

Dorothy Glover - Physiotherapy Career 1960 - 1999

How I chose PT as a career: In the mid 50s there were 3 options for girls: nurse, teacher and secretary. I did not want to do any of them so as there were no vocational counselors at my school I went to the public library and got a book titled "Careers for Girls A-Z". The "P" page was physiotherapy and based solely on one paragraph, I applied to Middlesex Hospital PT School. My girls only school did not teach chemistry and physics for O levels only biology, so the following year I attended a local co-ed grammar school and evening classes for adults to cram for physics and chemistry O levels.

1957-1960 Trained at Middlesex Hospital, London, Great Britain, received a diploma - MCSP

1960-1961 Worked at Charing Cross Hospital, London. My first patient had hallux valgus and the order was for faradic foot baths, quite terrifying for this new grad. Now it would be surgery and orthotics.

1961-1962 Immigrated to Canada in 1961 and worked at Toronto General Hospital for 1 year.

1962-1963 Came to Vancouver and worked for CARS at Burnaby Hospital for 1 year taking over from Rachel Daggett. This was a shared program between CARS and Burnaby Hospital. Inpatients in a.m., arthritis patients in p.m. and home visiting Thursday p.m. The orientation took place at CARS in G F Strong, Hazel Southard was the head PT. To work at Burnaby Hospital, I had to learn to drive a car in 3 weeks, practicing in the car park. I took my driving test in my "bluebird uniform" and told the driving examiner that my job depended on passing the test. I passed with reservations about my parallel parking. Each day the car had to be collected and returned to the office on West Broadway. The car's gears suffered from my gear changing, particularly on the drive back along 12th Avenue where there is a traffic light at the top of a small hill at 12th and Fraser. I always dreaded having to stop on that hill. When I left CARS after a year to have an extended holiday in Britain, Burnaby Hospital hired its first full time PT, Cathy Demereau.

1963-1967 Shaughnessy Hospital (Federal Govt.), learned to play bridge during extended lunch hours!

1965 Took leave of absence to do 6 months training program as a foreign trained PT at Rancho Los Amigos National Rehabilitation Centre in Downey, California. It was orthopedic focused. Surgeons were Jacqueline Perry and Vernon Nickel who invented the "halo vest" for spinal fusions for debilitating scoliosis from polio. Many spinal cord injuries were from surfing and gunshot injuries. Enjoyed touring California with 5 other foreign PTs on the weekends.

1967-1970 St. Vincent's Hospital, sole-charge PT

1970-1971 Travelled around the world for 6 months, worked for 3 months at Shenton Park Rehab Hospital in Perth, Western Australia

1971 St Mary's Hospital for 6 months

1972 Holy Family Hospital

1974 GF Strong Rehab Centre

1976 Holy Family Hospital, Senior PT. Secretary for PABC.

1977 Received BSc PT from UBC through its degree completion program

1978 Burnaby Hospital, Director of PT, taking over from Pat Grohne, eventually Director of Therapy Services (PT, OT, Speech and Respiratory Therapies), became non-contract , out of HSA. From 1962 when Burnaby Hospital shared a PT with CARS, the PT staff expanded to many FTE's

1980-1981 President PABC. At the end of my term I recommended to the incoming board PABC needed a paid part time executive director as the role was onerous for a PT working full time. Being a director of a department meant one could juggle both roles but would have been impossible for a clinical PT.

1985 CPA Congress in Vancouver, presented a paper "Tides and Currents" for the Directors of PT group

1993 Left Burnaby Hospital following non-contract middle management downsizing

1993-1994 Burnaby Home Care summer relief PT and 6 months as a long-term care case manager for North Shore Health

1994 Louis Brier Home and Hospital, sole-charge PT working with a rehab assistant where our main role was wheelchair assessment and seating. A long way from faradic footbaths!

1999 retired

Changes I noticed during my 39 years as a PT:

- The major change was the move from physician prescription to independent treatment options based on PT assessment. When physicians were still prescribing I was reprimanded at Shaughnessy Hospital for not following orders. I was the newest member on staff and it was decided there would be a rotation to the LTC George Derby Centre so the remedial gymnast there was recalled and I was sent out. There the physician ordered heat and massage for everything e.g. OA knees. I did give the patients heat but followed by exercise NOT massage, that did not go down well. However after my reprimand the powers that were decided there probably would be a mutiny so it saved all PTs having to do a rotation there and the remedial gymnast happily went back.
- Before HSA and seniority, PTs in hospitals/rehabilitation centers did rotations and changed jobs frequently gaining much general/specific experience
- Use of rehabilitation assistants. This worked very well for me at Louis Brier Home and Hospital.
- Research based treatment. Looking back there was a lot of "placebo effect treatment".
- Moving from a hospital based hands-on education leading to a diploma to a Masters of PT
- The establishment of an executive director for PABC 1982 (?)
- Separation of PABC and APMP (now the college)
- Explosion of PT private practitioners
- Moving from generalization to specialization