



The International Association for Physical Therapists working with Older People

Newsletter 15

Website www.iptop.wcpt.org

September 2009

This newsletter is to update everyone on the association. It is sent direct to special interest groups as they become known. The idea for an association began in 1993 at an international course in Malta; was discussed at WCPT Washington in 1995 and at WCPT Yokohama in 1999 where a shadow committee and steering group were formed. The Foundation Meeting was held in Birmingham, UK, 2002. At WCPT Barcelona 2003, IPTOP was accepted as a WCPT subgroup. General meetings have been held in Barcelona 2003; Dublin 2004, Melbourne 2005, Istanbul 2006 and WCPT Vancouver 2007. Membership currently stands at 18 countries representing around 8,000 physical therapists in elderly care. The efforts of the association are directed towards member associations and their individual members working with older people through excellence, research, practice and clinical specialisation. Officers travelling to international conferences are self funded. This newsletter is published on our website six months after distribution to members. A summary is published in WCPT news.

Message from the chairperson.

Dear Colleagues,
I have represented IPTOP at the XIX th IAGG (International Association of Gerontology and Geriatrics) World Congress in Paris where I presented a poster entitled “ The comparison of body composition, muscular strength, balance, reaction time and activity level in community dwelling and institutionalized older adults”. Lecturers at the congress included Katherine Berg and Mary Tinetti who are very well known to physiotherapists since their assesment tools “Berg Balance Test” and “Tinetti Performance- Oriented Assessment Test” have been widely used in clinical practice and research. I talked with them about IPTOP and both were very keen to be involved in future meetings.

Belgium has established their interest group and have applied to be a member country of IPTOP.

On behalf of the Turkish Geriatric Physiotherapy Association, I kindly invite you to the “2nd National Geriatric Physiotherapy Congress with International Participants” to be held in Ankara, Turkey, from 11th to 13th November 2009. (see p9 for further information). On 10th of November the general meeting of IPTOP will be held in Hacettepe University School of Physical Therapy and Rehabilitation in Ankara. Members and potential members are welcome.

I look forward to meeting you in the congress in Ankara – the capital of Turkey.

Sincerely yours

Filiz Can, PT, PhD, Prof.
Chair of IPTOP chair@iptop.wcpt.org

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Feliz poster presentation in Paris

Main Feature

Pensioner's Playgrounds

Recently I was invited by a charity to assess the value of an outdoor “play park” for older people (or a pensioner’s playground as it was known locally) and to make recommendations on the development of such parks in Northern Ireland. It was requested that I should look at the equipment from a therapeutic angle while others would assess the cost of installing and maintenance. Another member represented “a user group”.

Pre-visit preparation

Although well acquainted with rehabilitation equipment in a therapeutic setting, I have had little experience in the purchase of equipment for recreational purposes, so I sought further information via the internet and was encouraged by positive reports of such developments. Manufacturers are claiming it is a new concept for health and fitness, giving the public more opportunity to keep up their own fitness programmes at no cost to themselves and at times suitable to lifestyle and family commitments.

Cost of the Equipment.

The approximate cost of the scheme was £15,000 plus installation costs, plus regular monthly maintenance “Health Checks”. Land had been donated by the local authority so no cost had been attached.

Site Visit

On arrival at the designation area the sturdy equipment (with some having dual function) were sited in a small public grass park near to a children’s play ground and surrounded by urban housing. The equipment was located on a hard tar macadam surface.

The organizers assured us “it was a great way to encourage older people to exercise and socialize” and were marketing it as a way to give people choice.

Equipment

The first piece was designed as a “Lower Body Warm Up” and this was stated on the apparatus

A bench stepper was sited close by, with the height of the step being similar to a stair height.

Standing "Push Up" equipment was located close by, as well as an upper limb "Pull Up" facility for the chair bound.

Next we looked at a machine to facilitate lateral swing, a stride stepper
An Upper Body Stretch and Strengthen System was also available





Other equipment included a rowing type machine to strengthen quadriceps

Concerns

Some of the equipment had no instructions for the user. I enquired about the accident record for this area however no information was available. The hard ground surface would have provided little protection should an accident have occurred. It is interesting to note that the surface in a childrens playground would be much softer.

General Conclusion

I did not feel this pensioner's playground provided older people with the proper and ideal surroundings and information to keep fit. There were also concerns about weather conditions, vandalism, maintenance and supervision. Value for money could have been determined if a record of usage and outcome had been available however as no statistics had been maintained it was difficult to make an informed decision.

I wonder have other members had experience of self monitoring exercise programs either in or outside. I would be interested to hear of any research or current programs in their use.

Olwen Finlay MBE

Co-founder and past chair of IPTOP

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World Roundup

Ireland---Melissa E. Chavira Ireland@iptop.wcpt.org

CPNG has continued to evolve and move forward. The year started with a series of 3 autumn evening lectures. These were kicked off to a great start in September in Cork with Joyce O' Riordan's discussion on "Use of an Incremental Exercise Program in the Chronic Stroke Population". This was followed in October by "Respiratory and Positioning Techniques for the Neurological Patient" presentation in Dublin by Mary Crowe and Mary Seaver. We concluded the series in November with a "Neurological Swallow" talk given in Dublin by SLT Dysphagia Specialist Aneesa Ally.

Stemming from our work at our inaugural Planning Day in November 2007, the CPNG Committee ran its third annual planning day on November 8th. Important CPNG activities for 2009 such as courses, study days, and evening lectures were planned. Strategies for continued development of CPNG over the coming years were also considered. Induction packs, "buddy supports" for officers and committee members, formulation and continuation of a five-year plan, and identification of the need to increase links with international bodies in Gerontology are some initiatives that have been developed or expanded upon during these planning days.

A two day refresher Neurobasics Course was offered in May and we are planning on offering an advanced course with a focus on Gerontology in October.

We continue to offer a number of annual bursaries to support CPD and research. Bursaries worth €1500 for research and €500 for CPD/education are offered each year. Olive Lennon was the recipient of the €1500 research bursary titled "Cardiac Rehabilitation Adapted to Stroke and TIA: a TIA Pilot Study". Donnacha Lane was awarded the €500 education bursary for his study: "The Relationship Between Dizziness and Postural Stability in a Mild to Moderate Traumatic Brain Population a pilot study".

Our AGM took place in Tallaght Hospital on 23rd May in conjunction with a study day. Barby Singer from the Neurosurgical Rehabilitation Unit at Royal Perth Hospital, Australia, and Dr. Emma Stokes from Trinity College Dublin were the presenters. A technology expo showcasing some innovative physiotherapy equipment useful in Neuro/ Gerontological rehab was an interesting addition to the AGM.

Also as shared in previous IPTOP newsletters the Stroke Council of Ireland held a 2-day meeting in April to look at developing multiprofessional stroke guidelines for Ireland in response to the Irish Heart Foundation Stroke audit published last year. In advance of this meeting the three Stroke Council representatives from CPNG, Dr. Frances Horgan, Helen Flynn, and Mary O'Mahoney held a focus group in The Royal College of Surgeons in Ireland on March 26th to discuss the physiotherapy guidelines. The physiotherapy guidelines were presented at the National Stroke Guidelines Meeting on April 21st by Helen Flynn. Following discussions at this meeting the final version of the guidelines are being prepared and will be incorporated in a national stroke guidelines document. The finalised guidelines are being prepared and will be published in late summer 2009.



(left to right) Dr Frances Horgan (Secretary IHF StrokeCouncil), Ms Helen Flynn MISCP, Ms Mary O'Mahoney MISCP

UK: Ms Bhanu Ramaswamy Unitedkingdom@iptop.wcpt.org

Although this report is predominantly about what has been going on in the UK, there are a few initiatives we are involved in through the National Coalition for Active Ageing that you will see apply across Europe and also extend around the world.

AGILE has taken its first steps to trial the national reorganisation, a proposal agreed at last year's AGM to alter how it runs the National Committee. The main drivers for the change had been the difficulty in recruiting members to the national positions. The new committee held their first meeting in June of this year and are currently busy establishing roles and dividing tasks out and are in discussion regarding ensuring continued involvement in both local and national projects.

During 2008, Committee Members and Project Officers were involved in working groups co-ordinated through the British Geriatric Society on such aspects as 'Falls and Bone Health'; 'Strokes'; Department of Health projects such as the 'Falls and Fracture Commissioning Panel' and the 'European Network for Action on Ageing and Physical Activity'. There were many others and we are keen to remain available and respond to national projects. This was all in addition to providing the National Conference which was well received, as well as areas organising 10 regional study days, plus clinically relevant publications for the membership and undergraduate students.

The committee is also busy planning for the **National Conference** this year in Glasgow on '*Parkinson's disease: Current trends and future directions*', to be held on the 3rd & 4th October 2009. Contact janetthomas@nhs.net, or download information from www.interactivecsp.org.uk in the 'Older People Network'.

I have just taken over as the AGILE representative for the National Coalition for Ageing, along with the AGILE President, Bob Laventure who has been a key member of this group since its development. The main things on our agenda that may interest IPTOP members in general as well as UK members include:

- Involvement with the Department of Health in the **Physical Activity Action Planning** 'Be Active, Be Healthy' campaign to establish a new framework for the delivery of physical activity alongside sport for the period leading up to the London 2012 Olympic Games, Paralympic Games and beyond. The programmes outlined in the plan will contribute to UK Government's ambition of getting 2 million more people active by 2012 and have been designed to leave a lasting legacy from the Games
- **World Congress on Active Ageing** – this year, Glasgow Caledonian University has teamed up with the British Heart Foundation National Centre for Physical Activity and Health to stage the 8th ISAPA World Congress on Active Ageing in **Glasgow in 2012**. This is held every 4 years and is the first time that the event will be held in the UK. It is to be planned as a 5 day congress to attract the world-wide community of researchers, policy makers and practitioners. The World Congress on Active Ageing is the principal professional meeting in the world whose goal is to disseminate information about the physical activity needs of older persons. The title is to be "A celebration of diversity and inclusion in active ageing" and the programme will focus in particular on the needs of the oldest and frailest populations. More information from www.wcaa2012.com.
- **Human Kinetics to Launch new world-wide virtual Active Aging Community Centre** – the publishers, Human Kinetics are soon to launch a world-wide Active Aging Community Centre which will be established as part of the development of the International Coalition for Aging and Physical Activity (ICAPA). ICAPA is an international not-for-profit group of researchers and practitioners that promotes the study of active aging; the enhanced delivery of services to older adults; and the collection, dissemination, and discussion of information to help professionals further their work. The Active Ageing Community Centre – a virtual network, will include the opportunity to share programmes, research, ideas, updates and publications across the world. The launch is expected to take place at the end of July 2009 so watch this site if interested in more information: <http://www.humankinetics.com/aacc-home>.
- **EUNAAPA** - The European Network for Action on Ageing and Physical Activity (EUNAAPA) is a thematic, cooperative network aimed at improving the health, wellbeing and independence of older persons throughout Europe by promotion of evidence based physical activity. Their website is www.eunaapa.org if you want more information.
- **European Commission, Employment, Social Affairs and Equal Opportunities DG** – is undertaking a consultation in view of a possible designation of 2012 as European Year for Active Ageing and Intergenerational Solidarity. At the Slovenian Presidency conference on intergenerational solidarity in April 2008, it was proposed to organise a **European Year for Active Ageing and Intergenerational Solidarity**. Such a European Year should strengthen intergenerational solidarity by increasing the awareness of the contribution of older people to society and by spreading innovative measures which could help to mobilise the full potential of the ageing baby-boom cohorts.
- **THENAPA European Network** – this group is disseminating the results of a project lead over the past three years combining work from specialists from 66 higher education institutions and organisations representing 27 European countries and including discussion between ministries, non - governmental organizations, sports federations, sport clubs, foundations and unions. The result is preparation of a European survey on the national policies for APA for elderly, development of a European Master in APA for the elderly, production of a CD-ROM curriculum and Active Ageing Activity cards made to serve the practitioners working in the area. A motivational DVD has also been produced to serve the elderly themselves. Information and much more at <http://www.thenapa2.org>

General Information

IPTOP web page (please send your comments on this item to Neva Greenwald (treasurer@iptop.wcpt.org))

We now have our own web page within the WCPT website. It can be accessed direct through www.iptop.wcpt.org or via the WCPT website www.wcpt.org. Each officer (eg chair@iptop.wcpt.org) and each member organisation representative (e.g. germany@iptop.wcpt.org) has an IPTOP address with mail automatically redirected to personal e-mails. These are all listed on the front page of the site. Our web page has 5 sections: contact details; about IPTOP (our leaflet); Newsletters---current and past; Meeting notes; and Conferences. Please encourage members to visit the IPTOP and WCPT websites.

Officers and member organisation representatives are advised to install a Spam Catcher to block unwanted use of our IPTOP e-mail addresses.

IPTOP resources (please send your comments on this item to Leah Weinberg (Canada@iptop.wcpt.org))

During the IPTOP general meeting in Vancouver, the subject of resources for members was explored. I was appointed to lead this work. The objective is to build up an electronic resource base accessible from the IPTOP web site and advertised in the newsletter. I would be grateful to hear from anyone wishing to contribute to this work. Look out for **Useful Resources for Working with Older Adults** on our web page in the future.

Following the last newsletter there were a couple of requests for the pain report---this is the full web address <http://www.gtarehabnetwork.ca/downloads/rpt-pain-nov2008.pdf>

IPTOP research (please send your comments on this item to Jennifer Bottomley (vicechair@iptop.wcpt.org))

One of the objectives from the IPTOP AGM in Vancouver was the development of a database.

Clinical databases in physical therapy provide increasing opportunities for research into physical therapy theory and practice. The purpose of this newsletter submission is to identify clinical databases in which physical therapists record data on their patients and treatments and to investigate the basic aspects, data sets, output, management, and data quality of the databases. Identification of the databases was performed by contacting members of the World Confederation for Physical Therapy, searching Pubmed, searching the Internet, and sampling at each of the websites listed above. A structured investigation was used to look at the characteristics of the databases and that information is provided above.. The search was international, though is not all inclusive. As you'll see, the purposes of the databases are diverse, but they can be summarized as below. Although clinical databases are new to the field, they offer great potential for physical therapy research. Potential can be increased by further cooperation among databases allowing international comparative studies and research. The task of creating this data base resource is ongoing – and any input for additions or pros/cons of those sites listed would be greatly welcomed.

Physical Therapy Research & Academic Databases

Academic Search Premier: The world's largest academic multi-disciplinary database, *Academic Search Premier* provides full text for nearly 4,000 scholarly publications, including full text for more than 3,100 peer-reviewed journals. Coverage spans virtually every area of academic study and offers information dating as far back as 1975. This database is updated on a daily basis via EBSCO *host*.

AOTA: The American Occupational Therapy Association (AOTA) is the nationally recognized professional association for over 60,000 occupational therapists and occupational therapy assistants. These individuals work with people experiencing health problems such as stroke, spinal cord, injuries, cancer, congenital conditions, developmental problems, and mental illness, in a wide range of practice settings including hospitals, nursing facilities, home health agencies, outpatient rehabilitation clinics, psychiatric facilities and schools.

[BIOSIS Previews](#) (Biological Abstracts) (1990 - present) combines the journal reference content from Biological Abstracts with the references to meetings, reviews, books, and monographs from Biological Abstracts/RRM (Reports, Reviews, Meetings). Updated weekly, BIOSIS Previews is the ultimate compendium for current life science information. In 2000, BIOSIS Previews will cover nearly 540,000 records from 5,200 sources including:

- Nearly 350,000 records from journals that focus on vital biological and medical research
- Nearly 160,000 references to items from over 1,500 meetings, symposia, and workshops
- Approximately 20,000 references to review articles
- Over 13000 references to books, book chapters, software
- Approximately 16,000 references to U.S. patents related to the life sciences
- By the end of 2000, the BIOSIS Previews database included nearly 12.5 million records dating from 1969 to the present.

[CINAHL with Full Text](#) is the world's most comprehensive source of full text for nursing & allied health journals, providing full text for more than 520 journals indexed in *CINAHL*. This authoritative file contains full text for many of the most used journals in the *CINAHL* index - with no embargo. With full-text coverage dating back to 1982, *CINAHL with Full Text* is the definitive research tool for all areas of nursing and allied health literature.

[CIRRIE: Center for International Rehabilitation Research Information and Exchange](#): Citations (with links to abstracts) to disability and rehabilitation journals for research conducted outside the United States. 1990 to present. Also known as Database of International Rehabilitation Research (CIRRIE)

[Cochrane Database of Systematic Review](#): Evidence for and against the effectiveness and appropriateness of treatments, including medications, surgery, rehabilitation, education, etc. Updated weekly – very informative from an international perspective for rehabilitation research.

[Dissertations & Theses](#)--With more than 2.4 million entries, the ProQuest Dissertations & Theses (PQDT) database is the most comprehensive collection of dissertations and theses in the world. UMI offers over 2 million titles for purchase in microfilm or paper formats. More than 930,000 are available in PDF format for immediate free download, and an average of 2,000 new PDFs are added to the database each week.

[Emerald](#) provides comprehensive coverage of over 100 management journals--complete with full text archives back to 1994 and abstracts to 1989. Many journals available.

[ERIC](#) (Educational Resource Information Center) contains more than 2,200 digests along with references for additional information and citations and abstracts from over 980 educational and education-related journals.

[General OneFile](#) (Has a [Help Guide](#)) is a one-stop source for news and periodical articles on a wide range of topics: business, computers, current events, economics, education, environmental issues, health care, hobbies, humanities, law, literature and art, politics, science, social science, sports, technology, and many general interest topics. Millions of full-text articles, many with images. Updated daily.

[Lexis-Nexis](#) provides access to a wide range of news, business, legal and reference information.

[MEDLINE](#) provides authoritative medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and much more. Created by the National Library of Medicine, *MEDLINE* allows users to search abstracts from over 4,600 current biomedical journals.

[National Guideline Clearinghouse](#): Comprehensive database of full-text, evidence-based guidelines and related documents. Updated monthly – current

[PEDro](#): The Physiotherapy Evidence Database – scholarly evidence-based journal articles about physical/physiotherapy. Includes only systematic reviews or other articles that report research results. Helpful though not comprehensive. 1929 – current.

[PubMed](#), a service of the National Library of Medicine, provides access to over 11 million MEDLINE citations back to the mid-1960's and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources. Scholarly journal articles about health and medicine, nursing, audiology, and biology.

Includes entire MEDLINE via EBSCO database plus more than 1 million additional life sciences article citations that are not in MEDLINE via EBSCO.

[Pub Med Central](#) is the U.S. National Institutes of Health (NIH) free digital archive of biomedical and life sciences journal literature.

[REHABDATA \(NARIC\)](#): Citations and abstracts on physical disability and rehabilitation literature. Includes books as well as journals. 1956 – present.

[ScienceDirect](#) offers access to the Elsevier Science journal collection (over 1,200 titles), along with journals from a host of prestigious societies and STM publishers. The full text collection of over 1 million articles from 1995 to present covers a wide variety of subject areas and disciplines, including: Biochemistry, Biological Sciences, Business & Management Science, Chemistry, Clinical Medicine, Earth Sciences, Economics, Engineering & Technology, Environmental Science, Materials Science, Mathematics & Computer science, Microbiology & Immunology, Neurosciences, Pharmacology & Toxicology, Physics, and Social Sciences.

[Scopus](#): Scholarly journal articles with a heavy emphasis on science topics. A great database for high quality articles on any topic, including rehabilitation and physical therapy from an international scope. Excellent for citation searching. 1966 – present.

[SPORTDiscus](#): Scholarly journal articles about sports, fitness, and physical education topics, including both practical and research literature on exercise in the elderly. Includes topics on sports medicine, exercise psychology, biomechanics, psychology, training and fitness. 1975 – present.

[Thieme Electronic Book Library](#): Electronic textbooks provided on all medical topics, including rehabilitation in general and specific topics such as immunology, neurology, pathology, nutrition, pharmacology, physiology, radiology, etc. Specifically designed for students in physical and medical sciences.

[Wiley InterScience](#) provides full text information of over 300 leading scientific, technical, medical, and professional journals, plus major reference works, the acclaimed **Current Protocols** laboratory manuals, and even the full text of select Wiley print books online. Click on the **Journal Finder** tab to scan and browse the list of journals OR - click on the 'Search Wiley InterScience' tab to conduct actual searches against the content.

Conferences (contributions to editor@iptop.wcpt.org)

IPTOP Conferences linked to Member Organisation Conferences (offers

please to Filiz Can (chair@iptop.wcpt.org). To date we have had excellent joint conferences with Irish, Australian and Turkish member associations) (see below “IPTOP conferences – links to Member Organisation Conferences”)

2009

2nd National Geriatric Physiotherapy Congress with International Participants , 11- 13 November Ankara, Turkey

The congress will be a joint congress with IPTOP and is going to have some international keynote speakers including Yelverton Tegner, Michael Callaghan and David Beard in addition to Turkish speakers in various disciplines concerned with gerontology and geriatrics. “ *Aging with Health* ” is the main theme chosen for the congress as we believe that healthy aging is the cornerstone for promoting health and preventing age- related diseases. We invite you to consider not only the opportunity to network in geriatric care and rehabilitation, but also to meet colleagues and to develop collaboration and friendships through the active social program.

Contact address for the congress: mustafakines@trigaturizm.com web address: www.gfd.org.tr

2010

Greece will be the host country for IPTOP 2010 Conference.

IPTOP conferences – linked to Member Organisation Conferences

IPTOP as an International organisation of Physical Therapists working with Older People encourages collaboration between its member organisations. Member organisations come from each of the World Confederation of Physical Therapists Regions and represent member organisations at differing stages of development when working with older people. The constitution requires a four yearly meeting to be held in conjunction with the WCPT congress.

To facilitate business progress and ensure members organisations in all regions have an opportunity to cost effectively participate in the organisation, IPTOP seeks invitations from member organisations willing to collaborate with IPTOP to include a meeting within their programme so members can attend a local annual conference and an IPTOP meeting.

The Purpose of this briefing: To provide guidance to member Organisations interested in adding an international dimension to their congress by holding it in collaboration with IPTOP.

Collaboration means: Some IPTOP involvement in the programme planning; Time for an IPTOP delegate meeting; IPTOP assistance in promotion.

Organisation: The organisation, funding and profit from the national conference remain that of the organising country. However, IPTOP may be able to provide help with organisation and will negotiate in advance a pro rata share of any profit.

Benefits to Host Organisation; increased participation---international delegates attend on same basis and for the same fee as national delegates; international profile; possibility of increased national profile; opportunity for local members to expand international contacts. Members of the host country get a unique opportunity to hear international speakers / papers

Benefits to IPTOP: Expand awareness of, and increase participation in, IPTOP; facilitates progress of business; helps to build the financial resources of IPTOP; IPTOP members may be international experts. National members also have the unique opportunity to meet and share professional knowledge both formally and informally with international colleagues.

Financial issues: negotiate a pro rata organisation fee to IPTOP e.g. % of the delegate fee (or perhaps the international delegate fee); seek sources of funding to assist delegates from organisations that would not otherwise be represented. Any financial help that the national organisers can obtain to enable IPTOP members from organisations, which normally could not afford to sponsor a delegate within its region to attend the conference, would be much appreciated, and equitable allocation would be managed by IPTOP.

Contact Filiz Can (chair@iptop.wcpt.org) for more information.

International continuing professional development for physical therapists working with older people.

Collaboration between WCPT and the United Nations Institute on Ageing has resulted in a two week residential course curriculum with the following aims, objectives and themes:

- Aims:** 1. To improve the healthcare of older persons by developing relevant PT attitudes, knowledge and skills
2. To develop PT skills to influence policy both locally and nationally

- Objectives** 1. To increase awareness of and sensitivity to the process of ageing and its implications
2. To adopt realistic and professional attitudes
3. To highlight the need for
a. a comprehensive approach to the care of older persons
b. a multidisciplinary approach
c. community oriented health services
4. To promote the value of physical therapy services for older persons.

Themes: Demography and epidemiology
Ageing---biological, psychological, social,
Health services, health promotion, illness prevention, community and government support
Physiotherapy specific including legal and ethical issues
Leadership, communication, negotiation, education and training skills.

The course is presented as formal lectures and facilitated learning followed by small group work. It is not a clinical practice course. Participants are encouraged to share their own areas of expertise formally and informally. Each course ends with each participant presenting their action plan for a work based project which is followed up by the tutors. Two courses have been held (1993 for physiotherapists, 1997 for physiotherapists and occupational therapists) both hosted by Malta. All students found it beneficial, especially to be with colleagues from the same specialty for an extended period. Students stated “*it was enriching, inspiring and confidence building*”.

Further courses for can be arranged by IPTOP. Requesting countries should consider the following:

1. The programme is delivered in the country/region requesting it.
2. Allow 2 years set up time from IPTOP agreement to proceed. Consider pre/post WCPT/IPTOP conference.
3. ➤Presentations will be by an international core tutor group with local academic and physiotherapy specialist tutors
4. Educational credits may be pursued locally by the requesting country/region
5. A local “clerk to the course” is required to liaise with the IPTOP course organiser
6. ➤Advertising is the responsibility of the requesting country
7. Consider joining with another relevant profession (eg OT) to increase numbers, expertise and impact
8. ➤The language is English in which participants must be fluent in both understanding and speaking (a comprehensive interpretation service to be included in costs might be considered)
9. A steering group (IPTOP course leader, course clerk and representative of joining profession if relevant) agree a course plan with dates, tasks and responsibilities; adapt the course length to meet local needs *although the full course is internationally recommended*; revise the curriculum; select tutors; manage the course.
10. ➤A telephone conference call with core tutors and steering group will be needed at the early planning stage
11. ➤Steering group will meet with core tutors preferably AT the facility 3 months prior to the event to finalise programme and participants.
12. The minimum 20/maximum 30 participants are chosen on level of experience, international (work/leisure) experience, active participation, ability to cascade knowledge, ability to influence policy makers and/or teach other physical therapists, and geographical coverage.
13. ➤The programme should include professional and cultural visits and opening/closing by a “high level” figure
14. ➤Accommodation should have individual study bedrooms, restaurant, main conference room with full a/v facilities and 6 break out rooms (number dependent on course size), photocopy facilities, recreation facilities.
15. All costs (e.g. ➤bullets) are born by the requesting country. Costs to participants should cover their accommodation and all meals plus apportioned full conference overheads (i.e. administration, tutor travel/accommodation/meals etc).
16. Grants and bursaries may be sought by the requesting country/region from e.g. professional bodies, government departments, and charities.
17. The requesting country may wish to consider a feedback presentation at next WCPT/IPTOP conference.

Further information from IPTOP editor, Amanda Squires, editor@iptop.wcpt.org

Summary of IPTOP objectives (those completed have been removed)

	Objective	Lead	Detail	Progress at January 2009
4	WCPT link	Filiz	Establish links with WCPT	Filiz met Brenda Myers. See newsletter
6	Sponsorship/ advertising	Jennifer & Neva	Set rate for ¼ . ½ and whole page in newsletter.	Awaiting treasurer input
7	International resource	Leah	Build up an electronic resource base accessible from web site and advertised in newsletter	See newsletter
9	Website	Neva	Review/ liase with WCPT re updates of membership names.	No report received
10	New member organisation	Neva	To encourage the setting up of new member organisations. Priority countries to target are India, China, Africa	No report received
11	CPD/Education	Jennifer & Nancy	India January 2009	No report received
12	Promotion of IPTOP	Filiz	Upwards to WCPT; Outwards to member bodies and new members to promote the newsletter & CPD opportunities	See Chair's report in newsletter
13	Newsletter policy	Jennifer	Members commitment document US version to be circulated to Exec Committee. Sign off at next IPTOP general meeting	Executive agenda 2009
14	Constitution	Filiz & Olwen	Review in line with WCPT requirements. Consider 2 Vice Presidents and prepare for agreement at next IPTOP general meeting	In hand. Executive agenda 2009
15	Other international disciplines	Jennie & Leah	To establish liaison/cooperation with similar international bodies especially: International OT; International nursing; International medical; INIA (nb WCPT link)	No report received
16	Research	Jennifer	Co ordinate projects, set protocols, review submissions	See newsletter
17	EBP/Specialisation	Bhanu	To collate examples of Standards of Practice in member counties for PT with older People	Update due Summer 2009
18	Carers and elders	Filiz	Establish contact with international organisations representing elders and carers UN has standards and organisational outline to ensure the IPTOP principles conform	No report received
19	2008 Annual report	Filiz and Jill	Ensure a timely and high quality annual report	Process begun Executive agenda 2009
20	Leaflet	Amanda and Jill	Update current leaflet and place on webpage and provide hard copies for general membership use	Published and distributed
21	Business cards	Olwen, Jill Amanda	Provide timeless cards.	Published and distributed
22	Conference 2009	Filiz	Get agreement from a member organisation to include IPTOP	Ankara November 2009 Executive meeting.
23	Conference 2010	Filiz	To get agreement from a member organisation to include IPTOP	Chair in discussion with Greece
24	Conference 2011--WCPT Amsterdam	Filiz	To become involved with Conference planning (WCPT)	Executive agenda 2009
25	WCPT Sub group reconfirmation (4 yearly)	Filiz and Jill	To send to Brenda Myers IPTOP documentation	Before WCPT 2011. Executive agenda 2009

The full version together with timescales and quarterly progress is available from secretary@iptop.wcpt.org

2009 communication sheet (please contact secretary@iptop.wcpt.org regarding any changes/problems)

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