



A rally held in central Dhaka, Bangladesh, was just one of the hundreds of activities organised around the world for World Physical Therapy Day. It was attended by around 700 people.

Physical therapists get moving for health

Dozens of physical therapy organisations from all over the world organised activities to draw attention to the contribution of the profession on 8th September, World Physical Therapy Day.

The date was designated as a day to celebrate physical therapy globally by WCPT in 1996, but this year there has been an upsurge in effort around the world to mark the day, with member organisations using it as an opportunity to educate the public and persuade policy makers of the value of physical therapy.

This follows new moves by the WCPT Executive Committee and Secretariat to provide advice and

information resources to member organisations, providing suggestions for activities and how to gain publicity. This year it proposed the theme “Movement for Health” which seems to have been taken up widely by member organisations.

Brenda Myers, WCPT Secretary General, said she was delighted that physical therapy had achieved such a high global profile during September. “We hope that, as each year goes by, World Physical Therapy Day will get bigger and bigger, and play an important role in increasing recognition of the profession globally.”

Full reports of World Physical Therapy Day activities are on pages 4-7

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**The World Confederation for
Physical Therapy**

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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.

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New wheelchair guidelines released

New international guidelines on the provision of wheelchairs have been published by the World Health Organization, the US Agency for International Development, the International Society for Prosthetics and Orthotics and Disabled Peoples' International.

Around 1% of the world's population, or just over 65 million people, need a wheelchair. But in many developing countries, few of those who need wheelchairs get them, and wheelchairs are often donated without the necessary related services.

The new guidelines, developed for use in less resourced settings, address the design, production, supply and service delivery of manual wheelchairs, in particular for long-term wheelchair users. They are targeted at policy-makers, providers, designers, purchasers, donors, trainers,



representatives of disabled people's organisations and individual users and their families.

The document can be downloaded at: www.who.int/disabilities/publications/technology/wheelchairguidelines/en/

World health report turns to primary care

The new World Health Report assesses the way health care is organised, financed and delivered in rich and poor countries around the world. The report, produced by the World Health Organization, documents a number of failures that have left the health status of some populations "dangerously out of balance" according to WHO.

The report finds alarming inequities in health outcomes, access to care, and what people have to pay for care. It finds that differences in life expectancy between richest and poorest countries now exceed 40 years. Globally, annual expenditure on health varies from as little as \$20 per

person to over \$6,000 per person.

Vast differences in health occur within individual countries, and even within cities, says WHO. In Nairobi, for example, the under-five mortality rate is below 15 per thousand in high income areas, but 254 per thousand in slum areas in the same city.

"High maternal, infant and under-five mortality often indicates lack of access to basic services such as clean water and sanitation, immunisations and proper nutrition," said Ann M Veneman, UNICEF Executive Director. "Primary health care, including integrated services at the community level, can help improve health and save lives."

Electrophysical group takes shape

The International Society of Electrophysical Agents (ISEPA) – a new group that may seek subgroup status with WCPT – will be holding its first Congress in Las Vegas, USA, on 8-9 February 2009

Registration is now open at the website of the American Physical Therapy Association, at www.apta.org/CSM. To register, look for Combined Sections Meeting (CSM) pre-conference courses under the heading of Clinical Electrophysiology and Wound Care.

Physical therapy organisations from 15 countries are already pro-tem members of ISEPA. The Congress will mark the official formation of the society, first discussed at a meeting of physiotherapists in Vancouver during the 15th WCPT Congress in 2007.

Goh Ah Cheng, Associate Professor at the Department of Physical Therapy at Shinshu University, Japan, who has been instrumental in

setting up the group, says that issues such as safety standards, practice competency standards, what constitutes adequate research evidence, the quality and performance standards of EPA equipment, are universal problems for EPA users.

“Previous attempts at solving these problems have been advocated by local and national organisations, with varying or limited success,” he says. “The proposed formation of ISEPA in February 2009 aims to provide a platform for a concerted effort to address these issues through international collaboration.”

“ISEPA hopes to influence the way we practice EPA, how we educate future users, and how we gather the evidence of its clinical effectiveness. We strongly believe that the leadership and vision provided by physical therapists, working through ISEPA, will be critical to the future development of EPAs.”



16th International
WCPT Congress
20-23 June 2011
Amsterdam Holland
www.wcpt.org/congress



World Confederation
for Physical Therapy

Amsterdam Congress online survey now accessible

Do you want to help shape the next World Physical Therapy congress, in Amsterdam in 2011?

If the answer is yes, visit the congress home page (www.wcpt.org/congress) and take a few minutes to complete the online survey. The pre-congress survey is the first ever organised by the International Scientific Committee, which decides on the content of the congress.

The committee is aiming for a high quality congress that appeals to both presenters and delegates. The survey will provide valuable feedback to help them in their planning. The deadline for responses is 12th November 2008. WCPT's member organisations and subgroups are also being consulted via separate surveys.



Esther Nkandu (right), the new Chair of WCPT Africa Region, with Marilyn Moffat, WCPT President, at the recent WCPT Africa conference held in Abuja, Nigeria. Esther Nkandu talks about her plans for the Region in the next issue of WCPT News.

Physical therapists celebrate the profession across the world

World Confederation for Physical Therapy member organisations from around the globe marked World Physical Therapy Day on September 8th – taking time out of busy professional lives to draw attention to the invaluable contribution of physical therapy in improving people's quality of life.

The general theme, as suggested by WCPT, was "Movement for Health", and the confederation secretariat provided a range of resources to help member organisations educate the public and policy makers about the impact of physical therapy on lifestyle diseases such as obesity.

But each member organisation had their own take on the day, and tailored their events beautifully to their own country. Here is just a selection of some of the dozens of activities that took place.



The Association of Rwandan Physiotherapy organised a Health Walk for All in Kigali City.

Rwanda

The Association of Rwandan Physiotherapy celebrated World Physical Therapy Day throughout the month of September, holding activities to educate the Rwandan population about the importance of exercising for better health and preventing diseases of civilisation. The theme of "Movement for Health" was used, with posters, fliers and information for the media being produced.

The month ended with a "Health Walk for All" in Kigali City, and a number of speeches. Most physiotherapists in Rwanda participated in the walk, along with members of the public. The association hopes to hold similar walks in the future.

Malta

The Malta Association of Physiotherapists raised awareness of obesity to mark the day, holding an awareness campaign throughout September called Movement For Health.

The campaign, targeting Maltese hospitals, aimed to raise awareness about physical therapy's contribution while communicating the importance of preventing ill-health and promoting well-being.

The association said there is worldwide concern about the ever-increasing obesity epidemic, but that the local situation is alarming, with children among the fattest in the EU.

It produced a three minute video that was broadcast in patients' rooms

in all Maltese hospitals. The association also held a press conference, which featured government officials, and the most widely read newspaper in Malta covered the event. Bookmarks and balloons were made available, and new information, press releases and the video clip have been posted on the association's website.

New Zealand

The day was celebrated by branches of the New Zealand Society of Physiotherapists, health board services and private practices, many of them displaying posters and pamphlets supplied by the New Zealand Society of Physiotherapists' national office.

8th September 2008

Afghanistan

World Physical Therapy Day was celebrated for the first time in Afghanistan by the Afghan Association for Physical Therapy (AAPT) and the Physical Therapy Institute (PTI). Physical therapists, physical therapy students, medical students, teachers, doctors, surgeons and representatives of non-governmental organisations such as Handicap International attended a special event to mark the day.

Habib Urahman, the AAPT President, started the day with a speech about the role of physical therapy in clinical service, particularly how the profession can treat obesity. Aziz Ahmad, head of the PT, talked about the history of physical therapy in Afghanistan, and how the association began.

Gul Ahmad, a physical therapy teacher, talked about the role of the physical therapist in patients with myocardial infarction – a subject that only a few doctors are currently knowledgeable about.

Fawad Peerzad, one of the neuro-surgeons attending, talked about the role of the profession in patients with neurological problems.

The students performed a role play showing how physical therapy can help people with back pain and examining the accessibility of physical therapy in rural areas of Afghanistan.



Afghan physiotherapists listen intently to the speakers at an event held to mark World Physical Therapy Day.



Physiotherapy students from the Philippines display their Movement for Health banner in front of the posters of the critically appraised topics they created with the Department of Physical Therapy faculty.

At the end of the ceremony gifts was given to the best physical therapist of the year, won by Rafi Ullha, and a non physical therapist who had worked for the benefit of the profession (Sayeed Kabir).

The ceremony ended with a prayer wishing more success for all physical therapists in the coming year.

Bahrain

The Bahrain Physical Therapy Association (BPTA) celebrated World Physical Therapy Day 2008 by handing out brochures and

commemorative gifts in shopping centres. A senior physical therapist also carried out spine evaluations for members of the public. There was also a special dinner organised for members of the association.

Philippines

The Department of Physical Therapy at the College of Allied Medical Professions, University of the Philippines, celebrated national and World PT Day by organising poster presentations on critically appraised topics.

This activity was the first of its kind in Philippine physical therapy schools and aimed to promote evidence-based practice in the country. Members of the department mentored students on the scientific process of answering clinical questions from real patient cases.

The activity also enabled educators to share the department's experience in teaching evidence-based practice at the undergraduate level.

The event was open to physical therapists and physical therapy students from various therapy and educational centres. More than 250 individuals attended.

World Physical Therapy Day

Canada

The Canadian Physiotherapy Association sent out a message to all members to mark World Physical Therapy Day, paying tribute to their “unwavering commitment to the health care of Canadians.”

Italy

The Associazione Italiana Fisioterapisti (AIFI) supported WCPT's call to mark World Physical Therapy Day 2008.

A news article on the AIFI website raised awareness of the contribution that physical therapists make towards enabling the health and wellbeing of society through physical activity. In addition to this, in several cities Italian physical therapists welcomed the general public and promoted good practice in physical therapy and rehabilitation.

India

The Department of Physiotherapy at Father Muller Medical College Hospital in Mangalore held a public awareness programme at the hospital.

Stany Tauro, administrator of the hospital, stressed the importance of the physiotherapy department, and said that every person needs to visit a physiotherapist to keep them fit and to prevent severe diseases.

The programme included an exhibition to create awareness among the general public about the importance of physiotherapy. Brochures in English and local languages were distributed, educating the general public about health problems like COPD, heart disease, low back pain, shoulder stiffness etc, and the importance of physical activity.

The students of the department performed a street play demonstrating the importance of physical fitness.

Amity Physiotherapy College in New Delhi organised a one day seminar about physiotherapy to mark the day. Nitesh Bansal, Director of the college, explained how

physiotherapists promoted independence. Ali Irani, President of the Indian Association of Physiotherapists, said that physiotherapy today is an independent profession and encouraged students to join the profession. He explained that he joined after a getting a football injury, which made him want to help people with similar problems.

He said that the scope of physiotherapy was now very wide, including paediatrics, orthopaedics, cardiology, manual therapy, sports medicine, neurology, chest medicine. Geriatrics, disaster management, and rural rehabilitation.

During the occasion, prizes were given to the winners of All India Physio Gyan Examination which was held in March 2008.

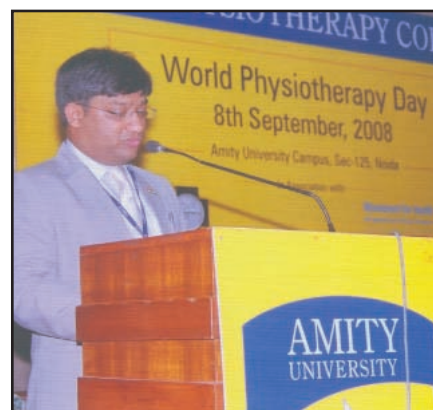
Along with the distinguished guests, more than 200 practising physiotherapists and physiotherapy students were at the seminar.

Physiotherapists from the SIMS College of Physiotherapy in Guntur held five days of celebrations to mark the day. To gain the attention of cricket-obsessed young people in India, they organised a cricket competition across the state of Andhra Pradesh. It provided an opportunity to communicate with the student community.

The Department of Rehabilitation at Max Super Specialty Hospital in New Delhi celebrated the day by calling senior physical therapists of Delhi to join them at a song and drama performance about rehabilitation. Gift hampers were distributed to patients.

United Kingdom

The Chartered Society of Physiotherapy in the United Kingdom issued a press release quoting the WCPT President, Marilyn Moffat, and noting that physical therapists around the globe are being called upon to use their expertise to combat obesity and diseases of civilisation.



Pictured above: World PT Day activities in India. Top: Students from the Department of Physiotherapy at Father Muller Medical College perform a street play to demonstrate the importance of physical fitness. Middle: Physiotherapists from SIMS College of Physiotherapy in Guntur held a rally to educate the public about physiotherapy. Bottom: Dr Nitesh Bansal, Director of Amity Physiotherapy College welcomes delegates to the college's seminar on physiotherapy.

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Belgium

The Association des Kinesitherapeutes de Belgique ran an article marking World Physical Therapy Day on its website, incorporating quotations from Marilyn Moffat, WCPT President.

Namibia

There are 64 registered physiotherapists in Namibia, and to mark World PT Day they held a week of activities with the theme "Physiotherapy on the Move".

They issued press releases to newspapers, conducted radio interviews and held an exhibition in a shopping mall, where the public could come for general advice. They also demonstrated exercise classes.

On Saturday 13 September, they hosted a physio-fun walk/run. The Namibian Society of Physiotherapy association hopes to celebrate the day annually, to help motivate the public to keep moving and to take responsibility for their own health.

Bangladesh

The Bangladesh Physiotherapy Association celebrated the day with a press conference recommending the restructuring of health care in Bangladesh, and the inclusion of qualified physical therapists in the health care system. The event was attended by the chairman of the country's regulatory reform commission.

There was also a rally celebrating the day in central Dhaka, attended by around 700 people. Colourful posters were on display in physiotherapy institutes, medical colleges and hospitals to raise awareness about physiotherapy among the general population.

Fiji

The Fiji Physiotherapy Association held a national walk at three main centres in Fiji on 8th September. There were also awareness talks with corporate companies leading up to the day.



The Bangladesh Physiotherapy Association held a range of events including a rally in central Dhaka, with a Movement for Health theme.

Pakistan

The Chartered Society of Physiotherapy Pakistan celebrated World Physical Therapy Day with 319 physiotherapists gathering at King Edward Medical University Lahore from 6 institutes around Pakistan. There was wide media coverage because this was the first ever celebration of the day in Pakistan.

The chief guest was Zafarullah Khan the vice chancellor of King Edward Medical University, who said that physiotherapy was one of the best means of rehabilitating patients physically and mentally.

Nigeria

The Nigeria Society of Physiotherapy commemorated the day with a well-attended national seminar. It featured a presentation on the theme of "Movement for Health" by Tokunbo Odunowo, who informed the participants on the health benefits of movement in the form of prescribed exercise and the need for people to get involved in regular exercises for healthy living.

The participants included government officials, top health and

medical officers, nurses, laboratory scientists, student nurses, journalists, members of the general public and physiotherapists from both within and outside Osun State.

Other state chapters of the society that organised major events were Lagos, Oyo, Enugu, Anambra, Kaduna, Edo, Delta, Cross Rivers and Ogun. Events included road walks, public awareness talks, and advocacy visits to health facilities and administrators.

Kaduna State chapter took physiotherapists and members of the public on a road walk round the stadium wearing special T-shirts sponsored by a leading telecommunication company in Nigeria, Zain. Other state chapters also had T-shirts and caps branded with NSP and WCPT logos along with the theme of the day's event.

Handbills containing information on physiotherapy were distributed. The National Executive Council of the NSP sent out press releases and raised awareness among journalists, and the state chapters sponsored events on both radio and television stations.

Putting the ICF into practice

Most physical therapists will have heard of the International Classification of Functioning. But can it be used in their day to day work? Examples from around the world show that it can



Catherine Sykes

The International Classification of Functioning, Disability and Health (ICF) is no longer a theoretical framework – it is becoming a living part of physical therapy services around the world, providing a basis for delivering more effective services.

This November, WCPT's Executive Committee will discuss international activity on ICF – a unified and standard language by which people can describe health and health related states. It was agreed by the World Health Organization in 2001. It is part of WCPT's strategic plan to raise the profile of the ICF and work with WHO on a collaborative programme to gain greater use of ICF by physical therapists.

In July, the American Physical Therapy Association joined WCPT in endorsing the classification (see page 10). Physical therapists are concerned with maintaining or improving the functional status of their patients, and the ICF provides a systematic coding system, applicable across countries, cultures and professions, which allows them to exactly describe and communicate this status.

"By providing a common language, the ICF has the potential to link information across the different settings in which physical therapy is provided – hospitals, community services, mental health services, disability services – irrespective of the method of service provision and the provider," says Catherine Sykes, WCPT's ICF co-ordinator. "It can be used to describe a full and consistent picture of the health of individuals who

may encounter a wide range of providers. And it helps health planners have an accurate picture of the health of populations."

That potential is now beginning to be realised in clinical work and service planning. ICF is being put into use by physical therapists around the world, and here are three examples.

Denmark

The Rehabilitation and Research Centre for Torture Victims in Copenhagen, Denmark, has produced a "Field Manual on Rehabilitation of Torture Survivors", using the ICF to organise the problems that health professionals may encounter in the field when they meet tortured people (see www.rct.dk).

In the introduction to the manual, Bengt H Sjölund, Director General of RCT, says it is unique in its organisation and emphasis.

"It is problem-oriented, not professionally oriented, since the survivor presents with one or several problems and does not usually have access to multi-professional healthcare. It uses the globally developed concepts of the International Classification of Functioning and Disability rather than diagnoses from Western medicine. This serves to emphasise the rehabilitation approach, which is focused on a person's ability to be active and to participate, rather than on disease or on remaining injury."

The problems are listed in three sections according to ICF domains: impairments (in physical structure or

function); limitations/restrictions in activities and participation; and context. Each entry word defines a problem that a torture survivor may experience and the advice given is presented at three levels: for a healthcare assistant (or layman); for a healthcare professional (usually a nurse or a practising physician); and for a physician with the relevant specialisation.

United Kingdom

Research by Margaret Hastings, Head Physiotherapist at Vale of Leven Hospital, Scotland, has found that the ICF provides a far more useful classification of patients than conventional medical concepts of disability. The ICF, she believes, will play an increasingly important part in skillmix planning issues in the health service.

"I've looked at what problems physiotherapists are actually having to address, and I've found that in out-patient services, they are mainly structural and functional problems. But in the community, for example in elderly care, teams are mainly having to address activity and participation. So here, we are using the appropriate ICF domain for each of those areas, because it suits them well."

She has found the ICF provides a particularly useful means by which to record and analyse the sorts of problems faced by physiotherapists. This, in turn, provides useful information for workforce planning. "When you look at your service users, you may find that some of them show basic mobility problems that can be

Continued on page 10

European Region

Getting to grips with lifelong learning

A total of 460 participants from 34 countries attended the 2nd European Congress on Physiotherapy Education, entitled "Lifelong learning, developing the physiotherapy profession", held in Stockholm, Sweden in September.

At the opening symposium, Marie Donaghy, Professor at the School of Health Sciences, Queen Margaret University, in Edinburgh, UK, provided insights into the way physical therapists followed their own interests in learning, and health care providers and professional bodies conformed to the vision of a workforce promoted through health and social policies, political agendas and media influence.

All the abstracts and presentations from the Congress are available on the website (<http://www.allready.net/lsr-intranet/>).

Margot Skinner, a member of the WCPT Executive Committee who spoke at the conference, said the huge interest in the conference reflected the importance of ensuring that, as a profession, physical therapy balanced the development of its knowledge base with research-informed learning:

"At the Congress, it was exciting to observe that a number of the schools of physiotherapy in Europe are now moving from higher education colleges to Universities, working towards a common framework for physiotherapy entry level education," she says.

"Technology and the internet will be major influences to drive the direction of physiotherapy education, learning and continuing professional development in the future. This will remove many of the barriers that have previously limited the potential for sharing learning opportunities around the world."



Attending the post-congress seminar on physiotherapy education were (from left) David Gorria (regional General Secretary, Eckhardt Boehle (regional Treasurer), and Antonio Lopes (regional Chairman)

"It was exciting to see that the WCPT European Region has taken the lead in this type of conference. The enthusiasm already expressed for the 3rd European Congress on Physiotherapy Education to be held in Vienna in 2012 and the potential to have a WCPT subgroup of educators formalised by that time provide huge opportunities for ongoing professional development."

After the Congress, the European Region of WCPT held a seminar on physiotherapy education for member organisation delegates, attended by 32 delegates from 20 organisations.

The aim of the seminar was to analyse the conclusions of the European Congress on Physiotherapy Education and discuss the implications for further work, to be developed by the working groups of the European Region of WCPT. The report of this seminar will be sent to the member organisations.

New regional secretariat office in Brussels

The ER-WCPT secretariat in Brussels has moved office to a new address:

Rue de Pascale, 36 B-1040 Brussels

Please note that although the address has changed, the e-mail, telephone and fax number has not.



The region's new offices in Brussels

Do you have any news from your region, member organisation or sub group that you'd like to see in WCPT News?

You don't have to write the piece yourself. Just send ideas and material to Simon Crompton, Editor of WCPT News, mail@simoncrompton.com

Philippine Physical Therapy Association

Convention addresses lifelong learning

The Philippine Physical Therapy Association held its Annual Convention on 21-22 September 2008. The theme was "Improving Physical Therapy Through Lifelong Learning".

WCPT Executive Member (Asia Western Pacific Region) Margot Skinner attended the Convention before attending the WHO Regional Meeting for the Western Pacific which was held at the Regional Headquarters in Manila.



Registration at the Philippine Physical Therapy Association Convention

American Physical Therapy Association

APTA endorses WHO model of disability classification

In July, 2008 the American Physical Therapy Association (APTA) joined the World Health Organization (WHO), the World Confederation for Physical Therapy, the American Therapeutic Recreation Association, and other international organisations in endorsing the WHO International Classification of Functioning, Disability, and Health (ICF) model.

According to APTA President R Scott Ward: "Physical therapists understand that the term 'disability' means different things to different patients. As we know, what might

seem like a relatively minor condition to a patient who is economically secure and has strong support from family and friends can feel like a devastating and life-altering circumstance to a person with little financial or social support."

APTA's House of Delegates voted unanimously to endorse the model, which puts the concepts of health and disability in a new light. The model acknowledges that everyone can experience some level of disability, and views functioning and disability as an interaction between health, environment, personal and social factors.

As a result of the House of Delegates' action, ICF language will be incorporated into all relevant association publications, documents, and communications through existing planned review and revision cycles.

For more information about ICF, go to www.who.int/classifications/icf/en.

The Chartered Society of Physiotherapy

CSP library catalogue goes online

The Chartered Society of Physiotherapy has launched an Online Public Access catalogue (OPAC) - a catalogue of all the physiotherapy resources held in CSP Learning Resource Centre (LRC) including books, reports, theses, journals and CSP publications. Anyone may search the OPAC, however, CSP members can access additional services by logging in.

OPAC web address: <http://csplis.csp.org.uk>

CSP Library and information Services <http://www.csp.org.uk/lis>

Continued from page 8 dealt with by support workers, but those with structural and functional problems may need a more advanced practitioner.

You need to make sure you get the more specialised care to the more complex cases, and I've proposed a model for organising physiotherapy

services based on the ICF, which should allow this."

The Netherlands

Physical therapists in the Netherlands has been very active in research using the ICF, and current projects use it as an assessment instrument, a means of classifying technical aids, and a

means of overcoming barriers to employment for people with disabilities. In the next issue of WCPT News, Yvonne Heerkens, manager of classification and coding at the Dutch Institute of Allied Health Care and associate professor at the HAN University of Applied Sciences will describe the applications.