The Nigeria Society of Physiotherapy joined their counterparts from all over the world to mark the World Physiotherapy Day 2014 in yet another unprecedented manner. The activities which took place all across the nation in the different state chapters spanning across 36 states and the FCT, Abuja where the national executive council pitched the tent for this year’s celebrations. The society used the day to draw attention to advocacy for the profession, public health issues as well as mark unity and solidarity of the global physiotherapy community against the back drop of WCPT’s commitment to support member organisations in the efforts to promote the profession and advance expertise.

This year the theme “Fit to take part” is a sub-title of the broad “Movement for Health” campaign which emphasises the role physiotherapists’ play in helping people with long-term illnesses or disabilities to become independent and fulfil their potential. The President of the Society, Mr Taiwo Oyewumi reiterated the key messages by the President of WCPT, Marilyn Moffat in several media interactions. “The wonderful thing about World Physical Therapy Day is that it can highlight the importance of every aspect of what we do and how we do it,” according to the WCPT President. “The message has to go out to politicians and other policy makers that physical therapists are worth the investment,” she said. Mr Oyewunmi enjoined all physiotherapists to come out en-masse to mark the day in their respective locations across the Geo-political zones of the nation. “We are strategically located in our role as physiotherapists to keep people functioning and active throughout their life span and it is our duty to let people know how they can benefit from our services
optimally to promote their health and prevent diseases”. “Our choice of Abuja for this year is to be close to the seat of government so that we can make the necessary impact required to ensure vital policies are made.” “It is also an opportunity to push the advocacy for our pet projects the Community Outreach Program on Disability which was launched in Jigawa over a year ago as well as the Community Outreach Program on Physical Activity.”

The majority of the State chapters in the federation and the FCT carried out different array of activities in engaging the community to draw attention. From public lectures to health screenings, social media engagement, public walks, and distribution of information flyers, all hand were on deck to ensure upscale media campaign. In late August 2014, the President Mr Taiwo Oyewumi and the Public Relations Officer Bakare Ummukulthoum visited the News Agency of Nigeria for a sit-down session to enlighten the general public on the World Physiotherapy Day, its significance and the activities the society was due to roll out. In the wake of the EBOLA VIRUS DISEASE in West Africa and particularly in Nigeria which has now been successfully contained, the society also used the opportunity to highlight the challenges of this infectious disease and how we can curb the menace and protect ourselves as a nation. As a close contact practice oriented profession, physiotherapists are at a high level risk as health care professionals hence a position statement was issued with WCPT lending a global voice.

**ABUJA, FCT**

-by Schedrach Onwenu

The FCT Chapter hosted the national executive council of the NSP in Abuja as part of the celebrations for the World Physiotherapy Day 2014. A public lecture was the highlight of the series of events which took place in the nation’s capital. To get things rolling Mr Ilechukwu Aldrich-Bennet, the chairman of the FCT chapter, the Public
Relations Officer, Bakare Ummukulthoum and one of the key facilitators Dr Sam Ibeneme were on hand to interact and sensitize the public on Radio Nigeria, Abuja on a health program a day before. The public lecture event took place at the Trauma Center Main Hall, National Hospital, Abuja, Nigeria projecting the theme “Fit to take part” and a team of experts which included two physiotherapists, a neuro-surgeon, a physician and a nutritionist were all scheduled to bring their perspective and expertise to fore. In the line up was Dr Sam Ibeneme, Senior Lecturer, University of Nigeria; Dr A Y Oyeyemi Associate Professor, University of Maiduguri; Dr Biodun Ogunbo, CEO Spine Fixed in Abuja, and Dr Dayo Ajibade Medical Director, Brain and Body solution Center, Abuja. Earlier a courtesy visit was paid to the administration of the hospital represented by Ag CMAC Dr Ogugua Osi-Ogbu who was particularly keen to partner with the society in the advocacy for a healthier and more productive population. There was also a brief Yoga intro session as an interlude by an instructor to keep participants refreshed. Information flyers were produced from toolkits provided by WCPT and handed out for participants to get facts about physiotherapy, disability and non-communicable diseases as well as the EBOLA VIRUS DISEASE. The event was a huge success with extensive media coverage and post-event interviews as well commendable turn out in attendance.

KADUNA STATE

-by Edward Bahago

The state chapter had a successful World Physiotherapy Day (2014) Celebration with a Public Lecture on the 8th of September. Physiotherapists in the state, all dressed in a green and white customized T-shirts provided for the occasion alongside guests and friends of Physiotherapy converged by 10.00am at the Women Multipurpose Hall, Kaduna, Nigeria
The event was chaired by Dr. H. Yahya, the MD of Barau Dikko Specialist Hospital, Kaduna and the lecture entitled “Disability: A manageable but a preventable menace. How?” was delivered by Mr. Babatola Rotibi, the immediate past chairman of the chapter. The chairman of the Kaduna State chapter, Mr. S. O. A. Obajuluwa played the host, while notable government functionaries where also invited. The event was covered by NTA, Voice of Nigeria, Radio Nigeria Kaduna and Daily Trust Newspaper, among others.

Prior to the day there was sensitization/courtesy visits by the members of the state chapter to, the management of Nigerian Television Authority (NTA) Kaduna Network Centre, Hon. Commissioner, Kaduna State Ministry of Health, among other organizations in the state.

A Pre-WPTD lecture on the 4th of September was held for the managerial officers at the office of the Kaduna State Head of Service. The lecture titled: "Low back pain as a cause of disability, and ways of managing it", was delivered by Mrs. F. R. Egwu, a seasoned physiotherapist with Barau Dikko Specialist Hospital, Kaduna. NSP Kaduna State chapter was featured in a live phone-in programme of the NTA Kaduna, "Kaduna Live" on a Saturday following the world Physiotherapy Day. We had two (2) recorded programmes in Hausa in both Am and FM arms of Federal Radio Corporation of Nigeria (FRCN).

LAGOS STATE

-by Adedamola Onibokun

The Nigeria Society of Physiotherapy, Lagos State mobilized members to participate in this year’s World Physiotherapy Day, 2014 by paying courtesy visits to the institutions where members are domicile. The state chairman, Mrs Benedicta Njokanma and her team
in a media chat encouraged the populace to stay physically active and engage in physical activity consistently based on WHO’s recommendations. She also enjoined members to participate fully in the different activities that were proposed in the hospitals across the state from health walks, health talks, symposia, community outreach programs, road shows, dance aerobics, helplines and health checks. The Lagos State Chapter kicked off the activities with extensive publicity series of activities on TV, Radio and print media in Lagos to join the advocacy and campaign against NCDs in their jurisdiction with the aim of reaching a far wider audience. On 8th of September which is the day set aside as the World Physical Therapy Day, there was an interactive live TV program to engage the community and provide as much information about physical therapy, who we are and what we do. The EBOLA VIRUS DISEASE prevention strategies according to CDC and WHO were also highlighted as the major outbreak happened in Lagos state and people were enlightened on how to prevent contamination and aid the containment efforts of the Lagos State Government which turned out to be a success.

*All other state chapters were yet to file in their official reports as at the time this material was collated to be forwarded to WCPT Secretariat.*