

Pelvic Physiotherapy Distance Journal Club

Purpose - To provide a forum for discussion of current research and new ideas in the field of pelvic physiotherapy. Research in this area is occurring at a fast pace. It is nearly impossible to stay up to date alone. This format allows structured discussion of research and its application to practice. This forum is not structured to allow for discussion of individual patient questions unless they relate to the articles discussed. Discussions include clinical application.

Timing of meeting

First or second Wednesday of each month 8:30 PM EST for one hour. In some cases the meeting is moved to the second Wednesday to avoid holidays.

Schedule for 2016 is as follows: speakers to be announced. Make a note ahead on your schedule to join us for the live discussion or check blog later for outlines and recording.

Jan 6 - Dan Kirages

July 13 - Cora Huit

Feb 3 - Beth Shelly

Aug 3 - Michelle Spicka

March 9 - Beth Shelly

Sept 7 - Jane O'Brien Franczak

April 6 - Sallie Rediske

Oct 5 - Elizabeth Lewis

May 4 - Cindy Neville

Nov 9 - Laura Scheufele

June 8 - Ann Dunbar

Dec 7 - MJ Strauhal

Method of meetings - FreeConferenceCall.com

- US - 641-715-3580 access code 770-409#
- International numbers are now available - you will receive a local phone number to call that will allow you to participate in the call. Please email Beth directly to get the phone number for your country.
- Please call Free Conference call at 877-216-7555 or 844-844-1322 if you are having trouble accessing the call
- Meetings will be recorded so they can be shared with others who were not able to attend

Listening / downloading recordings

- A link to the recording will be available on the blog, Linked In and sent to the email list.
- Please email Beth if you do not have access to recordings.

Audience – PT and PTA only, no experience or course work requirements. Interested PTs should email Beth (beth@bethshelly.com) to be added to the email list. Planning group has considered a multidisciplinary meeting. However, it has been decided at this time that we will keep the live participation to only PTs and PTAs. MD, RN, OT and others are welcome to access recordings and blog posts.

Time commitment of the group participants: **Please note**

Participants are welcome to attend as many or as few as they want or to just read articles and / or listen to pod casts. We hope for an active group. Any email address that does not open at least half of the articles will receive a personal email to determine further interest in participating in the group. Those not responding will be dropped from the email list. Emails often change and this method will help keep the list clean and active. It is requested that PTs give notice if they no longer wish to receive journal club emails.

Cost – none, all members of the planning group and all discussion leaders are providing services free of charge.

Structure of the meeting

One or two articles will be discussed with application to clinical practice. Articles will be provided in electronic form 1 to 2 weeks before the meeting by email.

Journal club communication

- Each month articles will be emailed to the journal club list 1 to 2 weeks before the call.
- In addition the names of the articles and call in instructions will be posted on the blog www.pelvicpt.blogspot.com
- Announcement of upcoming meeting will be posted on and LinkedIn (Pelvic Physical Therapy Distance Journal Club).
- After the meeting outlines will be posted on the blog and announcements to check blog or download pod cast will be posted on LinkedIn. As well as an email to the journal club participants.
- Participants are welcome to continue discussion by posting on the blog or the Linked In group.
- Please note - Articles are not held on line for very long. Please open and print or download articles when you receive the email. The articles may not be there when you go back to get them in several months. This is related to copyright.

Conference call etiquette

In order to decrease background noise

- If you are using a head set – take out dangling earrings
- Some speaker phone set ups work will but the call quality will be much better if you are holding the phone
- Press *6 to mute your phone if you must leave the call or have other noise occurring.
- Discussion is encouraged – press *6 to unmute your line to ask a question or contribute to the discussion
- Avoid the following as they do create noise in the call
 - Shuffling papers unnecessarily
 - Typing unnecessarily
- Also important before the call
 - Take pets (esp dogs) away from the phone call area
 - Shut off fax or move away from fax if possible

During the call

- Please say your name before you speak
- Try not to talk over others, jot yourself a note so you remember your question. We will try to allow time for all to give input.
- Give everyone a chance - Allow time for others to speak – we would like to keep the meeting time to one hour

Thanks for joining us in this adventure.

Beth, Ann, Michelle, Jane, Trisha