

Improving pelvic floor muscle training adherence strategies: from theory to practice
**A State-of-the-Science Conference sponsored by the International Continence Society's
Physiotherapy committee**

A State-of-the-Science Conference entitled ***Improving pelvic floor muscle training adherence strategies: from theory to practice*** was organised and sponsored by the physiotherapy committee of the International Continence Society from August 26th to 27th, 2011 in Glasgow, Scotland, UK. Chaired by Chantale Dumoulin, Helena Frawley and Doreen McClurg, the conference brought clinicians and researchers together to share knowledge and facilitate discussions regarding the challenges encountered in pelvic floor muscle (PFM) training adherence, and strategies to address this problem. The main conference objectives were 1) to identify existing evidence-based research on PFM training adherence and strategies that improve adherence, 2) to establish priority areas for future research on adherence strategies, 3) to identify and promote various adherence approaches and strategies that should be incorporated into research protocols and daily clinical practice, and 4) to reach consensus on optimal methods to achieve long-term adherence with PFM training. The panel of experts comprised 18 invited speakers from Australia, Belgium, Canada, New Zealand, Norway, The Maldives, Taiwan, The Netherlands, USA and the UK, and encompassed several disciplines: clinical and research physiotherapy, nursing, health psychology, patient education, general practice and urology. During the first day, we discussed definitions and adherence theories; from self-efficacy to motivational interviewing. On the second day, we discussed strategies to improve adherence for different populations (men, women, pregnancy, postnatal, elderly) and different types of PFM dysfunctions (POP, urinary incontinence, faecal incontinence). Finally, we discussed how to improve and integrate PFM training adherence strategies into clinical practice, technology supporting adherence and the ethical perspective. Further to this conference, Dr Helena Frawley and the other conference chairs, supported by the ICS IT team, developed two surveys on adherence, one for the general public and one for health professionals, which were posted on the ICS web site. Participation was high; more than 500 health professionals and members of the public completed the surveys. Based on the results of the surveys and the conference, the faculty is currently developing a Consensus Statement on this topic, and preparing 3 publications co-authored by members of the expert panel. The anticipated publication date is mid-2012.



The International Continence Society's Physiotherapy committee