The NHS Long Term Plan commitments on pelvic floor 2019

This briefing highlights the commitments in the Long Term Plan (LTP) for pelvic floor muscle rehabilitation. Physiotherapy has a key role to play in

The NHS Long Term Plan commits to reshaping the NHS over the next ten years, with a strong focus on patient experience. The Pelvic Health section focuses on improving access to care for women with pelvic health issues. Physiotherapists have a critical role in delivering this plan, and this briefing aims to support their involvement.

**What can you do?**

The requirements to deliver the Long Term Plan will be available at a member briefing. A more detailed briefing on the physiotherapy workforce will be provided.

The physiotherapy education and training programmes and guidance to the wider workforce will be developed. They also provide 2-3 years of training and accreditation for physiotherapists to gain the advanced practice skills required. POGP provide training and accreditation for physiotherapists to need it.

**POGP**

POGP is committed to increasing access to postnatal physiotherapy and pelvic floor muscle advice and support for all those who need it. The Long Term Plan aims to expand physiotherapy services and improve access to care for women with pelvic health issues. POGP is working with other organisations to develop the necessary workforce training and accreditation programmes.

**UK**

The UK has a critical number of pelvic health physiotherapists, but this number needs to increase. All pelvic health clinics will need an advanced practice physiotherapist who has the expertise to assess pelvic floor muscle function and support women recovering from childbirth, and improve training for clinicians working with women, such as GPs and midwives.

**Letters**

Write to your local health commissioner to ensure that women have access to postnatal physiotherapy to support women recovering from childbirth, and improve training for clinicians working with women, such as GPs and midwives.

**Demographic analysis**

The LTP sets out the demographic analysis and highlights the challenges faced by women with pelvic health issues. This briefing provides an overview of the key areas to focus on.

**Developing the rehabilitation workforce**

Physiotherapists have a key role in developing the rehabilitation workforce. The LTP commits to reshaping the workforce to meet the needs of patients, with a focus on improving patient experience. Physiotherapy has a strong role to play in developing the workforce for pelvic floor muscle rehabilitation.

**What can you do?**

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