

IOPTWH STRATEGIC PLAN UPDATE MAY 2015

MISSION STATEMENT

The mission of the International Organization of Physical Therapists in Women's Health is to improve health care for women internationally through facilitation and promotion of best-practice women's health physical therapy

GOAL 1: To advance practice by communication, exchange of information, and collaboration between physical therapists practicing in women's health throughout the world

1-1 <u>Strategy</u> : Provide opportunities for information exchange	Progress / action items
<ul style="list-style-type: none"> • Publish newsletter two times a year 	<p>Established. On website (including complete archive) and circulated electronically to delegates and friends of IOPTWH.</p> <p><u>Action</u>: continue development of format and content.</p>
<ul style="list-style-type: none"> • Maintain relevant and current website 	<p>Website maintenance and development.</p> <p><u>Action</u>: website co-ordinator sought. Current contract with website managers expires December 2015.</p>
<ul style="list-style-type: none"> • Promote utilization of discussion forums by members 	<p>Discussion forums established in September 2010. Very little activity.</p> <p><u>Action</u>: drive to increase discussion forum registration and activity by dissemination of information to all members. Consider alternative communication channel e.g. multiple social media – Twitter, Facebook.</p>

1-2 <u>Strategy</u> : Advocate for conservative care measures consistent with physical therapy practice	
<ul style="list-style-type: none"> • Have the scope of practice paper available 	Document accessible via website. Action: for membership consultation and review in 2017.
<ul style="list-style-type: none"> • Sponsor continuing education courses 	Biennial IOPTWH conference / study day established.
<ul style="list-style-type: none"> • Survey the membership regarding assistance related to barriers to physical therapy access 	Membership survey related to pelvic floor physiotherapy undertaken in 2008, and report available via website. Further survey undertaken in 2014. Action: Report and dissemination of 2014 with action plan for further membership consultation.
1-3 <u>Strategy</u> : Assisting our membership or the public to locate a women's health physical therapist	
<ul style="list-style-type: none"> • Provide international communication 	8 different discussion forums established.
<ul style="list-style-type: none"> • Delegate contact information on the IOPTWH website 	Established.
<ul style="list-style-type: none"> • Links to member organizations' websites 	Established (where available).

GOAL 2: To encourage improved standards of practice in women’s health physical therapy

2-1 <u>Strategy</u> : Encourage evidence based practice in women’s health physical therapy	Progress / action items
<ul style="list-style-type: none"> • Provide continuing education courses 	Biennial conference / study day established and accept advertisements for appropriate courses / conferences on website.
<ul style="list-style-type: none"> • Provide educational opportunities in women’s health physical therapy 	As above. Promote participation in WCPT Congress. Encourage international exchanges between women’s health physiotherapists.
<ul style="list-style-type: none"> • Raise awareness for the need for women’s health physical therapy curricular content in professional education. 	Position statement on women’s health content in entry-level physiotherapy education published on website. Action: for membership consultation and review in 2017.
<ul style="list-style-type: none"> • Provide assistance (as requested) to physical therapists to run evidence based continuing education courses or conferences. 	Executive committee members and other IOPTWH members continue to lecture and participate in conferences, on behalf of the Organization and independently.

GOAL 3: To be an advocate and resource for the practice of women’s health physical therapy

<p>3-1 <u>Strategy</u>: To provide access to educational resources available through IOPTWH</p>	<p>Progress / action items</p>
<ul style="list-style-type: none"> • Provide information on the website on post graduate physical therapy programs 	<p>Links to member websites and information on postgraduate programmers in member countries available on website. Action: review and update current content 2015-16.</p>
<ul style="list-style-type: none"> • Provide links on the website to resources written in English 	<p>Link to member groups offering such resources (non-English language too) available via website via contact with delegates or member organization websites. Action: review and update current content 2015-16.</p>
<p>3-2 <u>Strategy</u>: Provide information on relevant not for profit organizations external to IOPTWH</p>	
<ul style="list-style-type: none"> • Provide links to external not-for-profit organizations on our web site 	<p>Action: review and development outstanding, awaiting appointment of website co-ordinator.</p>

GOAL 4: To encourage and publicize high-quality research in women’s health physical therapy

4-1 <u>Strategy</u> : Foster research related to women’s health physical therapy	
<ul style="list-style-type: none"> Investigate funding a grant for women’s health research 	Small grants from IOPTWH funds will be considered.
<ul style="list-style-type: none"> Establish research award funded by industry. 	To be investigated.
4-2 <u>Strategy</u> : Foster dissemination of evidence related to women's health physical therapy practice	
<ul style="list-style-type: none"> Develop focused symposia programs for WCPT Congress 	IOPTWH involvement with pre-Congress course, subgroup seminar and networking session at WPT2015. Action: to continue to submit proposals at future Congresses.
<ul style="list-style-type: none"> Provide continuing education courses 	Biennial conference / study day established.
4-3 <u>Strategy</u> : Share information on current research endeavors	
<ul style="list-style-type: none"> Request annually on discussion forum 	Discussed at General Business Meeting 2011. Not completed due to low discussion forum activity. Action: for further discussion within executive committee, and canvass views of the membership. Goal – communication between member countries; international research opportunities.

GOAL 5: To foster the development of women’s health physical therapy throughout the world

5-1 <u>Strategy</u> : Increase awareness of IOPTWH amongst non-IOPTWH member countries	
<ul style="list-style-type: none"> • Increase awareness of IOPTWH amongst non-IOPTWH Member countries 	High profile at WCPT Congress in 2011. Secretary handles regular email requests for information. Action: letter to be sent to parent organizations of non IOPTWH member countries.
<ul style="list-style-type: none"> • To assist countries in the development of recognized subsections in women's health physical therapy 	IOPTWH to link with any future WCPT twinning projects. Executive committee offers assistance to ‘friends’ and other groups considering membership of IOPTWH.
5-2 <u>Strategy</u> : Respond to needs for assistance by non-IOPTWH member countries	
<ul style="list-style-type: none"> • Start a twinning program 	As under 5-1, second point
<ul style="list-style-type: none"> • Begin mentoring non-member countries 	As under 5-1, second point
<ul style="list-style-type: none"> • Offer financial assistance for continuing education courses 	Funding previously offered for physical therapists from member countries to attend IOPTWH events. Action: consider re-establishment of offers of funding and possibly extend to non-members.
<ul style="list-style-type: none"> • Make the scope of practice paper available. 	Revised version (2011) available via website
<ul style="list-style-type: none"> • Have a speakers’ bureau for other countries to draw upon. 	Managed on an ad hoc basis, via executive officers, and executive committee members encouraged to join WCPT expert database
<ul style="list-style-type: none"> • Link to other resources on our web page 	Established. Action: Review and develop 2015.