

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 September 2013

Dear Members and Supporters of BSPOGA

I hope this Newsletter finds you in good health. We wish to update you on the activities of this Society and encourage you to renew your subscription in support of 1) raising awareness of bio psycho social aspects in the day to day aspects of our Specialty and 2) introducing this into the curriculum for undergraduates and post graduates. We have made an excellent step in this direction and are delighted to be a Specialist Society of the RCOG (<http://www.rcog.org.uk/our-profession/specialist-societies>) The Society is however multidisciplinary; we welcome all womens' health professionals ; midwives, nurses, birth support workers, clinical psychologists, psychotherapists, physiotherapists, obstetricians, neonatologists, psychiatrists and other interested allied health professionals.

We have updated our website (www.bspoga.org) and wish to encourage you to use this to update your membership (http://bspoga.org/recurring_membership) , find out about any upcoming meetings , ask for details of past events and browse our links. We wish to make membership more accessible and have set up a PayPal link for new and existing members and for the Study Days we organise. Do send us suggestions for improving the look and content of this website.

We have had a successful year (and a half) since Professor O'Brien's "short note" announcing his plans until now, as he initially intended stepping down as Chair in September 2013. Thankfully, we have persuaded him to stay on to complete 3 years as Chairman in March 2014. Two of our Executive Committee members (Jayne Cockburn and Jackie Owens) have resigned due to other commitments, and have to be thanked for their contribution to the Society. Jayne, an obstetrician and gynaecologist has been a strong supporter of psychosomatic obstetrics and gynaecology, and served as Executive Treasurer of the Society for 3 years. She co-edited Psychological Challenges in Obstetrics and Gynaecology: The Clinical Management with Mr Michael Pawson, Honorary President of

BSPOGA. Jackie is a nurse and hypnotherapist with an expertise with cancer patients and is Past President of the Royal Society of Medicine Section on Hypnosis and Psychosomatic Medicine. We were delighted to invite Dr Nada Mufti, now ST1 as trainee representative to the Society and to recommend Dr Joe Kabukova as Educational Secretary. Dr Mira Lal, Emeritus Chair from 2011 has continued her interest in this area, and we are excited to liaise with ISPOG in development of the educational curriculum with their contribution and expertise. Professor Pauline Slade has recently stepped down as Secretary of ISPOG but is now co-editor of JPOG, the Journal of Psychosomatics and Gynaecology with Dr Sandy Goldbeck Wood. One of the benefits of BSPOGA membership is that you get a discount to the online version of this publication, not to mention reduced fee to any of our Educational events.

BSPOGA Meetings

The past 18 months have been successful and busy with meetings, starting with our Joint meeting with the RCOG in March 2012 following the release of the NICE 110 Guideline -Pregnancy and Complex Social Factors (<http://www.nice.org.uk/CG110>). The meeting was opened with Dr Rhona Hughes who chaired the guideline group, along with Dr Mary Hepburn and Professor Shaughn O'Brien, our Chairman. The guideline concentrates on vulnerable pregnant women; teenage pregnancy, the use of alcohol and other drugs, domestic violence and asylum seekers, all of which are topics appropriate to our Society. The Annual Scientific Meeting was held in Stoke on Trent last September, and was the first of our Series entitled "The Spectrum of Birth Trauma". These meetings have all included a selection of distinguished speakers who came to discuss the physical and psychosocial impact of Birth Trauma to the mother and baby, family, society and health care providers. Topics have varied from the wider impact of perinatal asphyxia and perinatal loss to society and to the fine details of how we can improve the experience of childbirth for every woman with the attention to continuity of caregiver.

Keynotes speakers for the Annual Scientific Meeting were Professor Simon Mitchell, Professor of Neonatology in Manchester who spoke on the societal impact of perinatal asphyxia followed by Professor Jason Gardosi, Director of the West Midlands Perinatal Institute for Maternal and Child Health (with recently published success in reducing stillbirth rates with the introduction of customised fetal growth measurement) who talked about Complex Social Factors and Obstetric Outcome. Professor Kerstin Moberg, Professor of Pharmacology and Physiology from the Karolinska Institute, Sweden spoke on the importance of adequate levels of endogenous oxytocin for society to thrive. This meeting was followed by a Part 2 at the Chelsea and Westminster which included presentations from Birth Companions, a non governmental organisation working with pregnant women in prison, a Human Rights Lawyer from Birthrights, and a presentation on female genital mutilation. We were soothed by a gentle presentation on the role of touch in healthcare and specifically in the postnatal period, promoting positive birth through collaboration, and with a well known Monty Python birth sketch "The machine that goes ping" (<http://www.youtube.com/watch?v=arCITMfxvEc>) from Dr Lokugamage, obstetrician and gynaecologist and author of the Heart in the Womb. We are

looking forward to Part 3 which promises to be an exciting interactive day on Normalising Birth in Maidstone, Kent on Friday 22 November with a tour of the Birth Centre during the lunchbreak. Home baking has also been promised! Do take advantage of the members discount and the Early Bird, which will expire on 31 October 2013. Trainees are encouraged to submit Posters which will be displayed during the breaks. Please book through http://bspoga.org/study_day1 or contact jackie.feaver@nhs.net if you wish any other information on this study day.

In June we held the BSPOGA symposium at the RCOG World Congress in Liverpool entitled Crucial Biopsychosocial Obstetrics and Gynaecology which was chaired by Professor Shaughn O'Brien, and Dr Claudine Domoney. Mary Hepburn spoke on Pregnancy and Complex Social Factors, Professor Olga Van der Akker on complex social factors in fertility care and Dr Sandy Goldbeck Wood had intended on speaking on Emotional aspects of unwanted pregnancy, but had lost her voice, so I stepped in at the last minute and talked about complexity in maternity care. Dr Claudine Domoney also spoke for the British Menopause Society Session on vaginal atrophy- a tale of neglect. Here is the link to the Oral Presentations and Eposters from this Symposium.

Oral Presentations

Crucial Biopsychosocial Obstetrics and Gynaecology

- 1 [Oral Presentations, FC10](#)
- 2 Published online on Jun 21, 2013
- 3 DOI: 10.1111/1471-0528.12348 (p 484-485)

E-Posters

Abstracts of the RCOG World Congress 2013, 24-26 June 2013, Liverpool, United Kingdom. Abstracts were reviewed by the RCOG 2013 World Congress committee rather than as part of the BJOG peer review process, and should not be quoted as peer-reviewed by BJOG in any subsequent publication

Crucial Biopsychosocial Obstetrics and Gynaecology

- 1 [E-Posters, EP10](#)
- 2 Published online on Jun 21, 2013
- 3 DOI: 10.1111/1471-0528.12302 (p 486-500)

Other related events

The 17th International Congress of the International Society of Psychosomatic Obstetrics and Gynaecology (ISPOG)

<http://www.ispog2013.com> was held in Berlin in May this year, entitled the Brain, Body and Society. I would encourage you to browse their website and look at what was a very stimulating and programme, ranging from gender issues in mental health to doctor patient relationship, fear of childbirth (featured highly this time and most likely almost unheard of when the society began) and implications of

beautification to the female genitals. The BSPOGA symposium was on “aspects of postnatal depression” and hosted both guest speakers from Switzerland, Hong Kong, and the UK. Other BSPOGA contributions were representation at the ISPOG Executive committee meeting and AGM, sessions with the International Society of Premenstrual Disorders, Caring for Drug Misusing women in Glasgow, and Dr Mira Lal gave a lecture on maternal dysphoria and also chaired a morning session. I was most interested in the session on teaching in Psychosomatics and how to evaluate this, including plans for an International Curriculum.

Other BSPOGA related activities in the past eighteen months have included our contribution to the RCOG Tomorrows Specialist Document (http://www.rcog.org.uk/files/rcog-corp/TS_SummaryOfKeyMessages.pdf), a trip for Professor O’Brien and Professor Pauline Slade in April 2012 to Rhode Island for the North American Society meeting (NASPOG) <http://www.naspog.org/website/documents/NASPOG2012AnnualMeetingProgram.pdf>, attendance at the International FIGO conference in Rome <http://www.figo2012.org/home/>, and support for the MARCE meeting <http://www.marcesociety.com>. All of these societies now have links on our website.

Upcoming Events

We will have a symposium at the RCOG Annual Professional Development Conference on Thursday 21 November - Sex, Drugs and Rock and Roll, (<http://www.rcog.org.uk/files/rcog-corp/2013.06.13%20-%20APD%20Brochure%20Single%20Pages%20-%20FINAL%20v0.2.pdf>) and we are running a workshop at the RCOG Careers Fair on 16 November - on the Mind behind the Body, explaining what BSPOGA is all about (<http://www.rcog.org.uk/files/rcog-corp/Careers%20Fair%202013.pdf>)

I think that is enough for 2013. We look forward to a similar exciting programme with our new chairmanship (to be decided) from March 2014.

I do hope this has given you an idea of our activities over the past 18 months and thank you for supporting this society. We look forward to welcoming you at Maidstone, Kent on Friday 22 November, and would be delighted to hear from you, especially if you wish to host a BSPOGA event in your area!

With warm wishes on behalf of BSPOGA and from our Chairman Professor Shaughn O’Brien.

Clare

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