

Curriculum Vitae.

<u>Name</u>	Gemma Victoria Barnes
<u>Date of Birth</u>	20 th January 1983
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Employment History

Highly Specialist Pelvic Health Physiotherapist
Private Practice (self-employed)
Park Physiotherapy
Ley's Farm
Hockering
Norfolk NR20 3JE
April 2012- present

Course tutor for POGP Pelvic Health Physiotherapy:
female urinary dysfunction -entry level course
January 2025 – present

Course tutor for POGP Introduction to Pelvic Health-
entry level course
March 2025 – present

Content creator and In-app Specialist for pelvic health in
the menopause
Anya Health
September 2024 - present

Highly Specialist Maternal and Pelvic Health
Physiotherapist
Physiotherapy Department
Norfolk and Norwich University Foundation Trust
Colney Lane
Norwich NR4 7UY
November 2009 – July 2022

Highly Specialist Pelvic Health Physiotherapist
Guy's and St Thomas' NHS Foundation Trust
St Thomas' Hospital

Westminster Bridge Road
London SE1 7EH
March 2009 – February 2012

Senior Physiotherapist
Musculoskeletal Physiotherapy Service
Medway PCT
Medway Maritime Hospital
Windmill Road
Gillingham
Kent
January 2007- November 2009

Junior Physiotherapist
Ipswich Hospital NHS Trust
Heath Road
Ipswich
Suffolk
IP4 5PD
August 2004 – December 2006

Education

University of East Anglia
Physiotherapy department
School of Health Sciences
Queen's building
Norwich Research Park
Norwich NR4 7TJ
Sept 2011- February 2016

King's College London
Physiotherapy Division
School of Biomedical Sciences
Shepherds House
Guy's Campus
London SE1 1UL
Sept 2001 – July 2004

Bungay High School
Queens Road
Bungay
Suffolk NR35 1RW
Sept 1996 – July 2001

Qualifications

MSc Advanced Musculoskeletal Research and Practice
with Merit. UEA. September 2011- February 2016

Postgraduate Certificate in Continence Physiotherapy.
Bradford University. September 2009- February 2011.

BSc (Hons) Physiotherapy (2:1) July 2004

A level – examinations taken June 2001
Biology (grade B)
Chemistry (grade B)
English Literature (grade B)

NVQ level 2 Environmental Conservation
(completed June 2001)

9 GCSEs – examinations taken June 1999
Grades A* to B

Postgraduate Courses

Post Partum Health for Mums- June 2007. LJ Lee, Physio UK

Pelvic Floor Examination & Assessment for Urinary Incontinence- October 2007. ACPWH

First Line Management Programme- April 2007 to Nov 2008. 30 M level credits. Medway PCT and the University of Greenwich.

Symphysis Pubis Dysfunction & Pelvic Girdle Pain Workshop- June 2008. Sarah Fishburn, Clare Woodward & Lucy Warmsley.

The Pelvic Floor & All Your Patients- June 2008
An evening lecture with Diane Lee, Physio UK.

An Introduction to Pilates in Women's Health- November 2008. ACPWH.

Foundation Course in Acupuncture March/April 2009. Lynn Pearce, Buckden Cambridgeshire. AACP approved.

Pelvic Floor Examination and Assessment for Ano-Rectal Dysfunction. June 2009. ACPWH

Combined Movement of the Thoracic/ Lumbar Spine. Chris McCarthy, HE Seminars. October 2009.

The use of Acupuncture to Treat Chronic Pelvic Pain. Jennie Longbottom. June 2010.

MSK Master Class Study Days for back pain, neck pain and manual therapy approaches, UEA, April 2013.

POGP Advanced Pelvic Floor Course. Portsmouth, October 2017.

ALIED Acupuncture in Women's Health. Sidcup, February 2018.

POGP Pelvic Health Physiotherapy: male lower urinary tract symptoms. Milton Keynes, September 2018.

Birth Healing Summit 2020, The Institute for Birth Healing, online, April 2020.

Menopause Management Advancing Your Practice, POGP and Positive Pause, Online, September 2020.

Host for the POGP short course -Pelvic Health Physiotherapy, Pelvic Organ Prolapse, Advancing your Practice. Online November 2021.

Tutor assessment for the POGP short course – Pelvic Health Physiotherapy, Female Urinary Dysfunction- an entry level course. Reading, September 2022.

POGP Advanced Practitioners' pessary course. Milton Keynes, July 2024.

Hobbs masters needling series – Acupuncture and dry needling update for thoracic safety and musculoskeletal conditions. East London NHS Foundation Trust, May 2025.

Conferences attended

ACPWH Conference 2004, Ipswich.

4th Annual National Pelvic Floor Meeting, Southern Pelvic Floor Society, Bournemouth, October 2010.

International Neuromodulation Society 10th World Congress, London. May 2011.

5th Annual National Pelvic Floor Meeting, National Pelvic Floor Society, Birmingham, October 2011.

POGP conference, Liverpool, November 2016. Presented my MSc dissertation systematic review.

POGP 2-day conference, Southampton, October 2017.

MASIC study day, Norwich, September 2018. Presented a lecture on the role of physiotherapy in the rehabilitation of women after sustaining a third/ fourth degree perineal tear.

POGP virtual conference, October 2021.

POGP online study day, November 2022.

WHENN (Women's Health Education Network Norfolk) 1 day conference, Norwich, April 2023. Cofounder and speaker – The Art and Science of Pelvic Floor Muscle Exercises.

AACP 1-day online conference, May 2023.

POGP 2-day conference, York, November 2023

WHENN planned patient education event on the menopause, Norwich, November 2023.

Course Development

Course developer for the POGP short course- Pregnancy related physiotherapy: Assessment and Management of Musculoskeletal Conditions during and after Pregnancy- advancing your practice. February 2022-July 2022.

Course developer for the POGP short course – Introduction to Pelvic Health, September 2024- present.

Publications

The Student Physiotherapy Workbook (2022) Case study – Pregnancy related Pelvic Girdle Pain. Elsevier, London. (Awaiting publication).

Committee Member

POGP Education and Training Subcommittee
July 2019 to present

Portfolio co-ordinator for the POGP Education and Training Subcommittee
May 2023 to present

Clinical Experience

Maternal and Pelvic Health

I specialised in Women's Health Physiotherapy in 2009 but have had excitement and enthusiasm for this area of physiotherapy since being a student. I have completed two four-month rotations in women's health as a junior physiotherapist in an acute trust. My caseload involved treating obstetric and gynaecology inpatients as well as obstetric musculoskeletal outpatients. I also started to see a few patients with urinary incontinence and pelvic organ prolapse.

I continued my interest in women's health physiotherapy working as a senior physiotherapist in a community trust. I predominantly held a musculoskeletal caseload but was able to see some obstetric musculoskeletal outpatients and urogynaecology outpatients.

Following this I spent two years working in a specialist tertiary referral service for pelvic floor disorders in an acute trust in London. A large proportion of the work was treating patients with functional bowel disorders as well as lower urinary tract symptoms.

I returned to rural Norfolk to bring up my children and spent twelve years working for the Norfolk and Norwich University Hospitals as a Highly Specialist Maternity and Pelvic Health Physiotherapist. I assessed and treated many women with pregnancy related MSK conditions of both inpatients and outpatients as well as post op gynaecology inpatients. A large proportion of my work also involved assessing treating men and women who had lower urinary tract symptoms, functional bowel problems, pelvic organ prolapses or complex pelvic pain presentations. I worked closely alongside the gynaecologists, urologists and colorectal surgeons to treat my patients. I have built up a range of advanced assessment and treatment skills to provide excellent holistic care for my patients. This includes pain science education, (identifying and helping patients to modify contextual factors related to pain), education on bladder and bowel health, education on anatomy of the pelvis and pelvic floor, exercise therapy and rehabilitation, advanced manual therapy assessment and treatment of the lumbopelvic hip complex and acupuncture and electrotherapy skills (Neuromuscular electrical stimulation to the pelvic floor and EMG biofeedback).

I have been the specialist physiotherapist for the perineal clinic, working alongside the urogynaecologists to follow up third- and fourth-degree perineal tear patients.

In 2019 I started to develop the pelvic health physiotherapy service for men at the Norfolk and Norwich University Hospitals NHS Foundation Trust. Expansion and improvement of the service was particularly for men who were having a radical prostatectomy for prostate cancer. I worked alongside the urologists and urology/ uro-oncology nurses to provide pre op information via a seminar on bladder care and pelvic floor muscle exercises. I also worked hard to improve the referral times to physiotherapy should patients require it post-surgery. I gave in house training to the pelvic health physiotherapy team to develop their assessment and treatment skills required to care for this patient group. Further development of the Pelvic Health Service for men has been restricted by COVID-19 and the service pressure post pandemic but the aspects of the service that had already been put in place were continuing.

Since expanding my own pelvic health physiotherapy practice in 2022, I have had some wonderful opportunities to also expand my skills in pelvic health physiotherapy education.

I have now worked with two teams of highly skilled pelvic health physiotherapists to develop the POGP short course- Pregnancy related physiotherapy: Assessment and Management of Musculoskeletal Conditions during and after Pregnancy- advancing your practice and the POGP Introduction to Pelvic Health – entry level course. I have learnt a great deal about organising and structuring educational content, using a variety of teaching methods, to deliver the content in an exciting and interesting way.

I am also very fortunate to work with a team of excellent tutors for the POGP to deliver the Female Urinary Dysfunction- entry level course and the Introduction to Pelvic Health – entry level course. I have become very passionate about delivering excellent pelvic health physiotherapy education in a way that encourages confidence and excitement in future generations of pelvic health physiotherapists.

Finally, my work as POGP portfolio co-ordinator has given me the opportunity to revise and develop the route to full POGP membership. This route is to encourage developing pelvic health physiotherapists to provide evidence of their clinical knowledge and skills without completing a more academic route to full membership. It offers the opportunity to use a range of learning styles and completion of tasks relevant to the applicants' job role. I have developed knowledge and skills of managing mentoring and assessment systems as well as creating a detailed portfolio process from beginning to end.

I have completed four monthly junior rotations in:

Musculoskeletal outpatients

Elderly Care

Respiratory Medicine

Neurological Rehabilitation

Community in and outpatients

Referees

Mrs Lucy Eggleton
Service Lead for the Pelvic and Maternal Health
Physiotherapy Team
Norfolk and Norwich University Hospitals NHS
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