

# BSPOGA

**The British Society of Psychosomatic Obstetrics Gynaecology and Andrology**

A multi-disciplinary society forwarding the understanding of Bio -Psychosocial factors in O&G

Newsletter January 2015

Dear Members and Supporters of BSPOGA

We would like to take the opportunity to wish you all compliments of the season and a Happy New Year. As **2014** has drawn to a close .....



.....and we look to **2015** , we hope it is a good one for you, personally and professionally, and that you continue to promote the aims of the Society, namely awareness of the bio- psycho -social aspects of women's health, and the health of her partner and family through education and training.

As with previous newsletters, we wish to update you on the activities of this Society and encourage you to **renew your subscription** ([http://bspoga.org/recurring\\_membership](http://bspoga.org/recurring_membership)).

## **2014**

This past year has been one of change and with it, challenge and success for BSPOGA. Our Scientific Meeting on 7 March 2014 in Manchester was organised by Mr Leroy Edozien, at that time, one of our newer members in the Executive Committee then recent Chairman Elect of the Society.

The Next BSPOGA meeting was also hosted by another new member Mr Remon Keriakos who has supported midwives to come to recent BSPOGA study days, and was a great success. Mr Keriakos and his secretary Zipporah Baines did an excellent job organising the day and published a conference booklet with pdf's of the presentations. Please contact Zipporah ([Zipporah.Baines@sth.nhs.uk](mailto:Zipporah.Baines@sth.nhs.uk)) if you wish to purchase a copy of this.

Details of both Manchester and Sheffield meetings can be found on our website [http://www.bspoga.org/past\\_events](http://www.bspoga.org/past_events).

The recent meeting in Sheffield saw Professor O'Brien formally hand over the Chair to Mr Edozien and we thanked Professor O'Brien for all his contributions to BSPOGA over the past three and a half years, most notably for recognition of BSPOGA by the RCOG as a Specialist Society.

## **Other BSPOGA Related Events in 2014**

**ISPOG** , the International Society (<http://www.ispog.org>) hosted their ExCo meeting and a symposium at the European Board and College of Obstetrics and Gynaecology EBCOG in Glasgow May 4-7 ([www.ebcog2014.org](http://www.ebcog2014.org)), and were represented at the World Association for Infant Mental Health(WAIMH) in Edinburgh 14-18 June 2014 ([www.waimh.org](http://www.waimh.org))

**MARCE** hosted their biennial conference in September 2014 <http://www.swansea.ac.uk/media/Marce%20Programme%20FINAL.pdf> where Dr Mira Lal chaired a session on Psychosomatic Issues and Perinatal Mental Health

## **RCOG News**

**BSPOGA was represented as a Specialist Society of the RCOG** at the the RCOG Medical Students Day on 8 March , World Congress in Hyderabad 28-30 March 2014, and Careers Fair for Junior Doctors 14 March and Annual Professional Scientific Conference 18-20 November 2014.

**International Women's Day** will be celebrated at the RCOG on Friday 6 March 2015, with the theme 'Working together to stop gender-based domestic violence'.

## **RCOG Links**

### Human Rights and Bullying in the Workplace

1. <https://www.rcog.org.uk/en/news/rcog-release-human-rights-and-womens-health-at-the-rcog/>
2. <https://www.rcog.org.uk/en/blog/championing-womens-human-rights/>
3. <https://www.rcog.org.uk/en/news/joint-rcogrcm-release-new-web-based-toolkit-to-tackle-undermining-and-bullying-behaviour-in-the-workplace-launched-today/>

### Domestic Violence

<https://www.rcog.org.uk/en/news/rcog-statement-on-new-nice-guidelines-on-domestic-violence-and-abuse/>

### Antenatal and Postnatal Mental Health

<https://www.rcog.org.uk/en/news/rcog-statement-on-revised-nice-guidelines-on-antenatal-and-postnatal-mental-health/>

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/good-practice-14/>

## About BSPOGA

The Society is multidisciplinary; we welcome all womens' health professionals; midwives, nurses, birth support workers, clinical psychologists, psychotherapists, physiotherapists, obstetricians, neonatologists, psychiatrists and other interested allied health professionals, including interested members of the public. Please see our website ([www.bspoga.org](http://www.bspoga.org)) to find out about our activities, past , present and future, browse our links, and please do **update your membership** ([http://bspoga.org/recurring\\_membership](http://bspoga.org/recurring_membership)) .

Please do contact me if you are interested in joining the Executive Committee or wish to organise a meeting on our behalf.

We wish to make membership more accessible and have set up a PayPal link for new (<http://www.bspoga.org/membership>) and existing members ([http://bspoga.org/recurring\\_membership](http://bspoga.org/recurring_membership)).

### **BSPOGA Membership**

***We are delighted to have introduced many new members at the introductory rate, and thank all existing members for keeping up to date with your payments.***

New members include- Mr Remon Keriakos, Mr Dotun Ilori, and Miss Alison Puffett

Introductory Members ; We welcomed all speakers to Manchester and Sheffield as honorary introductory members to the Society, and welcomed any delegate meetings who took introductory membership when they registered for the meeting.

### **News from Executive Committee**

Professor PMS O'Brien completed 3 and a half years as Chairman in September 2014, just 6 months short of his predecessor Dr Mira Lal, and the baton was handed over to Mr Leroy Edozien in October 2014. Professor O'Brien now looks forward to his retirement and to advancing his skills in sculpture. He does wish to keep up with technology and has released his App available on the App Store, Amazon and via Facebook ;Pre MentricS for premenstrual syndrome and PMDD.

Mr Edozien is the lead clinician for the perinatal mental health service in Manchester and his clinical practice is underpinned by a biopsychosocial approach to medicine. He has a specialist interest in healthcare risk management and has facilitated the RCOG Risk management and Medicolegal issues in Womens Health Care since 1999, now in its 16<sup>th</sup> year . His research interests include engagement of partners, psychosocial stress in pregnancy, and patient safety.( Assessing and Responding to Maternal Stress (ARMS), and Engaging Partners in Childbirth (EPiC-1): a feasibility study for a national programme of work). He was awarded a PhD in consent to treatment: patient self-determination is more important than professional judgement.

Miss Annie Hawkins stepped down from 3 years as treasurer and we wish to thank her for all her hard work; we now thank Miss Lesley Roberts for taking on the new Treasurers Post. We thanked our General Executive Committee members, namely Miss Vera Dixit, Julia Dodd, Miss Claudine Domoney, Mr Joe Kabukova and Dr Nada Mufti, for their contribution and support in their term in ExCo.

Mary Hepburn requires a special mention, having recently retired from the NHS, and nominated as Scotswoman of the Year in 2011

<http://www.eveningtimes.co.uk/features/scotswoman-of-the-year-2011-winner-dr-mary-hepburn-helps-launch-our-104275n.19114883>

Mary Hepburn trained first as a general practitioner and then as an obstetrician and gynaecologist. Her main interest is in the effects of poverty on health and access to healthcare services. She established and was consultant in charge of the Glasgow Women's Reproductive Health Service for women with social problems. Reasons for attendance include use of alcohol and other drugs, blood borne virus infection, mental illness, learning difficulties, a history of statutory care for mother and / or other children, violence or homelessness. The service also cares for asylum seeking and refugee women with special needs. Dr Hepburn has also worked in the UK and in developing and /or resource poor countries with WHO and various NGOs. We wish Mary a long, happy and healthy period of retirement.

Dr Mira Lal has taken the role of Educational advisor and continues to be an ambassador for BSPOGA, raising awareness of Psychosomatic aspects of the Specialty; she chaired sessions at the Marce meeting in Swansea and RCOG Congress in Hyderabad amongst other activities. Therese Bourne, our academic midwife trainer was promoted to Associate Professor of Practice in Middlesex University and travelled to China to support her students in March where she took the opportunity to observe healthcare there. Jane Parker Aitken continues her interest as a Perinatal mental health midwife, and Professor Pauline Slade was co-opted into ExCo as Editor of the Journal of Psychosomatics in Obstetrics and Gynaecology. She wishes to remind all paid up members of BSPOGA of the opportunity to receive the online Journal via ISPOG for 40 E. Submissions to the journal are welcome particularly systematic or narrative reviews. I have been involved with NES developing the One out of Four Learning resource on how to help health professionals deal sensitively with survivors of sexual abuse (<http://www.knowledge.scot.nhs.uk/midwifery/learning/one-out-of-four.aspx>), and now with with a learning resource on maternal mental health.

We are delighted to have joined the Maternal Mental Health Alliance, a coalition of over 60 UK organisations committed to improving the mental health and wellbeing of women and their children in pregnancy and the first postnatal year.

<http://maternalmentalhealthalliance.org.uk/>

**2015**



I plan to step down as Secretary General this year having been in this position since 2010 and now have other competing pressures. I will however remain active with the society and support the new admin team including Jeff, our fabulous website designer.

I do have a note of interested members who would like to come onto ExCo at our next AGM in the autumn - do please contact me with any other expressions of interest.

## **The Future of Medicine**

I do encourage you to listen to the 2014 Reith lectures , *The Future of Medicine*, <http://www.bbc.co.uk/programmes/articles/6F2X8TpsxrJpnsq82hggHW/dr-atul-gawande-2014-reith-lectures> where Dr Atul Gawande, pioneer of the WHO surgical checklist, cancer surgeon and author, examines the nature of progress and failure in medicine in a field defined by what he calls the “messy intersection of science and human fallibility”. He explores the growing importance of systems in medicine and argues that the future role of the medical profession in our lives should be bigger than simply assuring health and survival . The lectures explore why doctors fail, the problem of hubris and the nature of wellbeing with emphasis on the importance of birth and how we approach death in todays society.



**We look forward to welcoming you at the next study Day in the spring , details soon to be announced** , and would be delighted to hear from you , especially if you wish to host a BSPOGA event in your area !

With warm wishes on behalf of BSPOGA and from our Emeritus Chairman Professor Shaughn O’ Brien and new Chairman Dr Leroy Edozien.

**Clare**

Dr Clare Willocks, Secretary General BSPOGA

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