

Funmilayo (Funmi) Odofin

Advanced Physiotherapy Practitioner / Independent Physiotherapy Prescriber
Pelvic Health Rehabilitation
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CURRENT PROFESSIONAL PROFILE

I currently work as a Band 8a advanced physiotherapy practitioner / Independent physiotherapy prescriber and clinical lead in women's health, men's health and pelvic health rehabilitation at Hampshire and IOW Healthcare NHS Foundation Trust. My clinical case load includes adult male and female clients with various types of urinary and faecal incontinence, bowel evacuatory disorders, constipation, pelvic organ prolapse, pelvic floor muscle overactivity and antenatal patients with musculoskeletal dysfunction. When necessary, I use adjunctive treatments such as manual and myofascial techniques, point of care ultrasound (POCUS), EMG biofeedback and neuromuscular electrical stimulation to optimize treatment outcomes. In addition to this, I am an independent physiotherapy prescriber and prescribe certain medications to complement conservative management of these clients.

I am an active member of the urogynaecology, colorectal, perineal trauma clinic and vulva dermatology multidisciplinary teams in Portsmouth. I am engaged in an ongoing project and working closely with the local clinical commissioning group to improve clinical pathway for clients presenting with pelvic floor dysfunction. I receive referrals from the gastroenterology team, although I am yet to be involved in the multidisciplinary team meetings.

I was an active member of the education sub-committee of The Pelvic, Obstetric, & Gynaecological Physiotherapy (POGP) until September 2024, a specialist interest group of The Chartered Society of Physiotherapy. I took special interest in developing the portfolio process to for membership of the society. I am currently a tutor on the POGP female urinary dysfunction workshop. I am keen to support the development of pelvic health physiotherapy specialty, and when necessary, I mentor and offer student placement to post-graduate students enrolled on the University of Bradford continence programme.

I consider myself to be a quick and eager learner, focused and self-motivated clinician with diverse experience, using evidence-based treatments in a range of client-centered environment. I am enthusiastic and passionate about developing future pelvic health specialist physiotherapists and pelvic health facilities.

EDUCATION AND PROFESSIONAL AFFILIATIONS

MSc	University of Southampton (with merits)	May 2019
PG Cert	University of Bradford (with merits)	Dec 2012
BSc	College of Medicine, University of Lagos (2:1)	May 1994
Member of Health and Care Professions Council		PH66584
Member of Chartered Society of Physiotherapy		
Member of Pelvic, Obstetric and Gynaecological Physiotherapy		

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EMPLOYMENT HISTORY

Pelvic, Obstetric and Gynaecological Physiotherapy Tutor On specialist workshop training programme	Jan 2022 - Present
Advanced PH Physiotherapy Practitioner / Clinical Lead Hampshire and IOW Healthcare NHS Foundation Trust	July 2018 – Present
Advanced PH Physiotherapy Practitioner / Team lead Hampshire Hospitals NHS Foundation Trust, Winchester	Nov 2010- June 2018
Specialist Women’s Health Physiotherapist Hampshire Hospitals NHS Foundation Trust, Winchester	Feb 2008 – Nov 2010
Specialist Women’s Health and MSK Physiotherapist Ealing Primary Care NHS Trust, London	Nov 2005 – April 2006
Rotational Junior Physiotherapist Ealing Primary Care NHS Trust, London	Mar 2004 – Nov 2005
Adaptation training (musculoskeletal) Northwick Park Hospital, London	Oct 2003 – Nov 2003
Adaptation training (neurology & musculoskeletal) Mayday University Teaching Hospital, London	Jul 2003 – Oct 2003
Obstetrics & Gynaecology Physiotherapist Citizen Medical Center, Lagos, Nigeria	Feb 1997 - Mar 2002
Intern & Junior Physiotherapist Jos University Hospital, Jos, Nigeria	Apr 1995 – May 1996

CONTINUING PROFESSIONAL DEVELOPMENT & CONFERENCES ATTENDED

Pelvic Floor Disorders – St Thomas’ Hospital London – 2 days	Jun 2025
Cadaveric Pelvic Health Anatomy, Keele Medical School	Nov 2024
Delivering Effective Training – 3 days	July 2024
International Continence Society Conference, Toronto, Canada	Sept 2023
The Diaphragm and Breathing	Jan 2023
Rehabilitative Ultrasound In Women and Men’s Health	Sept 2022
Functional Pelvic Floor Rehabilitation	Mar 2022
Visceral Mobilization course	Jan 2022
Sharon Wheeler’s Scar Tissue Work, London	Jul 2021
Menopause Management for Physiotherapists, POGP online	Feb 2021
The Pelvic Pothole – Pelvic anatomy prosection course	Mar 2021
Advanced Pelvic Floor Ultrasound, USA- Online	Dec 2020

Current Concepts in Pelvic Floor management FI, Cardiff.	May 2020
MSc Professional Practice in Health Sciences, University of Southampton	Jul 2019
Endoanal Ultrasound & Anorectal Manometry Masterclass, Croydon	May 2019
Anorectal Manometry in Lower Bowel Dysfunction, St Mark's Hosp. London	Apr 2019
Pediatric Incontinence and Pelvic Floor Dysfunction, POGP, Frimley	Jul 2018
Quality Improvement Conference, Winchester	Nov 2017
POGP Conference, Southampton	Oct 2017
Leadership and Management Skills, Southampton,	Sept 2017
Multi-disciplinary Management of Obstetrics Anal Sphincter Injury, London	Mar 2017
POGP Conference, Liverpool	Nov 2016
Practical Pessary Study Day (Lesley Hanson), London	Apr 2016
50 Most Useful Acupuncture Points, Winchester	Mar 2016
Masterclass on the Mgt of Male Pelvic Floor Dysfunction POGP, London	Mar 2016
Introduction to Dynamic US Scanning in Women & Men's Health, Winchester	Oct 2015
Non-medical Prescribing Course, University of Southampton	Sep 2014
Introduction to Real-time Ultrasound of the Pelvic Floor, Chichester	Nov 2013
PG Cert: Continence for Physiotherapist. University of Bradford	Dec 2012
4D Ultrasound of Pelvic Floor Workshop (Peter Dietz), London	Sep 2012
Conservative Treatment of Anterior and Posterior Compartment, Winchester	Jun 2012
Advanced Manual Therapy of the Pelvic Floor (R. Jones & M. Whelan) Worthing	Apr 2012
The Practical Pessary Study Day. London	Sep 2011
Managing a Pelvic Floor Service, Bournemouth	May 2011
Pelvic Girdle Dysfunction Workshop, Winchester	Nov 2010
Setting Up and Managing the Pelvic Floor Service Southampton	Oct 2010
Putting Evidence into Practice (postgrad module) University of Portsmouth	Mar 2010
An introduction to motivational interviewing, University of Southampton	Jan 2010
Pelvic floor Assessment & Mgt of Anorectal Dysfunction – POGP	Jun 2009
Continence Advice & Research Education (40 units M- level) Uni of Southampton	Oct 2009
Acupuncture Foundation Course, Winchester	Mar 2009
Pelvic Floor Assessment & Mgt of Urinary Dysfunction London – POGP	Oct 2007

AWARDS

Winner: Solent NHS Trust Allied Health Care Professional of the Year	Oct 2022
Learning from Excellence Award Solent NHS Trust	Dec 2020
Hampshire Hospitals Wow award winner for above & beyond in-patient care	Apr 2016
Hampshire Hospitals Wow award winner for Customer care	Nov 2015
Starfish Fish / Action for Quality Award – Hampshire Hospitals	Apr 2015
Hampshire Hospitals Wow award winner for Customer care	Jul 2013
Hampshire Hospitals Wow award winner for service innovation	Jun 2013
Barbara Newman scholarship awards	Sep 2010
Barbara Newman scholarship awards	Aug 2008

PUBLICATIONS / POSTER PRESENTATIONS / RESEARCH

Member of focus group for The Consensus for Experimental Design in Electromyography (CEDE) project. – March 2023. <https://isek.org/cede-project/> (On-going meetings)

Research Centre lead (Solent NHS Pelvic Health Team) for Wessex Multi-Centre Randomized Control Trial on Perinatal Pelvic Floor Exercises Reminders- planning phase. October 2022 (On-going)

Member of Education Subcommittee, Good Practice Statement. Safety and best practice in neuromuscular electrical stimulation for pelvic floor muscle dysfunction. *Journal of Pelvic Obstetric and Gynaecological Physiotherapy*, Spring 2021, **128**, pp: 68 – 76.

Odofin, F. M. Examination of predisposing risk factors among primiparous women at risk of developing pelvic organ prolapse within a year of childbirth. *Journal of Pelvic Obstetric and Gynaecological Physiotherapy*, Autumn 2020, **127**, pp: 51 – 61.

Odofin, F. M. Patient Satisfaction Feedback of an Innovative Physiotherapy Led Obstetrics Anal Sphincter Injury. *Journal of Pelvic Obstetric and Gynaecological Physiotherapy*, Spring 2017, **120**, pp: 68 – 69. (Poster presentation).

Odofin, F. M. Introduction of Independent Physiotherapy Prescribing: A potential for efficiency savings on the NHS. *Journal of Pelvic Obstetric and Gynaecological Physiotherapy*, Autumn 2016, **119**, pp: 67 (Poster presentation).

TEACHING EXPERIENCE & PRESENTATIONS

My passion for teaching has existed throughout my career, and I use every opportunity possible to teach, influence and guide others in the field. My philosophy of teaching is that we are all learning together, and I use effective communication and appropriate teaching styles to engage and generate scientific inquisitiveness among and with my peers.

Tutor on POGP Management of Female Urinary Dysfunction	Ongoing
Electrical Stimulation in Pelvic Health Rehabilitation	Ongoing
Visiting lecturer at University of Southampton	As needed
Speaker at Pelvic Floor Society Conference	Nov 2024
Neuromuscular electrical stimulation for faecal incontinence	June 2022
Functional anatomy, pathophysiology and clinical evidence for conservative management of pelvic organ prolapse, Portsmouth	Dec 2021
Conservative management of faecal incontinence, Wessex O & G region trainee study day – Virtual teaching	Jul 2021
NMES for pelvic floor dysfunction, Portsmouth – 1-day workshop	Oct 2020
Functional anatomy, pathophysiology & Management of stress urinary incontinence; Portsmouth	Mar 2019
Practical session & Clinical Reasoning Workshop on Biofeedback and NMES in Pelvic Floor Rehabilitation, Poole – 1-day workshop	Nov 2018

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The role of physiotherapist in the management of OASIS, Southampton	May 2018
Practical session & Clinical Reasoning Workshop on Biofeedback and NMES in Pelvic Floor Rehabilitation, London – 1-day workshop	Sep 2018
Conservative Management of Children with Bladder Disorders, Winchester	Sep 2017
The Role of the Physiotherapist in the Management of Urinary & Bowel Incontinence, Worthing	Feb 2017
Introduction to surface EMG, biofeedback & EMG triggered NMES as adjunctive therapies in rehabilitation 2 days practical workshop, Nigeria	July 2016
Pelvic floor muscle training and adjunctive therapies in the management of stress urinary incontinence, Wessex Urogynaecology	Sep 2015
Conservative Management of Urinary Incontinence East & West Sussex Continence Study Day, Brighton	July 2015
Age Is a Just Number: Conservative management of urinary incontinence in the elderly - GP Study Day, Nuffield Health Chichester.	May 2015
Practical workshop on adjunctive therapies in the management of pelvic floor dysfunction, Winchester. 1-day practical workshop	Feb 2015
Physiotherapy management of pelvic floor dysfunction Winchester, 1-day Practical Workshop	Jan 2014

AUDIT / SERVICE IMPROVEMENTS

- Successful bid (£15,000) for a second dynamic rehabilitative ultrasound unit for Solent NHS Trust – 13 October 2023
- Successful bid for Electrotherapy equipment at Dragon's Den, Solent NHS Trust – 15 June 2023
- Successful charitable bid (£8,000) to purchase dynamic rehabilitative ultrasound unit for Solent NHS Trust – Jan 2020
- Development of the 3rd & 4th degree obstetric anal sphincter injury (OASIS) group in 2012. Following a positive audit result from patient satisfaction survey and patient pelvic floor symptoms score, Hampshire Hospitals NHS Foundation Trust approved OASIS group as the initial post-operative management – January 2016
- Successful charitable bid (£6,500) to purchase dynamic ultrasound unit for Royal Hampshire County Hospital, Winchester – Sept 2016
- Feedback survey on patient satisfaction of postnatal perineal trauma service at Royal Hampshire County Hospital – Feb 2015
- Successful charitable bid to purchase Phenix USB EMG & Pressure Biofeedback unit – Apr 2013
- Feedback survey on effectiveness and acceptability of pelvic floor group therapy among patients referred for pelvic floor exercises at Royal Hampshire County Hospital, Winchester – Sept 2010
- Audit on CSP standards of documentation among physiotherapist working at Ealing Hospital – Oct 2006

MANAGEMENT

As the clinical lead for my team, I enjoy organizational responsibilities and consider myself to be an organized and capable person who is effective, can motivate others and achieve targets. I have also learnt to set timescales and manage my own workload effectively in my current post. I am involved in ongoing redesigning of the clinical pathway with Portsmouth, South- East Hampshire and Isle of Wight clinical commissioning groups to improve and streamline conservative management pathway for clients with pelvic floor dysfunction. I am involved in the design of the Perinatal pathway for Southampton, Hampshire, Isle of Wight and Portsmouth.

I am a team player, and I always strive to demonstrate effective leadership and inclusive attitude in the way I lead the team.

I offer mentorship and supervision for the band 7 physiotherapists working in the team, and other physiotherapists working regionally and nationally. I initiated the monthly regional continuous professional development to support other lone pelvic health physiotherapists with Solent, Southampton, and Isle of Wight. I enjoy learning collaboratively and started a national forum to support pelvic health physiotherapy independent non-medical prescribers in March 2021.

OTHER

I balance my career and family life with various activities. I enjoy long walks, swimming, playing table tennis, cycling, dancing, cooking and sewing. I work as a voluntary staff at Family Church on Sundays and at City of Portsmouth Athletics Club when necessary.

REFERENCES
