

## *IUGA International Symposium on Birth Trauma and Pelvic Floor Health for Allied Health Professionals Report*

The first IUGA International Symposium on Birth Trauma and Pelvic Floor Health for Allied Health Professionals was held June 29-30, 2019 at Croydon University Hospital. There were 108 attendees, from 10 countries including 17 speakers and 6 Sponsors. There were 7 organizations who endorsed our program. Among the attendees, the majority were physiotherapists, but there were also nurses, midwives, physicians, fellows, and HCAs present. Through this meeting, we have made important steps towards truly working as a multi-disciplinary association.

There were 8 different workshops offered (see appendix A for full list), of which each attendee could participate in 4. All workshops were very well received.

Feedback from participants was overwhelmingly positive. Some attendee feedback can be found below.

“Thank you so much for today, it was my first IUGA conference and was a wonderful mix of subjects, speakers, useful reminders and new information learnt. Information I can transfer easily into my clinic and ‘run with’. The food also was the best I have ever eaten at a conference before, absolutely amazing and delicious, please thank those that arranged the food, it felt like a home cooked family meal. The culture you have created at IUGA is a truly positive, affirming one, thank you.”

“Would like to thank you and all the members and speakers who partook in the wonderful symposium over the weekend. The general feel was that it was one of the best study weekends we have attended (plus the price was amazing value!)”

“Just want to congratulate you and the team for such a fantastic meeting – bringing together so many nurses physios and importantly midwives to share knowledge over an excellent 1.5 day programme. “

“All workshops were useful and informative, particularly enjoyed advancing the role and intra-partum and Post-partum bladder care with catheter care. Relevant information to my role and exceptional facilitators.”

“Would definitely recommend, one of the best symposia I have attended in a long time, excellent and relevant topics.”

“Very full program and every topic was so relevant. It was the most inclusive symposium I have attended with great input from many disciplines.”

“This was a fantastic symposium; I would highly recommend to colleagues and would be great to attend again as an update. Well done to all involved in organizing.”

“Friendly, open, welcoming environment. Emphasis on learning/shared learning. Loved the lunch! Please do that again. Loved the multidisciplinary presentations, good time keeping.”

“I am looking forward to the next one and I’m going to join/become a member! Thank you!”

“Friendly, networking, making new contacts, multi-disciplinary approach is so useful. It helps to program and support patient care. Thank you.”

“The enthusiasm around this area of health was infective and I’m so glad that I came to experience this. It also gave me greater insight into the referral pathways.”

## **Appendix A- List of Workshops**

### **First session**

Functional Assessment and Ultrasound (pt with faecal incontinence post partum)

Bary Berghmans

Abdul Sultan

Vaginal and anal PF assessment (with videos) and the use of biofeedback in women with urinary incontinence

Maura Seleme

Bowel assessment and management (including DRE)

Wendy Ness

Intra-partum and post-partum bladder care (including an update in catheter care) (HIGHEST RATED OF FIRST SESSION)

Angela Rantell

### **Second session**

Use of PF ultrasound in management of PFD

Ranee Thakar

Bartlomiej Burzynski

Pessaries for POP (HIGHEST RATED OF SECOND SESSION)

Cathy Davis

Ellie Stewart

Advancing the role of the nurse / midwife / AHP

Angela Rantell

Sara Webb

Julia Herbert

Leading / Managing change in the workplace

Bob Freeman

Edward John





