Hello everyone! And welcome to Physio Beats! This newsletter will act as a bridge between each of our member organizations (MOs). Not only would Physio Beats keep us abreast as to physical therapy activities throughout the NACR, but it will serve to circulate professional development courses; share clinical pearls of physiotherapy wisdom; and most importantly, strengthen relationships amongst our diverse, but yet familial organizations.

The NACR has sought to be a conduit between you and other MOs and the wider world of physical therapy in the shape of the WCPT. It has been challenging to maintain communication lines, and so innovative means of discourse must be sought, especially where we have so many tiny organizations within our region. And Physio Beats is one of these innovations.

Do you want to know which island has an 80% membership rate and how they do it? Do you want to know what community physical therapy programs are being initiated in a neighbouring country? Do you want access to new research that affects your practice without the headache of doing web searches? Do you just want to know what’s going on in your profession? Do you want to know how you may be able to have a greater impact in moving the profession forward?

If you answered “yes” to even one of the above questions...then you must have Physio Beats! Help move physical therapy forward in the NACR through reading and sharing this newsletter with your PT and other health professional colleagues! If you want to contribute to the newsletter, kindly submit your article to your representative organization! And keep your pulse on Physio Beats!
GETTING YOUR VOICE HEARD

When speaking about your passion to make your voice heard, we all have faced moments when we walked away from key policy makers wishing we’d said or did something differently. No matter where you live, speaking to policy makers can be a challenge and when advocating for the profession, we could all use a few pointers. The following 10 tips will help you speak effectively when addressing legislators in your country:

1. Know your issues - make sure you are up to speed on the issues and how they impact you and your patients. Remember, you are the expert!

2. Know your message - know what you want to say and how you want to say it. Use a personal story or connection. Be brief and to the point.

3. Be involved - look for ways to attend events like town hall meetings or open calls, or write letters to the editor.

4. Get others involved - have a group or coalition help accomplish your goal. Colleagues and even patients can be invaluable.

5. Know who you are speaking or meeting with - your lawmaker could be a neighbor of a colleague or you could be meeting with staff.

6. Meet with your legislator(s) throughout year - keep a good working relationship with the staff and lawmaker. Get to know them.

7. Invite the lawmaker to you - you can demonstrate exactly what you do and the lawmaker is a captive audience.

8. Always follow up on a meeting - repeating your message and saying ‘thank you’ is a must and helps you get remembered.

9. Contact your lawmaker in other ways - use email, regular mail, phone, and social media to stay in touch and keep your message fresh.

10. Look for ways to engage the media - have a good idea of how this will impact the issue, how other parties may react, and if there’s a cost.

NACR

Mission
The North America Caribbean Region (NACR) of the World Confederation for Physical Therapy (WCPT) strives to improve the function, health and well-being of its citizens by:

- Representing the physical therapy profession within the region;
- Advocating for greater recognition of the profession throughout the region;
- Promoting and assisting in the development and maintenance of high standards in physical therapy/physiotherapy practice, education, leadership and research;
- Fostering communication and sharing of information among countries of the NACR;
- Collaborating with other like-minded regional and national organizations; and

“Know what you want to say and how to say it.”

BAHAMAS ASSOCIATION OF PHYSIOTHERAPY (BAPT)

We are happy to announce the new BAPT executive that took office in June 2014: Kitiboni Rolle Adderley, President; Christina Messarra, Vice President; Kathryn Taylor Hennis, Treasurer; Sophia Neely Johnson, Public Relations Officer; and Tivona Chandler, Secretary.

Physical therapy in the Bahamas is experiencing a cultural change. For the first time in the history of the Bahamas, a value added tax of 7.5 percent will be implemented. This will increase the cost of goods and services, inclusive of physical therapy, across the board for all Bahamians. The Bahamian government is also constructing a National Health Insurance program which should make health care more accessible to all Bahamians. It is still in the planning stages but this program will undoubtedly affect the delivery of physical therapy services. We are in active discussions to find out how we can make these transactions as smooth as possible for physical therapists and the people we serve.

Through the changes, the BAPT remains steadfast in their conviction to promote physical therapy and its benefits to the Bahamian population. We are also committed to being a contributing source to the NACR and the WCPT as a whole.

Written by Kitiboni Rolle Adderley, RPT, CLT
NACR'S 2015 ANNUAL GENERAL MEETING

As we're winding down 2014 and closing out the year, it's not too early to start looking towards 2015 and making plans to attend our next Annual General Meeting in Singapore, April 28th. Details are being finalized and the Secretariat will be sending out notices for upcoming dates and deadlines. Invoices for 2015 NACR membership dues will be sent out by December 15th. Please keep in mind that dues are based on the number of PT members your organization has as of December 31, therefore, final invoices will be sent out once your country's annual reports are received by the Secretariat.

BARBADOS PHYSICAL THERAPY ASSOCIATION

The association had a successful PT week and did a public education program on low back pain and was featured on a morning TV program. A continued challenge of the profession on the island is the use of the professional term, as well as new physical therapy students who train at the University of the West Indies in Jamaica and return to the island, seeking employment in private practice. Inquiries about the association or PT on the island should be directed to Gerry Warner, the association’s president.

BERMUDA PHYSIOTHERAPY ASSOCIATION

The Physiotherapy Board has been working to revise its Standards of Practice to be more language savvy for the climate. The association has a very engaged membership, as out of the 65 PTs on the island, 85% are members of the association. The association is involved in many community initiatives that involve providing the public with more knowledge regarding the physical therapy profession and services. It was invited by an insurance company to participate in a forum based on John Hopkins Community-based Coordinated Health Care Program, at which the conversation and dialogue was positive. Inquiries about the association or PT in Bermuda should be directed to Tanaeya Burch, the association’s chair.

NACR

Vision

The Vision of the North American Caribbean Region (NACR) of the World Confederation for Physical Therapy (WCPT) is that physical therapists/physiotherapists will be autonomous practitioners who are educated at a post baccalaureate level and guided by ethics, values, principles of professionalism, lifelong learning and evidence-based practice for the diagnosis of, interventions for, and prevention of impairments, functional limitations, and disabilities related to movement, function and health; and who are leaders in the health and social development sectors.

Values

The Values of the North America Caribbean Region (NACR) of the World Confederation for Physical Therapy (WCPT) are as follows:

- **Diversity**: that all members are welcomed without regard to race, creed, sex, religion, gender, culture or ethnicity and therefore reflect the diversity of the region we represent.
- **Respect**: that each member is treated with fairness and open-mindedness.
- **Volunteerism**: that the contributions, time and effort of its members are recognized.
- **Accountability**: that all activities of the NACR are transparent and honest.
CURACAOSE VERENIGING VAN PHYSIOTHERAPEUTEN

The island continues to face problems with the government regarding the new fees structure in the new National Basic Health Insurance. These fees continue to be a huge challenge and it is frustrating for the board, as well as all the professionals, because this is taking too long and the unfinished business cannot be resolved prior to the new board taking office. The Government places its accent mostly on the financial and budgetary aspects of the problems and needs of Government and Government Institutions, the need of a fair compensation for the PT services (and for all the other paramedical professionals), has been moved to the second or third place. Inquiries about the association or PT in Curacaose should be directed to Elizabeth de Castro-Gonzalez, the association’s president.

ASOCIACION NACIONAL DE FISIOTHERAPISTAS DE GUATEMALA

In January, the association started upgrading the PT program, in which there were two enthusiastic groups: 17 PTs who are due to complete the program this month; and 23 PTs who will complete the program in November 2015. In celebration of World PT Day, and in collaboration with the Universidad Panamericana, the association designed a series of activities that were held the first week of September. Activities included: providing physical therapy services to approximately 70 patients at the developing Rehab Needs Detection in a suburban community; organizing a tour to allow two American quests (Efosa Guobadia, PT and Joshua D’Angelo, PT) an opportunity to visit the country’s major rehabilitation hospital and burn unit; and holding a workshop on relaxation techniques, led by Dr. Guobadia and Dr. D’Angelo. Inquiries about the association or PT in Guatemala should be directed to Maria Soberanis-Reyes, the association’s presi-

GUYANA PHYSIOTHERAPY ASSOCIATION

As one of the main activities to observe World Physiotherapy Day, the GPA in collaboration with the Ministry of Health and the National Sports Commission, held a Sports Medicine Seminar for local coaches drawn from across Guyana.

The seminar was held 18th September at the National Resource Centre and attracted coaches from various disciplines who were happy to have been a part of the day’s activity, which some (coaches) said would benefit the athletes.

President of the GPA, Ms. Ariane Mangar, in delivering her welcoming remarks, stressed the need for coaches to be educated about the prevention and treatment of sports injuries. The seminar was aimed at sensitising coaches on techniques associated with the prevention and management of sports injuries, even as we attempt to strengthen the link among coaches, associations, and physiotherapists so as to properly look after athletes’ welfare.

In his opening remarks, the Director of Sports, Mr. Neil Kumar congratulated the GPA for the initiative of organizing such a seminar, stating that in the long run, local athletes stand to benefit from their coaches’ knowledge as they will be more informed with what is required to avoid and/or treat injuries sustained during training or competition.

Written by Beverly Johnson
JAMAICA PHYSIOTHERAPY ASSOCIATION

...a peak into our past

Physiotherapy in Jamaica had a humble beginning. Mrs. Kindersley first started physiotherapy services in Jamaica in the 1930’s at the Orthopaedic Clinic at the Kingston Public Hospital, with the help of expatriate volunteers.

In the 1960’s the need for a sense of national professional identity prompted the formation of the Jamaica Physiotherapy Association (JPA) in 1964. Phyllis Wilson was the first Jamaican trained in physiotherapy. Taking the lead from the Chartered Society of Physiotherapy, UK, she began an Association with the aim of standardizing the practice of physiotherapy in Jamaica.

This year we celebrate 50 years, a milestone achievement! Some achievements of the JPA include: assisting in the drafting of the regulations contained in the Professions Supplementary to Medicine Act (19), becoming a member of the WCPT and lobbying for a School of Physical Therapy (1972).

In the words of Valerie Magnus, JPA president (1970), “To members who have supported activities and those who practice their profession. It is through your involvement in the affairs of the JPA that we shall grow, and by growing we shall be better able to further and support your interest and welfare.”

A Toast to the JPA! The future looks bright. Let us expand the legacy and maintain the high standards that were established.

Written by Karey Lewis
Chair person, Education Committee

Important Dates

- December 11: Annual Report templates sent to MO presidents
- December 12: invoices for 2015 dues sent to MO presidents
- December 12: deadline to enter to WCPT for the art and health competition
- March 6, 2015: NACR Reports Due
- April 28, 2015: NACR AGM in Singapore

NACR GOALS (cont.)
To encourage communication and exchange information on issues and trends in physical therapy in the region.

- Objective A: Provide opportunity for NACR delegates to discuss professional issues and concerns.
- Objective B: Link NACR member organizations with potential member organizations or observer organizations with experience and willingness to provide support on specific issues.
- Objective C: Communicate with member organizations or observer organizations on an ongoing basis.
- Objective D: Provide information through the NACR Secretariat for WCPT web site on upcoming educational opportunities in member organizations.
- Objective E: Encourage the use and ongoing development of the WCPT directory of physical therapists willing to provide continuing education programs in member organizations.

To organize clinical education programs to enhance the clinical skills of local and regional physical therapists.

- Objective A: Provide leadership development and educational opportunities for NACR delegates at the time of the annual meeting.
- Objective B: Promote international efforts and activities to support the WCPT evidence-based practice initiative.
- Objective C: Support NACR organizations to attend the WCPT Scientific Congress every four years.

Develop policies, positions, and guidelines that will assist members of the region with furthering the practice, education, and research of the profession within their respective countries.

- Objective A: Provide support of members in the development of licensure and practice acts.
- Develop a mission, vision, values for the region
- Objective A: Develop a mission/ vision statement for the region.
- Objective B: Develop values for the region.
Continuing Professional Development (CPD) by Physiotherapists in Trinidad and Tobago is the key to sustaining the profession’s integrity especially in light of the mushrooming of pseudo practices throughout the country. This quote by Richardson (1999) still holds true today. “It is suggested that an increased emphasis on development of a motivation to professionalization in undergraduates will facilitate their personal professional development as practitioners of the profession of Physiotherapy in future years”.

The role of PATT is twofold (1) to continue to motivate physiotherapists by providing relevant CPD opportunities that reflect the changing face of physiotherapy worldwide (2) to bring awareness to our patient/client population of our increasing scope of practice. This year PATT organized two important CPDs and an outreach community programme.

In keeping with the international drive for self-referral, Dr. William Boissonault facilitated a weekend workshop on Differential Diagnosis in March 2014. Twenty-five physiotherapists attended and in September 2014, Sherri Betz facilitated Pilates for Osteoporosis.

Dr. Stacy de Gale was the main speaker at our outreach programme on Diabetes which included information on nutrition by the dietetics team. Dr. Hannah Beute, a UK based podiatrist with a specialty in Diabetes gave some of the one hundred participants the opportunity to have a Doppler test performed.

Written by Jacqueline Rouse, PT, DPT

APTA’s Physical Therapy Outcomes Registry (PTOR) began a pilot stage in fall of 2014 and will provide a user-friendly system for collecting uniform data on patient and client outcomes. Data will help guide best practices, help providers meet regulatory reporting requirements, generate benchmarking reports, and help shape payment policy.

PTOR will provide information regarding practice patterns and variations in care, assess clinical outcomes of physical therapy care, examine associations between care and outcomes, and inform clinical and policy decision-making. Information will be available that will answer questions regarding provision of the “right care to the right patient at the right time.” It will also provide benchmarking reports to providers so that they can look at their performance to see how it compares with their peers on a local and national level. A full launch is slated for January 1, 2016.

APTAs Integrity in Practice Campaign educates PTs on fraud, abuse, and waste to ensure that they comply with relevant laws and regulations to uphold integrity, reduce risk, and deliver the best and appropriate care to their patients based on evidence-based practice. Inquiries about the association or PT in the US should be directed to Paul Rockar, the association’s president.

Written by Paul Rockar, Jr., PT, DPT, MS