



# International Organization of Physical Therapists in Women's Health

A sub-group of WCPT



## PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

I am writing this two months after returning from the WCPT congress in Barcelona where IOPTWH had a wonderful showing, both professionally and socially. This newsletter contains abbreviated minutes of the general business and Executive Committee (EC) meetings. From the minutes you can glean a sense of the direction in which the organization is headed and I hope you will be as excited as I am. We are moving beyond the tasks of making sure we are a fully functioning

organization to tasks that meet our mission and goals of outreach and communication between countries and individuals interested in working in the area of women's health. I hope each and every therapist and physical therapist assistant reading the minutes will find within them something that sparks their interest and will contact their parent women's health subgroups to offer to volunteer on an IOPTWH committee. We're an organization made up of member countries, but it is the individuals within the countries' subgroups that make up our womanpower! Please consider contacting any of the EC or your subgroup's delegates with any questions, concerns, thoughts or ideas.

I represented the IOPTWH at the WCPT general business meeting in Barcelona June 5<sup>th</sup>-7<sup>th</sup>. I spoke to the entire delegation on our behalf and presented a draft of our position paper on the scope of women's health physical therapy. The delegation was pleased to have this document, even in draft form, and my speech generated interest from a number of WCPT member countries about women's health in their countries. Good contacts were made. Our status as an official sub-group of the WCPT was reconfirmed by unanimous vote.

IOPTWH held a pre-congress course on low back and pelvic girdle pain in pregnancy that was very well attended. Program Chair, Yvonne Van Lijf and IOPTWH Secretary, Rebecca Stephenson are to be congratulated on a fine course. IOPTWH hosted a reception after the course for participants and other WCPT guests. We were honored to have WCPT President Sandra Mercer Moore and WCPT Secretariat General Brenda Myers present along with other WCPT executive and regional chairpersons. All five of the other WCPT subgroups were also represented. Most of

*(Continued on page 2)*

## WHAT'S INSIDE...

Treasurer's Report .....	2
News from Barcelona .....	3
Meet the Executive .....	3
IOPTWH General Business Meeting Minutes-Barcelona .....	4
IOPTWH Executive Committee Meeting Minutes-Barcelona .....	6
News from the Publications Committee .....	7
PEDro Resource Update .....	7
Upcoming Events.....	8

(Continued from page 1)

these groups also held receptions and I, often along with other members of the EC, represented IOPTWH at these social gatherings.

During the congress itself, IOPTWH maintained a booth in the exhibit hall, ably coordinated by Secretary Stephenson and “womaned” by various IOPTWH delegates, EC members, and member-country individual therapists. Thanks to all who worked so hard! We sold some of our T-shirts, gave away our position papers and brochures and made many good contacts. IOPTWH was definitely present at this congress! Many of our members presented during the congress and some of us also chaired various sessions. The presentations were well attended and very interesting and informative.

Elections were held during the 2<sup>nd</sup> IOPTWH general business meeting. See the results in the minutes. I am very pleased to return as your president for the next four years. They will be my last, as our constitution allows for only two terms (enough don’t you think?), so I will be working not only to lead us forward, but to make sure I leave this wonderful organization in great shape for the next president and EC. We welcome a newcomer to the EC, Meena Sran of Canada, as the new Member-at-Large. We know she will contribute much. Meena has agreed to take on the large task of coordinating outreach efforts for IOPTWH. Expect to hear much from her in the coming years.

I tried to thank all those who have accomplished so much over my first four years in office at the IOPTWH general business meeting. I am sure I have left someone out, but just to reiterate, IOPTWH is indebted to our committee chair persons, committee members, executive committee, executive secretary (Barb Savi), newsletter editor (Shannon Michels), and delegates for all they do. Please note the names of all these folks in the minutes and on our web page ([www.ioptwh.org](http://www.ioptwh.org)) and if you see them in person or have contact by e-mail, remember to add your thanks to that of the EC.

Finally, we have much to look forward to in the coming years. To meet our members’ needs we are planning a seminar in Slovenia for 2005, most likely on pelvic floor issues. Also, IOPTWH is a co-sponsor of a wonderful seminar on women’s health and sports this December in Maastricht in the Netherlands. Please see our web site for a link to the conference materials. Hope that many of you can attend one or both of these conferences. As usual, please contact me about any IOPTWH business. I will have a second personal internet address as of August 25<sup>th</sup> in addition to my current one on AOL ([jboissonna@aol.com](mailto:jboissonna@aol.com)) as I have taken a half-time posi-

tion at the University of Wisconsin Physical Therapy School. The web address there is: [boissj@surgery.wisc.edu](mailto:boissj@surgery.wisc.edu). I will likely do most of my IOPTWH business from that address.

Hope our paths cross soon, either in person or electronically,  
All the best,

Jill Boissonnault, President, IOPTWH



## IOPTWH TREASURER’S REPORT AUGUST 2003

Without doubt, the past six months have been the most active, and challenging, period in my four years as treasurer.

In the build up to Barcelona, the 2003 dues were needed to give us a healthy bank balance. Thank you to the chief delegates who ensured prompt payment; by May 20<sup>th</sup> all the money had been received. In addition, Beth Shelley did a wonderful job in obtaining sponsorship of more than £3,000 towards executive board expenses for the trip, the Organization’s pre-congress study day, and our evening reception. Unfortunately I am unable to give you a final financial breakdown for Barcelona, as WCPT have not yet to complete their calculations, so are unable to tell me if we made a profit on our study day. However, they anticipate that we have, and will send me the balance.

Other outgoings this year have been for the last newsletter, pay for our administrative secretary, and set up and maintenance costs for the website.

Our income and expenditure since I last reported [1<sup>st</sup> October 2002 – 7<sup>th</sup> August 2003] is as follows:-

Income	£ 8,797.19
Expenditure	£ 9,646.78
Funds at 8 <sup>th</sup> August 2003	£ 5,820.66

Gill Brook, Treasurer

## NEWS FROM BARCELONA SPAIN-AN OVERVIEW

Rebecca G. Stephenson PT, Secretary IOPTWH

IOPTWH held its second International Meeting in Barcelona Spain in June. IOPTWH is an organization made up of WCPT member countries' special interest groups in Women's Health. South Africa and Hong Kong were voted in as members bringing the total membership to 15 countries. All member countries of IOPTWH have recognized subgroups of Women's Health Physical Therapists and are sponsored by their larger member organization.

IOPTWH Sponsored a Pre-Conference Course before the WCPT Congress entitled "*Low Back and Pelvic Girdle Pain in Pregnancy: Current Research and Implications for Physical Therapy*". There was international support from vendors: Lilly UK, Prenatal Cradle, FemiScan, The Prometheus Group and Neen Healthcare. Many thanks to Beth Shelly and her committee for their excellent work in procuring this financial support that funded some of the speakers, conference packets, and the IOPTWH reception.

This was an exciting one-day pre-congress course, with internationally recognized experts who spoke on their current research in the field of low back and pelvic girdle pain in pregnancy. An overview of the history and treatment as well as the current epidemiological studies that identify the risk factors for developing low back and pelvic girdle pain were covered. Additionally, current physical therapy research in the treatment of pregnancy and postpartum was presented with participation from many of the course participants who numbered 56 representing 22 different countries. The speakers were: Dr. Hans Christian Östgaard from Sweden, Britt Stuge from Norway, and Hanne Albert from Denmark.

Additionally, IOPTWH sponsored Dr. Jill Boissonnault and Dr. Bill Boissonnault from the USA and Ms. Gabrijela Gaber from Slovenia who presented a morning workshop on **Transient Osteoporosis of the Hip Associated with Pregnancy: A case presentation.**

IOPTWH is working to have their newsletter available fully on their web page so that all countries will have access to the information. A demonstration of the web page by Secretary Rebecca Stephenson showed the different ways to access information, network on the bulletin board and how to contact board members.

IOPTWH is at work organizing an international conference in Slovenia in the fall of 2005 on the topic of incontinence. The next WCPT Congress will be June 1-7 2007 in Vancouver, Canada. If you are really planning far into the future the one after that will be in June 2011 be in Australia.

### EXECUTIVE COMMITTEE AND WORKING GROUP CHAIRPERSONS

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# IOPTWH GENERAL BUSINESS MEETING MINUTES

JUNE 7, 2003 12:30-4:30  
Fira Palace Hotel, Barcelona, Spain

President Jill Boissonnault called the meeting to order at 12:50 PM.

- I. Each delegate introduced themselves.
- II. Agenda accepted  
*Motion #1* PASSED Stephenson  
That the agenda be accepted as written. A brief explanation of an orderly meeting with adoption of "Roberts Rules of Order." A review of the ground rules was done and a reminder that each member country has one vote.
- III. *Motion #2* PASSED Stephenson  
That the minutes of May 1999 of the general business meeting in Yokohama, Japan, be approved as modified, "The Republic of Ireland additionally provides postnatal care." The change was made.
- IV. *Motion #3* PASSED UNANIMOUSLY Shachar  
That South Africa be accepted as a full member of the IOPTWH.
- V. *Motion #4* PASSED UNANIMOUSLY Lieblich  
That Hong Kong be accepted as a full member of IOPTWH.  
There was discussion regarding dues payment and it was decided that new member countries voted in will pay half a subscription for the year 2003.
- VI. Bylaws amended, Article 11, Finances as Member Elect.  
Treasurer Gill Brook delineated the categories of members.
- VII. Delineation of dues structure. Discussion on dues categories is that the dues are based on the gross national product of every country. It is the feeling of the group that we should work to get the full dues amount from each country.
- VIII. *Motion #5* PASSED Brook  
That the associate membership category of dues be designated at 15£ a year.
- IX. *Motion #6* PASSED as AMENDED Brook  
That a member elect's category of dues be at the Associate Member rate.  
AMENDMENT: In the year they become a full member, they will be charged the annual subscription divided in half minus 15£ pro-rated of the associate membership.
- X. IOPTWH Constitution.  
*Motion #7* PASSED UNANIMOUSLY Stephenson  
The President or President's appointee shall serve as the organization's delegate to the WCPT General Business meeting. The delegate has the right to speak but not to make, second motions or to vote.  
Support Statement: This change of Constitution will coincide with the Governance Manual that designates that the President is the Chief Delegate.
- XI. IOPTWH Constitution  
*Motion #7* PASSED Stephenson  
Change the Constitution under Section 10 at 10.14: strike "other than those to amend the constitution" which requires 8 months notice. The motion will change the Constitution so that all motions for the general business meeting require the same notice to the delegates.
- XII. IOPTWH Constitution  
*Motion #8* PASSED Stephenson  
Motion to strike eight(8) and substitute six (6) for constitutional changes. This will allow us to keep all motions consistent with six months' notice to the Chief Delegates. Motion to change the constitution is under Section 13 at 13.1.
- XIII. Treasurer's Report. PASSED Bo  
*Motion #9*  
The Treasurer's report be accepted as presented. The treasurer gave a comprehensive income and expenditure of accounting. The Republic of Ireland requests that their name be The Republic

(Continued on page 5)

(Continued from page 4)



XIV. of Ireland and not EIRE.  
Outreach Response Packet.  
There was discussion of how the packets should be organized and what each country can offer. Executive committee will work out a timetable to continue work on this issue.  
Scope of Practice Paper.

Discussion on the scope of practice paper presentation by Kari Teslo-Andersen from Norway. She thanked the Practice Committee for all their work and has included a Scope of Practice paper first draft to all the delegates present. The practice committee was charged with making changes and finishing the document.

XV. New Business

A. Presentation by Kari Bo from Norway on female genital mutilation. She gave a brief history, definition and outlined the different types and background in regard to WHO's current activities. She presented a motion.

*Motion #10* PASSED UNANIMOUSLY Bo

That IOPTWH take a position on female genital mutilation (circumcision) stating that in support of WHO, we denounce the practice and add our names to the efforts to combat it worldwide.

The Practice committee will now send the IOPTWH position to WCPT and to WHO.

B. Web page demonstration.

Rebecca Stephenson demonstrated our web page and the different ways to access information and to how to contact board members. Margaret O'Seen from Canada agreed to assist with the maintenance of the web page under the direction of Beth Shelly.

C. Categories of membership.

Discussion of adding a change to the constitution regarding an additional category designated as Friends.

D. Jill Boissonnault and the Executive Committee to will continue the "Friends" category to allow interested parties to have an interest in IOPTWH. We will encourage these parties to move toward membership or encourage them to lobby their member organizations to join WCPT.

E. Acknowledgments: Yvonne von Lijf for Program Chair and her excellent job organizing the pre-conference. Lena Nilsson Wikmar for Education and Research Committee. Beth Shelly for publications. Judy Florendo for Practice Committee. Officers Kari Bo, Gill Brook, Rebecca Stephenson and with help from Margaret O'Seen. Paula Ingalada for her assistance as a volunteer in translating our documents for the meeting and Shannon Michels for the wonderful job she does editing the newsletter.

F. Committee Chairs and Committee Members: Request was made for additional volunteers. The following people volunteered:

Practice:	Pat Liebich	Canada
	Ann Delacy	Ireland
Publications:	Tally Rosenbaum	
Education Research:	Lena Nilsson-Wikmar	Sweden
	Meena Sran	Canada
	Gila Shachar	Israel
	Amanda Finn	USA
Program Committee	Pat Lieblich	Canada
	Gabriella Gaber	Slovenia
	Lidija Zgur	Slovenia
	Rebecca Stephenson	USA

XVI. Announcements.

Participating friends and members are asked to sign up and help assist with hosting the IOPTWH booth during the Congress Monday through Wednesday. A sign-up sheet was circulated.

XVII. The IOPTWH hopes to sponsor a two day conference in June or September of 2005 in Slovenia on incontinence in Lubijana, Slovenia. The Slovenian delegates will act as program coordinators for that conference. Likely topic is evidence-based pelvic floor rehab.

XVIII. Elections.

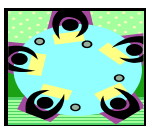
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Request for two volunteer tellers. Margaret Oseen (Canada) and Ann Delacy (Republic of Ireland) were our volunteer tellers. The ballots were distributed among 12 voting countries. Five officers were elected.

President:	Jill Boissonnault	USA
Vice-President	Kari Bo	Norway
Secretary	Rebecca Stephenson	USA
Treasurer	Gill Brook	UK
Member At Large	Meena Sran	Canada

President Boissonnault adjourned the meeting at 5:05 p.m.



## IOPTWH EXECUTIVE BOARD MEETING FIRA PALANCE HOTEL - BARCELONA, SPAIN JUNE 8, 2003 7:00-10:30 p.m.

Officers Present: President Jill Boissonnault, USA; Vice-President Kari Bo, Norway; Treasurer Gill Brook, UK; Secretary Rebecca Stephenson, USA, Member at Large Meena Sran, Canada.

- I. Agenda *Motion #1* PASSED Bo  
That the Agenda be accepted as written.
  - II. Minutes *Motion #2* PASSED Bo  
The minutes from the Executive Committee (EC) in Oxford, England, October 2001, be accepted as submitted.
  - I. Action Items Reviewed.
  - II. Old Business
    - A. Scope of practice. Web page discussion board size, contact person, fees, links, WCPT and APTA and shortened version.  
*Motion #3* FAILED Brook  
That IOPTWH print a shortened version of the newsletter and provide all member countries with both a full version and shortened version on CD. Fiscal impact to be determined. Support statement – shortened version would refer people to the web page and increase web usage. Member countries are being asked to print the newsletter for their individual members. A shorter version would be less expensive for the member countries to print. This was brought by Beth Shelley and this motion failed. The executive committee felt that shortened version was not advisable as editing could leave important details out. Also that we will be able to put the entire newsletter on the web page and have each country access it from there.
    - B. Policy on use of logo. This will be developed by the Secretary for review by the IOPTWH EC
    - C. Approval of memberships. There are no applications on file currently. There is interest from both Germany and Belgium and they have been given the appropriate paperwork..
    - D. Officer Reports: VP Kari Bo has been approached by the YMCA for a pelvic floor exercise class. Each officer discussed activities they are currently involved in. The committee gratefully acknowledges the work of Barbara Savi for her support as Executive Secretary.  
*Motion #4* PASSED Stephenson  
Move to increase Barbara Savi to \$20 an hour from her work starting 8/03.
- III. New Business
  - A. Vision Statement. The vision statement discussion was tabled at this time and the EC will work on this at the mid-quadrennial meeting (probably in Slovenia in 2005) to incorporate the dreams and aspirations of the organization. The EC will also at that time revise the policy and procedure manual and decide on any constitutional amendments needed for the next general business meeting in Vancouver in 2007.
  - B. Discussion on one reimbursement level for our speakers. The speakers contract should be stratified by type of presentation but that the rate of pay be the same for all speakers.

(Continued on page 8)



## NEWS FROM THE PUBLICATIONS COMMITTEE



The Publications Committee is excited to welcome Margaret Oseen, [moseen@shaw.ca](mailto:moseen@shaw.ca) to the team as *Website Co-ordinator*. Her professional insight and overseeing of the website, as it continues to evolve, will be a valuable asset to the organization.

This is the last issue you will receive in hard copy format. The Spring 2004 issue will be emailed as an attachment to chief delegates only, in the month of April. It is the responsibility of the chief delegate to disseminate the newsletter to the other delegates. Please contact Beth Shelly if you have questions or concerns. The newsletters are already being posted at [www.ioptwh.org](http://www.ioptwh.org), check it out...it's surprisingly easy.

In order to support member contributions to the newsletter, **submission deadlines will be set as March 1st and September 1st** so everyone has a goal to work towards. Please feel free to contact Shannon Michels, [shannon@michelsmanor.ca](mailto:shannon@michelsmanor.ca), if you are interested in making a contribution (regardless of how big or small) for more details.

### **THE PHYSIOTHERAPY EVIDENCE DATABASE (PEDRO) HAS MOVED AND ADDED CLINICAL PRACTICE GUIDELINES**

The Physiotherapy Evidence Database (PEDro) is a freely available, internet-based database of systematic reviews and randomised controlled trials in physiotherapy. Since being launched in October 1999, PEDro has continued to expand and now contains over 650 systematic reviews and over 3,750 randomised controlled trials. Every day over 430 users search the PEDro database for the best available evidence to assist clinical decision-making as well as for teaching and research purposes.

A unique feature of the PEDro database is that nearly all the randomised controlled trials are rated for methodological quality using the PEDro scale. Information about the PEDro scale is available via the 'questions' link on the PEDro home-page. The ratings are used to rank the search results, to quickly guide users to trials that are likely to be valid and to have sufficient statistical information to make the results interpretable.

In May 2003 PEDro moved. The new URL for the PEDro database is: [www.pedro.fhs.usyd.edu.au](http://www.pedro.fhs.usyd.edu.au). To improve access, the PEDro home-pages are now available in English, Spanish, Portuguese, Korean, Italian, French German and Arabic.

A new search feature has also recently been added to PEDro. Evidence-based clinical practice guidelines are now indexed on PEDro. Guidelines are systematically developed statements about the best management of a health condition (eg, stress incontinence) and can be used to guide clinical practice. Only guidelines that are based on a thorough evaluation of the research literature (ie, evidence-based) will be indexed on PEDro. Over 120 evidence-based clinical practice guidelines are currently available.

PEDro is currently funded by Motor Accidents Authority (MAA) of New South Wales (NSW), the Physiotherapists Registration Board of NSW, NRMA Insurance and NSW Health. In-kind support is provided by the School of Physiotherapy and the Rehabilitation Studies Unit at the University of Sydney, and from the Rehabilitation and Related Therapies Field of the Cochrane Collaboration.

PEDro also relies on support from volunteer physiotherapists. These volunteers search the literature for evidence-based clinical practice guidelines, systematic reviews and randomised controlled trials in physiotherapy and, after participating in a training program, rate trials for methodological quality. If you are interested in supporting PEDro, please contact the Centre for Evidence-Based Physiotherapy (please use email if you have the choice).

If you have not tried using PEDro, why not try a search on a topic relevant to your clinical practice or research interest? Anyone can visit the PEDro web-site and use the complete database search facilities at no charge.

#### **CENTRE FOR EVIDENCE-BASED PHYSIOTHERAPY**

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INTERNATIONAL ORGANIZATION OF PHYSICAL THERAPISTS IN WOMEN'S HEALTH

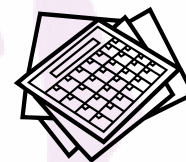
FALL 2003



(Continued from page 6)

- C. Beth Shelly was contacted to fill out an ICS Survey Incontinence Training from ICS. This maybe an Advertising conference sponsorship that should be considered in the future.
- D. Program Committee. It was discussed as to how to best utilize the board member and the Program Committee person responsible for an educational seminar. It was discussed that one person from the Program Committee will be named as the Chair for each educational meeting as it comes up so that their responsibilities as well as the board member liason's responsibilities will be delineated. It is likely that Darja Scepanovic will be chair for the Slovenian conference and Pat Lieblich will be chair for the Vancouver congress.
- E. Strategic Plan. Committee work and chair responsibilities. President Boissonnault reminded the EC that our structure is to have committees and committee chairs, not "directors" who act alone. Each EC liaison to a committee has a responsibility to see that the committee chair works with a group and not autonomously. As we develop as an organization, we will broaden our direction and that will be reflected in our vision statement and our strategic plan. The strategic plan will be developed at the next EC meeting.
- F. Co-Sponsorship of Kari Bo for a seminar on evidenced based pelvic floor two day conference in collaboration with IOPTWH. Kari would be interested in working on this, perhaps having other participants as well and this would be planned for June or September of 2005 in Slovenia.
- G. Countries that are interested in becoming a Friend should register with Barbara Savi. The EC will encourage them to move toward membership or lobby their larger organization to apply for membership with WCPT.

Adjourned at 10:30 PM



## UPCOMING EVENTS

IOPTWH is proud to announce that in cooperation with IFSP and IFOMT an exciting Congress is being offered this December 2003.

The set-up of this Congress is such that it is of great interest for all physiotherapists with special emphasis for those working in the areas of Sports Physiotherapy, Manual Therapy and Women's Health and for Sports Physicians, Rehabilitation Physicians and Scientists, active in the area of posture system and motion system or the exertion physiology. The plenary programs, workshops, break out sessions and round table sessions, provide much information that is new and easily applicable in practice. A number of leading international experts will share the latest insights and research results.

Please go to [www.ifsp.nl](http://www.ifsp.nl) for more proceedings and registration information.

Thursday 11 December: **"Innovation In Physiotherapy"**

Friday 12 December: **'The Power of an Interdisciplinary Approach in Sports within Sports Physiotherapy, Women's Health Physiotherapy and Orthopaedic Manual Therapy'**

Saturday 13 December: **"Overtraining: In Elite Sports Only"?**

