President’s Message

IOPTWH/IPTOP First Joint Conference
Rebecca G. Stephenson
IOPTWH President
rstephenson1@partners.org

Summer is gone here in the United States and Fall is upon us with unusually warm days and colorful trees. I have had a busy spring and summer with much activity representing IOPTWH.

March 9-10, 2013, I participated in WCPT’s Subgroup Leadership Forum Meeting at headquarters’ in London. The topics included WCPT’s strategic plan and its implications for subgroups, management of the subgroup-WCPT relationships, opportunities for collaborative working, understanding of WCPT brand identity and its communications and marketing strategy as it relates to the subgroups. This was a good time for shared knowledge and experiences across subgroups. Each of the WCPT executive members and staff presented to the subgroup chairs in this two day forum. Jennifer Bottomley, President of The International Association of Physical Therapists Working with Older People, IPTOP, and I presented our combined subgroup conference program that we worked on for over two years. Many of the subgroups were interested in what we had learned from our experience and were interested in modeling this for their own groups.

We had a great success for our International Physical Therapy Conference: Topics on Women’s Health and Aging in Men and Women which was held at The Harvard Medical School Conference in Boston in April. This joint effort between IOPTWH and IPTOP had 85 participants representing 16 countries and 8 international speakers. The wide range of topics was of interest to the group and there were chances for

Continued…
President’s Message
(Continued)
networking at the cocktail reception, at breaks and at the dinner Saturday night. All the speakers brought a
great depth of knowledge, experience and wisdom to their talks.

The conference was generously supported by many vendors that were available during the breaks and
for the opening reception. This was a good opportunity for the delegates to network with international col-
leagues and sponsors and to see products that they might not have been exposed to in their own countries.
Please see the list of vendors and their websites at the end of this message. Explore their sites and see what
products could be helpful in your practice.

A grateful thank you to the Executive Committee of IOPTWH and, IPTOP, for this collaborative ef-
fort and achievement. Many thanks to the onsite assistants from both organizations who helped to make it
all run so well.

I have had the pleasure to teach in Santiago Chile at the kind invitation of Sonia Rio at the Univer-
idad del Desarrollo July 20, 21, 22, 2013. The Chilean physical therapists are committed to becoming
members of IOPTWH and Sonia has the support of the President Tomás Hernández of the Chilean Colegio
de Kinesiologos de Chile. They have already started to form their special interest group and will submit a
formal application for us to vote on at our next member business meeting in Singapore.

The IOPTWH Executive Committee is working on plans for a study day during the time of our Con-
gress in Singapore in May 2015. We will submit our idea for the conference and wait to hear if it is
accepted and then let the membership know the details. Many of the subgroups of WCPT will be submit-
ting proposals for study days. Please make plans to attend the Congress May 1-4 2015 in Singapore.

See you in Singapore!!

Best Regards,
Rebecca

Vendor sponsors at April 2013 meeting
The executive committee held a very productive face-to-face meeting in Boston in April ahead of the IOPTWH / IPTOP conference, and has maintained regular contact by email and Skype. Much of my correspondence since the last edition of the newsletter has been related to the Boston conference, but I continue to receive a steady stream of emails concerning membership, information for non-members, and queries from physical therapists about access to services in other countries for patients who have emigrating or planning to live abroad for a period of time.

There are now 6 physiotherapists in India who have formed an informal email network. In addition, I have been contacted by a physiotherapist from Iran and have been able to put her in touch with Rafeef Al-Juraifani, chief delegate from Saudi Arabia for further support.

Delegates at the April conference in Boston were invited to complete an online evaluation of the event. Approximately 50% did so.

- 91.4% said it fulfilled their expectations
- 91.2% felt it offered good value for money
- 100% were satisfied with the venue
- 94.1% said they were either extremely (67.6) or moderately (26.5) satisfied with the event overall.

The executive committee is delighted with this evaluation, especially since the programme was designed to meet the needs of two different groups of clinicians, i.e. those working in women’s health and those specializing in care of older people. It appears to have achieved this very well.

The membership map has been updated to include all 23 member countries and links to delegate contact details and national websites, where available.

The executive committee is still seeking a website co-ordinate, to monitor the site content and suggest changes and additions. You can find more details of this opportunity in the Spring 2012 Newsletter via the link http://www.ioptwh.org/publications/newsletters/2012/spring/IOPTWH-Newsletter-Spring-2012/index.html#/4/

Website Coordinator, volunteers are required, Contact Gill on gill.brook@lineone.net
Secretary’s Report (Continued)

**IOPTWH Title Debate**

At the IOPTWH General Business Meeting in June 2011 Marijke Slieker-ten Hove, chief delegate for the Netherlands, presented the views of her group on the current name of the Organization. I responded on behalf of the executive committee and there was discussion amongst those present. As a result, it was agreed that the executive committee would ask for the views of our member organizations.

Subsequently there was a period of consultation during which time I sent documents from the Dutch Association for Pelvic Physiotherapy and pre and postpartum care, and the IOPTWH executive committee, to each chief delegate, for discussion within their national executive committee. The primary question we asked them to consider was "Do you think that IOPTWH should consider a name change?" but we also sought and welcomed any other comments or suggestions.

The executive committee received replies from 9 of the 23 member groups, of which 6 suggested we retain our current title. One group agreed with the change proposed by the Dutch Association for Pelvic Physiotherapy and pre and postpartum care, one group suggested an alternative title, and there was no consensus of opinion within one group.

There was acknowledgement from all who responded that this is a topic worthy of discussion. In some instances, a similar debate is taking place within their own national group, and many of the physiotherapists/physical therapists concerned also treat men and children. However, there was a strong view from some that the term women’s health must be retained.

The executive committee has discussed the results of this survey of the membership and believes that there is currently no mandate to suggest a change of title. However, as suggested within some of the replies we received, the topic will be on the agenda for the IOPTWH General Business Meeting at WCPT Congress 2015 in Singapore.

**Treasurer’s Report**

*Ros Thomas*
*IOPTWH Treasurer 2011*
*ros.thomas@virgin.net*

As usual I am grateful to those countries, which have paid their dues on time and thank them for prompt payment.

The profit from the Boston conference has provided some welcome extra income, though not all expenses are yet settled.

The Executive Committee continues to seek sponsorship/advertising for the website in an effort to reduce the running costs.

**Balance of accounts**

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<th>Funds at 23rd August 2013</th>
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<td>Current Account</td>
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**Editorial Statement**

IOPTWH members and friends are invited to submit contributions directly to the Editor. Contributions may include members’ reports, book reviews, research abstracts, or any reports that members and friends would like to share. Photographs can be included to enrich reports. All submissions are subject to editing. Keep those reports coming!
What is it?

The discussion forum is a facility available exclusively to IOPTWH members. Any physical therapist/physiotherapist who is a subscribing member of one of the 23 member organization (i.e. the women’s health/pelvic groups in Australia, Bermuda, Brazil, Canada, Croatia, Denmark, Finland, Germany, Hong Kong, Ireland, Israel, Netherlands, New Zealand, Norway, Nigeria, Portugal, Saudi Arabia, Slovenia, South Africa, Sweden, Turkey, United Kingdom, or United States of America) can register and network with specialist clinicians worldwide.

What topics are covered?

There are nine different forums – urogenital dysfunction; anorectal dysfunction; pregnancy-related musculoskeletal dysfunction; pelvic & vulval pain; osteoporosis; breast care & lymphedema; research; billing; and forum help & support.

How do I register?

Just go to www.ioptwh.org and choose Forums from the list at the left. Then click on Please Login. Scroll down the page past the names of our member groups and complete the registration form, including a password of your choice. Click on Register. There may then be a short delay (normally less than a day) while we check that you are a member of one of our member groups, then you will receive confirmation of your registration.

Can I pick and choose the forums I want to access?

Yes. There are different levels of subscription available and you will find a 'subscribe' link on all the relevant pages:-

- You can subscribe to all the discussion forums. Each new posting will be emailed to your registered email address. To reply, or read other replies, you must visit the website.
- Or, subscribe to just one or more of the discussion forums. Each new posting on your chosen forum(s) will be emailed to your registered email address. To reply, or read other replies, you must visit the website.
- You may wish to subscribe to a chosen thread (topic) of discussion. To reply to it, you must visit the website, but every reply will be emailed to your registered email address.

Can I look back on old discussions?

Yes, all the discussion threads will remain on the website, so you will be able to refer back to them in the future. Don’t delay, subscribe today!
Networking at Harvard Medical School

After two days of having fun doing the regular touristy things I made my way to the conference venue to register for the conference. I could not believe that I was actually on the campus of Harvard Medical School and had to pinch myself to make sure it was real – this was something I had never dreamed of and I was quite overwhelmed by emotion at the enormity of it! I was very grateful to have been able to make the trip and felt incredibly proud to know that I was the only South African physiotherapist who would be at the congress and representing the South African Society of Physiotherapy and the more specifically the Women’s Health Physiotherapy Group. (WHPG). At the opening cocktail party it was good to connect with WH physios from other countries whom I had met at WCPT congress in Amsterdam in 2011 as well as make new connections and meet many American PTs.

First Combined Conference

This International Physical Therapy Conference was the first combined international course for physical therapists working with women and the aging population. The IOPTWH (International Organization for Physical Therapists in Women’s Health) and IPTOP (International Association of Physical Therapists working with Older People) joined together to present a unique programme with topics of interest to physiotherapists working with women and the aging population.

The two day programme covered a wide variety of topics including osteoporosis and bone health, incontinence and pelvic organ prolapse, nutrition and exercise across the life cycle, breast cancer and quality of life as well as case study presentations, all by physios. Two non-physio presentations included...
the latest in uro-gynaecological surgery and sexual changes in men and women as they age. The presentations were all one to one and a half hours long which allowed a comprehensive presentation of the literature and a broad approach to management and treatment of each condition. Each of the presenters was closely involved in clinical work themselves and was absolutely passionate about their particular field. Promoting physiotherapy intervention as a routine part of the management for these conditions as well as the need to be proactive in the legislative process was a strong thread throughout. It was absolutely inspirational and stimulating!

**Inspiring talks by Marilyn Moffat**

The opening and closing key note addresses were delivered by Marilyn Moffat, president of WCPT and herself in her 70s! both were inspirational presentations with very powerful messages which I feel compelled to share with the members of SASP as I believe they are extremely valuable and can positively affect the way forward for the profession.

On day one the opening address was titled ‘Moving the Profession Forward toward a Healthier Lifestyle’. Marilyn’s view was a broad one, looking at the role of physiotherapy in health as well as the importance of the profession in the development of public health policies in our own countries. She stressed the importance of maintaining autonomy within the health care structure. The WCPT, our over-riding parent body, is one of five member organizations of the World Health Professions Alliance, emphasizing the role of international collaboration and that the role of physical therapy in health is well accepted and recognized.

However, Marilyn’s great concern is that medical aids fund outcomes rather than inputs (preventative measures) and she advocates the way we recognize outcomes needs to be reconsidered. This was not elaborated on in her presentation but it is thought-provoking.

Her message related to wellness and aging was powerful as the challenges facing health systems globally are increasing. The number of people over 60 is growing and will double between 2000 and 2050 from 11% to 22% of the world’s population and women live, on average, 6-8 years longer than men. The primary global health issues are the NCDs (non-communicable diseases) - cardiovascular disease (heart disease and stroke) chronic respiratory disease which is on the increase, diabetes and cancer. A large percentage of
people who develop one of the diseases will also be obese. The role which physiotherapy can play in these conditions is HUGE with regard to prevention, reversal, remission and management of complications.

The global goal with regard to NCDs is 2% reduction in incidence per year over which results in 20% reduction over 10 years. This requires sustainable life style changes and our role is to educate our patients on health behaviour. Marilyn ended her opening address with the powerful question ‘Do we push our patients hard enough?’

**Gala dinner with 20 countries**

At the end of day one we attended a wonderful gala dinner where we were served a delicious meal and had plenty of time to socialize. It is very heart-warming to realize that we may feel isolated but we are part of a bigger global picture. There was a great camaraderie and genuine sense of sharing and caring among the physios. Over 20 different countries were represented and it was heartening to realize that what we practice in South Africa is of the same standard as the rest of the developed world.

**Are you pushing your patients hard enough?**

Day two began early with a Pilates class and the presentations which followed were as good as day one. The punch line came at the end of the day when Marilyn delivered her closing address. This lasted two hours so she covered a great deal of material. She began by repeating the question ‘Are you pushing your patients hard enough?’ She highlighted the fact that how we view the aging population requires a shift in perspective as the aging demographics change. Where traditionally the majority of the aged required care and were heavily dependent on others there is now a new senior population which is a diverse group of people. To quote Marilyn “the up-coming generation of retirees will be the healthiest, longest lived, best educated, most affluent in the history of USA” and I’m sure this will be reflected to a greater or lesser extent in other countries as well.

As mentioned one of the risk factors for NCDs is lack of physical activity and this is the area in which physiotherapy has the potential to make a significant impact. Because of the need for evidence based practice, Marilyn highlighted the need for functional tests and measures in order to determine the patient’s base line through the use of applicable and practical tests and measures in multiple areas. She went through a battery of tests which ranged from aerobic capacity and endurance, balance, muscle performance, flexibility, posture, gait and attention and cognition tests and measures. Following that she covered the principles of exercise and ex-
exercise prescription for a variety of conditions including CVD, musculoskeletal disorders, low bone mass, urinary incontinence and Parkinson’s disease.

The strong message throughout was that the vital role of exercise in health has been recognized and has come to the fore and that we as physios need to reclaim this area of our scope which has been largely lost over the past few decades to other emerging health care professionals and exercise therapists.

Over the last few decades the profession has developed and we have picked up many new manual skills but sadly the basic principles of exercise were overlooked. Now the circle is closing and we’re picking up exercise again so we need to embrace the WCPT theme of ‘Movement for Health’ – we can make a difference!

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**INTERVIEW**

**DELEGATE’S EXPERIENCE IN IOPTWH&IPTOP COMBINED CONFERENCE**

Vice-President of IOPTWH, Dr. Meena Sran PT, PhD, interviews Christine Van De Putte, Independent Women’s Health Therapist, Private Clinic “kine de lange munt”, Vice-president BGKVGPR, Belgian Organization of Physical Therapists specialized in Perinatal, Obstetric and Pelvic Reeducation.

Meena: Was this your first time attending an official WCPT subgroup (IOPTWH or IPTOP) conference?
Christine: Since Barcelona in 2003, I have attended all of the IOPTWH conferences (including Ljubljana, Vancouver, Lisbon, Amsterdam and Boston).

Meena: What was/were your favourite parts of the conference and why?
Christine: For me, the favorite parts are always the practical presentations like workshops and the practical theory, as those are the things we can use immediately with patients at home.

Meena: What did you think of the networking opportunities?
Christine: It is always very nice to meet so many Women’s Health practitioners, and it was very nice to meet the IPTOP group. Sharing ideas is very important to me.

Meena: Was the content what you expected? Did it meet or exceed your expectations?
Christine: Yes, the content was what I expected. I found the combination with IPTOP worked out very well. The 2 days were fully booked which was good, as we come from far away. It was great to have so many topics covered. The location was also good.

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**About Physical Therapy Association in Belgium**

The Belgian Association “Axxon, Physical Therapy in Belgium” is a merged association from 2009. Axxon, Physical Therapy in Belgium is the national umbrella association for the 2 regional divisions: Axxon, Kwaliteit in Kinesitherapie for the Dutch speaking community members, and Axxon, Qualité en Kinésithérapie for the French speaking community members. Axxon, Physical Therapy in Belgium, is part of the European Region of WCPT.

http://www.axxon.be/
Saudi Arabia
Aussies and Saudis work to empower women's health!
By: Rafeef Aljuraifani, Chief Delegate, Saudi Physical Therapy Association

As clinicians, we value the impact that patient education has. Unfortunately, in Saudi Arabia, patient resources in the Arabic language are scarce. Therefore, we were delighted when the Australian Physiotherapy association (APA) offered access to their patient resources. This offer was following collaboration between the APA and the Saudi physical therapy association (SPTA) that we were happy for it to begin in women's health. We agreed to start with the translation of some resources that were desperately needed by our women in Saudi and by Arabic speaking women in Australia. To make the "Look good feel good during and after pregnancy" leaflets available to Arabic speakers, a translation was done. The translation was done by two independent therapists then it was reviewed by a third therapist. The translators were competent in both Arabic and English. As Arabic is spoken in more than eighteen countries, this greatly affects the cultural context in which the language is used. Therefore, we were very keen on the translators being local and aware of the most common terms used around childbearing health. The translators were also aware of the common terms used in most countries of origin of the Arabic speaking Australian women. The project has not been finalized, nevertheless we are optimistic about this new step to serve our patients better.

Ireland
Chartered Physiotherapists in Women’s Health and Continence
By: Eibhlín Mulhall, Committee member of Chartered Physiotherapists in Women’s Health and Continence (CPWHC) and Irish delegate to IOPTWH

In Ireland, the Chartered Physiotherapists in Women’s Health and Continence (CPWHC) group currently has 117 members. There are 14 members on the executive committee. Margaret Mason is the current Chairperson, with Teresa Costello as Honorary Secretary, both continuing in their roles from the 2012/13 year.

In 2012 the CPWHC annual autumn course was a three day course on the physiotherapy management of ano-rectal dysfunction. Teresa Cook, Julia Herbert and Patricia Evans, our ACPWH UK colleagues, travelled to Ireland to give this course which was very well received.

There was no CPWHC spring course in early 2013 as the International Urogynaecology Association (IUGA) conference was held in Dublin in May, and many of the members were keen to attend this. The IUGA conference was a great success and a wonderful learning opportunity for all involved. The inaugural physiotherapy study day, preceding the CPWHC AGM, proved extremely popular with presentations and practical workshops delivered by experts in the field of pelvic floor rehabilitation from around the globe. The topics covered included:
- Pelvic Organ Prolapse, Kari Bo (Norway) and Marijke Sliker–ten Hove (The Netherlands)
- Pelvic Floor Muscle Education and Functional Training, Baerbel Junginger (Germany) and Maura Seleme (Brazil)
- Assessment and Evaluation, Teresa Cooke

(Continued on page 11)
New Zealand Continence and Women’s Health is alive and well. We have a growing special interest group, many new faces and young focused physiotherapists who are passionate about our specialist area of practice blended with our wise, older members with a vast array of knowledge.

We have just had a fantastic weekend with Jill Schiff Boissonnault from Wisconsin USA. Jill presented a 2-day course for us in Rotorua, NZ on ‘Musculo-Skeletal Dysfunction in the Obstetric Client’

This coincided with Jill’s husband Bill presenting on the topic of ‘Differential Diagnosis’ at the biennial NZMPA conference held in Rotorua on the same weekend. Jill also presented at the Sunday morning conference session on Pubic Symphysis Separation, this complimented our course topics and was very well received among the Manipulative Therapists group.

On our course we discussed case based (management of) patients: HPN (herniated nucleus polposus); Spondylolisthesis; thoracic spine & rib cage pain; symphysis pubis separation; PGP and coccydynia. Hands on practical assessment of FRS and ERS issues, sacral torsions, shears and MET’s to correct alignment issues. The ‘Saturday night fever’ move was a hit and created a fun home program manoeuvre (See photo).

Jill was a fantastic presenter, focused, with fun additions and an accomplished tutor who explained things very well when any confusion was shown. We loved Bill’s patella percussion test and couldn’t wait to return to our various work environments and share our course acquired skills with colleagues.

We work hard as a special interest group to attract international speakers and value their contribution to our professional development.

We have also been privileged to recently have had Beth Shelly from Illinois, USA speak on pelvic pain; Marg Sherburn, from Melbourne Australia, presented a post PNZ Conference workshop on POP (pelvic organ prolapse) in Wellington in 2012.

Taryn Hallam from Sydney, Australia (Women’s Health Training Associates) presented an advanced OAB course in Auckland in February and a Basic Pelvic Floor Course in June 2013.

We have members presently involved in post graduate certification and masters programs in both Melbourne and Perth, Australia which shows a huge commitment to Continence and Women’s Health learning and service as health professionals.

At risk of plagiarism may I quote John Donne but only the first paragraph and change the gender to “Women”:

“WeWomen Is an Island
WeWomen is an island,
Entire of itself,
Every woman is a piece of the continent,
A part of the main.

Ireland report (Continued from page 10)

(United Kingdom) and Maeve Whelan (Ireland)
- Bowel Dysfunction Ulla Due (Denmark) and Jacqueline de Jong (Switzerland)
- Peri Partum Prevention José Mikel Amostegui (Spain) and Sonja Soeder (Germany)

Looking at the year ahead, this year’s autumn course promises a visit from Ramona Horton MPT (US), who will give a course on visceral mobilisation for the urogenital system.

The CPWHC was delighted to secure funding from the Irish Health Service Continuing Professional Education fund to provide two women’s health courses. An ‘introduction to the pelvic floor for the primary care physiotherapist’ course will be given at three Irish locations in 2013, and in 2014 there will be an antenatal education course run in two Irish locations.
Opening remarks: Dr. Rebecca Stephenson President IOPTWH; Dr. Jennifer Bottomley President IPTOP; Anne Hartstein - Massachusetts Secretary of Elder Affairs

Key note WCPT: Moving the Profession Forward Toward a Healthier Lifestyle - Dr. Marilyn Moffat

Physiotherapy and Osteoporosis: Goals and Strategies for Women and Older People - Dr. Meena Sran

Posturing for the Future: Pilates and Bone Health - Sherrie Betz, PT, OCS, CEEAA

Incontinence and Pelvic Organ Prolapse and its implications in Aging - Dr. Meghan Markowski

IOPTWH Case Study Presentations Dr. Rebecca Stephenson & Gill Brook

Dinner and Keynote Address - Dr. Alan Jette

Nutrition and Exercise for Women across the Life Cycle - Bhanu Ramaswamy

Understanding the Latest in Urogynecological Surgeries - Dr. Neeraj Kohli

Sexual Changes Across in Women and Men as They Age - Dr. Sharon Bober

Breast Cancer and Quality of Life: Treatment Impact on the Geriatric Patient - Dr. Nancy Roberge

Are you Pushing Your Patients/ Clients Hard Enough - Dr. Marilyn Moffat
IOPTWH EXECUTIVES

President
Rebecca G. Stephenson, USA
rstephenson1@partners.org

Secretary
Gill Brook, UK
gill.brook@lineone.net

Member-At-Large
Darija Šćepanović MSc PT, Slovenia
darija.scepanovic@kclj.si

Vice President
Meena Sran, Canada
meenasran@hotmail.com

Treasurer
Ros Thomas, MCSP, UK
ros.thomas@virgin.net

Committees

Practice Committee
Ruth Broom, New Zealand

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Gill Brook, UK

Newsletter Editor
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Darija Šćepanovic, Slovenia

IOPTWH Office:

IOPTWH
Gill Brook
Burras Lynd
Burras Lane
Otley, West Yorkshire
LS21 3ET
England
UK