

NEWS

AUSTRALIAN NEWS

Retiring Continence Foundation of Australia directors*Associate Professor Michael Murray AM*

After 22 years on the Board, with 10 years as Board Chair, it is time to farewell and thank Associate Professor Michael Murray for his service and dedication to the Continence Foundation of Australia as National Board Chair.

In over 32 years of service to the Foundation, Michael Murray has seen it morph from its humble early stages as a committee of management to the fully fledged and multi-skilled organisation it is today, meeting all the standard deliverables now expected from a Board. Whilst there have been many challenges along the way, particularly with funding and lack of certainty, he is pleased to be leaving the Foundation in a much more secure position. In the future, he would like to see the Foundation move towards building leadership, education and training to not only add to awareness of incontinence but to also be seen as a solution provider.

The Foundation greatly appreciate Michael Murray's commitment and loyalty, and his bravery in sharing his own personal journey living with post-surgery incontinence. We would like to thank him for the many years of dedication, support and persistence through the many challenges over his time and we wish him well in his future endeavours towards supporting the healthcare system to provide better opportunities and outcomes to improve quality of life.

Dr Ian Tucker

Dr Ian Tucker was appointed to the Board in 2008, has been a Vice Chair since 2012, and has been an active member of the Foundation since its inception over 32 years ago. In his professional career, Dr Tucker has been a pioneer in the field of sacral nerve neuromodulation for disturbances of bladder and bowel function, and has chaired sessions and lectured nationally and internationally at major conferences. The Foundation, the Board and Members would like to express their sincere thanks to Dr Tucker for his dedication and service to the Foundation and wish him all the best in his next venture.

Welcome Liz Compton

We welcome our new Board-appointed Director Liz Compton who has recently had the opportunity to meet the staff face to face in the Foundation's national office. Liz also holds another Board role with a large aged care provider and has a background in policy and government. She has a keen interest in our model of continence care currently being piloted in the aged care sector and will be a great addition to the Foundation's Board.

Journal changes

Recently there have been a few changes in the journal structure. Managing Editor Jacinta Miller has resigned after 18 years at the helm, so this will be her last issue. Dr Jennifer Kruger, Chair and Editor in Chief (EIC), is also leaving after two terms. I would like to personally thank both Jacinta and Jenny for all their hard work, contributions, support and dedication to *ANZCJ*. The role of Managing Editor is currently being advertised; for more information about the role please contact our Senior Policy and Research Officer Deb Parnell at the national office. I would also like to welcome Associate Professor Christian Moro, a member of the Editorial Committee, as the incoming Chair and EIC.

Women's Health Week

In support of Women's Health Week which ran from 5-11 September, the Foundation formed a community partnership with the not for profit organisation Jean Hailes for Women's Health. The partnership was based on a shared goal to inspire women of all ages and encourage a focus of good health and wellbeing.

Jean Hailes had five daily themes under the banner *It's all about you*, providing an opportunity for women to prioritise their health with themes such as menopause matters, pelvic power and mind health. The Foundation's focus was on pelvic health across the lifespan, including teenagers and young adult women, in pregnancy, at post-partum as well as at menopause.

The Foundation ran a successful public relations campaign which received extensive media coverage reaching an audience of over 1.4 million. Highlights included a feature story on ABC Radio National *Life matters* story, in *That's Life* magazine and in *MamaMag*, as well as interviews with ABC Radio Brisbane and ABC Radio Tasmania alongside multiple other radio and newspaper stories around Australia. The campaign generated a significant amount of interest in pelvic floor health and the need to regularly exercise the pelvic floor muscles.

2022 National Consumer survey

The 2022 National Consumer Survey has been conducted and the responses analysed. This provides the Foundation with nationally representative responses of the Australian population in terms of age, gender and geography. Participants provide important information on the prevalence and impact of incontinence for those who experience it personally as well as those who care for people with incontinence. The Snapshot Report will be available on the Foundation's website shortly.

Education

Our Education Team is always busy keeping healthcare professionals up to date with the latest information on bladder and bowel health, with online learning modules and free webinars. The most recent webinar was on *Trauma and pelvic floor dysfunction*

held on 30 August and hosted by pelvic health physiotherapist Celia Bolton and rural sexual health nurse practitioner Suzanne Wallis. The webinar focus was on the clinical treatment of women experiencing pelvic floor dysfunction and the importance of building rapport with women to ensure their safety, particularly being aware that they may be a survivor of physical and sexual abuse.

The Education Team have also launched a new online learning course, *Pelvic floor muscle assessment skills training*. Developed by Associate Professor Helena Frawley, through a collaboration between the Foundation and the University of Melbourne, this course is designed to teach post-graduate health professionals the clinical skills required to undertake an assessment of the pelvic floor muscles. Core learning modules include:

- Pelvic floor muscle education.
- External assessment of the pelvic floor muscles.
- Internal assessment of the pelvic floor muscles.

To learn more about this course and register to enrol go to [Pelvic Floor Muscles Assessment Skills Training](#)

To access the Foundation's online learning system, go to continencelearning.com/login/index.php

Rowan Cockerell

CEO, Continence Foundation of Australia