

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

## **Pregnancy related Physiotherapy: the Childbearing Year – an entry level course**

Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ

15 June 2019

£125 POGP member/affiliate

£160 non-member

£75 physiotherapy student

This study day provides an introduction to physiotherapy in perinatal care and is designed for physiotherapists and physiotherapy students who have an interest in women's health. Perhaps you are a rotational physiotherapist, and those who occasionally see pregnant or post-natal women as part of their caseload, or are considering developing their knowledge and skills in order to develop a service. You will discuss the evidence relating to health promotion in pregnancy, childbirth and beyond, in sessions that provide an overview of safe practice and special considerations for this patient group in both the management of some pregnancy-related problems and the setting up of education or exercise classes for this client group.

This course will also help you if you are involved in teaching other professional groups or students, for example, promotion of continence to midwives and confirming the role of the physiotherapist within the obstetric MDT.

### **Programme objective**

To provide the participant with the knowledge and skills to deliver perinatal healthcare promotion and physiotherapy care.

### **Learning Outcomes**

By the end of the study day the participant will be:

1. Able to understand the physiological and anatomical changes that occur during pregnancy and the immediate postnatal period.
2. Equipped with the knowledge to safely deliver perinatal physiotherapy care.
3. Aware of and conform to professional standards and national guidelines in relation to physiotherapy in perinatal care.

### **Pre-course reading:**

Whilst not compulsory, completion of the following pre-course reading is recommended so that you to make best use of tutor time at the workshop.

- POGP patient information leaflets: Fit for Pregnancy, Fit and Safe, Fit for Birth, Fit for the Future. All available to read on-line at:  
<http://pogp.csp.org.uk/publications>
- CSP/ RCM joint statement on pelvic floor muscle exercise:  
[www.rcm.org.uk/sites/default/files/CSP-000924\\_RCM.PDF](http://www.rcm.org.uk/sites/default/files/CSP-000924_RCM.PDF)

- Nice Guideline CG62: Antenatal care for uncomplicated pregnancies:  
[www.nice.org.uk/guidance/cg62](http://www.nice.org.uk/guidance/cg62)

### **Study day programme:**

8.45 Registration

9.00 **Physiological and anatomical changes in the perinatal year:** management of unwell patient; special considerations for the pregnant or postnatal women; understanding the normal discomforts of pregnancy and recognising the abnormal.

10.00 **Analysis of posture and advice relating to functional activities:** prevention and management of low back and pelvic girdle pain; assessment and correction of static and dynamic posture; workplace, domestic and recreational activities and impact on development or severity of pain; exercises and advice.

(20 minute break during this session).

12.30 **Safe exercise in pregnancy and return to fitness postnatally:** guidelines, evidence of the benefits and how to promote exercise; how to modify exercises for the non-exerciser to the elite athlete and the woman with special needs.

1.30 Lunch

2.00 **Promotion of continence:** overview of the evidence and compliance with national guidelines; the role of physiotherapy in the promotion of pelvic floor function and management of incontinence.

3.00 **An overview of childbirth - coping skills, positions, perineal trauma.**

3.45 **Promoting the physiotherapy role within the obstetric multi-disciplinary team. Conclusion:** further reading, resources and learning opportunities to develop in depth knowledge and skills relating to the assessment and management of pregnancy-related musculoskeletal problems and pelvic floor dysfunction; the benefits of POGP membership.

4.30 Close

**Refreshments** during morning and afternoon breaks are included in your programme fee but lunch is at your own expense. Various lunch options are available either on-site or in the local area.

**The following application form needs to be completed and sent with payment to the workshop administrator as directed on the application form**

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Name:

HCPC number:

(Not applicable for students)

Address:

E-mail:

(This email address will be used when sending the pdf course handout shortly before the date of the course)

Contact telephone number:

POGP member/affiliate/non-member/student (please indicate)

Do you have any dietary/special requirements?

If YES, please give details (eg vegetarian, vegan, gluten free)

**NB: lunch is at your own expense – this information is required for breaks only**

Do you have any mobility, hearing or visual impairments, any condition such as dyslexia or any other needs which mean you would like additional assistance/reasonable adjustment?

If YES, please give details

Please send your completed application form and your cheque **made payable to POGP** to:

**POGP course administration, PO Box 1291, Lincoln, LN5 5RA**

Applicants preferring to pay by direct bank transfer should submit their application form to the address above, an invoice will then be issued which will include the relevant bank account details. Alternatively applications can be emailed to [pogpcourses@yahoo.com](mailto:pogpcourses@yahoo.com)

Cancellation Policy: Where a place on a workshop has been confirmed a 90% refund will be given for cancellation up to 4 weeks before the workshop, a 50% refund will be given for cancellation up to 2 weeks before the workshop. No refund will be given for a cancellation within 2 weeks of the workshop.

Karen Armitage is the POGP short course administrator.

- The information provided on this form will be used to communicate with you during and to support the effective delivery of POGP courses.
- Your details will not be used or stored for any other purpose.
- We can confirm that your data will not be transferred outside the EEA.
- If you have any questions please view our privacy policy or contact [privacyofficers@fitwise.co.uk](mailto:privacyofficers@fitwise.co.uk)

Signature .....

Date

Print Name