Greetings from the Kuwait Physical Therapy Association (KPTA)
On behalf of the KPTA I would like to wish you all happy physical therapy day, and present you with this report for our celebrations that took place in Kuwait for a period of 1 week, and it was the biggest event held by the KPTA in the history of Physical Therapy in Kuwait sponsored by Boubyan Bank.

Our Plan:
Our plan started from the current Physical therapy board which was elected on April 2012, and from that month we started planning in 3 stages:
- 1st stage took 2 months:
  - Finding Sponsors
  - Preparing a Blueprint for our event
  - Defining the theme with the help of your site toolkit when it was released later on
  - Last but not least defining our goals
2nd Stage started during July when we got the final approval of the sponsorship from Boubyan Bank:
- Established PT Day Team (Total of 67 volunteers)
  - Defining a timeline for the event with the places that it will take place in:
    - 6th September in Boubyan Bank main branch
    - 7th-8th September took place in Avenues Mall
    - 9th September took place in Kuwait university Ministry of Health hospitals (more than 10 hospitals)
    - 11th September in Aljahra Hospital
    - 12th September in Physical Medicine and Rehabilitation Hospital (PMR)
    - 15th September a Ceremony was held by the KPTA to honor the volunteers, sponsors (Boubyan Bank), and the media in their efforts during the PT Day 2012 in Crown Plaza Hotel
Finalizing the plan and the materials for it
- Walkathon in the Avenues Mall
- Screening tests
  - BMI
  - Blood sugar
  - Blood pressure
  - Heart rate
  - O2 Saturation
  - Foot examination (pressure points and arch)
- Materials used
  - Flyers
    - Main flyer PT day flyer took from the WCPT toolkit (20000 copies were distributed)
- Obesity flyer (10000 copies were distributed)

- Knee Safety (10000 copies were distributed)
- Heart and Lung health (10000 copies were distributed)

- Healthy Back (10000 copies were distributed)
• Posters (100 posters were distributed in more than 15 hospitals in Kuwait including the Kuwait University)

• Souvenirs for the visitors
• Presents for our small iPad contest
• Machines that will be used for our screening tests
  - Small contest in the iPad for our Booth visitors in the Avenues Mall
  - Contacting the local media for the coverage of the event
    - Alwatan TV
    - Alrai TV
    - Alnahar TV
    - Al youm TV
    - Alanbaa newspaper
    - Alwattan newspaper
    - Alnahar newspaper
    - Aljareda newspaper
    - Alrai newspaper
    - Marina FM
    - Kuwait TV 1
    - Kuwait TV 2
    - Kuwait radio FM
• 3rd Stage started on 2nd September until the end of the event
  o Interviews in the media
    ▪ An interview in Kuwait Radio FM
    ▪ An interview in (Raykom Shabab) show in Alrai TV

  ▪ An interview in (Masaa Alkhair Ya Kuwait) in Kuwait TV
  ▪ Interviews in the Avenues Booth with all the mentioned media above
  o Started a contest in the “Instagram” application for the Best Picture related to PT Day “Movement for Health” #ptday_pic
  o Being involved in the event itself and run it according to our plan
**TITLE:** Detailed report for the Celebration of World Physical Therapy Day at The Avenues Mall Friday and Saturday 7-8/09/2012

**Visitors Data Analysis and Report**

On Friday and Saturday 7th and 8th of September 2012, Kuwait physical therapy association managed and organized the celebration of world physical therapy day at the Avenues mall. The event was supported and sponsored by Boubyan Bank of Kuwait. More than 2000 people visited the booth and got some advises and suggestions regarding many health care issues.

A group of physiotherapists volunteered to participate in both days and helped each other to make this event successful. Basic data were collected such as age and gender for most of the visitors. Several tests including blood-sugar level (mmol/l), blood pressures (mmHg), blood Oxygen saturation (mgL⁻¹), heart rate (bpm) and the Body mass Index BMI (kg/m²) were done to the visitors. Data were collected and documented in each day. Statistical analyses for the collected data were done.

The higher percentage of the visitors was in the Non-Kuwaiti group as represented by 55%, while Kuwaitis were 45%. Most of the gathered data were among males rather than females. The attendance was 60% males and the others were females. The average age of the visitors was 35 years old. The Mean heart rate among all the collected data was is 87 (bpm). The average blood-sugar level of the participants was 6.3 (mmol/l). Most of the visitors had good blood Oxygen saturation as indicated by the average of all the collected data 98 (mgL⁻¹). The Mean BMI of the collected data was 27.3 (kg/m²), which can characterize the overweight status of the population in Kuwait.
A Walkathon was done for 27 participants in 3 groups, each group is supervised by a Physical therapist where they had a Blood pressure, heart rate, and O2 saturation test before and after the walkathon (20 min walk) to show the public the effect of walking to their vitals. Also the Physical Therapist gave them tips for walking’ how to walk, breathing exercises, what to wear, warm up and cool down, etc..

Lectures for the public were held around the Booth in the following subjects: nutrition and the Spine. All were done by specialized health professionals (Nutritionist and Physical therapists).

An MCQ contest was held in the Avenues Mall by using the iPad to attract people to the booth by answering correctly in the iPad and collecting their prizes at the booth.
Pictures of the event that took place in Mall Avenues (2000 + visitors):
Pictures from all around the hospitals with their activities done by the KPTA in Kuwait hospitals:
Pictures of the Honoring Ceremony done by the KPTA for the PT Day Team:
I hope this report will meet your expectations, and if you need any further information regarding our event that was done from the 6-15 September 2012, don’t hesitate to contact me.

You can find all the media links in our KPTA website at this link: [http://www.kpta-kuwait.org/2012/09/10/world-physical-therapy-day-in-kuwait-mall-avenues-makes-a-hit-for-not-less-than-2500-visitors/](http://www.kpta-kuwait.org/2012/09/10/world-physical-therapy-day-in-kuwait-mall-avenues-makes-a-hit-for-not-less-than-2500-visitors/)

Best Regards

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