

# The International Organisation of Physical Therapists in Paediatrics

2011

## The President's Message

June 2011 will be here soon!

The Executive Committee has had numerous SKYPE calls during the last few months in preparation for the 16th International Congress of the World Confederation for Physical Therapy. This meeting provides a wonderful opportunity for physical therapists in paediatrics to meet other therapists with similar interests from around the world. I hope that many of you will be able to attend!

Several activities will be of major importance for our members. Please put the following dates on your calendar!

June 21, 2011 9 – 11 am

**IOPTP business meeting**

June 21, 2011 All day

**Satellite Program**

*Physiotherapeutic Management of Anorectal Dysfunction in Adults and Children*

June 23, 2011 7 – 8:30 am

**IOPTP networking session**

Topics include:

- \* promoting physical activity in children & tackling obesity
- \* different practice settings eg. neonatal intensive care, schools, hospitals
- \* collaborative research opportunities
- \* evaluation and treatment of children with different conditions eg. torticollis, developmental coordination disorder
- \* basic competencies for paediatric physical therapists
- \* use of technology in paediatrics

June 23, 2011

**Paediatric Poster Presentations in exhibition hall**

June 23, 2011

**Satellite Program**

*Interventions for Stability Aspects of Motor Control: Developmental and Neurologic Disorders Across the Lifespan*

June 24-25, 2011

**Satellite Program**

*Global Perspectives on Decision-Making, Measurement, and Participation of Children with Disabilities*

During the Congress you will have many other opportunities for educational experiences during the scientific programmes as well as during informal gatherings of physical therapists. I personally look forward to meeting many of you during our time in Amsterdam and in incorporating the needs of our members in the strategic planning for our subgroup.

Best Regards!

*Barbara H. Connolly* DPT, EdD, FAPTA  
IOPTP President



## Ten good reasons why physical therapists should visit the Netherlands this year

**If there ever was a good moment to travel to the Netherlands, this year is your time. Here are ten good reasons to be in the land of tulips, windmills and knee-deep culture in June 2011.**

### 1. The International WCPT Congress

It's the biggest world gathering of physical therapists, it's a unique opportunity to get a new perspective on your work, it only happens every four years and this time it's in Amsterdam. You can read about the exciting programme at [www.wcpt.org/congress/prelim-programme](http://www.wcpt.org/congress/prelim-programme), but what the programme doesn't show you is how much physical therapists who attend congresses get out of it. "The congress has remained in my memory since as a remarkable and inspiring experience," said one past delegate.

### 2. Van Gogh

There are 141 art galleries in Amsterdam alone, and if you want to see Dutch Masters – Van Gogh, Rembrandt and Vermeer – there is no better place. There are 206 paintings by Van Gogh in Amsterdam's Van Gogh Museum and if that's not enough, you can go to the Kröller-Müller Museum, where there are a further 278. And if you've had enough Van Gogh, you can always resort to Amsterdam's 51 museums, 16,000 annual concerts and theatrical performances, 55 theatres or 42 church organs.

### 3. The house of Anne Frank

The Anne Frank House on Prinsengracht canal is a museum dedicated to Jewish wartime diarist Anne Frank, who hid from Nazi persecution with her family in hidden rooms at the rear of the building. The museum shows the hiding place, an exhibition on the life and times of Anne Frank, and highlights all forms of persecution and discrimination.

### 4. Alkmaar

This picturesque city, to the north of Amsterdam, is one of the top attractions of the Netherlands. It preserves a 17th-century pattern of canals and narrow streets and has many historic buildings. The city is famous for its nightlife and traditional cheese market, held every Friday.

## 5. An easy gateway to Europe

Getting to Holland is easy – Amsterdam Schiphol airport is one of the largest in Europe and served by more than 100 airlines. There are other smaller airports in Rotterdam, the Hague and Eindhoven and other cities, which accommodate many low cost carriers. The Netherlands has a famously efficient transport system – helped by the fact that the terrain is so flat. Once you're in Amsterdam, getting around is simple – by foot (it takes 45 minutes to walk from one side of the city to the other), tram, canal bus, or bike. And there's nowhere better to start or end a European tour, with Brussels, Berlin, London, Paris and Copenhagen all within 500 miles.

## 6. Canals and narrow streets

There's little that can beat the sight of tall Amsterdam houses reflected in a calm canal. If you come to Amsterdam, you'll see the scene quite a lot: there are 165 canals, 1,281 bridges, 8 wooden drawbridges and 2,500 houseboats.

## 7. Windmills

They may sound a bit of a cliché, but the Netherlands' windmills are worth seeing because they are far more than ornament. They were developed for corn milling, land drainage, saw milling and other industrial purposes, and helped shape the country. There are 1150 of them to see, eight of them in Amsterdam.

## 8. Cafe culture

After Scandinavians, the Dutch are the world's biggest coffee drinkers, so you'll discover a massive range of cafes with a massive range of coffees.

## 9. Green destination

Amsterdam markets itself as a "green destination". Voted one of the greenest cities in Europe, it boasts restaurants with sustainable menus, more bicycles than cars, green taxis, low CO<sup>2</sup> boats and environmentally-conscious hotels.

## 10. The International WCPT Congress

Did we mention this before? The beauty of combining a holiday with a visit to the WCPT congress is that WCPT has teamed up with RAI Hotel and Travel Service to provide discounted hotel rates for congress delegates. Saving you time, money and hassle their online reservation system ([www.wcpt.org/node/35067](http://www.wcpt.org/node/35067)) allows you to search for hotels by star rating and area. Additionally you can view a map showing the location of the hotel in relation to the congress centre and find detailed information about each hotel. Discounted room rates at the official hotels are limited.

[www.wcpt.org/congress/registration](http://www.wcpt.org/congress/registration)



## Physical activity at the core of the profession – and the congress

**A major theme running through the forthcoming International WCPT Congress in Amsterdam is physical activity. At the core of everything physical therapists do, the subject also permeates a wide variety of congress sessions and activities. Simon Crompton examines how.**

“There will be – quite rightly – a focus at the congress on activity and health, and activity as a means of reducing disability and promoting participation,” says David Baxter from New Zealand, who will be one of those contributing to a congress session on how to monitor physical activity levels among clinical populations.

“Physical activity sits at the core of the profession,” he says. “Evidence supports the fact that such interventions can be highly effective in a variety of conditions, but they are – at least in my view – under-utilised.”

Delegates attending the congress in Amsterdam in June will have a wide range of sessions to select from to suit their needs best. The main congress programme is being dovetailed with related activities so that delegates can combine scientific sessions, such as focused symposia and discussion sessions, with practical courses and clinical visits within their area of interest. The theme of physical activity and health will be reflected in all the programme elements.

Baxter, who is Dean of the School of Physiotherapy at the University of Otago, New Zealand, will be contributing to an education session called “Physical Activity for Clinical Populations: measurement and interventions”. This will be part of the congress satellite programme which occurs just before the main congress. It has been developed by Suzanne McDonough from the University of Ulster, in the UK.

“We have been collectively working as an international research network focussing on physical activity as an intervention for a variety of clinical populations, including low back pain,” says David Baxter. “One of the core themes of our research to date has been the use of activity monitors (sophisticated pedometers) in free living to assess levels and changes of activity over time. Colleagues are also interested in pedometers as a means to increase walking in clinical populations, and novel devices for monitoring activity during sleep.”

“Our main aim with the session is to provide an introduction to the use of such devices in routine clinical practice, firstly using these as a means of objectively monitoring activity, and secondly – and perhaps more importantly – to review the current evidence for these devices when used as part of interventions. Clinical areas we plan to cover include low back pain, respiratory and cardiovascular disease, and sleep studies.”

There will be other education sessions within the satellite programme, covering promoting healthy lifestyles to reduce the disease burden, and physical fitness testing and training for older people. The theme of activity and health will be reflected in a range of sessions within the main congress programme too: for example, in the newly-announced discussion panel sessions, WCPT President Marilyn Moffat will be chairing a session on “Evidence based exercise prescription: raising the standard of delivery”.

A number of focused symposia (the showpiece events of the main programme which draw together a group of major figures to examine the latest advances on an important theme) will look at several angles on physical activity, including exercise and cancer, fitness and physical activity in cerebral palsy and global physical activity challenges.

Rik Gosselink from Belgium will be one of the main speakers at a focused symposium entitled “Early Physical Exercise and Walking in ICU: accept the challenge!” The symposium will focus on the management of critically ill patients and examine how evidence now demonstrates that physical activity is beneficial at the very earliest stages of recovery – even exercising patients passively when they are still on a ventilator.

“In the past, we waited until patients were stable, and could cooperate,” says Gosselink, who is full Professor of Respiratory Rehabilitation Sciences at the Faculty of Kinesiology and Rehabilitation Sciences, Katholieke Universiteit Leuven, Belgium. “Nowadays, we exercise them passively, sometimes using forms of stimulation such as electrotherapy.”

“We’re now seeing physical therapists’ involvement in promoting physical activity is widening. At one end of the scale we have patients who are very ill. Then we are working with people who are inactive for long periods because of chronic disease. And at the other end of the scale we are working with active younger people who are achieving at the highest levels of competition. It’s the full scale of improving physical fitness.”

The International Scientific Committee planned the programme so that these sessions would appeal to a large number of delegates – physical activity was one of the topics identified from market research undertaken across the profession before planning started.



## How congress delegates will be able to weigh the evidence

**The importance of both quantitative and qualitative research evidence to physical therapists will be examined at this year's International WCPT Congress. Simon Crompton talks to some of the main contributors on evidence based practice.**

A new international collaboration to produce evidence based recommendations for daily physical therapy practice will be announced at this year's WCPT congress, as part of a range of sessions and activities based around evidence based practice.

Philip van der Wees from the Netherlands, along with Chris Maher from Australia, Christopher Powers from the United States, Aimee Stewart from South Africa and Ann Moore from the UK, will all take part in a focused symposium where they will discuss a new international network of researchers, clinical guideline developers and practitioners that will collaborate in producing evidence-based recommendations.

“At an international level, we believe it is important to produce evidence based recommendations, as well as guidelines,” says Philip van der Wees, a physical therapist and human movement scientist from Amsterdam, who has just been appointed Chair of the Guidelines International Network (G-I-N) – the international not-for-profit association of organisations and individuals involved in the development and use of clinical practice guidelines. He was appointed to its board last October, the first non-medic to be made a board member.

“We think it's important to address the issue of how you apply evidence to local situations. With short recommendations, of two to three pages, we can say there is good evidence in these areas, and then leave it to individual countries to develop full guidelines from these recommendations so that they are adapted to local situations.”

The evidence-based recommendations will be derived from current high quality clinical guidelines and systematic reviews. They should help physical therapists make decisions in diagnosis and treatment.

According to van der Wees, there is still resistance to the idea of evidence based practice (EBP), partly because of misunderstandings about what it means. “People think it means that you should only do



something if there is 100% evidence behind it,” he says, “but it’s actually a combination of evidence from the literature combined with clinical expertise and evidence from the patient. There’s lots of room for individual decision-making and patient feedback.” In the Guidelines International Network, he said, there is increasing awareness that evidence based guidelines needed to take account of daily function, and not just medical diagnosis and treatment.

Chris Carpenter from the United Kingdom also wants to emphasise that EBP isn’t always what physical therapists expect, in the focused symposium she is chairing entitled “Qualitative Research Evidence: how does it contribute to evidence based practice?”

“I don’t think EBP has been as embedded in the practice of many countries as it should have been,” says Chris Carpenter, who is a Reader in Physiotherapy at Coventry University. “Many of the barriers have stemmed from a very narrow definition of EBP, and as physical therapists I think we’ve hung too much on to the medical based model without questioning whether it is appropriate to our practice.”

Physical therapists have to think beyond randomised controlled trials, and towards the use of extended case and qualitative studies. “In the focused symposium I’m hoping to introduce people to what qualitative research is, and what it isn’t and its contribution to EBP,” she says.

Another speaker at the symposium will be Patty Solomon from Canada. “My message would be that qualitative research has become increasingly relevant as PTs have become more aware of the need for patient centered practice,” she says. “Through a greater understanding of the lived experiences of those with whom we interact, we are able to adapt our assessment and management strategies to best meet their needs.”

Delegates to the congress will be able to follow other discussions and sessions on EBP. In the focused symposia, there will be discussions on:

- web-based resources to support evidence based physiotherapy
- Cochrane systematic reviews – enabling evidence based physiotherapy after stroke
- development of evidence based recommendations for physical therapy diagnosis and treatment.

There will also be education sessions on:

- physical therapy in Parkinson’s disease: towards evidence based practice
- evidence based evaluation and treatment for back and knee pain in older persons
- evidence based physiotherapy and assessment of quality of the systematic reviews and clinical trials.

A discussion panel on “Research in the 21st century”, led by Ann Moore, Chair of the congress International Scientific Committee, is another session that will engage delegates in debate. Journal editors and a range of researchers will also be available to talk to delegates about getting going in research and writing for publication.

# The International Organisation of Physical Therapists in Paediatrics

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Every four years the leaders in physical therapy come together to learn, share their knowledge, network, and grow our profession.

This year's Congress will be an exciting time for the IOPTP as we work to further the mission and the work of the paediatric subsection.

We need you to help us improve the lives of children and their families around the world.

Through research and programme development we can make a difference!

IOPTP Members are excited about the upcoming Conference and here's why:

"I am really looking forward to meeting colleagues from all over the world and the meetings within the new pediatric subgroup will be the most exciting event. I am looking forward to the special meeting time where it is possible to discuss topics in pediatric physiotherapy with other PTs from all over the world in a small group, it is a unique situation! I am sure that will give me information, inspiration and contacts that will be of help in my job back in Norway."

- Eilin Ekeland, Norway

"I look forward to inspiration, meeting, and deepening in pediatric physical therapy with colleagues all over the world. To meet different cultures and see all the colleagues that I already know from e-mail contact: that is really nice! The most exciting events for me: the special IOPTP meeting, networking sessions, and the education session on Paediatrics 24-25 June after the congress. And this WCPT is special for me because I feel as a hostess: So I welcome you in Amsterdam!" - Ria Nijhuis, the Netherlands

"I am looking forward to attending WCPT and hoping to bring back the most up-to-date information available to help us serve children and families. I am most excited about the post-conference course from a programming perspective. I am equally excited to meet and interact with pediatric PTs from around the world at the social events and IOPTP meetings and networking sessions." - Sheree York, USA

"I am particularly looking forward to getting to know the various individuals who have developed IOPTP over the past three years face to face. I am also looking forward to putting faces to those individual IOPTP members who kindly participated in a research project of the IOPTP Research committee this year. I interviewed them all by telephone at very odd times of the day and night (given our time differences) and I would like to thank them personally for their time and effort. I'm wondering how I will be able to find them in the melee of WCPT?! And then I am looking forward to being with physiotherapy colleagues from all around the world; I think it is an amazing opportunity to be able to do this. Lastly, I'd really like to see Amsterdam in spring or summer-time as the last and only time I have been there was in the middle of winter about 30 years ago. I guess it will look different." - Hilda Mulligan, New Zealand



“I am most looking forward to meeting my colleagues in the Netherlands. Now that the Dutch Pediatric PT Association is subscribing its members to Pediatric Physical Therapy, I look forward to putting faces with names and getting to know more about pediatric physical therapy in the Netherlands. I am attending the conference because of the wonderful experiences I have had previously at WCPT. I hope to gain a better understanding of the practice of pediatric physical therapy around the world.” - Ann Van Sant, USA

“I am very excited to meet therapists from around the world and discuss similarities and differences in practice. Also, I'm looking forward to seeing Amsterdam. I've only heard the most wonderful things about the city and all the fun it has to offer! I'm hoping to take away a renewed sense of being part of a global community of professionals who want to serve children with disabilities and their families in a comprehensive, positive, future oriented manner.” - Toby Long, USA

“I am looking forward to meeting a number of people I have been in contact with through the internet but have never met. Being Dutch I feel it is my duty to welcome others to my country: a country fortunate to have a high standard of medical care making a lot possible for many. I am also eager to get a feel of what is going on in the different parts of the world. I hope to learn as much as I can and hear the people speak you normally only read about. I look forward to networking to find more souls with the same goal: spreading knowledge.” - Esther de Ru, the Netherlands

*The leaders from around the world will be together in Amsterdam, will you be there?*

**Register Today,**  
**[www.wcpt.org/congress](http://www.wcpt.org/congress)**



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If you plan to attend please email me so we can have a list all the IOPTP therapists who will be attending...

Email Me at [ewentzell@gmail.com](mailto:ewentzell@gmail.com)



**See You In Amsterdam!**