

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 November 2015

Dear Members and Supporters of BSPOGA

We would like to take the opportunity to wish you all peace in your hearts and homes during these troubled times



.....and as we look to the end of 2015 and dawn of **2016** , we hope it will be a smooth transition for you, personally and professionally, and that you continue to promote the aims of the Society, namely awareness through education of the bio-psycho -social aspects of women's health, and the health of her partner and family.

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).

About BSPOGA

The Society is multidisciplinary; we welcome all women's 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) to find out about our activities, past, present and future, browse our links, and please do **update your 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).

BSPOGA Membership

New member- Tessa Bonnett

Introductory Members ; We wish to invite any delegate to the ASM to join BSPOGA at an Introductory rate of £10. New Introductory members are Sarah Aldred, and Fiona Mackie.

Recent and Forthcoming BSPOGA Events

22 August 2015 **IPCM** Symposium- Dr Mira Lal and myself Chaired a BSPOGA Symposium at the **World Congress of Psychosomatic Medicine in Glasgow** (with Dr Mary Ross Davie as a guest speaker) - ***How can we address the epidemic of stressful childbirth?*** Dr Ross Davie presented aspects of her PhD thesis with the theme that Midwifery is a complex intervention with the potential to reduce stress in childbirth. She described a study undertaken in Scotland examining the relationship between midwifery support and women's reactions to birth. I spoke about the One out of Four resource – e learning and face to face training to support professionals to provide sensitive and appropriate women's health care setting to women survivors of sexual abuse. Dr Lal spoke about her PhD thesis interviewing a cohort of women revealing the prevalence of psychosomatic implications related to childbirth which impacted on their future health and childbearing.

4th December 2015 **BSPOGA Annual Scientific meeting will be held in conjunction with NHS Education Scotland and will be a Tribute to the work of Dr Mary Hepburn, OBE** – who pioneered work in this area, setting up an integrated Womens Reproductive Health Care service in the East End of Glasgow

The Title of the ASM is :

NICE, KIND and *NES - Bringing hearts and minds together in Scotland to improve maternity care for those with complex needs.

***NES- (NHS Education Scotland)**



We have a packed programme and will be discussing various Scottish Initiatives from the Scottish Government and local NGO's since the NICE 110 Pregnancy and Complex Social Factors in 2012 to improve outcomes, reduce inequalities in outcomes and improve satisfaction of care for women and their families to give them the best possible start. The programme can be found on our website <http://www.bspoga.org/content/asm-2015-programme>

Our AGM will be held during lunchtime on 4 December at the ASM – all members have been invited to attend.

RCOG BSPOGA News

BSPOGA is a Specialist Society of the RCOG – we were again represented by Leroy at the **RCOG** this year at the Specialist Society Meetings and on:

21 November 2015 **with the Junior Doctors Careers Fair** with an interactive and well attended workshop , then again on

25 November 2015 at the **Annual Professional Development Conference** – the room at the RCOG was packed with a keen audience and many questions.

Topics at the APD Consultant Conference were :

Fear of childbirth: what can obstetricians do about it?;
Traumatic childbirth experiences: impact and management;
Maternal request Caesarean delivery: audit of a care pathway; Postnatal review of birth experience: a qualitative study of obstetricians' knowledge and attitudes.

This was an important meeting, highlighting to our senior colleagues that issues of psyche and soma are issues of 21st century health care and should not be marginalized , but inform a person centred , individualized but safe approach to our counseling , shared decision making and management.

We have submitted the programme for **the RCOG World Congress in Birmingham** in June 2016 – abstract submission is still open

Press Release !

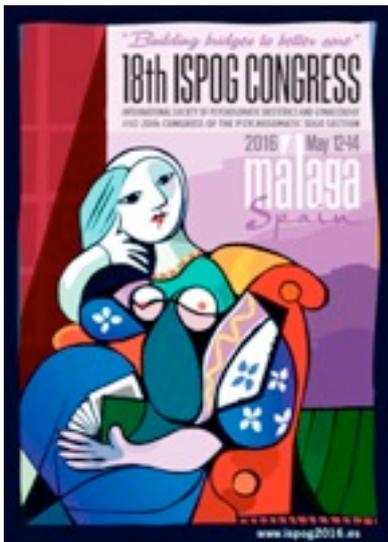
Leroy and Professor O'Brien (in his retirement ?) have been working hard compiling submissions for the Upcoming BSPOGA Title

Biopsychosocial Factors in Obstetrics and Gynaecology which will be launched in summer 2016

ISPOG news

Leroy (and Mira) attended the ISPOG ExCo at the FIGO Congress on 5 October 2015 in Vancouver and Leroy put forward a proposal for the ISPOG 2022 Congress.

ISPOG 18th Congress Malaga 12-14 May 2016



BSPOGA are running a Symposium on the 12 May *Interventions to improve perinatal wellbeing* . See <http://bspoga.org/ispog> for the programme

News from Our Current Executive Committee

Mr Leroy Edozien – Chairman of BSPOGA,



is the lead clinician for the Perinatal Mental Health service in Manchester and has kept busy this year with BSPOGA , and preparation with the forthcoming BSPOGA Publication.

Dr Clare Willocks- Outgoing Secretary General (Consultant Obstetrician and Gynaecologist.)



I am stepping down as Secretary General at the AGM this year having been in this position since 2010. I will however remain active with the society and support the new admin team including Jeff our fabulous website designer

Remon Keriakos - Secretary Elect is a Consultant Obstetrician and Gynaecologist in Sheffield Teaching Trust and has a keen and active interest in postgraduate Education.

Lesley Roberts - Treasurer is a Consultant Obstetrician in Maidstone Kent ,with an interest in fetal medicine , having trained as a midwife and given birth to numerous children who keep her very busy.

Professor PMS (Shaughn) O'Brien - Emeritus Chair and recent Editor JPOG remains as busy as ever into his retirement, taking on role of Clinical Director and having released an APP for PMS !

He 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

Professor Pauline Slade - Professor of Psychology , Liverpool , co-opted member as Editor JPOG , previous Secretary ISPOG continues with her research and clinical interests in the stress of childbirth.

Dr Mira Lal - Educational Advisor, link to MMHA, MARCE and previous Chair Dr Lal continues to be an ambassador for BSPOGA, raising awareness of Psychosomatic aspects of the Specialty; she chaired sessions at the WPCM , and has spoken in Canada, Cambridge and India this year

Professor Therese Bourne- Professor of midwifery studies , Middlesex is our Associate Professor of Practice in Middlesex University and UCL with plans to coordinate more events for midwives interested in this area. .

Jane Parker Aitken - maternal mental health midwife, Stafford continues her interest as a Perinatal mental health midwife and proposes to increase awareness amongst of the Emotional Freedom Technique (Tapping) and other interventions for Birth Trauma.

Dr Alison Puffett, Consultant Perinatal Psychiatrist is our newest member to ExCo and is happy to be our very own liaison psychiatrist!

We thank previous Executive committee members

Annie Hawkins- Previous Treasurer

Claudine Domoney- previous Chair IPM

Joe Kabukova- Consultant, Birmingham

Nada Mufti- trainee representative , ST , West of Scotland

Julia Dodd- Domestic Violence midwife Shrewsbury

Vera Dixit- Clinical lead for maternity and sexual health

Mary Hepburn OBE - recently retired Obstetrician and Gynaecologist

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Any interested members who would like to come onto ExCo at our forthcoming AGM - do please contact me.

With warm wishes- on behalf of BSPOGA Chairman Mr Leroy Edozien.

Clare

Dr Clare Willocks, Secretary General BSPOGA

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