

October 2007

Inside

2-4

News about WCPT since its Congress and General Meeting in Vancouver

5-6

News from Member Organisations and Regions

7

Alana Officer, from the World Health Organisation explains the forthcoming world report on disability and rehabilitation



The new Executive Committee of WCPT (from left): Sylvia Kambalamatore (Africa Region), Mabel Yvonne Espinel Gonzalez (South America), Marilyn Moffat (President), Zola Dantile (Vice President), Margot Skinner (Asia Western Pacific), Sandra Thornhill (North America Caribbean), Emma Stokes (Europe)

Call to action on obesity from WCPT's President

Marilyn Moffat, WCPT's new President, has called for increasing use to be made of physical therapy in the worldwide battle against obesity.

To coincide with International Physical Therapy Day, she sent a statement on obesity to all WCPT Member Organisations, to help them raise awareness in their own countries of the vital role of physical therapy. The statement set out the profession's concern about the obesity epidemic, which she called "probably one of the greatest challenges to our health systems around the world in the 21st

century." She said there are many types of exercise prescriptions that the physical therapist may help to establish in an increasing effort against excess weight. "The sooner all of our nations begin to adopt initiatives to combat obesity, the less will be the burdens on health care systems delivery around the world."

Around 350 million people around the world are obese, with rates doubling or tripling in the past decade. Marilyn Moffat said that obesity in itself is a health problem, but it is also a risk factor for other conditions such as

cardiac disease, diabetes and stroke. Physical therapists, she said, could effectively counter obesity by combining aerobic conditioning and strength/resistance training in a fun and interesting way.

Moffat, Professor of Physical Therapy at New York University, was elected WCPT President at the WCPT General Meeting in June this year. "It's an incredible honour and privilege to be elected," she says. "I've been involved in international activities for many

Continued on page 3



The World Confederation for Physical Therapy

Kensington Charity Centre
4th Floor Charles House
375 Kensington High Street
London W14 8QH
Tel : +44 (0)207 471 6765
Fax: +44 (0)207 471 6766
E-mail: info@wcpt.org
Web: www.wcpt.org

Secretary General: Brenda Myers

Executive Committee

- President: Marilyn Moffat
- Vice President: Zola Dantile
- Africa: Sylvia Kambalamoto
- Asia Western Pacific: Margot Skinner
- Europe: Emma Stokes
- N America Caribbean: Sandra Thornhill
- South America: Mabel Yvonne Espinel Gonzalez

Mission

The World Confederation for Physical Therapy aims to improve global health by:

- Representing** the profession of physical therapy internationally;
- Collaborating** with international and national organisations;
- Encouraging** high standards of physical therapy research, education and practice;
- Supporting** communication and exchange of information among Regions and Member Organisations of WCPT.



WCPT News is published four times a year, and is available for download at www.wcpt.org. Reports and articles (submitted on disc/e-mail and print-out) with or without photographs are welcome, and should be sent to the Secretary General at WCPT headquarters.

Printed copies can be sent to subscribers by post, at a cost of £16 for two years (to be paid in sterling, cheques payable to WCPT).

WCPT News is produced for the WCPT by Simon Crompton, 43 Hassocks Road, Hurstpierpoint, West Sussex BN6 9QL, UK. Tel: 44 (0) 1273 832630
E-mail: news@wcpt.org
ISSN 1029-5208 Copyright © WCPT 2007

WCPT



Representatives from the Royal Dutch Society for Physical Therapy take an early opportunity to publicise the 2011 Congress, during the Congress in Vancouver.

Congress moves on to Amsterdam

Planning is already underway for the 2011 WCPT Congress, which will be hosted by the Royal Dutch Society for Physical Therapy, and will be held in Amsterdam.

The venue is the RAI Exhibition and Congress Centre which is well situated and easily accessible from all directions. It has its own train station and is less than 10 minutes from

Schiphol Airport by rail. The theme for 2011 has yet to be decided but it will build on the success of the 2007 theme, Moving Physical Therapy Forward, with a scientific programme encompassing global change, challenges and opportunities for physical therapists and the governments, professions and populations they work with.



New physical therapy curriculum guidelines are adopted

WCPT has adopted a major new policy document on entry level education in physical therapy. It was adopted at the recent General Meeting in Vancouver, and will be posted on the WCPT website and disseminated to Member Organisations, Regions and Sub Groups.

The guidelines aim to help Member Organisations who are developing or reviewing existing curricula. They were compiled following widespread consultations among WCPT members, with revisions being made in response to

the feedback received. The guidelines are designed for use in curriculum planning, curriculum development, and in internal and external quality assurance processes and standards assessment.

Also available are WCPT's new and revised Declarations of Principle and Position Statements, including a position statement on Physical Therapy Standards of Practice. This is a statement of performance and conditions that the Confederation expects physiotherapists to aspire to in order to provide high quality professional services to society.

New President's call to action



Marilyn Moffat faces the glare of publicity minutes after she is elected WCPT President at the General Meeting.

Continued from page 1

years, through both teaching and voluntary service, and I hope that background will further enhance the mission of WCPT."

She spelt out some priorities for action, in an interview with WCPT News. "Obviously, we need to provide adequate staffing for WCPT to carry out all our the mandates made at the Vancouver General Meeting and to continue with all of the current projects. We hope to expand WCPT's role in continuing education."

"We'd also like to set up a foundation to provide grants to

physical therapists from developing countries – for example, to help them come to Congress or provide seed money for international projects."

Marilyn Moffat completed a six-year term as the President of the American Physical Therapy Association (APTA) in 1997. She has taught and provided consultation services in Taiwan, Thailand, Burma, Vietnam, Panama City, Hong Kong and Puerto Rico. In 2003 she was awarded WCPT's highest honour, the Mildred Elson Award for international leadership.

She sees two particular challenges for international

physiotherapy at the moment. One is the need to establish physical therapy programmes in countries where there are currently none. The other is the increasing need for the profession to be aware of its responsibility to promote wellness and fitness, particularly in light of the rise of lifestyle-related diseases around the globe.

She's delighted at the way WCPT's website resources have developed over the past four years and sees this as being a key part of fulfilling the role of WCPT in bringing physical therapists around the world closer.

A new opportunity for networking

WCPT's web-based discussion forums have been restructured, following the WCPT Congress, offering physical therapists around the world the opportunity to exchange ideas, collaborate, share information and develop networks in shared areas of professional interest.

The WCPT discussion forum has been set up in response to suggestions from Member Organisations and physical therapists worldwide.

By contributing to the forum, you'll

not only be getting answers yourself – but helping colleagues around the world.

There are different strands of discussion in the forum. WCPT has now set up 11 discussion "boards" on general topic areas, categorised according to the five programme tracks used at the WCPT Congress.

Within these, there will be different discussions on specific aspects of that topic – which you can start yourself. You will be able to join any existing discussion.

The more physical therapists can publicise the discussion forum and encourage physical therapists to engage, the more valuable a resource it will be for physical therapists worldwide. Logon now at www.wcpt.org/smfforum.

All visitors to the website can access the forum and read messages that have been posted. To post a message, you simply need to register. If you have any queries, you can contact Rachel Moore at rmoore@wcpt.org

WCPT's roll of honour

The highest honour that the WCPT can bestow, the Mildred Elson Award for international leadership, has been posthumously bestowed on physical therapist Dr Jules Rothstein – a leading and outspoken advocate of evidence-based practice.

As Editor in Chief of the profession's influential journal *Physical Therapy* for 15 years, he was a pioneer in measurement issues, fostering scientific writing skills among physiotherapists worldwide and publishing classic texts.

Sadly, Jules Rothstein died in 2005. "He is widely regarded as one of



Jules Rothstein

the most influential physical therapists of his time, and one who has had an international and lasting impact," said outgoing WCPT President Sandra Mercer Moore, announcing the award recipient at the General Meeting.

There were eight other recipients of WCPT Awards, presented during the WCPT Congress in Vancouver – recognising for the first time the international leadership and service of individual physical therapists across WCPT Regions, Subgroups and Member Organisations.

In the international service to the profession category, designed to recognise achievement in physical therapy education, practice, research, administration and policy development, the recipients were: Dele Amosun (South Africa); Amanda Squires (United Kingdom); Nancy Prickett (United States); Pedro Mancilla (Chile); Brian Mulligan (New Zealand); Robin McKenzie (New Zealand); Isao Nara (Japan);

The Humanitarian Award went to



Dele Amosun receiving the international service award from Sandra Mercer Moore

Italian physiotherapist Alberto Cairo who has helped people recover from the effects of war in Afghanistan since 1989, with the International Committee of the Red Cross.

WCPT Sub Group and Regional Chairs, and Executive Committee members, were recognised for their service to WCPT at the General Meeting.

Outstanding presentation awards

Selected presenters at the WCPT Congress in Vancouver were awarded certificates for outstanding poster and platform presentations. These are the winners:

- J. Haxby Abbott (New Zealand)
Development and validation of the claritysmart spinal motion analysis research technology
- Charlotte Åström, Sweden
Neuromusculoskeletal symptoms in the trunk and upper extremities among professional drivers of all-terrain vehicles in Sweden
- Leanne Bisset, Australia
Sensorimotor deficits in tennis elbow: results of a randomised controlled trial
- Aliya Chaudry, USA
Innovative recruitment in physical therapy:

- using a "recruitment game" during National Physical Therapy Month to increase minority student applicant pool
- Laura Cook, Canada
Utilising geographic information systems in the assessment of capacity and demand for community rehabilitation services
- Michel Coppieters, Australia
Beliefs regarding the pathobiological basis of pain influence the level of pain during a clinical provocation test
- R. Barry Dale, USA
Diagnostic accuracy of clinical diagnostic tests for shoulder impingement syndrome
- Paulo Ferreira, Brazil
Randomised trial comparing general exercise, motor control exercise and spinal manual therapy for chronic low back pain
- Manuela Ferreira, Brazil
Relationship between spinal stiffness and outcome in patients with chronic low back pain
- Robert Forget, Canada
Decreased sensitivity of complex visual perception in children after a mild traumatic brain injury.
- Bente Holm, Denmark
Multimodal analgesia in fast track hip and

- knee arthroplasty
- Trish Manns, Canada
Instructor and student perspectives on case based learning in physical therapy
- Joanne Potterton, South Africa
The effect of a home stimulation programme on the neurodevelopmental status of children infected with HIV in Soweto, South Africa

To recognise work in the field of care of older people, the following two presenters were awarded outstanding presentation certificates by the International Association of Physical Therapists Working with Older People (IPTOP).

- Joao Marcos Dias, Brazil
Muscle co-contraction during walking: comparisons between young and elderly women
- Shelly R. Graham, Canada
Adapt via telehealth: a multidisciplinary approach to educating urban and rural patients waiting for hip and knee arthroplasty

Number of WCPT Member Organisations now tops a hundred

WCPT has ten new Member Organisations, bringing the total number of MOs to 101 – the first time the organisation has broken the century mark.

They are:

Afghan Physical Therapy Association
 Bahamas Association of Physiotherapists
 Bahrain Physical Therapy Association
 Bangladesh Physiotherapy Association
 Associacao de Fisioterapeutas do Brasil

Cambodian Physical Therapy Association
 Guyana Physiotherapy Association
 Physiotherapists Association of Montenegro
 Association of Rwandan Physiotherapy
 Emirates Physiotherapy Society

WCPT also has a new Sub Group – the International Organisation of Physical Therapists in Paediatrics. It aims to provide a means by which WCPT members having a common interest in children and their families may meet, confer, and promote these interests.



Representatives of the Bahrain Association join Sandra Mercer Moore (centre) and Asia Western Pacific Chair Margot Skinner (second right) on their admission to WCPT.

Chartered Society of Physiotherapy

New backpain guidelines

The Chartered Society of Physiotherapy in the United Kingdom has published guidelines for the effective use of exercise and manual therapy in the management of people with persistent low back pain. They were developed by experts in persistent low back pain from throughout the UK, taking into account patient views.

Key recommendations are that:

- people with persistent lower back pain should be given the opportunity to participate in an exercise programme after physiotherapy assessments;
- exercise is a cost-effective way of reducing pain and improving function;
- manual therapy, if used, should be part of a package of care that includes exercise and self-management to reduce pain, improve function and improve psychological status.

The guidelines cost £50, but reductions are available for some groups. Contact the Enquiry Handling Unit, The Chartered Society of Physiotherapy, 14 Bedford Row, London WC1R 4ED, email: enquiries@csp.org.uk

Does your organisation have any news? Contact the Editor of WCPT News at news@wcpt.org

How would you like PT day marked?

International Physiotherapy Day falls on 8th September every year. It marks the day the World Confederation for Physical Therapy was officially founded in 1951, in Copenhagen, Denmark.

WCPT has its own webpage

devoted to the day: wcpt.org/about/internationalptday.

The Confederation would be very interested to hear what Member Organisations, Sub Groups and Regions are doing to mark the day,

and how they might like to see WCPT mark the day in the future, and how it might support them in marking it.

Please contact info@wcpt.org if you have any ideas.

European Region

Quality assurance in education

To help European Region member organisations develop, promote and maintain high quality physiotherapy education, the Region's education working group is collecting information on the processes used to quality assure physical therapy courses and their delivery. While all providers of education will be striving to provide a high quality education experience, it is important that good practice is shared.

The Bologna Declaration, made by European Ministers of Education in 1999, encourages co-operation in the quality assurance of higher education across Europe, with a view to developing comparable criteria and methodologies. It also calls for easily comparable degrees throughout Europe, a system based on two main

degree cycles (subsequently a third cycle has been included), a common European system of credits and mobility of students and teachers.

In 2005, the European Ministers of Education adopted the "Standards and Guidelines for Quality Assurance in the European Higher Education Area", committing themselves to introducing the proposed model for peer review of quality assurance agencies on a national basis. They also welcomed the principle of a European register of quality assurance agencies based on national.

The education working group is keen for member organisations to share examples of how physiotherapy education is quality assured in their own countries. In particular it would welcome feedback on whether the guidelines for quality assurance have been, or are being, adopted/applied within their country.

For further information on this work please contact Grahame Pope, email: Grahame.Pope@nottingham.ac.uk

Asia Western Pacific Region

Capitalising on our diversity

Margot Skinner, Past Chair, AWP Region

Since the 13th General Meeting of the Asia Western Pacific Region, during the WCPT General Meeting and Congress in Vancouver, nearly 4,000 physiotherapists from all corners of the globe have been together sharing their knowledge, learning from each other, renewing old friendships and oozing enthusiasm for our profession..

At regional level, we are delighted to welcome five new members – the associations from Afghanistan, Bahrain, Bangladesh, Cambodia and the United Arab Emirates.

The motion to create a sixth region within WCPT was not passed by the General Meeting, which means the Asia Western Pacific Region remains the most geographically and culturally diverse Region.

Despite the need for most of us to travel long distances across oceans to meet with each other, we can capitalise on our diversity, share our wealth of knowledge and most importantly work together to ensure that the people of our Region have access to the high standard of physiotherapy services they deserve.

We were sorry that the Member Organisations from Indonesia, Philippines and Sri Lanka were not able to raise finance for their delegate/s to attend the General Meeting in Vancouver and that problems with obtaining visas into Canada prevented delegates from Iran, Afghanistan and other countries from attending the meetings and Congress.

We hope that all Member Organisations will be able to send a delegate to the next AWP Regional Meeting in Mumbai, India in January 2009. There is a possibility that some funding from within the Region will be available to assist with travel to the AWP Meetings.



WCPT Secretary General Brenda Myers (centre) at the WCPT Congress Gala Dinner with (left) Barbara Batesaki, Chair of the Africa Region and Zola Dantile, newly elected WCPT Vice President.

Raising worldwide awareness about rehabilitation

Alana Officer, the new Co-ordinator of the Disability and Rehabilitation Team at the World Health Organisation, introduces the forthcoming World Report on Disability and Rehabilitation and explains why it is important to physical therapists worldwide.

Have you ever asked yourself what rehabilitation services actually exist around the world and who gets access? How acceptable, effective and affordable are these services? What evidence exists that tells us which actions work? How can we strengthen rehabilitation services?

These are the sorts of question that the World Report on Disability and Rehabilitation is seeking to answer.

In May 2005 the World Health Assembly issued a resolution on "Disability, including prevention, management and rehabilitation", and within this it requested WHO to produce a World Report on Disability



Alana Officer

and Rehabilitation based on the best available scientific evidence.

The aim of the report is to provide non-governmental organisations and governments, particularly those from low and middle income countries, with a comprehensive description of the importance of disability. It will analyse the comments submitted and make recommendations for action.

The initiative will contribute to raising world-wide awareness about disability and rehabilitation and promote a holistic model of rehabilitation and inclusive disability practice. Above all, this report aims to promote collaboration across sectors so that organisations are working together to promote respect for persons with disabilities and ensure their full participation in every facet of life.

The objectives of the report are:

- To summarise existing information on the status of disability, rehabilitation, inclusion and the lived experience of persons with disabilities
- To document the evidence base demonstrating the gap between what exists and what is required
- To issue a call to action with a path forward in an evidence based framework

Although policy makers are the primary target audience, the report is also intended for service providers, academics, media, people with disabilities and their families.



A poliomyelitis rehabilitation project at the Amar Jyoti Research Centre in India. Picture: World Health Organization

An underlying principal is building partnerships for disability, rehabilitation and inclusion efforts. The partners involved in this initiative have been selected because they bring enormous technical and political weight, ensuring the best quality of information and the widest possible dissemination. The World Confederation of Physical Therapists (WCPT) is an important partner along with other professional associations, non government organisations, organisations of persons with disabilities, experts and UN agencies.

Brenda Myers, Secretary General of WCPT has helped WHO identify physiotherapists who have excellent academic backgrounds and in-depth knowledge of developing and developed countries, and they will contribute to writing and reviewing the world report. A first complete draft of the report will be available at the end of 2007 for review in regional consultations in 2008. The global and national launches are planned for 2009. WCPT will further assist us to ensure that the report gets to those people that can use it – people like yourselves.

If you are interested in following what is happening on the world report or other activities of the disability and rehabilitation team please consult our website: www.who.int/disabilities