

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.

Timing of meeting

Wednesday of the first full week of each month 8:30 PM EST for one hour. In some cases the meeting is moved to the second Wednesday to avoid holidays. No meeting in February. Schedule for 2012 is as follows:

January 11

March 7

April 4

May 9

June 6

July 11

August 8

September 5

October 10

November 7

December 5

Method of meetings - FreeConferenceCall.com

- 209-647-1000 access code 436790#
- Email Beth if you are having trouble accessing the call - beth@bethshelly.com
- Meetings will be recorded so they can be shared with others who were not able to attend

Listening / downloading recordings

- <https://www.freeconferencecall.com>
- Top right corner – “log in”
- Access code – 436790
Dial-in number – (209) 647-1000
Subscriber PIN – 883352
- Choose the date you want to access – you can playback or download in several formats. If you want to save it to your computer you click “wav” and choose “save” – name the file and choose the location to save it.

Audience – PT and PTA only, no other 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:

None – no attendance is taken, there is no commitment. Participants are welcome to attend as many or as few as they want or to just read articles and / or listen to pod casts. 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

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.

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 Facebook (Beth Shelly Physical Therapy) 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 Facebook and 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.

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 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.
- 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