

Patient Engagement in Research and Professional Development in Pelvic Girdle Pain



Together for better quality and relevant research on pregnancy-related pelvic girdle pain

The Norwegian Association for Pregnancy-related Pelvic Girdle Health (LKB) want to empower families to live good lives despite pregnancy-related pelvic girdle pain (PPGP). LKB aims to create more knowledge and understanding of PPGP in the Norwegian welfare state and in society overall. We aim to empower women to create balance between activity and rest in work and family life, for less pain and better health. LKB's representatives work with research communities and others to make a difference for the future. LKB was founded in 1987 and was among the driving forces behind the 1st International Conference on Pelvic Girdle Pain in Tromsø, Norway, in 1990.

Our main goal is to empower women with PPGP to enjoy life through promoting evidence-based strategies and maintaining a supportive community



LKB provides a peer counselling service. We have user representatives who are engaged in research, contributes to application processes for research funding and other health development projects. An example is a project that uncovered patient-reported knowledge gaps in musculoskeletal health research.

Patient engagement improves the quality and relevance of health research. In addition it leads to development, change and collaboration. Direct feedback from patients in early stages of research projects is a resource for researchers in order to understand needs and perspective of health care users and enable the researcher to create projects of higher relevance to society. Research results have greater importance and are implemented more quickly when they are relevant to both patients and caregivers.



LKB, in collaboration with the Norwegian Physiotherapy Association, has produced a series of films with demonstrations of different movement patterns to prevent and reduce the level of pain in those affected by pelvic joint pain. In various films, physiotherapist and researcher Britt Stuge shows knowledge-based advice and coping strategies. The films are based on clinical experience and research-based knowledge. Therefore, the films will be useful for both healthcare personnel and patients. Use the QR-code to watch the films. →



The Research and Communication Unit for Musculoskeletal Health at Oslo University Hospital and LKB have made an information film with great importance for medical professionals, patients and others affected by PPGP. Use the QR-code to watch the film.

We are incredibly proud of LKB's volunteers. Their efforts in knowledge sharing for improved pelvic girdle health and their efforts for creating local communities – the feeling of belonging to a community seems to be important for women with PPGP. To reach out and create a sense of belonging, LKB uses our own magazine, our website (www.bekkenleddhelse.no), radio and TV spots for public broadcasting, Instagram, Facebook, podcast and the previously mentioned information film. LKBs podcast «Knote i kroppen» (Knot in Your Body), provides evidence-based information about subjects related to life with PPGP, as well as being a resource for the research community with the information we share and the topics we discuss.

We are grateful for all research related to PPGP. LKB aims to distribute results of valuable research as widely as possible to improve quality of life for everyone affected by PPGP. LKB collaborates closely with medical specialists in Norway to ensure the quality of our information.

LKB works for a better quality of life through knowledge

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