



***Supporting mothers*** through injuries sustained during child birth.

As we are all aware, child birth isn't as easy as it is demonstrated within the films. There are many complications with both vaginal deliveries and hysterectomies. Vaginal deliveries can unfortunately lead to tearing which can then, can only have an impact not only on the bowels but their life. For us to understand all this studies days for health care professionals play an integral role for us to develop our knowledge and help these patients. Study days allow us to gain more experience from others and ever growing changes we implement to help with these mothers. Whether through consultations, diagnostics or appropriate referrals.

This was my first experience attending a study day with the MASIC group. I found the day to be very insightful as so many professionals were there with their different experiences. The study day involved in-depth discussions about how we can support and help these ladies.

As a colorectal nurse I see many ladies who have experiences injuries from child birth, my job is to support and to create an effective treatment plan. We use Qufora products as part of conservative management, it has been demonstrated to improve quality of life and it is am minimal invasive option for the patients.

***Karen Bennett, Pelvic Floor Clinical Nurse Specialist, Southend University Hospital***

***I recently*** attended a MASIC Foundation study day focusing on preventing and treating obstetric anal sphincter injuries in childbirth. This was an amazing day run by an amazing and fairly new charity who aim to support women who have experienced or are experiencing devastating symptoms of faecal incontinence alongside those of bowel urgency and poor sensation to defecate. These symptoms are obviously so devastating and we were able to hear from some very brave mothers who came to share their stories and emotional journeys they have been on since the day they gave birth. The day provided us with in depth information about the MASIC charity how it was formed, how it functions and most importantly how it aims to help women who are suffering, often in silence.

We heard from a range of speakers with a vast knowledge of their given topic including Consultants and Physiotherapists. We had time to speak with representatives from different company's representatives. These included companies that make manoeuvre devices to aid diagnoses through to anal irrigation systems and stimulators which many of these women have to rely on. Many of the company's do not just supply equipment but provide valuable support to patients though their own specialist team of staff and patient support lines.

If I had to grade this study day I would say 10 out of 10 and would likely recommend it to those in a similar role and would hope to attend a further MASIC event in the future.

***Fiona Morris, Specialist Continence Nurse, Trowbridge Hospital***