughout her career and is a past Honorary Secretary of the Association. She was also a post-registration course leader and tutor in Scotland.

Gordon Williams, the former Medical Director of the Addis Ababa Fistula Hospital, says: "Lesley has moved our physiotherapy department into the 21st century and it is one of the leading departments in Africa. She really does deserve this award."

You can read more about Lesley and the Hamlin Fistula Hospital in Gill Brook's article in this edition of the *Journal* (see pp. 36–40).

Andrew J. Wilson

Production Editor