

## *IUGA International Symposium on A Multidisciplinary Approach to the Prevention and Management of Pelvic Floor Dysfunction*

The second IUGA International Symposium designed for Allied Health Professionals was entitled A Multidisciplinary Approach to the Prevention and Management of Pelvic Floor Dysfunction and was held virtually on March 13-14, 2021. The symposium had 603 attendees from 55 countries and 35 speakers. Of the 603 attendees, there were 300 physiotherapists, 206 doctors/physicians in training, 21 nurses, 30 midwives, and 1 physician assistant. The other attendees were researchers, HCAs, or lecturers.

We featured two keynote lectures, one by Prof. Jacqueline Dunkley-Bent, the head midwife of the UK, and Dr. John DeLancey. There were 3 presentations from patients, 3 roundtable sessions, and 11 plenary lectures followed by live question and answer sessions. There were 8 different workshops offered of which each attendee could participate in 2. All workshops were very well received and are available to watch on-demand. Please see appendix A for the full program.

We had 3 Sponsors and 9 Endorsing Organizations. There was a lunch sponsored session by Bulkamid which was attended live by 178 people. The afternoon sponsored session by Viomed was almost as successful with 146 live attendees. The Prometheus Group also purchased an insert in the virtual meeting bag.

We received 79 filled in evaluation forms and feedback from participants was overwhelmingly positive, with all respondents reporting that they were either extremely satisfied or satisfied with their overall experience and with the quality of the content. No one indicated that they were dissatisfied with any aspect of the program. For more detailed information, please see the table below with averages (1 being extremely dissatisfied and 5 being extremely satisfied).

<b>Overall IUGA International Symposium on Pelvic Floor Dysfunction experience.</b>	4.67
<b>Quality of the content.</b>	4.54
<b>The promotion of the IUGA International Symposium on Pelvic Floor Dysfunction.</b>	4.42
<b>The support provided by IUGA staff.</b>	4.58
<b>The IUGA International Symposium on Pelvic Floor Dysfunction virtual platform (provided by BigMarker).</b>	4.53

The minimal negative feedback that was received centered around receiving login details late and a lack of networking opportunities, breaks, and CME points.

Through this symposium, we gained 148 paid new members. Of the 148, 93 are physiotherapists, 11 are nurses, 20 are midwives, 22 are doctor/physician in training, 1 is physician assistant and 1 is professor. As such, we have made important steps towards truly working as a multi-disciplinary association.

Preliminary results indicate a meeting profit of more than USD 11,600 and USD 11,100 in membership fees.

### **Attendee feedback**

"I think you did brilliantly. Key component is the technical support which was handled extremely well!"

"This meeting was excellent and could not suggest better organization"

"Initially it seemed complicated having to enter each session separately but that turned out not to be a problem. A 20 - 30 minute lunch break would have been welcome."

"The setup is actually good allowing for Q&A within sessions. Longer meetings clearly allow for more research presentations and discussions."

"I thought this was the best virtual meeting I have attended - it worked brilliantly"

"Very well organised and presented . Contents of the the topics were so relevant to day to day practice. During workshop could decide which one to join but good thing is we get to watch it afterwards."

"It would be great to be able to download a "takeaway message" as a pdf document or so from every lecture or like a summary of the whole symposium!"

"Round tables were excellent, especially Postpartum bladder and Faecal incontinence."

"It was an excellent 2 days and if it hadn't been virtual I might not have attended as it was so much easier. Apart from not being able to network there were no downside for me with it being virtual. I particularly found the patients sharing their experiences invaluable and I know it will shape my future practice. I loved the use of case studies, I feel I learnt so much from these sessions as it made me think back to my own patients and I found listening to their clinical reasoning so beneficial. I really found the talk about the interpartum bladder eye opening and something I have never been taught before. One of the workshops I attended I didn't feel was well organised and found it difficult to follow as there was no PP to support it or gain information from."

"I was really surprised by how useful it was. The case studies were brilliant and so good to have a MDT perspective. The whole MDT input showed how important this is and I will promote this locally."

"Extremely useful meeting with evidence based knowledge applicable in our daily work. Excellent speakers. Excellent presentations."

"I think it was wonderful that the conference was held virtually. This allowed more delegates to attend and much easier to fit around other commitments."

"The IUGA symposium ran seamlessly! Was a pleasure to attend. Quality of image/ sound was super. Ran to time. Excellent admin support."

"I have been a Women's Health physio for over 32 years and have attended many courses and conferences in that time but this was the absolute best educational event I have ever attended! It was absolutely brilliant and I can't thank you enough for organising such a fantastic event. All the sessions were inspirational."

### **Recommendation**

We had 603 delegates in 2021, as compared to 101 in 2019. IUGA also gained 148 new members through the 2021 symposium, as opposed to 2019 when the symposium helped us to gain 41 new members. As a virtual meeting, this symposium was both accessible and affordable for attendees around the world. It was also not limited by space or the size of the venue. Based on the success of this symposium, both in terms of financial benefit to IUGA and providing education and information to a broader audience, we would highly recommend continuing this as a virtual meeting on an annual basis.

## **Appendix A- Program**

All times indicated below are per UTC.

Saturday, March 13, 2021

### **SESSION 1**

08:30 - 08:45 Welcome

*Ranee Thakar*

08:45 - 09:15 Variations in perinatal care and health outcomes and initiatives to reduce these maternal health outcomes: Ensuring equity for all (including an overview of the NHS long term plan)

*Jacqueline Dunkley-Bent*

09:15 - 09:30 Patient experience of UI / POP following childbirth- Life after childbirth: Will it ever be the same?

09:30- 09:40 BREAK

### **SESSION 2**

09:40 - 10:25 Round table MDT – Managing intrapartum urinary retention

*Moderators: Angie Rantell & Dudley Robinson*

*Presenters: Dalia Saidan, Sacha Newman, Hedwig Neels*

10:25 - 10:35 BREAK

### **SESSION 3**

10:35- 10:40 Introduction

*Moderators: Bob Freeman & Maura Seleme*

10:40 - 11:00 Antenatal education, health promotion and prevention of pelvic floor dysfunction

*Debra Bick*

11:00 - 11:20 Antenatal counselling and delivery planning for women with PFD (Including OASI and subsequent delivery planning)

*Sushma Srikrishna*

11:20 - 11:40 Intrapartum and postpartum bladder care – An update of the evidence, risk factors and management

*Angie Rantell*

11:40 - 12:00 Changes to and maintenance of good vulval and vaginal health throughout the life course

*Ahmed Kamel*

12:00- 12:20 Extending the MDT – Alternative sources of education and support

*Bob Freeman*

12:20- 12:35 Panel Discussion

*Moderators: Bob Freeman & Maura Seleme*

12:35- 12:50 BREAK

12:45 - 13:35 Bulkamid Sponsored Lunch Session

13:35- 13:45 BREAK

#### **SESSION 4 - WORKSHOPS**

13:45 - 14:35 Multidisciplinary management of FGM

*Memuna Sowe*

*Christie Coho*

13:45 - 14:35 Pessary competency and training standards

*Claire Brown*

*Ellie Stewart*

13:45 - 14:35 What have we learnt from the pandemic? Innovating new ways of working and sharing examples

*Maura Seleme*

*Ranee Thakar*

*Elizabeth Bailey*

13:45 - 14:35 An introduction into clinical research

*Katherine Clark*

*Angie Rantell*

*Bary Berghmans*

14:35 - 14:45 BREAK

#### **SESSION 5 - WORKSHOPS**

14:45 - 15:35 Teaching PFME ( a guide for HCP's)

*Gillian McCabe*

14:45 - 15:35 Gadgets and gizmos in the management of faecal incontinence + anal manometry

*Wendy Ness*

14:45 - 15:35 An update on catheter care and management

*Sacha Newman*

*Cathy Davis*

14:45 - 15:35 Role of biofeedback in PFMT

*Maura Seleme*

*Bary Berghmans*

15:35 - 15:45 BREAK

### **SESSION 6**

15:45 - 16:15 Applied anatomy and physiology of the pelvic floor

*John DeLancey*

16:15 - 17:00 Round table discussion - Who should provide PFMT and how?

*Moderators: Ranee Thakar & Bary Berghmans*

*Presenters:*

*Suzanne Hagen*

*Chantale Dumoulin*

*Sacha Newman*

*Debra Bick*

17:00- 17:10 BREAK

17:10 - 17:55 VioMed Sponsored Session

Sunday, March 14, 2021

### **SESSION 7**

08:15 - 08:25 Welcome back/ Summary of Day 1

*Angie Rantell*

08:25 - 08:40 Patient experience of OASIS

*Anna Clements*

08:40 - 09:40 Round table MDT – Managing faecal incontinence post childbirth

*Moderators: Fred Milani & Debra Bick*

*Presenters:*

*Abdul Sultan*

*Jonathan van Dellen*

*Wendy Ness*

*Paula Igualada-Martinez*

*Sara Webb*

09:40- 09:50 BREAK

### **SESSION 8**

09:50- 09:55 Introduction

*Moderators: Jilly Bond & Debra Bick*

09:55-10:25 Perineal wound healing and management of complications

*Adelaide Aduboffour*

*Adanna Okeahialam*

10:25 - 10:40 How to use social media to promote continence care

*Hedwig Neels*

10:40 - 10:55 Panel discussion

*Moderators: Jilly Bond & Debra Bick*

10:55 - 11:05 BREAK

### **SESSION 9**

11:05- 11:10 Introduction

*Moderators: Wendy Ness & Abdul Sultan*

11:10 - 11:25 Psychological impact of birth trauma

*Gwyn Eanor*

11:25 - 11:50 Loading the postnatal pelvic floor

*Lori Forner*

11:50 - 12:10 Postpartum sexual dysfunction

*Ranee Thakar*

12:10 - 12:25 Panel discussion

*Moderators: Wendy Ness & Abdul Sultan*

12:25 - 12:30 Wrap up