

Pelvic Physiotherapy Distance Journal Club

Purpose of the distance journal club

- 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.

Timing of meeting

Wednesday of the first full week of each month 8:30 PM EST for one hour. Discussions will begin promptly at 8:30 PM EST. Participants can join during the call – please do not state your name if the call is already in progress. In some situations, the group may continue talking a few minutes longer however any participant wishing to leave the call may do so at any time.

2020 schedule

January 8 - Beth Shelly

February 5 - Tia Dankberg, Jessica Magee

March 4 - Jane Franczak

April 1 - Megan Swenck

May 6 - Tish Rodriguez

June 3 - Trisha Jenkyns

July 8 - to be announced

August 5 - Cindy Neville

September 9 - Michelle Spicka

October 7 - Elizabeth Lewis

November 4 - Laura Scheufele

December 9 - MJ Strauhal

Method of meetings - FreeConferenceCall.com

- Phone
 - US - 712-770-5505 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 if you are having trouble
 - Meetings will be recorded so they can be shared with others
- Smartphone or tablet app - download the Free Conference Call app, available for free on Android and Apple devices
 - select "online meeting" enter code 482-698-153 including hyphens
 - then enter your name and select "dial using the internet"
 - you should let the app use your microphone if you want to ask a question
- Desktop: Download the conference call program for free
 - Log in to freeconferencecall.com
 - Click on "online meeting", then "join a meeting".
 - Enter the meeting identification number, including dashes 482-698-153.
 - You'll need a microphone on your computer if you want to ask a question.

Listening / downloading recordings

- A link to the recording will be posted on the blog. And available on social media
- These links will remain active for one year and then they will be transfer to the goggle doc format.
- Please email Beth if you do not have access to recordings.
- It is possible to purchase the entire year's outlines and recordings. Email Beth

Cost – none, all coordinators, speakers, and social media helpers are providing services free of charge.

Structure of the meeting

Several 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. After the call outlines and recordings with discussion points will be posted on the blog.

<https://pelvicptblog.wordpress.com/>

Journal club facebook can be used to post questions about the articles discussed.

<https://www.facebook.com/groups/2278379575768172/?ref=bookmarks>

Group participants - PT, OT, PTA, and COTAs interested in learning more about Pelvic therapy, no other requirements. Interested PTs should complete the registration form here <https://mailchi.mp/63510099222d/pelvicptdistancejournalsignup>

Or email Beth (beth@bethshelly.com) with questions.

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 and others are welcome to access recordings and blog posts.

Time commitment of the group participants:

1. 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.
2. It is requested that PTs give notice if they no longer wish to receive journal club emails.

Conference call etiquette - In order to decrease background noise

- If you are using a head set – take out dangling earrings
- Please avoid speaker phone - the call quality will be much better if you are holding the phone or using a head set
- Press *6 to mute your phone if you must leave the call or have other noise occurring.
- Press *6 again to unmute when you want to ask a question or add to the discussion.
- Avoid the following as they do create noise in the call
 - Shuffling papers unnecessarily
 - Typing unnecessarily
- Take pets (esp dogs) and children away from the phone call area

During the call

- Please say your name before you speak (unless the call is already in progress).
- 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