BC Physio Forum & Gala
Celebrate your profession at this year’s event, March 3, 2018

read more pg 14

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Winter 2018
YOU’RE SUCH A PIG!

Sorry but saving up to 20% on your home insurance is a little greedy!

“...Our house is now insured through MGI, with better coverage for specialty items and with less cost to me! Thanks so much to both Mardon Group and PABC for making my membership so valuable! – Physiotherapy Association of BC (PABC) Member, Scott Brolin, Physiotherapist.

Mardon Group Insurance can save PABC members up to 20% on their home insurance.

MGI is an insurance broker specializing in group insurance programs for employees and association members and has used the advantage of group buying power to design some of the most competitive residential and business insurance programs available today. Our products are underwritten by leading Canadian and International insurance companies and offer many features that are usually not available to individuals or are available but only at higher prices.
PRESIDENT’S MESSAGE

Hopefully you all had a great Christmas and are off to a flying start in 2018. The PABC office staff, led by Christine Bradstock, have been working hard over these past few months to plan for the upcoming BC Physio Forum & Gala. This year’s event will be held approximately one month earlier than normal, on March 3rd, 2018. We will be building on last year’s great event to provide an even better educational and networking experience. Please see page 14 for details.

The Board of Directors met in October for our annual fall meeting, where the primary focus was to merge CPA’s new strategic plan with our existing strategic plan. I am proud to say that we efficiently accomplished this objective. This should lead to better use of shared resources with CPA in many areas, such as marketing and member services. Shortly, we will be putting out calls for volunteers to serve on many of our current and new standing committees. These committees are essential to operationalize and implement PABC’s strategic plan priorities.

These strategic priorities will involve items such as: enhanced scope of practice; better communication with GPs; and rural and remote health, to name but a few.

Keep an eye out for communication from PABC for opportunities to get involved in these initiatives.

Christine Bradstock, myself, and many other physiotherapists from around BC also had an opportunity to attend CPA’s first ever Leadership Conference. This event was held in November and will be held every second year during the off-years when the CPA Congress is not being held. While there, I also had a meeting with all of the presidents of the other provincial branches, and all confirmed their commitment to merge their existing strategic plans with CPA’s, in a manner similar to what has been done by PABC.

The PABC board will be having a joint meeting with the CPTBC board and representatives from the UBC Department of Physical Therapy on January 12th. We will be meeting to get updated on what each organization has planned for 2018, and to discuss any overlapping initiatives that may benefit from collaboration. The coming year will be filled with exciting events as our profession and membership continues to grow in BC. We are looking forward to providing many opportunities for member engagement, so keep an eye out for these through e-blasts and on our social media channels.

Patrick co-owns Thrive Now Physiotherapy. He has spent the past 8 years volunteering with PABC, and has served on the Board of Directors since 2014.
Happy 2018 to everyone! 2017 was a wonderful and very busy first year for me as your CEO. Over the last year, as I was learning more about PABC, I spent my time focused on six main areas. I would like to share these with you to give you an overview of time spent and the main focus of each.

**Governance (15%)** This includes my work with the Board, PABC Committees, and CPA. This past year, the Board worked hard on the Strategic Plan, the Impact Plan and ensuring the association is in a stable financial and governance position. The Committees worked diligently on their respective responsibilities. I am also a member of the standing committees. CPA meetings are two in person meetings (usually back east) and about 14 conference calls per year. This past year, CPA also rewrote their strategic plan.

**Administration (15%)** This includes my work related to general office administration, staff administration, the website, and this publication. In 2017, as part of the lease agreement, we did some upgrades to the office, including new carpet, and new cabinets and a refrigerator in the kitchen (see more in Member News on page 18). We have an amazing staff, and overseeing their great work as they help to provide member services has been a pleasure.

**Stakeholder and Partner Relations (10%)** PABC is fortunate to have many stakeholders and partners we interact with on behalf of our members. They include the Government of BC, Triumvirate, Health Authorities, external committees, and other associations. One of the results of the Impact Plan was increased partnerships with like minded groups. I anticipate growth in this area as we move forward.

**Campaigns (30%)** PABC had two major campaigns roll out in 2017: The Physio Can Help Campaign, which began in 2016, was in full swing; and the Ministry of Children and Family Development Recruitment and Retention Campaign started in August 2017, and will conclude at the end of March 2018. Both campaigns were busy and required big contributions from all staff.

**Insurers (25%)** On behalf of our members, we advocate to our insurers. In 2017, most of the focus was on the WSBC RFP and Agreement and over the second half of the year especially, this took up a significant portion of my time. As 2017 was wrapping up we started work with ICBC and some of the changes that may be occurring with respect to Physiotherapists and service to injured clients. We anticipate more work on this in 2018.

**Professional Development and Forum and Gala (5%)** PABC takes great pride in providing these member services. I have spent some time this year working on ways to improve these services. Over the next few years we hope to see growth and advancements in these areas. I look forward to setting out the operational plan that will go along with the PABC Strategic Plan for 2018-2023. The input from members is what makes PABC so strong and we look forward to connecting with all of you as we continue to move our association forward.
WINTER 2017/18 UPDATES FROM PABC EDUCATION

2018-2019 Education Courses and Planning

Thank you to all of our 2017 and 2018 PABC-hosted course instructors and participants. We had an enlightening 2017 year of PABC Education and a great start to 2018.

In the Fall of 2018, you can look forward to Musculoskeletal Assessment & Management of the Child with Cerebral Palsy with Stacey Miller and Maria Juricic (Sept. 29-30, 2018). This course will be live in Victoria and, with the immense support of the UBC Department of PT, the Northern and Rural Cohort and UBC CPD, it will be teleconferenced out to course participants in satellite locations in Prince George, Kelowna, Nelson and Vancouver. In October 2018, Simone Gruenig will be teaching Enhancing Skills in Cardiorespiratory Physiotherapy in Nanaimo; and in November, Maria Zerjav will teach Temporomandibular Disorders (TMD) and Orofacial Pain—Evaluation and Treatment at UBC. The Hypopressive Low Pressure Fitness Level 1 course has been postponed to 2019.

Your Professional Development Advisory committee (PDAC) had a very successful education planning meeting in the Fall of 2017, meaning that 2019 planning is well underway. The course calendar for 2019 is shaping up to be another fantastic year of diversified education. Please look for our pull-out 2019 Education Calendar, which will be included in our Fall 2018 issue of Directions.

Please see our 2018 Education Calendar on page 16.

Recommended Reading

On another note, don’t you get frustrated when you are reading a really interesting article on best exercise therapy for a certain condition (and you want to try these recommended exercises with your clients), but you find that the actual exercises and dosages are not described in enough detail for you to replicate them? You get really excited about the successful results stated in article, but, alas, there are no pictures or detailed exercise descriptions. You can’t replicate the exercises, so it is hard to make a direct clinical application from the article. There is a solution!

I was pursuing an excellent article on exercise therapy for patellofemoral pain syndrome in the British Journal of Sports Medicine and it made me aware of a recent publication called The Consensus on Exercise Reporting Template (CERT), The Toigo and Boutellier Exercise Descriptors and The Template for Intervention Description and Replication checklist (TIDieR). When used in research, these resources provide valuable tools in knowledge translation. These tools allow us, as practitioners and researchers, to glean quality information from research studies and pass this information onto our clients.

Can you imagine if a certain best practice protocol was laid out for you in detail, with specific exercise descriptions, pictures, reps, sets etc? No more guessing what that exercise is.

The next time you are searching for an article or best practice on a specific condition, I would recommend including the use of CERT, Toigo and Boutellier Exercise Descriptors and TIDieR in your search.

References:

1 Holden S, Rathleff MS, Jensen MB, et al. How can we implement exercise therapy for patellofemoral pain if we don’t know what was prescribed? A systematic review. Br J Sports Med Published Online First: 30 October 2017. doi: 10.1136/bjsports-2017-097547
Pediatric Therapy Recruitment and Retention Strategy

Ministry of Children and Family Development

In April 2016, the Ministry of Children and Family Development (MCFD) put out a call for proposals for the development and implementation of a strategy to recruit and retain pediatric therapists hired by MCFD contracted agencies to deliver occupational therapy (OT), physiotherapy (PT) and speech-language pathology (SLP) services to children and youth in British Columbia.

The Ministry works with nearly 60 organizations to deliver pediatric therapy programs in Early Intervention Therapy (EIT) and School-Aged Therapy (SAT), and many MCFD contracted agencies struggle—as others across rural and remote BC—with recruiting and retaining therapists.
In August, PABC was the successful proponent following the Request for Proposal, and was awarded one-time only funding for the development and implementation of a targeted pediatric therapy recruitment strategy to address recruitment and retention challenges facing the occupational therapy (OT), physiotherapy (PT) and speech-language pathology (SLP) professions. The contract period is from August 1, 2017 to March 31, 2018.

As part of MCFD’s initiative, PABC is developing a number of promotional materials and professional development opportunities, with the end goal of promoting the recruitment and retention of pediatric therapists across the province. PABC members, as well as therapists in all three therapy disciplines (PTs, OTs and SLPs) will be able to benefit from the work PABC has done on behalf of the Ministry.

The following material is being produced as part of the initiative. It will be released by the MCFD over the coming months.

**Pediatric Therapy Recruitment and Retention Promotional Videos**

We shot video footage in three locations in the province, including Campbell River, Williams Lake and Vanderhoof. With this footage, we will produce six videos in total, profiling the rewards of working in pediatric therapy, as well as the uniqueness of each pediatric therapy discipline within the scope of care. These are currently in post-production, and will be released in the coming months.

**Pediatric Therapy Recruitment and Retention Brochures**

This brochure will be distributed in high schools, post-secondary institutions and other strategic locations across the country. It outlines the benefits of working in pediatric therapy and the roles of each specific therapy discipline in the landscape of care.

**Pediatric Therapy Recruitment and Retention Webinars**

We are producing 9-10 webinars on different subjects related to pediatric therapy for physiotherapists, occupational therapists, and speech-language pathologists. These are all free to access, and will be publicized through our monthly education e-blasts for PABC members to access.

Information about this initiative, as well as access to resources, is available on the TherapyBC website at [www.therapybc.ca](http://www.therapybc.ca).

*Therapy client at Laichwiltach Family Life Society, Campbell River. Photo by: Rosie Moyer.*
Rural and Remote Recruitment and Retention

In December we launched our Rural and Remote Recruitment and Retention initiative, with the goal of encouraging retention and recruitment of physiotherapists outside of urban areas of BC, and inspiring students to pursue the profession and bring their skills back to rural communities.

We traveled across BC to get a wide snapshot of the landscape of rural and remote physiotherapy province-wide. We spoke with four physiotherapists about their different experiences and communities, and why they all agree that rural and remote practice is the best kind of practice.

Campaign Highlights:
- Produced video and brochure.
- Sent 1400 brochures to secondary and post-secondary schools throughout BC.
- Over 20 secondary and post-secondary schools are now playing the video in their career centres/on screens in their schools.
- Video was shared widely on social media.
#PhysioCanHelp Campaign

In May of 2017, PABC launched our Physio Can Help campaign.

The campaign created interest and awareness of physiotherapy to an external audience, and promoted the value of physiotherapy, and how it can help with a range of conditions. It showcased success stories of everyday people through four videos, and complemented PABC’s current brand positioning that physiotherapy is an effective healthcare choice. It also produced five position papers to facilitate government advocacy around integrating physiotherapy into primary care.

We produced the following materials in conjunction with the campaign.

**Videos:**

- Pelvic Health
- Arthritis
- Chronic Pain
- Parkinson’s

**Position Papers:**

- Physiotherapy Can Reduce Orthopaedic Surgery Wait Times
- Physiotherapy Can Improve Health for Seniors
- Physiotherapists Can Help Deliver Primary Care in BC
- Physiotherapy Can Help Reduce BC’s Rising Health Costs
- Physio Can Help with non-pharmacological management of pain

**Posters**

- Four Physio Can Help posters were created, featuring: Rick Hansen (Founder & CEO, Rick Hansen Foundation), Georgia Simmerling (Summer & Winter Olympian), and Lindsay Jennerich (Summer Olympian).

  * Look for more Physio Can Help posters at this year’s BC Physio Forum & Gala.

The campaign was widely shared through online digital channels, and reached close to half-a-million users between May 2 and July 2, 2017.
Website
This year, we embarked on a journey to improve the e-commerce experience on the PABC website, and improve the performance of the website’s Find a Physio function. Watch for the roll out of these improvements in the Spring!

General Communications
PABC experienced growth in all other communications avenues as well, including: an increase in website and social media traffic, and an expanded Directions member magazine.

Social media users increased by 25%, website traffic grew by 20%, and Directions grew in content from 24 to 32 pages.

We also sent out a communications survey late in 2017 to help guide our planning for 2018.

Keep your eye out for new communications initiatives in the year to come! If you have questions or feedback on anything related to PABC Communications, please feel free to contact me at tracy@bcphysio.org.

Do You Have a Story to Tell?
We are always looking for great stories about how our members are working and innovating in their communities! If you are interested in having your practice profiled, please contact us at communications@bcphysio.org.

MEMBER SERVICES
YEAR IN REVIEW

In 2017, the general inquiries office email received 1667 requests. The most popular reason people wrote in was to update their information.

The top three requests by topic:
1) Find a Physio
2) Clinic related inquiries (3rd Party Insurance, fees, legal)
3) Account updates

There were a total of 742 incoming phone calls to the PABC inquiries line in 2017, 379 of which were membership services related. Top three reasons people called in:
1) Find a Physio
2) Account Updates
3) Clinic related inquiries (3rd Party Insurance, fees, legal)

Outreach — Events Attended
• HME Fair 2017, Abbotsford, April 11
• Step Up, VGH, April 25
• Community Rehab Fair, Burnaby, May 11
• Walk to Fight Arthritis, Vancouver, June 4
• PARADE, Langley, June 13
• Second BC Provincial Pediatric Pain Management Symposium, BCCH, September 22
• BC Congress of Sports Medicine Conference, SFU Downtown, November 18
• Rehabilitation Sciences Research Day 2017, UBC, October 25

We look forward to serving you in 2018! To contact Member Services, email office@bcphysio.org or call (604)736-5130.
GLA:D™ CANADA PROGRAM HELPS BRITISH COLUMBIANS LIVING WITH OSTEOARTHRITIS

Osteoarthritis is the most common lifestyle disease in individuals 65 years of age and older and is projected to affect 1 in 4 Canadians within the next 30 years.¹

Current national and international clinical guidelines recommend patient education, exercise and weight loss, if necessary, as treatment for osteoarthritis. In Canada, treatment focuses largely on surgery and does not follow best practice guidelines for treatment and management of osteoarthritic symptoms (Figure below²).

A new and exciting program is rolling out across the country, and specifically here in BC! In case you have not heard of GLA:D™ Canada, here is a brief overview.

GLA:D® is an education and exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis symptoms. Research from GLA:D® in Denmark has shown a reduction in progression of symptoms, reduction in pain intensity, reduced use of joint related pain killers, improved physical function, and fewer individuals on sick leave. Program participants also reported high levels of satisfaction with the program.³ This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants train their bodies to move with improved control and alignment, prevent symptom progression, and reduce pain.

The GLA:D™ Canada program is designed to be a group based program, with up to 10 participants, in order to facilitate group dynamics and learning and reduce costs (making it affordable for participants). The program sets up four exercise stations, and within each exercise there is a focus on addressing the movement patterns required in everyday life activities, and the muscular recruitment changes associated with OA. Although carried out in a group setting, the program does include individualized assessment, correction, and progression.
Outcomes are tracked by the participants reporting to the GLA:D™ Canada database. Data includes pain and physical activity levels, and is tracked at baseline, at three months and one year after participation in the program. This information is released back to individual clinics so they can monitor their performance and patient outcomes.

BC GLA:D® programs are in early stages of rollout and there is no BC-specific data available yet. An article from Ontario has been accepted for publication which shows transferability of the original GLA:D® Denmark program to Canada with good outcomes. The article is currently ‘In Press’ and the abstract can be accessed online:


“By the end of the program I felt stronger, physically and mentally. I learned to work with my pain, not be sidelined by it. I learned to use pain as a guide to achieve better mobility. As a result, I have reduced my pain medications and increased my activity to include gardening, something I had previously found impossible. I find it easy to do the GLA:D exercises at home and am applying what I learned by being more deliberate in all my activities. Effectively, GLA:D has become a part of my life and I heartily recommend it to arthritis sufferers who are succumbing to the misery of chronic pain and feeling powerless over their disease.

— GLA:D® Participant at North Shore Sports Medicine Clinic
A 1.5 day training session is offered for those wanting to become certified GLA:D® trainers. In BC, the first group of 40 physiotherapists went through training in February 2017. Since then, 11 clinics have completed the process to register and are providing the GLA:D™Canada program in BC. This includes both private and public practice locations. Feedback from various clinics is consistent that many participants show improvement in function, physical performance, and outlook. Another frequent report is that, through exercising in the small group format, participants provide support and encouragement to each other which is felt to improve adherence and activity tolerance.

Our next challenge is increasing awareness of the program amongst physicians, specialists and the public, as well as improving access by having more sites in urban, rural and remote communities. Many of the trainers have been doing work in their communities to promote the program and its benefits. This is now starting to result in increasing referrals/self-referral to GLA:D™Canada.

The next GLA:D® Trainer Session is scheduled for Spring 2018.
Date: March 24-25, 2018
Location: Richmond Olympic Oval. Check www.gladcanada.ca for up-to-date details and registration information.

References:

If you have any questions about the GLA:D™Canada program you can visit www.gladcanada.ca or contact Rhona McGlasson at Rhonaamcglasson@gmail.com.
“But aren’t they too young to be experiencing back pain?”

This is the common phrase we hear from parents when their youth and teenage children start complaining about pain in their back. It’s not surprising, as up until the last few years, back pain in youth was something commonly overlooked.

According to research by Altaf et al. (2014), “approximately 10 – 30% of the normal young population can be expected to experience back pain by the time they reach their teens.”¹ When youth athletes start experiencing back pain, it affects their ability to be active, which can lead to increased drop-out rates from sport and being sidelined from play.

Back pain in youth is different from pain in adults, and therefore needs to be managed appropriately. At Fortius Sport & Health, we wanted to create a program that would not only alleviate back pain in young athletes, but also educate them on how to maintain a strong and healthy back for future sport and activity.

About The Program

BACK in The Game (BiG) is an 8-week physiotherapy-based rehabilitation program developed by Fortius Sport & Health to support youth athletes (age 11-17) suffering from back pain.

When a youth athlete is experiencing back pain, whether it is from poor posture, a specific spinal diagnosis of scoliosis, Scheuermann’s disease or spondylolysis, they are screened by a Fortius physiotherapist. If appropriate, they are invited into a BACK in the Game (BiG) small group cohort for one-hour sessions, twice a week for eight weeks.

Throughout this time, the athletes work with two practitioners: a Physiotherapist who has Clinical Pilates certifications and a Strength & Conditioning Coach. The end goal is getting the young athlete back to their sport or activity, pain-free.

Going Beyond The Symptoms

BiG is designed not only to treat pain symptoms, but also to look at the whole athlete and how their body moves.

During the client’s initial intake, individual anatomical restrictions are also addressed. This increases success in the program for each athlete to help prevent problematic movement patterns from reoccurring. Each client also has the option of a real-time ultrasound assessment to work on inner unit core activation, if necessary.

The program starts with establishing spinal stability in all four directions and progresses into maintenance of spinal stability, with upper limb (UL) and lower limb (LL) mobility and strength challenges. Once the athlete’s proper foundations have been established, they are challenged with loading and adding sport-specific skills. The therapist considers each individual athlete’s demands, whether it be related to sport or day-to-day activity.
The therapist makes a decision on how to expose these factors in a safe and timely fashion, to develop confidence in preparation for return-to-sport and activity.

Education is also an important component of the BiG curriculum. Throughout the program, athletes learn strategies for self-management of their back pain, and how to build and maintain a strong core to support them as they progress with physical activities. They are taught about postural positioning, muscle activation, their body's anatomy and nutrition.

The group environment also helps youth to feel supported and motivated. They are more challenged by learning and observing their peers, and have reported having more fun in these sessions with other kids than on their own in a traditional rehab setting.

Watch this video (https://www.youtube.com/watch?v=nvCfm8DsUiw&t=29s) to learn how SFU basketball player Claudia Heart benefited from the BACK in the Game program.

**Support For Families**

We are aware that rehab is costly and can be challenging on a family. BiG fees are subsidized in part by Pro Motion Research Institute and the Fortius Foundation to provide families with a more affordable, group-based rehabilitation environment for their children. We were also fortunate to have the support of the Foundation and its donors in purchasing Clinical Pilates Reformers and an Ultrasound machine.

The Pilates equipment helps to physically challenge each athlete to meet the spinal demands of their sport. An ultrasound session can be booked by families on an independent basis to provide additional support with education on the athlete’s inner core.

**References:**

Presented in partnership by the Physiotherapy Association of BC, the UBC Department of Physical Therapy and the College of Physical Therapists of BC, this year’s Forum will be bigger and better than ever!

We are back this year at one of Vancouver’s largest conference venues – the Westin Bayshore – where, on March 3, 2018, physiotherapists from every corner of the province will gather for leading-edge professional development, to take in a showcase of the latest products and services, and to enjoy the best in professional networking opportunities and education.

Day Session runs 8am-6pm
Gala Awards Dinner & Dance runs 6:30-11pm

Purchase Day Session and Gala tickets separately

Highlights this year include:

• Keynote speaker: Dr. Karim Khan.
• Special guest speaker on paediatrics: Shelley Mannell.
• Three concurrent session rooms with presentations from some of BC’s local experts, including: Linda-Joy Lee, Bernard Tonks, and Kristin Campbell, to name just a few.
• Rich and dynamic learning opportunities from a range of perspectives: both public and private physiotherapy.
• Rapid-fire Sessions and Interactive Case Study Discussion Group.
• Buddy Program Mentorship.
• 2nd Annual Gala Awards Dinner & Dance.

We invite you to join your physio colleagues for a day of education, networking and fun!
Interested in the Buddy Mentorship Program?
The Annual Buddy Program, sponsored this year by the UBC Faculty of Medicine Alumni Engagement, pairs physiotherapists with physiotherapy students who share common professional interests for an informal hangout during the AM coffee break at the BC Physio Forum. This is a great opportunity to network, meet future colleagues and further engage in the physiotherapy profession. We look forward to seeing all of this year’s Buddy Program participants at the BC Physio Forum & Gala.

Want to help a student attend the Forum?
If you’d like to help a student attend the BC Physio Forum Day Session or the Gala Dinner, please select the Sponsor a Student ticket type. We’ll be doing a random draw to see which students receive the sponsorships, and we’ll let them know who our generous sponsors are so they can thank you when they see you at the event!

Gala Awards Dinner & Dance
Join your physio peers on the evening of Saturday, March 3 for a fun night that includes:
- Buffet Dinner
- PABC, CPTBC and UBC Awards presentations
- Live DJ with dancing
- Photo Booth
- Door prizes!
Come and celebrate your profession and be a part of your local physio community!
This event finishes off the day at the 2018 BC Physio Forum, but you don’t need to be at the Forum during the day in order to attend the Gala.
Gala-only tickets on sale NOW! Your Gala ticket includes a delicious buffet dinner with wine, plus 1 complimentary drink ticket courtesy of our Cocktail Hour Sponsor, the UBC Faculty of Medicine Alumni Engagement. Gather your workplace colleagues and purchase a table of 10 for a discount! All are welcome, so feel free to bring your partner or clinic staff.
Visit www.bcphysio.org/bc-physio-forum-2018 for more information and to register. See you there!

GALA SPONSORED BY: Thanks to our Title Sponsor

[Images of Harper Grey LLP and Jane]

2017 Forum & Gala attendees. Photos by: Sharon Steele
2018 EDUCATION CALENDAR

Sat, Feb 24–Sun, Feb 25, 2018
The Mulligan Concept: Mobilisation with Movement, NAGS, SNAGS and other Kiwi Tricks - Upper Quadrant. This course is full. A wait list is available.

Sun, Mar 4, 2018
Reflexes, Reactions and Beyond: A Dynamic Systems Primer on Postural Control post-Forum one day course with Shelley Mannell.

Sat, April 21-Sun, April 22, 2018 at UBC
Cervical Spine Treatment Pearls – A Case-Based Approach

Sat, Jun 2-Sun, Jun 3, 2018 at UBC
Rost Therapy: Evidence Based Management of Pregnancy Related Pelvic Girdle, Sacro-Iliac and Pubic Pain with Cecile Rost and Susannah Britnell.

Sat, Sep 29-Sun, Sep 30, 2018 at UBC
Musculoskeletal Assessment & Management of the Child with Cerebral Palsy with Stacey Miller and Maria Juricic.

Sat, Oct 20-Sun, Oct 21, 2018, Nanaimo
Enhancing Skills in Cardiorespiratory Physiotherapy with Simone Gruenig.

EVENTS: YEAR IN REVIEW

Bigger and Better BC Physio Forum: the highlight event for 2017

Steph Dutto, Events and Sales Manager

2017 marked the beginning of the bigger and better BC Physio Forum, at the new venue, the Westin Bayshore, Vancouver. On April 22, 2017, we had a turnout of over 400 physiotherapists, physiotherapist assistants and students, and the biggest Trade Show ever, with 51 exhibitors!

One of the main reasons for the bigger venue was to allow for concurrent sessions. With 15 different sessions in the program, there was something for everyone. One new and exciting program highlight that was a great success was the Rapid Fire Session, a series of short (3 minute) presentations on a range of topics provided by our local physiotherapists. It was a great way to learn a little bit about a range of topics.

Another new addition was the Movement Break, sponsored by LadySport and FitFirst, where physiotherapists got to try on some tester ON running shoes and go for a walk on the sea wall. The weather wasn’t the most cooperative, but some still got out there and went for a walk, and everyone loved trying on the new shoes!

Perhaps the most exciting new addition to the Forum was the Gala Awards Dinner & Dance.

It was so much fun for everyone to get together, honour their peers, and then enjoy an evening of improv theatre, delicious food and dancing.

Who knew physiotherapists were such avid dancers. The Gala Photo Booth was a real hit too!

We look forward to our 2018 BC Physio Forum being even better – we hope to see you there on March 3!
The #MeToo hashtag has gone viral. It started in the wake of sexual misconduct allegations against high profile film producer, Harvey Weinstein, and encouraged many people to speak up on their experiences of harassment and assault. The flood of solidarity gave a voice to those who had previously been silent for fear of repercussions, and the movement has shown us just how pervasive sexual assault and harassment is, even in 2017.

I am shocked at how many stories I am hearing from my fellow healthcare practitioners regarding client behaviour. Twenty-six years ago, as a new grad physiotherapist, I put up with inappropriate actions/comments in my job because I did not know how to react and was afraid that I would upset a client and get into trouble. Now, as a “seasoned” physio, I realize I still let this kind of behaviour slide, despite my experience and maturity.

In light of #MeToo, the Weinstein scandal – and all of the subsequent fallout with other high-profile celebrities – my eyes are open to the fact that, even though a patient pays for our services, we do not have to put up with inappropriate behavior. We have a RIGHT to correct them, or even decline service. We need to feel empowered so we are not afraid to give a professional response.

My impetus for writing this article is just that: to empower my fellow physiotherapists to respond to any behaviour they feel makes them uncomfortable, or puts them at risk.

I have questioned my colleagues, and compiled some examples of potential responses to inappropriate client behaviour – things I wish I’d known as a young physio.

“That comment/action makes me feel uncomfortable.”

“That was an inappropriate comment/action.”

“This is a professional relationship and that is not appropriate.”

“I do not feel this is a good fit, and you are welcome to seek another physio elsewhere.”

“I’m going to have to ask you to leave now.”

Like any aspect of treatment, you should chart the client’s action and your reaction. This ensures you have a record of the behaviour and your response – for the record – in case you are questioned on it at any time in the future.

If you are contemplating discontinuing a therapeutic relationship because the behaviour of a patient has made it impossible to continue, it is recommended you contact the College of Physical Therapists (http://cptbc.org/) to discuss your options. Each scenario is unique and you may need to consider a number of issues before you take action.

Physiotherapy is a ‘hands on’ profession, where we touch/treat people every day. To us this is normal. Some clients however, may get the wrong impression. A firm, professional, immediate response to inappropriate behavior to set boundaries is required so that we can deliver the treatment required.

When a patient acts inappropriately, a therapist should not be afraid to speak up or defend themselves. It is our responsibility as physiotherapists to develop the tools to maintain or reset boundaries; to deal with these situations in an effective and professional manner; educate ourselves on our responsibilities; and to feel comfortable enough to discontinue our work with a patient who does not respect our professional boundaries.
MEMBER NEWS

Member Kadi Nicholson works with Cassie + Friends’ Society to raise awareness of Juvenile Arthritis

Jennifer Wilson

Kadi Nicholson is a Physiotherapist at Physiostation & Sports Injury Clinic in Surrey, BC, who also lives with Juvenile Arthritis (JA) — a painful, chronic autoimmune disease affecting 24,000 children in Canada. For Kadi, JA struck at the age of 15, just as she was rising as a high-level gymnast, training 25 hours a week and competing at the national level. Because of her journey with JA, Kadi has a passion for helping people of all ages living with arthritis. In addition to her work at Physiostation, she gives her time to community organizations focused on improving the lives of people with JA.

In September 2017, Kadi presented a talk to over 60 parents at Cassie + Friends’ Society annual Family Day on “Sport, Physical Activity and Rheumatic Conditions” (Cassie + Friends’ is a BC-based charity dedicated to transforming the lives of kids and families affected by JA and other rheumatic diseases). During her talk, Kadi shared the importance of physiotherapy for kids with JA. She works alongside rheumatologists and the interdisciplinary team at BC Children’s Hospital to help children with JA achieve their goals. Kadi also helps connect families to Cassie + Friends’ Kids on the Block Puppet Show, which spreads awareness about Juvenile Arthritis and supports affected kids at school. To learn more about Juvenile Arthritis and Cassie + Friends, please visit www.cassieandfriends.ca.

BC Congress of Sports Medicine Educational Symposium

On November 18, 2017, the PABC attended the First Annual BC Congress of Sports Medicine Educational Symposium. This year’s conference focused on Winter Sports Injuries and on the Masters Athlete. PABC Membership Services Administrator, Kimberley Payne was on-hand to answer questions and network with attendees. Thank you to Dale Harris, Dr. Jack Taunton, Dr. Rose Martel & Dr. Jason Crookham, Sport Physiotherapists Paige Larson, Wendy Epp, Ben Motum & Erik Torchia for organizing this great event!
Clarification, Physios for Low Income Clients

In the last issue of Directions, we put a call out looking for physiotherapists to assist low-income British Columbians with low-fee/pro-bono options for physiotherapy, outside of the usual MSP Premium Assistance Plan. This request was made referencing the HealthLinkBC service as an example of where these services may be applicable. PLEASE NOTE: This request was made independent of HealthLinkBC. PABC will keep this list internally, and member names will not be shared with any organization outside of the PABC without express permission from the physio in question. This list would not be publicized, and will only be used when low-income clients reach out to PABC on an individual basis in order to access low fee/pro-bono physiotherapy treatments.

If you are interested in helping out, please contact Kimberley at office@bcphysio.org or 604-736-5130 for more information.

Member Natasha Winch wins Futurepreneur Entrepreneur of the Year Award presented by Canada Post

PABC member Natasha Winch runs Symphony Rehabilitation in Nanaimo—a multi-disciplinary rehabilitation clinic that provides client-centred care, offering their services in-clinic, through mobile home visits, and via Telehealth (servicing BC, Alberta and the Northwest Territories). Natasha started Symphony Rehab two years ago, with the goal of serving her community and empowering people to take control of their health. She employs a team of physiotherapists, massage therapists, registered dieticians, speech therapists, and group fitness leaders who work together to provide wellness services and spread awareness in her local community and beyond.

She was awarded Futurepreneur of the Year for her clinic’s innovative methods of service delivery and patient education via Telehealth and Facebook, to give access to services to those with limited mobility and/or in remote areas.

PABC Member Byron Chan opens Second Clinic

PhysioWorks is a progressive multi-disciplinary clinic, owned by PABC member Byron Chan, that has been offering physiotherapy, massage therapy, and active rehabilitation services to Kitsilano, Point Grey, and surrounding Vancouver communities since 2011. We are excited to announce that Byron is opening a second clinic in Wesbrook Village at UBC this February, 2018—just as this issue of Directions hits the stands! Congrats Byron and your team at PhysioWorks, and all the best for the success of your new location.

Physio Can Help, Sixth Position Paper

Our #PhysioCanHelp campaign is wrapping up with our sixth paper, available soon at bcphysio.org. The campaign spread the message about the work physiotherapists do to enhance patients’ lives every day, producing four videos highlighting conditions where physiotherapy plays a key role in supporting positive patient outcomes (pelvic health, chronic pain, arthritis and Parkinson’s) and six position papers that were distributed to media and government to further advocate for physiotherapists as key providers in the spectrum of health care delivery in British Columbia.

The sixth position paper summarizes the campaign and highlights the value of physiotherapy in patient care. It will also be sent out to key media outlets and government representatives.

Member News continues on page 26...
KNOWLEDGE SERVICES: YEAR IN REVIEW

Total Visits to the Knowledge Centre: 17761

Whether you are looking for research/information services; clinical toolkits; continuing education resources; or access to journals/databases, the Knowledge Centre & Services are here to support you. Please feel welcome to connect with me regarding any questions you have: bit.ly/pabclibrarian

MEMBERS HAVE FULL ACCESS TO DATABASES AND LEARNING TOOLS
Total of 2928 sessions
Delivering reliable, timely information, resources and services to support you in evidence-based practice, clinical decision-making, and professional development.

800
Total Knowledge Service Requests
+14% increase from last year.
Requests include literature searches, article requests, instructional support, collection inquiries, custom search alerts

2273
Total articles retrieved and delivered to members’ inboxes.
+49% increase from last year.

$31.50
SAVINGS
Paying for access to an article or book chapter can cost an average of $31.50 USD, according to medical publisher, Elsevier!

306
Hours of PABC Member time saved!

The Knowledge Centre has over 100 Resources
bcphysio.org/knowledge-centre

What do members think about Knowledge Services?
Most requests are submitted through email. Knowledge Services users responded back by saying:

“I can’t thank you enough. This is probably the most thorough and helpful email response ever gotten in my life. I greatly appreciate your assistance!”

“Thanks for all your help so far, I’m new to Peds and appreciate having the PABC as a resource.”

“I certainly am getting a great bang for my buck in making use of your services for which I am thankful.”

“Wonderful service please keep this up. A colleague who moved to Ontario was just telling me that she couldn’t believe how great we have it in BC and that she misses the library service we have here.”

“Thank you so much! You do save me a GREAT amount of time!”

“This is so helpful and I’m really grateful! I appreciate your time and effort. I will be able to respond to patient’s inquiries more knowledgeably.”

“Thanks so much for allowing this to happen [lit search and article requests] as I could not otherwise have put it together [the Research section of my website]”

“Thanks for your quick reply. The information that you have researched and included is very useful and applicable. Thank you.”
STUDENT CORNER

A First Year’s Perspective

by Casey Legault

As my first semester of my Master’s of Physical Therapy (MPT) program comes to a close, I pause to reflect upon how surreal the experience of the past four months has been. For me and my classmates, the month of August marked the transition from believing, to achieving, the dream of becoming a physical therapist. On August 29th, we met the classmates we would spend the next two years with, learning and growing into professionals. These classmates quickly became friends and will eventually become colleagues. Each of us had our own perceptions and expectations of the program and profession, which continue to be shaped as we journey throughout the rest of our degree.

As anticipated, the learning style in the MPT program is different than during my undergrad. Concepts are applied to the physiotherapy context, making them vastly more tangible. The origins and insertions memorized in undergraduate level anatomy classes have been contextualized through the gross anatomy lab and surface anatomy palpations. We are acquiring concrete skills through our hands-on practice and scenario-based learning. Furthermore, learning while considering how a concept can be applied in a clinical setting, is a motivating reminder of our end-goal of becoming a physiotherapist.

It is inspiring to be surrounded by a cohort of individuals who share a passion for learning and helping others, knowing we will be influential in shaping the future of the healthcare system.

MPT1 students in action. Photo by: Sarah Leong
The thing about babies, is that we can’t look into their tiny little eyes without witnessing the miracle of life, and if we’re open to it, pausing the factory in our heads that churns out our trivial movie scripts on life. It is humbling, and challenging, and beautiful.

But then they cry, and the epic soundtrack gets replaced for a few minutes by a sound that reminds us we are not in control and that is a scary thing. I think that babies and children can challenge our perspectives and our emotions in a way that uniquely teaches us how to be excellent physiotherapists, and also excellent people. My own children have helped me grow in ways I never expected. Strangely though, when I found out I’d be working in pediatrics, I wasn’t entirely thrilled. I was worried I would get emotional, or miss adult connections, or feel envious of my friends in rehab placements. As it turned out, the little script in my head changed quite a bit: it got richer and more expansive. It went from Baby Beluga to Ninja Turtle. Sure, there were ups and downs — as any student straddling the line between learner and professional in clinical practice will likely report — but I’m happy to share a few of my surprises along the way. There was joy (where I thought there’d be sadness); strong connections to parents and the healthcare team (where I thought there’d be baby burn out); and fascinating presentations and cases I could sink my intellectual curiosity into.

Joy.

Looking through the glass at NICU preemies in their isolettes, often on ventilation, their bellies and ribs expanding rhythmically, is truly a wonder. Yes, they are fragile and their presence in the NICU means they are at risk, but the NICU is one of the most peaceful places I have ever worked. When you handle a tiny baby — which may initially mean you are bringing their tiny fingers to their midline and mouth, centering their heads, and more — you almost have to breathe with them and quiet your mind as much as your voice. Parents are worried and scared, but mostly thankful, because there is a new life that brings hope and possibility. Nothing brings people together like a newborn baby, and as sad as it is that they are struggling, there is abundance of awe and joy to see their little bodies fight.

Although the classroom learning parallels the expectations I had of the program, my eyes are now open, as well, to opportunities and a scope of practice within the profession of which I was previously unaware. My previous exposure to physiotherapy was in a private setting, or a post-operative outpatient setting at a hospital. I was not familiar with physiotherapy in respiratory, neurologic or pediatric settings, or the variety of opportunities within the public sector of the profession. Through my own experiences, and stories shared by classmates about their first placements, I’ve gained perspective about the depth of how physiotherapy can help a wide range of individuals and conditions – from adults with spinal cord injuries to children with developmental challenges.

My first placement, a shadow placement, was in the Intensive Care Unit at Vancouver General Hospital. I witnessed complex cases for which I initially had no idea how physiotherapy could help. I was exposed to suctioning through tracheostomies; taking vital measures and analyzing lab values that inform whether a patient is safe to move; and the importance of mobilizing individuals — even from laying down to sitting at the edge of their bed. I was fascinated by the depth of knowledge of my preceptor, beyond musculoskeletal matters. I am already looking forward to my future placements, where I will continue to learn about our profession and its areas of specialty!

All in all, the first four months of the journey to becoming a physical therapist have been full of pleasant surprises.

Academia in a professional program has proven to bring life and purpose to theory learned in the classroom.

As I dip my feet into clinical placements, I am not only learning about patient care but also about the wide variety of applications of physical therapy. As I move forward, I hope to explore the dynamics of a healthcare team, and some of these unanticipated avenues of physical therapy, including pediatrics and neurology.
Strong Connections. The business of fighting for babies takes a special kind of village. Working with torticollis and plagiocephaly patients in the outpatient clinic, you quickly realize your assessment and treatment is truly a dance of rapport building, education, good evidence, and fine-tuned baby distraction chops. You learn to build bridges with family and community—the babies’ success depends on it. Sitting in rounds for acute patients in Child and Youth Services, the healthcare team itself is its own kind of family. There is a protectiveness and unity of purpose. Perhaps in protecting the innocence, openness and playfulness of youth, we get inspired by it and project the same. We make meaningful connections with families and each other.

Clinical gems. I was lucky to be exposed to several different sub-patient groups throughout my placement. I witnessed preemies who presented with jitteriness and increased tone due to withdrawal from maternal drug use. I treated babies who were referred for congenital deformities in their feet and hands. I saw mysterious presentations of low tone in children secondary to other conditions. I analyzed the gait of teenagers post-leg lengthening surgery and witnessed speedy neuromuscular repatterning that reinforced the power of neuroplasticity. Finally, I saw a lecture on ground-breaking research that could mean more proactive treatment for newborns with asphyxia, using Sildenafil. These rich experiences were made more so through the lens of building a better and brighter future, rather than fighting against inevitable decline and dysfunction.

Joy, connection, and gems are all gift-worthy takeaways from a fantastic pre-holiday learning experience. True to the transition we make as we progress in these placements, I will end with my own tidbits of wisdom as a ‘baby’ physio for anyone considering pediatrics now or in the near future. First, be prepared to be challenged, surprised and inspired. Second, embrace the moms, dads and families as you do the child, with non-judgment, open minds, and open hearts. Finally, believe in the magic of children.

Thanks to the whole team at SMH!

Mary’s placement was in Pediatrics at Surrey Memorial Hospital with Brooke Hannela and Gosia Mikszan.
"To be able to empower patients to go home is an amazing thing."

**LIFE**

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I love being a physiotherapist because it allows me to impact people’s lives in a very positive way. To be able to start moving people around, get them stronger, teach them how to walk again, empower them to go home from the hospital and back to their normal life, is really amazing.

Dejan, PT at Burnaby Hospital

Located in British Columbia, Fraser Health is one of Canada’s largest and fastest growing health authorities that operates 12 hospitals, the province’s first state-of-the-art outpatient centre and other facilities. Over 25,000 employees, 2,900 physicians and 8,000 volunteers provide services that range from acute care to community-based residential, home, mental and public health to 1.8 million people – over 1/3 of B.C.’s population.

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PABC Office Renovations

In December 2017, the PABC office underwent a much-needed renovation, with the install of new carpet, and a kitchen overhaul including new tile, cabinets, sink and full size refrigerator — to replace the old mini-fridge!

As part of the renovation, we also acquired new audio-visual equipment to increase our connectivity for conference calls; record education events and lectures for future online access; take high quality photos in-house for communications materials; and have the infrastructure to host webinars in-house and broadcast them out to our valued members. Look for these offerings moving forward in 2018!
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Happy New Year, everyone! I hope everyone had some well-earned “down time” over the Christmas period and enjoyed some rest and relaxation with family and friends, before returning to their busy professional lives.

Since the last update in the Fall, we have been busy at UBC. The 2017 cohort of MPT students have graduated and entered the profession, many with offers of employment even before they completed their program. There is still a desperate need for physical therapists in many areas of the province and more job vacancies than graduates each year. We recognize this need and continue to work with our partners to lobby for an expansion to the number of government-funded seats in the entry-level MPT program.

The new Graduate Certificate in Orthopaedic Manipulative Physical Therapy (GCOMPT) started in the Fall and our first cohort of six students are well into their studies. We look forward to a larger cohort in the program next year. Work is also continuing on our “Foundations” course that will give those entering the MPT program a flying start to their program, and we hope to implement this in 2018. We have also secured funding to develop some online modules on commonly used assessment techniques, which we hope to provide as a continuing professional development option for those wanting to refresh or update their knowledge in a number of key practice areas. And, work continues on exploring the feasibility of developing a student led clinic in the department, which would provide students from both the MPT and IEPEP programs with enhanced opportunities to participate in clinical education and research.

Unfortunately, our Knowledge Broker position is still unfilled. We will continue to try and recruit for this part-time position which is vacant until January 2019 – please let us know if you or any of your colleagues are interested!

As always, please let us know if you have any questions or thoughts about our programs and research directions at UBC. We would be delighted to hear from you, and look forward to seeing you at the BC Physio Forum & Gala in March!
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*PABC Survey, Summer 2016