The International Association for Physical Therapists working with Older People

Newsletter 14               Website www.iptop.wcpt.org         February 2009

This newsletter is to update everyone on the association. It is sent direct to special interest groups as they become known. 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, Istanbul 2006 and WCPT Vancouver 2007. Membership currently stands at 16 countries representing around 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,

I would like to send you my best wishes for 2009 and I hope the new year will bring us all health and happiness. During 2008 we have worked to spread our mission to more countries and to establish new member countries to promote and improve geriatric care, rehabilitation and policies for older people.

In June, I met Brenda Myers at the IFOMT Congress in Rotterdam where she spoke on “Connecting science to quality of life”. After the opening ceremony, Prof. Dorly J.H. Deeg gave a lecture on “Aging and quality of life” which showed the results of longitudinal aging studies in Amsterdam. These congress topics show us how much we need to collaborate and share knowledge and experience of different aspects of aging and older people with other subgroups of WCPT. I also had the opportunity to talk with Brenda regarding some possible project collaboration with WCPT in the future.

In November I spoke at the 22nd Annual Congress of Hellenic Scientific Society of Physiotherapy in Athens which gave me the opportunity to speak with Turkish and Greek colleagues about IPTOP. We have been invited to join the 2nd National Geriatric Physiotherapy Congress on 11-13 November 2009 in Ankara, Turkey (see P5) and Greek colleagues are considering inviting IPTOP to join their conference in 2010. We hope many IPTOP members will be able to attend these conferences.

I would also like to acknowledge the 30th anniversary of AGILE (see P2) which is the very successful subgroup of the Charted Society of Physiotherapy in the UK. Their great effort and work with other organisations involved with older people became an excellent model for other countries and initiated the foundation of IPTOP. We are thankful to all founder members and other members who have worked very hard and promoted the role of physiotherapists with older people in UK.

Yours sincerely

Filiz Can  PT, PhD, MSc  chair@iptop.wcpt.org

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Some members of the Greek special interest group for Older People---Glykeria Gounaropoulou, Christos Kourissopoulos, Georgia Petta--- with Filiz Can
Hello to all our IPTOP colleagues from the UK,

AGILE celebrated their 30th anniversary in style this October at a Conference that looked primarily at Stroke Rehabilitation. The 2 day event was held in a beautiful hotel located with lake views in Reading in the south of England.

The Conference was officially opened by our own Amanda Squires who took the delegates on a trip down memory lane to how she was instrumental in co-founding AGILE with Margot Hawker. Then, she outlined our achievements as we have grown as a clinical interest group over the past years, and considered where we might be in the future as a group. The themes of the conference echoed the opening presentation looking at both what was available now in the arena of Stroke provision as well as some developments in their infancy that are yet to become established as part of our future assessment and intervention tools.

The two day programme was both practical and theoretical in nature, covering aspects such as the ageing brain and cerebro-vascular disease, a review of the newly agreed Stroke Guidelines, orthotic principles, spasticity management and the use of assistive technology. The theoretical lectures were complimented with subsequent parallel run workshops that then allowed the delegates to observe and explore in a more practical nature some of what had been delivered in the lectures, or to review their practice comparing and contrasting with other services across the UK.

To actually celebrate AGILE’s 30th birthday, a Gala Dinner was held on the evening of the first day, with an interesting after dinner speaker who had not only had a stroke, and therefore had first hand understanding of the impact, but was a motivational lecturer.

I also mentioned in the last Newsletter, that a national reorganisation was being proposed due to the geographical changes the health service is undergoing across the four nations as well as changes in job descriptions of the committee members. The proposal was voted in at the AGM, but is in its infancy so the details have still to be filled in. There has also been a change of Chair, as Vicki Goodwin completed her two year period, so our thanks go to her for all her hard work on behalf of the interest group. We welcomed Many Tyler to the chair.

The AGILE publications of Exercise Programmes and the Outcome Measures Manuals have been well received and are soon to be sold in CD format to allow for more easy distribution, access and storage. I shall let you know more in the next Newsletter, so watch this space.

Next years AGILE conference is on the 3rd and 4th October in Glasgow and will be on Parkinson’s disease and details will be on CSP website in the near future.

Finally, the use of an Interactive site for physiotherapists who wish to network about Older People issues continues to host discussions, advertise events and holds documents to share practice with on another. If any UK members wish to register and contribute, please log in at [http://www.interactivecsp.org.uk/](http://www.interactivecsp.org.uk/).

--- Catherine De Capitani Switzerland @iptop.wcpt.org

Our special interest group, FPG, continuing education program for 2009 includes one day courses dealing with the topics "depression in the elderly", "patients with multiple sclerosis - when nothing seems to help", a workshop in bobath therapy and a repetition of the three day course "The challenge of age - physiotherapy from the gerontological point of view". In addition a day of discussion about the proposed pamphlet (the profile of physiotherapy in geriatrics) is planned. The courses will be held in German.

More information about the program can be found on our website [www.physio-geriatrie.ch](http://www.physio-geriatrie.ch) or directly: [http://www.sgg-ssg.ch/cms/pages/de/fachgruppen/fpg--physiotherapie/fortbildung.php](http://www.sgg-ssg.ch/cms/pages/de/fachgruppen/fpg--physiotherapie/fortbildung.php)
Ireland---Helen Flynn c/o Ireland@iptop.wcpt.org

Irish National Audit of Stroke Care

Results of the first Irish National Audit of Stroke Care (INASC), conducted by the Irish Heart Foundation in association with the Department of Health & Children, were released in April 2008. This was the largest study of stroke ever to take place in the Republic of Ireland and consisted of six separate components; an organisational audit, a clinical audit, a general practitioner survey, a public health nurse & allied health professional survey, a nursing home survey; and a patient/carer survey. Where possible, audit systems used in the UK’s Sentinel Audit were used to provide an opportunity for comparison of relative, as well as absolute, levels of achievement of recommended standards of care. The INASC identified substantial deficits in primary prevention; emergency assessment, investigation and treatment in hospital; discharge planning; rehabilitation and ongoing secondary prevention, and through all of this, communication with patients and families. Availability of services of proven efficacy for those admitted to hospital with stroke in Ireland was shown to be very poor with considerable variation in access to services across the country. Amongst the many issues examined, it was identified that only 2% of patients were admitted to a stroke unit and only 43% of patients received a physiotherapy assessment within the first 72 hours of admission. Stroke services in the community were found to be ad hoc with access to services for ongoing rehabilitation post-stroke scarce or non-existent in many areas.

These findings clearly point to the need for urgent investment in stroke services in Ireland. It is hoped that this audit should be seen as a first step in a cycle of continual planning, intervention for improvement and outcome evaluation. Following from the results of this audit, a national stroke strategy is currently in development.

(adapted from the INASC executive summary)

General Information

**IPTOP web page** (please send your comments on this item to Neva Greenwald (treasurer@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 (e.g. 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** (please send your comments on this item to Leah Weinberg (Canada@iptop.wcpt.org)

During the IPTOP general meeting in Vancouver, the subject of resources for members was explored. I was appointed to lead this work. The objective is to build up an electronic resource base accessible from the IPTOP web site and advertised in the newsletter. I would be grateful to hear from anyone wishing to contribute to this work. We aim to transfer these e-resource links to our web page after each newsletter---look out for Useful Resources for Working with Older Adults on our web page in the future.

**Best practice Guidelines for Pain Assessment and Management in Hip Fracture patients** (rpt-pain-nov2008.pdf) a good resource on pain management and although it is developed by nursing, as an interdisciplinary team it is applicable to PT as well. It has some very good links, guidelines etc.
**IPTOP research** (please send your comments on this item to Jennifer Bottomley (vicechair@iptop.wcpt.org)

Progress is slow but sure in the area of research opportunities being explored in geriatric physical therapy worldwide. I was appointed to lead this work for IPTOP at the Vancouver Conference and have enjoyed working to establish an International Data Collection. Progress has occurred to the point of being prepared to form a task force or research committee to review the articles and research in progress being reviewed for inclusion in this data base. I would now like to facilitate the formation of a “research committee” to assist me in completing the foundation work of this important project. This work will be ongoing as new research continues to occur and one of our goals is to provide the latest available evidence-based research information to the members of IPTOP. Two areas of discussion for future activities in the area of research include:

1. The establishment of an International Data Collection Research Committee
2. The provision of international research opportunities for individuals pursuing a PhD, DPT (U.S), or advanced Masters degrees.

IPTOP’s Executive Committee discussed establishing a mechanism for creating this International Data Base and means of providing information/research data base to those interested. The goals of the current research initiatives are as follows to:

**Facilitate the member’s ability to identify and integrate best evidence in clinical geriatric practice.**
- Work with each representative countries research committees to help identify geriatric related priorities
- List to be developed for IPTOP members

**Positively influence the direction of IPTOP and each country represented in addressing the research needs for the older adult.**
- Increase member participation in establishing international research data base
- Increase IPTOP participation presenting research initiatives in the efforts towards evidence-based practice throughout the world
- Suggestion: Identify an international task force to develop an international data base in research for the older adult
- Increase international outreach to increase member awareness and participation in International Organizations of IPTOP research projects
- Promote IPTOP member participation (as speakers/presenters) in the next WCPT Conference.

I would be very grateful to hear from anyone wishing to contribute to this work.
Conferences (contributions to editor@iptop.wcpt.org)

XIth IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009
(Leah Weinberg from IPTOP hoping to attend---contact her to meet up (Canada@iptop.wcpt.org)

IPTOP Conferences linked to Member Organisation Conferences (offers please to Filiz chair@iptop.wcpt.org To date we have had excellent joint conferences with Irish, Australian and Turkish member associations) (see below “IPTOP conferences – links to Member Organisation Conferences”)

2009
2nd National Geriatric Physiotherapy Congress with International Participants , 11-13 November Ankara, Turkey
Main Topics :  Aging bone
   Aging heart
   Aging nervous system
   Active aging and exercises
   Social policies for older people
   Institutionalised geriatric care and rehabilitation
   Current approaches in geriatric rehabilitation
   Evidence based practice in geriatric care

Contact address for the congress: mustafakines@trigaturizm.com
web address: www.gfd.org.tr

2010
Greece will be the host country for IPTOP 2010 Conference.

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 come from each of the World Confederation of Physical Therapists Regions and represent 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 Filiz Can (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 ageing 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
- Ageing---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 editor, Amanda Squires, editor@iptop.wcpt.org*
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<tr>
<th>Objective</th>
<th>Lead</th>
<th>Detail</th>
<th>Progress at January 2009</th>
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<tbody>
<tr>
<td>4 WCPT link</td>
<td>Filiz</td>
<td>Establish links with WCPT</td>
<td>Filiz met Brenda Myers. See newsletter</td>
</tr>
<tr>
<td>6 Sponsorship/ advertising</td>
<td>Jennifer &amp; Neva</td>
<td>Set rate for ¼, ½ and whole page in newsletter.</td>
<td>Awaiting treasurer input</td>
</tr>
<tr>
<td>7 International resource</td>
<td>Leah</td>
<td>Build up an electronic resource base accessible from web site and advertised in newsletter</td>
<td>See newsletter</td>
</tr>
<tr>
<td>9 Website</td>
<td>Neva</td>
<td>Review/ liaise with WCPT re updates of membership names.</td>
<td>No report received</td>
</tr>
<tr>
<td>10 New member organisation</td>
<td>Neva</td>
<td>To encourage the setting up of new member organisations. Priority countries to target are India, China, Africa</td>
<td>No report received</td>
</tr>
<tr>
<td>11 CPD/Education</td>
<td>Jennifer &amp; Nancy</td>
<td>India January 2009</td>
<td>No report received</td>
</tr>
<tr>
<td>12 Promotion of IPTOP</td>
<td>Filiz</td>
<td>Upwards to WCPT; Outwards to member bodies and new members to promote the newsletter &amp; CPD opportunities</td>
<td>See Chair’s report in newsletter</td>
</tr>
<tr>
<td>13 Newsletter policy</td>
<td>Jennifer</td>
<td>Members commitment document US version to be circulated to Exec Committee. Sign off at next IPTOP general meeting</td>
<td>Executive agenda 2009</td>
</tr>
<tr>
<td>14 Constitution</td>
<td>Filiz &amp; Olwen</td>
<td>Review in line with WCPT requirements. Consider 2 Vice Presidents and prepare for agreement at next IPTOP general meeting</td>
<td>In hand. Executive agenda 2009</td>
</tr>
<tr>
<td>15 Other international disciplines</td>
<td>Jennie &amp; Leah</td>
<td>To establish liaison/cooperation with similar international bodies especially: International OT; International nursing; International medical; INIA (nb WCPT link)</td>
<td>No report received</td>
</tr>
<tr>
<td>16 Research</td>
<td>Jennifer</td>
<td>Co ordinate projects, set protocols, review submissions</td>
<td>See newsletter</td>
</tr>
<tr>
<td>17 EBP/Specialisation</td>
<td>Bhanu</td>
<td>To collate examples of Standards of Practice in member counties for PT with older People</td>
<td>Update due Summer 2009</td>
</tr>
<tr>
<td>18 Carers and elders</td>
<td>Filiz</td>
<td>Establish contact with international organisations representing elders and carers UN has standards and organisational outline to ensure the IPTOP principles conform</td>
<td>No report received</td>
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<tr>
<td>19 2008 Annual report</td>
<td>Filiz and Jill</td>
<td>Ensure a timely and high quality annual report</td>
<td>Process begun Executive agenda 2009</td>
</tr>
<tr>
<td>20 Leaflet</td>
<td>Amanda and Jill</td>
<td>Update current leaflet and place on webpage and provide hard copies for general membership use</td>
<td>Published and distributed</td>
</tr>
<tr>
<td>21 Business cards</td>
<td>Olwen, Jill Amanda</td>
<td>Provide timeless cards.</td>
<td>Published and distributed</td>
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<tr>
<td>22 Conference 2009</td>
<td>Filiz</td>
<td>Get agreement from a member organisation to include IPTOP</td>
<td>Ankara November 2009 Executive meeting.</td>
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<td>23 Conference 2010</td>
<td>Filiz</td>
<td>To get agreement from a member organisation to include IPTOP</td>
<td>Chair in discussion with Greece</td>
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<tr>
<td>24 Conference 2011--WCPT Amsterdam</td>
<td>Filiz</td>
<td>To become involved with Conference planning (WCPT)</td>
<td>Executive agenda 2009</td>
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<tr>
<td>25 WCPT Sub group reconfirmation (4 yearly)</td>
<td>Filiz and Jill</td>
<td>To send to Brenda Myers IPTOP documentation</td>
<td>Before WCPT 2011. Executive agenda 2009</td>
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The full version together with timescales and quarterly progress is available from secretary@iptop.wcpt.org
Executive Committee

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National representatives

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

Next edition details Copy date for the next edition is May 2009. 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

Advertisements

We are in the process of developing an advertisement protocol and rate. In the meantime suggestions from members of potential advertisers would be welcome to Jennifer Bottomley (vicechair@iptop.wcpt.org)