



BSBOG

BRITISH SOCIETY OF BIOPSYCHOSOCIAL
OBSTETRICS AND GYNAECOLOGY

British Society of Biopsychosocial Obstetrics & Gynaecology (BSBOG)

NEWSLETTER – JANUARY 2017

Secretary General Report



Dear Members and Supporters of BSBOG

I hope 2017 ($2+0+1+7=10$) brings good luck and peace to you all as the number ten is usually a lucky number!

In October 2015, I took over the role of secretary general of the Society from Clare Willocks who served tirelessly in this role for five years. I want to take this opportunity to thank Clare for her continuous support, dedication and commitment to the Society. Thank you all for your confidence and support in me for taking over the role of the secretary general of the Society.

Our chairman, Leroy Edozien, has taken over his role as chairman a year earlier. It has been a pleasure working with him and with the help of the ExCo members, we have taken the Society to a new era of collaboration with the RCOG and the

International Society of Psychosomatic Obstetrics and Gynaecology. Our chairman has recently been chosen to be the president elect of the International Society of the Psychosomatic Obstetrics and Gynaecology and we congratulate him on his new position. He will continue to be chairman of our Society until the next AGM in November 2017. We are looking forward to further collaboration with other national and international societies.

We have had many successful events during this short period of time:

- On 21st November 2015, we ran a very successful workshop for trainees during the career day for the junior doctors at the Royal College of Obstetricians and Gynaecologists with the help from some specialist trainees from Sheffield. The trainees found the experience worthwhile and enjoyable.
- On 25th November 2015, we ran a half day session at the Royal College of Obstetricians and Gynaecologists on the psychosocial issues of childbirth, which attracted a good number of delegates, enough to fill the venue. The meeting attracted hot debate on the subject which delegates found very useful and educational.
- Claire organised the Annual Scientific Meeting in Edinburgh on 4th December 2015 which covered a range of topics related to the care of vulnerable women. It was an opportunity to honour our retiring member, Dr Mary Hepburn, who has gained international recognition for her work in this area. The delegates found the meeting very interesting and added valuable experience.
- In May 2016, members of our ExCo committee attended and participated in the 18th International Congress of International Psychosomatic Obstetrics and Gynaecology. Claire has kindly provided feedback about the conference, which you will find at the end of the newsletter.

- In June 2016, the Society ran a half day session on biopsychosocial factors in obstetrics and gynaecology at the RCOG World Congress. The meeting was very successful and attracted a large audience.
- On 14th October 2016, we had another successful Annual Scientific Meeting in Sheffield. The meeting was multidisciplinary on the bio-psychosocial obstetrics and gynaecology. We had varied eminent speakers including consultant obstetricians and gynaecologists, consultant midwives, consultant nurses, psychiatrists, specialist physicians in chronic pelvic pain and specialist registrars. As always, the feedback was exemplary.

New Development in 2016

- The name of the Society has now changed to the British Society of Biopsychosocial Obstetrics and Gynaecology (BSBOG), after a decision taken by the executive council with the agreement of the members of the Society. As a result, the constitution has been amended to reflect the changes and a new logo was also produced and uploaded to the web page. These changes reflect more accurately the mission of the Society. We have omitted the word 'andrology' as it is included in gynaecology. Our aim is to encourage a better understanding and improved management of the psychosocial, emotional and biological problems associated with pregnancy, birth and disease of the reproductive organs in both women and men through education and training.
- The chairman, Leroy Edozien, and the previous chairman, Shaughn O'Brien, have together acted as editors for a new book on biopsychosocial obstetrics and gynaecology. We hope that this book will consolidate the Society's mission.
- The website is going through further development. We will soon have all the recorded videos and presentations from the recent meeting in Sheffield and

hopefully future meetings and other educational material for our members to view. This will encourage more members to join the Society and provide them with very useful educational material.

Future Meeting and Activities

- We will be running the RCOG / BSBOG training day on the 31st March 2017 at the Royal College of Obstetricians and Gynaecologists. The meeting attracts national and international speakers who will also run interactive workshops. The title of the training day is “Skills and Resources of Delivering Person Centred Care”. You can find details of the meeting on our website and on the RCOG website.
- We will be running national training days for specialist trainees in different regions in the UK starting in Yorkshire and Humberside on the 1st October 2017, aiming to roll out the programme in different regions of the UK to meet the demand for training in this area.
- The Society will be organising the joint BSBOG and ISPOG Congress in Manchester 2022.
- The chairman is in contact with other societies such as the Vulval Disorder Society and the British Society of Gynaecological Endoscopy to run joint meetings in the future.
- The Society is looking for members to join ExCo to be active members in the educational and congress sub-committee.
- We are looking for an active member to support the Society to arrange the Annual Scientific Meeting in 2017. The Society will provide all the support for those who would like to take this role.

To conclude, we are proud of the remarkable achievements over the past two years and we look forward to an exciting year ahead.

Remon Keriakos FRCOG
Secretary General of BSBOG

Report from the Chairman (Leroy Edozien)



'I am pleased to announce that our textbook, 'Biopsychosocial Factors in Obstetrics and Gynaecology' will be published later in the year by Cambridge University Press. Covering all areas in O&G, it has 41 chapters written by authors from the UK, USA, Australia, Switzerland, Canada and Uruguay. Trainees will find that it covers aspects of the MRCOG core curriculum and established specialists will find it pertinent to their everyday clinical practice.

I am hopeful that this publication will help to raise the profile of our society in readiness for hosting the 20th triennial Congress of the International Society of Psychosomatic Obstetrics and Gynaecology (ISPOG) in 2022. The 19th Congress holds in Seoul, Korea in 2019.'

Leroy Edozien

Letter from Membership secretary

Theresa Bourne



On behalf of the Scientific Committee of BSPOGA we would like to welcome the new members to our Society. Being a member has many benefits which we hope you will enjoy.

Benefits of membership include:

- a reduction in the fee for the Annual Conference (£10 off of registration fee)
- an ISPOG subsidized fee for the International Conference
- Directory and network of Members (online at (<http://www.bsbog.org/>).
- Reduction in the cost of a subscription to the online version of "Journal of Psychosomatic Obstetrics and Gynaecology").
- access to the Online [Discussion Forums](#) Web Area at www.bsbog.org (only accessible by members)
- access to BSBOG presentations webpage on this site (see under the "Resources" menu tab at the top of this website)

If for any reason you have questions or comments, we are delighted to hear from you. You can contact us through the web page <http://www.bsbog.org/contact>

Sincerely

Theresa Bourne

Report from the previous Chairman (Emeritus member of ExCo)

Shaughn O'Brien



Together with Dr Green, Mr Penny and Dr Craig, we produced new guidelines on PMS on behalf of the RCOG, which was published in December 2016.

Premenstrual Syndrome, Management (Green-top Guideline No. 48)

<http://onlinelibrary.wiley.com/doi/10.1111/1471-0528.14260/epdf>

Shaughn O'Brien

Report from Clare Willocks (Previous Secretary General)

ISPOG (18th International Congress in Malaga)



Building Bridges to Better Care - a Personal Reflection

I had no doubt about whether I would sign up or not for the 18th ISPOG Congress in Malaga, having thoroughly enjoyed the 16th and 17th ISPOG Congresses in Venice and Berlin respectively. I did not want to miss out on this one in “sunny” Spain. My expectations (other than for brilliant and un-relentless sunshine) were all fulfilled. Perhaps that was just as well as the hotel I chose and the auditorium were opposite the beach, and I might have missed some of the educational aspects in pursuit of vanity, and I was pleased to catch a few great rainbow pictures! Malaga as a city has so much more to offer than just its sunshine, and given time you could spend days there learning about the history of the city and visiting all the art museums.

I have been a member BSPOGA since 2010 (Secretary from 2010-2015) , and aware of the strong need to foster links with international societies and meet other colleagues who share similar aims – to increase awareness , recognition and improve care for women with biopsychosocial issues relating to their reproductive health.

I was privileged to join the pre and post ISPOG ExCo meetings and the General Assembly which helped me find out a lot more about the society, collaboration with other Societies (such as FIGO, EBCOG and NASPOG) and also to welcome news members from exciting places such as Brazil, Turkey, Japan and Slovenia, Russia and Dubai, not to mention it’s Ambassadorial Activities in recruiting new member “states”!.

ISPOG has always attracted me by understanding different model of care in Europe - with strong input from psychiatry ,and psychology which are often integrated into Obstetric and and Gynaecology practices - many clinicians being dual trained . I would dearly like to see us building more bridges towards greater integration between psyche and soma and invite more body workers not just physiotherapists who have a good understanding of the physical, emotional and psychological impact of issues affecting women’s reproductive health.

So what did I choose to attend?

I signed up for train the trainers pre- congress workshop - Train the Trainer - dealing with the difficult patient, It was great to meet like-minded multi-professional colleagues from various countries - Austria, Norway Russia, Slovenia, Spain, NL, Switzerland and I thoroughly enjoyed the interaction between us . We look forward to receiving the presentations by email to help us prepare our own workshops.

We were all then given pocket card with handy acronyms- which you will learn if you attend the Joint BSPOG / RCOG workshop on 31 March 2017!!!

I then heard Croatia present fetal programming and epigenetics and being Patriotic to my cause, attended the British (BSPOGA) symposium - interventions to promote perinatal wellbeing

I found the lecture on Personal academies with Harry van der Weil to be the most motivational lecture .His vision is for a massive open online course / ISPOG wiki , incorporating elements of know how (competency), , content and clinical reasoning - “If you can dream it , build it !” The Springer publication of BioPsychosocial Obstetrics and Gynaecology – a Competency Based Approach is a good example of what can be achieved towards this aim!

A keynote lecture – then followed entitled “Psychological and biological response to traumatic stress in women” My main memory of this was seeing a picture of the presenter - Miranda Olf parachuting with the quote “ I happen to like stress” , highlighting the physiology of stress can build resilience!

I then moved between Australia society symposium on pelvic pain- beyond infection , to the Symposium on expectations and birth on to hear our colleague from Austria to hear CS - influences on decision making.

At one point, I was overtaken in the link corridor by Pauline Slade, UK, transiting from chairing one concurrent session to another between the beautiful Centro Civico to the main auditorium!

I would have then liked to go to cancer survivorship (NL) but was drawn to other go to the other NL symposium on trauma, helping us understand how we can prevent traumatic delivery experiences

The same conclusion arose as the previous symposium on expectations of birth, that it is “not necessarily the intervention but the way it was handled”. This was then followed by the innovative and much needed Mind to care web based intervention developed by the ISPOG Past President Marieke Paarlberg on screening of vulnerabilities in the Netherlands.

The Friday started at 0830 with the Netherlands again, this time on vaginal penetration disorders and the pelvic floor covering sexual pain disorders and the efficacy of therapist aided exposure with reduction in fear and avoidance of coitus, something I was required to attend after stating my wish for more integration with our somatic therapists! Needless to say it was excellent and thought provoking.

Today’s presentations (symposium and Keynote lecture) recognized the importance of the father and the need to engage partners in childbirth, and post-traumatic stress of fathers following childbirth. Unfortunately I was so engaged in these topics that I then missed most of Denise Defey- always a very passionate and engaging speaker (from Uruguay) – Intrauterine Growth Restriction – Innovative Standpoints to explore its causes and search for a solution for a long standing problem! Some women are “doomed to be pregnant “.

I went to my second workshop of the Congress - Tools for wellbeing and prevention of burnout and stress in birth attendants. This was absolutely excellent with thoughtful reflection and discussion of recent publications on stress and burnout, the archetypal (hopefully historical) divisions between obstetrician and midwife, and

culture of the workplace in an organization that responds to stress. Nothing can be as traumatizing as high impact events and it is important that we focus on positive aspects of the care we provide – saving women's lives.

Talks continued throughout the day with topics including PMS, Termination of Pregnancy, Spanish symposia, and Psycho- oncology. My final symposium however before the ISPOG General Assembly WAS Sweden / USA - identification and therapeutic management of traumatic relations among vulnerable patient – the Tiger in the Room!

And yes, I managed to catch some of the oral communications, and see the last of the posters on the Saturday before the EBCOG – ISPOG joint symposium too !

With such a great programme, I have not yet mentioned the Social events – which included a great pre congress dinner in the Restaurant Jose Garcia – most definitely the first time I have seen a garden growing on the walls! I enjoyed the Flamenco dancing in the opening ceremony and our dinner outing to the beach (thankfully in a covered restaurant as the weather was rather foreboding!).

All in all it was a fantastic Congress , the accommodation and transport links were excellent , although sadly there was little time to spend wandering round Malaga or nearby areas as sadly I had to get back to work, taking time off for the RCOG congress in June where BSPOGA were hosting a symposium alongside the IPM .

Seoul 2019, here we come!

Clare Willocks

