



The International Association for Physical Therapists working with Older People

Newsletter 11

Website www.iptop.wcpt.org

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This newsletter is to update everyone on the association. It is sent direct to special interest groups as they become known. A resume is sent to WCPT News. The idea for an association began in 1993 at an international course in Malta; was discussed at WCPT Washington in 1995 and at WCPT Yokohama in 1999 where a shadow committee and steering group were formed. The Foundation Meeting was held in Birmingham, UK, 2002. At WCPT Barcelona 2003, IPTOP was accepted as a WCPT subgroup. General meetings have been held in Barcelona 2003; Dublin 2004, Melbourne 2005 and Istanbul 2006. Membership currently stands at 16 countries representing @ 8,000 physical therapists. The efforts of the association are directed towards member associations and their individual members working with older people through excellence, research, practice and clinical specialisation. Officers travelling to international conferences are self funded. This newsletter is published on our website six months after distribution to members. A summary is published in WCPT news.

Message from the chairperson.

Dear Colleagues,

First of all let me take this opportunity to send you Best Wishes for 2007.

I attended the Turkish Gerontology Conference in Istanbul at the beginning of November and was re-vitalized by the gathering when colleagues from eighteen countries met together, sharing expertise, exchanging ideas and learning from each other. I had the opportunity of meeting colleagues from countries where no special interest group has been established but hopefully these meetings may lead to some groups being established in future.

IPTOP held their business meeting prior to the conference and the members were delighted that Dr. Sandra Mercer Moore (President WCPT) joined us on this occasion. A key topic was our input to WCPT Vancouver later this year. I will be representing IPTOP at the Delegates and the Officers sub group meetings. IPTOP has also been allocated a two hour education slot provisionally on Sunday 2nd June from 2.00pm - 4.00pm entitled "World ageing, regional variations and physiotherapy approaches" which Amanda Squires is coordinating. IPTOP will also have a stand in the exhibition hall, that will require information to be displayed and the stand to be manned. We also hope to present an award for the best poster submitted from any member of IPTOP and judging will take place by an independent panel.

Our next "Main Feature" will be a report on Vancouver---participants who would like to contribute should contact Amanda as soon as possible (editor@iptop.wcpt.org)

Every four years at the general business meeting we hold an election for the executive committee. Our constitution allows a maximum of two four year terms of office; this means that all members are eligible for re-election. Nominations have been received for the Offices of Chair, Vice-chair, Treasurer, Secretary and Editor and these will require to be voted into office. (Please refer to the Constitution).

Yours Sincerely

Olwen Finlay MBE
chair@iptop.wcpt.org

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Olwen with Istanbul conference organisers Feliz Can and Nurayi Kirdi

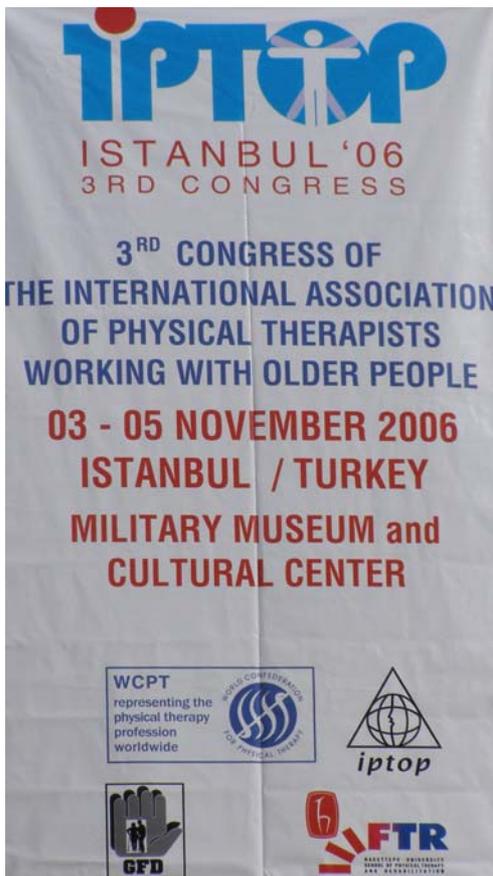


Informal international gathering at Istanbul, from left Olwen Finlay, IPTOP Chair (UK), Sotiria Poulis (Greece), Glykeria Gounaropoulou (Greece), Feliz Can, IPTOP Vice Chair, (Turkey), Amanda Squires., IPTOP Secretary/Editor (UK), Karim Karimi (Iran), Shinichi Shindo (Japan)

Main Feature--- Report of the 3rd IPTOP Congress “Global Therapeutic Approaches to Working with Older People”



Sandra Mercer Moore, WCPT President, opening the Congress



Participants awoke to snow on palm trees on the second day.

The 3rd IPTOP Congress was held in association with the Turkish Geriatric Physiotherapy Association and Hacettepe University School of Physical Therapy and Rehabilitation in Istanbul, Turkey from 3rd - 5th November 2006. The Congress venue was the Military Museum and Cultural Centre which was built in 1841, then used as a War College until 1936, with restoration completed in 1993 to become a Museum and Cultural Centre. Nearly 350 delegates from 18 countries including Australia, Brazil, Germany, Greece, Iran, Iraq, Italy, Japan, Latvia, Netherlands, Norway, Northern Cyprus, Switzerland, Taiwan, Turkey, UK and USA attended to this congress

On the first day, Professor Filiz Can, the general secretary of the congress and the Turkish Association, gave a welcome speech followed by an historical and cultural presentation about Turkey. The congress was opened by Professor Nuray Kirdi, the president of the Turkish Geriatric Physiotherapy Association and Professor Gul Sener, the Director of the School of Physical Therapy and Rehabilitation as local organizers. Olwen Finlay, the Chair of IPTOP and Dr. Sandra Mercer Moore the President of WCPT as “Honorary Presidents of the Congress”, gave their message about the congress and emphasised the mission of IPTOP of working with older people through excellence, research, practice and clinical specialisation. In appreciation, The Turkish Geriatric Physiotherapy Association presented all invited international speakers with hand made, individually named commemorative ceramic plates, particularly emphasising the key role teachers and head supervisors of physiotherapy in Turkey had made to the profession and physiotherapy with older people.



The opening ceremony was enriched with a delightful dance show performed by group of both older and younger people. The volunteer dancers, who dance for recreation, presented Traditional Turkish Folkloric Dances from different regions in Turkey.



The scientific program began with Sandra Mercer Moore, Olwen Finlay, Nuray Kirdi, and Nancy Prickett talking about the “Past, Present and Future Direction of Geriatric Rehabilitation in the World”. From then on the scientific program ran in 3 halls as parallel sessions with 3 main topics of geriatric care: Orthopaedics, Neurology and Geriatrics/Gerontology. The participants were privileged to listen to and to take part in discussions directed by leaders in the field of elderly care including physiotherapists, occupational therapists, geriatricians, psychiatrists, orthopaedic surgeons, neurosurgeons, oculists, exercise scientists, social workers, and some specialists in neurology, gynaecology, cardiology, odiology and community health. International keynote speakers included Thomas Dreisinger, Paul Canavan, Rafael Escamilla, Ann Ashbourne, Shelia Lennon, Sotiria Poulis, Angelos Poulis, Marjanne Rakers-Bergijk, Glykeria Gounaropoulou in addition to the national speakers. Alice Wong, Alfio Albasini and Cosimo Bruno, gave workshops on Tai-Chi, Chronic Lumbar and Leg Pain and Kinesiotaping in the scientific program. These speakers were also the course instructors in pre-congress (1-2 November) and post-congress courses (6-7 November).

The themes of the congress can be summarised as follows:

- People should have an understanding of normal ageing and the importance of physical and mental fitness from an early age for healthy physical and mental aging.
- Rehabilitation of older people is a global and rising issue
- Each country has as much to contribute as to learn to make clinical progress and improve political awareness
- Elderly rehabilitation is an interdisciplinary concept and the specialist contribution of colleagues is essential when appropriate
- Physiotherapists in elderly care need a knowledge of all specialties as ageing is multifactorial
- Preventive rehabilitation is a key component
- Assessment of older people must be comprehensive from top to toe ---from mental health to foot care and all in-between
- Conditions usually associated with “younger “ people should be considered in elderly assessment, for example low back pain, gynaecological problems, sports injuries
- Treatments and activities usually associated with “younger” people should be considered in the elderly care treatment plan, for example Kinesiotaping and Tai Chi
- Physiotherapists should consider research and specialisation in these emerging areas
- More research is needed into all aspects of elderly rehabilitation

The social events of the congress included a welcome cocktail with live music on the 1st day evening; a Gala Dinner cruise on the Bosphorus sea between Europe and Asia on the 2nd day evening with moonlit views of the bridges and palaces as well as dancing to Turkish pop music.

On the 3rd day, there was a visit to Darulaceze, the biggest geriatric centre in Turkey, run by the Istanbul Municipality . It has a nursing home and rehabilitation centre which has high tech equipments for older patients. The closing ceremony included a marvellous photograph show by Sitki Firat who is a very famous national and international photograph artist, followed by a slide show of photographs taken from the various views of the congress.

Professor Filiz Can, PT, PhD,
General Secretary of the
3rd IPTOP Congress

General Information

IPTOP web page (please send your comments on this item to Amanda Squires (editor@iptop.wcpt.org))

We now have our own web page within the WCPT website. It can be accessed direct through www.iptop.wcpt.org or via the WCPT website www.wcpt.org. Each officer (eg chair@iptop.wcpt.org) and each member organisation representative (eg germany@iptop.wcpt.org) has an IPTOP address with mail automatically redirected to personal e-mails. These are all listed on the front page of the site. Our web page has 5 sections: contact details; about IPTOP (our leaflet); Newsletters---current and past; Meeting notes; and Conferences. Please encourage members to visit the IPTOP *and* WCPT websites.

Officers and member organisation representatives are advised to install a Spam Catcher to block unwanted use of our IPTOP e-mail addresses.

IPTOP resources

From Australia

<http://www.pulmonaryrehab.com.au> <<http://www.pulmonaryrehab.com.au>>

Other Information (please send contributions to Olwen chair@iptop.wcpt.org and she will ensure it is on the IPTOP stand in Vancouver)

The following documents have been received and can be copied and posted at cost price.

Active ageing Program, Home for Senior Citizens. Kayisdagi No 65, Icerenkoy – kadikoy / Istanbul.

Active Aging Project, Marmara University, Anadolu Hisari, Beykoz, Istanbul, Turkey

Physiotherapy for the Elderly (In Norwegian). Boks. 2704 St Hanshaugen, 0131 Oslo

IPTOP Poster (please send your contributions to Neva Greenwald) ngreenwald@shrp.umsmed.edu)

Neva Greenwald is putting together the poster. Any contributions including historical pictures should be sent to her by April 30th.at

Treasurers Report---Nancy Prickett

A thank you goes out to all member organizations for their expedient payment of annual subscriptions. Some of the funds will be used to promote IPTOP at the WCPT conference in Vancouver, Canada, in June. IPTOP maintains a web page through the WCPT web site and your dues makes that possible. The Executive Committee has passed the motion that an amount will be set aside in our accounts and this will be seed money for educational projects in countries developing geriatric physical therapy. This seed money will assist in achieving the IPTOP objective to promote geriatric physical therapy world wide. For your information, IPTOP officers and executive committee members serve IPTOP at their own expense. IPTOP funding only supports the operations of the organization.

If your country's geriatric organization would like to join IPTOP, please contact me for a membership form and payment details.

Nancy Prickett, USA
IPTOP Treasurer

Nancy Prickett, USA, IPTOP Treasurer
aspennp@voicenet.com

WCPT Vancouver, Canada, 2007---June 2-6 www.wcpt.org/congress

Moving Physical Therapy Forward.

Every four years WCPT hosts a therapy research, practice and education congress. For 2007 there are 5 themed programme tracks:

Track 1: Global Health

Track 4: Education

Track 2: Professional Issues

Track 5: Research and Development

Track 3: Professional Practice

Congress is relevant to any physical therapist, whether they are a student, clinician, manager, educator, researcher or policy-maker. With a range of session formats, that includes keynote speakers, focused symposia, workshops, discussion panels and networking sessions, as well as free papers, there is something to appeal to everyone. In the free papers there are two categories of papers that enable the presentation of research as well as aspects of practice and development that are more applied:

Delegates can set up an account via the website which enables them to register, book accommodation, and view the programme.

Key dates

31 March 2007: Final notification sent to all presenters indicating the day and time of their presentation

20 April 2007: deadline to book hotel rooms

15 May 2007: After Early Bird deadline for registration and name substitutions

General Congress info and deadlines

- The daily overviews of the congress programme will be on the WCPT website from early January. <http://www.wcpt.org/congress/programme/dailyviews/index.php>
- This will provide details of the dates and times of keynote speakers, focused symposia, workshops, discussion panels and subgroup education sessions. We hope to have the full programme up on the website from 1 April. This will include all abstract platform and poster sessions.
- Full registration rate includes tickets to the opening ceremony. Daily rates area also available.
- We have located a range of hotel/housing options to suit all budgets and details can be found at: <http://www.wcpt.org/congress/accommodation/index.php> We would encourage early bookings as there are a limited number of rooms on hold at the congress rates.

Congress sessions

IPTOP members will find much to interest them in the variety of sessions on offer. For example:

- Judith Heumann's keynote address concerns global disability issues
- Focused Symposia: Pulmonary Rehabilitation, Global Health, Neuro-upper extremity recovery
- Workshops: Cardiac Rehabilitation, Bone Health, Neuroscience, Clinical Databases
- Discussion panel – standards & specialization

Networking sessions – these offer an informal opportunity to meet and talk with colleagues who share a common interest. A designated chair will facilitate these open discussions. They are 1.5 hours long. If you can think of a hot topic in care of older people we can probably add a session. (Let Amanda know ASAP at editor@iptop.wcpt.org)

IPTOP Education session---Sunday 3 June 2007 16.15 to 18.15

“World ageing, regional variations and physiotherapy approaches” will cover the demography and epidemiology of world ageing; the demography and epidemiology of regional variations and the national approaches to a specific condition per region. Speakers are Professor Amanda Squires (UK) session chair and introduction; Dr Mike Landry (Canada)World Ageing and South American Region; Professor Dele Amosun (Africa) –African Region; Nancy Prickett (US)—North America and the Caribbean Region; Jennie Delaney (Australia) South West Pacific Region; and Professor Feliz Can (Turkey)---European Region

IPTOP Stand

IPTOP will also have a stand in the exhibition hall. This is an opportunity for members to display information on their associations as well as give away or sell publications. For example, the US Section on Geriatrics will have samples of self study informational items that are used for continuing education in the US at the stand There will be information on the purchase prices and the ordering process. The stand will also have to be manned and Olwen will be seeking volunteers for a half day each.

IPTOP Conference 2008 linked to Member Organisation Conferences (offers please to Olwen chair@iptop.wcpt.org) (see below "IPTOP conferences – links to Member Organisation Conferences")

To date we have had excellent joint conferences with Irish, Australian and Turkish member associations.

IPTOP conferences – linked to Member Organisation Conferences

IPTOP as an International organisation of Physical Therapists working with Older People encourages collaboration between its member organisations. Member organisations are from each of the World Confederation of Physical Therapists Regions except Africa, (as yet there are no special interest groups working with older people yet established) and represents member organisations at differing stages of development when working with older people. The constitution requires a four yearly meeting to be held in conjunction with the WCPT congress.

To facilitate business progress and ensure members organisations in all regions have an opportunity to cost effectively participate in the organisation, IPTOP seeks invitations from member organisations willing to collaborate with IPTOP to include a meeting within their programme so members can attend a local annual conference and an IPTOP meeting.

The Purpose of this briefing: To provide guidance to member Organisations interested in adding an international dimension to their congress by holding it in collaboration with IPTOP.

Collaboration means: Some IPTOP involvement in the programme planning; Time for an IPTOP delegate meeting; IPTOP assistance in promotion.

Organisation: The organisation, funding and profit from the national conference remain that of the organising country. However, IPTOP may be able to provide help with organisation and will negotiate in advance a pro rata share of any profit.

Benefits to Host Organisation; increased participation---international delegates attend on same basis and for the same fee as national delegates; international profile; possibility of increased national profile; opportunity for local members to expand international contacts.

Benefits to IPTOP: Expand awareness of, and increase participation in, IPTOP; facilitates progress of business; helps to build the financial resources of IPTOP; IPTOP members may be international experts. National members also have the unique opportunity to meet and share professional knowledge both formally and informally with international colleagues.

Financial issues: negotiate a pro rata organisation fee to IPTOP e.g. % of the delegate fee (or perhaps the international delegate fee); seek sources of funding to assist delegates from organisations that would not otherwise be represented. Any financial help that the national organisers can obtain to enable IPTOP members from organisations, which normally could not afford to sponsor a delegate within its region to attend the conference, would be much appreciated, and equitable allocation would be managed by IPTOP.

Contact Olwen Finlay (chair@iptop.wcpt.org) for more information.

CPD and Education

International continuing professional development for physical therapists working with older people.

Collaboration between WCPT and the United Nations Institute on Ageing has resulted in a two week residential course curriculum with the following aims, objectives and themes:

- Aims:** 1. To improve the healthcare of older persons by developing relevant PT attitudes, knowledge and skills
2. To develop PT skills to influence policy both locally and nationally

- Objectives**
1. To increase awareness of and sensitivity to the process of aging and its implications
 2. To adopt realistic and professional attitudes
 3. To highlight the need for
 - a. a comprehensive approach to the care of older persons
 - b. a multidisciplinary approach
 - c. community oriented health services
 4. To promote the value of physical therapy services for older persons.

Themes: Demography and epidemiology
Aging---biological, psychological, social,
Health services, health promotion, illness prevention, community and government support
Physiotherapy specific including legal and ethical issues
Leadership, communication, negotiation, education and training skills.

The course is presented as formal lectures and facilitated learning followed by small group work. It is not a clinical practice course. Participants are encouraged to share their own areas of expertise formally and informally. Each course ends with each participant presenting their action plan for a work based project which is followed up by the tutors. Two courses have been held (1993 for physiotherapists, 1997 for physiotherapists and occupational therapists) both hosted by Malta. All students found it beneficial, especially the opportunity to be with colleagues from the same specialty for an extended period. Students stated "*it was enriching, inspiring and confidence building*".

Further courses for can be arranged by IPTOP. Requesting countries should consider the following:

1. The programme is delivered in the country/region requesting it.
2. Allow 2 years set up time from IPTOP agreement to proceed. Consider pre/post WCPT/IPTOP conference.
3. ➤ Presentations will be by an international core tutor group with local academic and physiotherapy specialist tutors
4. Educational credits may be pursued locally by the requesting country/region
5. A local "clerk to the course" is required to liaise with the IPTOP course organiser
6. ➤ Advertising is the responsibility of the requesting country
7. Consider joining with another relevant profession (eg OT) to increase numbers, expertise and impact
8. ➤ The language is English in which participants must be fluent in both understanding and speaking (a comprehensive interpretation service to be included in costs might be considered)
9. A steering group (IPTOP course leader, course clerk and representative of joining profession if relevant) agree a course plan with dates, tasks and responsibilities; adapt the course length to meet local needs *although the full course is internationally recommended*; revise the curriculum; select tutors; manage the course.
10. ➤ A telephone conference call with core tutors and steering group will be needed at the early planning stage
11. ➤ Steering group will meet with core tutors preferably AT the facility 3 months prior to the event to finalise programme and participants.
12. The minimum 20/maximum 30 participants are chosen on level of experience, international (work/leisure) experience, active participation, ability to cascade knowledge, ability to influence policy makers and/or teach other physical therapists, and geographical coverage.
13. ➤ The programme should include professional and cultural visits and opening/closing by a "high level" figure
14. ➤ Accommodation should have individual study bedrooms, restaurant, main conference room with full a/v facilities and 6 break out rooms (number dependent on course size), photocopy facilities, recreation facilities.
15. All costs (e.g. ➤ bullets) are born by the requesting country. Costs to participants should cover their accommodation and all meals plus apportioned full conference overheads (i.e. administration, tutor travel/accommodation/meals etc).
16. Grants and bursaries may be sought by the requesting country/region from e.g. professional bodies, government departments, and charities.
17. The requesting country may wish to consider a feedback presentation at next WCPT/IPTOP conference.

Further information from IPTOP Chair, Olwen Finlay, chair@iptop.wcpt.org

Editor---Professor Amanda Squires (UK) (editor@iptop.wcpt.org)

Next edition details Copy date for the next edition is June 2007. The editorial board retains editorial rights. Length for a "feature" article is 1,000 words. We welcome world news (200 words) from member countries, conference information and contributions from the Committee as relevant. Contributions should be in English language and WORD format with references in Harvard Style and sent by e: mail to the editor