Chronic Obstructive Pulmonary Disease (COPD), a combination of emphysema and chronic bronchitis, is a potentially devastating disease that causes lung damage and blocks the airways. COPD is the fourth leading cause of death in Canada and as many as 5 percent of British Columbians have been diagnosed with COPD; approximately 7 percent may have the disease but do not know it.

Treatment for COPD includes smoking cessation and pharmacotherapy as well as pulmonary rehabilitation. Pulmonary rehabilitation, combined with education and self-management programs, have been shown to result in a substantial reduction in hospital admissions as well as improving exercise tolerance, reducing shortness of breath and improving quality of life in these patients. However, only about 2% of all Canadians diagnosed with COPD have access to pulmonary rehabilitation programs. While this is bad news for the patients, it is good news for physiotherapists interested in this high-demand practice area.

The need for more pulmonary rehabilitation programs was evident to Jane Burns, a physiotherapist at St. Paul's Hospital and Coordinator of the COPD Clinic and the Vancouver COPD Program to Integrate Information Services and Management Education (PRIISME) project. While excellent programs are currently running at Lion's Gate Hospital, St. Paul’s and Vancouver General as well as in the Fraser Valley, there were barriers for patients to attend. It was felt that taking the programs out into the community where patients live would improve compliance and ease of attendance. Potentially, this community-based programme will lead in the continuation of an exercise program.

The Community Pulmonary Rehabilitation Pilot Project, an education and exercise program designed to help patients develop self-management skills for chronic pulmonary disease was initiated through partnership with the Vancouver PRIISME project, St. Paul’s Hospital and the Vancouver Coastal Health Authority. The first program was started at Kerrisdale Community Centre with referrals from local family physicians and respirologists. The objective was for hospital-based physiotherapists to provide the specific knowledge patients require to cope with their chronic disease and provide the motivation and inspiration for healthy lifestyle changes.

“Coming from acute care, where people generally recover from a fracture or sprained ankle and go on with their lives, it was quite different to realize that these people have to learn how to deal with...
President’s Report

A Rehabilitation Directorate...PABC working with the Ministry of Health to improve the health of British Columbians

Dr. Meena M. Sran, PT, PhD
President

In the past quarter, I have represented PABC in meetings with important partners in our mission to promote high standards in health in BC. In October, our External Director, Dr. Stan Leete, our CEO and I met with BCMA President, Dr. Geoff Appleton, to discuss how physiotherapists can work more strongly with physicians and, in particular, how we can communicate better with physicians and ease their workload through provision of physiotherapy services. The issue of access to physiotherapy was also a key conversation as there remain a number of BC residents for whom payment is a barrier to treatment and this, in turn, is a barrier to physician referral to physiotherapy.

In November, I had an informative and enjoyable meeting with the BC Minister of Health, the Honorable George Abbott, along with PABC’s Scott Brolin, Kathy Doull and our CEO, to discuss the key recommendations of the recent PABC report Physiotherapy in Public Practice Today. One of our key recommendations is for the Ministry of Health (MoH) to take a strategic planning approach to improve rehabilitation service provision in BC through the creation of a Rehabilitation Directorate. The Rehab Directorate’s primary purpose would be to share key information from the frontline, from rehabilitation providers themselves, to ensure the MoH has accurate and thorough information to make important decisions regarding rehabilitation services. PABC is leading this initiative, and have suggested that occupational therapy and speech language pathology be included. The Minister and his staff are in support of this recommendation and have already had a subsequent meeting with Kathy, Scott, Rebecca and Perry Strauss (PABC’s representative from our Business Affairs Committee. At the request of the Minister, private practice must also be included in the planning for comprehensive service delivery) to develop a Rehabilitation Directorate.

It has been a pleasure to attend meetings such as these with our partners in health care. It has been particularly rewarding to have the opportunity to discuss issues of importance to the MoH and to share our knowledge and experience regarding physiotherapy with the Minister and his staff.

I write to you on my final few days in India, and am happy to report that, in the past week, I have had at least two individuals tell me they have seen a physiotherapist recently, and I have had at least two other (unsolicited) requests for physiotherapy advice and assessment. It has been seven years since I last visited India and it seems, from my small sample, that there is improved understanding of the important role of physiotherapy here, as there is at home.

So here, at the beginning of 2008, things look bright. I look forward to serving as your President in the coming year. Thank you for being a member. Please contact me anytime with your ideas and concerns at: president@bcphysio.org.

MISSION: PABC provides leadership and direction to the physiotherapy profession, fosters excellence in practice, education and research, and promotes high standards of health in BC.

VISION: PABC will be a powerful, unified provincial organization respected and recognized both within and outside the profession, as the voice of physiotherapy in BC.

30 YEAR GOAL: Within thirty years, PABC will be proudly representing a profession that has enough capacity to meet BC’s needs. Members will receive the resources to excel, and will have widespread recognition among all stakeholders of their unique contribution as equal partners in the delivery of health care. PABC members will be increasingly known for their high standards, scientific evidence, innovative thinking, and ethical care.
Initiative? You’ve Got It, Physios

January is always a happy month for me. I became your leader in January seven years ago. So, each New Year, I have a calendar year to reflect back on, and a calendar year on which to dream forward.

Reflecting Back

It is your initiative that strikes me as your greatest asset in the association world. PABC leadership has come to depend on your initiative to ensure that what we offer is a success. Exceptional initiative in 2007 includes your astronomical support of our library services. We stood out on a limb when we worked with UBC to hire Eugene Barsky, and when we elbowed our way into eHLbc as its first and only association to offer an e-library. We now stand out on that strong limb as a rare fruit gaining admiration from far and wide: we won three awards (two national and one provincial) in 2007 for our unique library services, and other associations are asking how to follow suit.

Dreaming Forward

In my crystal ball, I see the recommendations of our Physiotherapy in Public Practice Today paper being adopted by government with the creation of a Rehab Directorate. I see every clinic owner participating in the Cost of Business Survey to again reach the highest percentage of national participation. I see our provincial and national reputation continuing to build. I see a new high of 1,800 members and each one of you knowing PABC is doing all it can to enrich your practice experience. And perhaps new surprises like Club Physio, Back Strain Guidelines, Outcome Measures Database System from the past few years.

May 2008 bring you exciting and fulfilling practice challenges and triumphs, and may you think to inform PABC so we can share your news with your colleagues.

The IEP Program is a GO!

PABC has been working with UBC, CPTBC and both the Vancouver and Fraser Health Authorities over the past year to find a solution to helping Internationally Education Physiotherapists (IEP) expedite their entry to practice in BC. As reported on page 24 of the Autumn Directions, we five partners applied to the Ministry of Economic Development and the Ministry of Health (MED and MoH respectively, see picture below) to fund a pilot project. We are happy to announce that the 2-year funding has been approved. Our proposal is based on the concept that the seed funding will result in a sustainable program by year three.

Our purpose is to develop a sustainable program to assist IEPs through the most difficult of the licensing requirements for them, which is the national physiotherapy competency examination (PCE). Their failure rate is very high compared to Canadian graduates, so our program will help them prepare for a successful outcome. This will put more IEPs into practice in BC than ever before.

The UBC Physiotherapy Department has kindly offered to administrate the program, while we other four partners will act as an advisory group. We hope the first intake will be in June in preparation for the November practical exam. Alison Greig will lead the project, working closely with MED’s Emily Hamer.

The project is a mentor-based concept, so watch for the upcoming notice of Search for Mentors. You will be trained in how to help the IEPs go through the learning modules that will lead to their successfully PCE experience.

PABC is pleased to have been a driving force in this creative and much-needed initiative, and we thank UBC for now taking the lead on behalf of all the partners.
their chronic illness on a day to day basis and still maintain their life roles” remarked Jane. “Chronic disease itself requires changes in health care practice where the goal is function and comfort, not a cure. In chronic disease, health care professionals such as physiotherapists are teachers and providers and not care givers. As well, the sites of care change in chronic disease from the hospitals and clinics to the community”.

To date, there have been 4 pilot pulmonary rehabilitation programs run through the Kerrisdale Community Centre with a large proportion of the patients coming back to attend a maintenance exercise program run by VCHA physiotherapists and respiratory therapists. Important outcome measures such as the 6 Minute Walk Test and the MRC Dyspnea Scale have proved significant results in pre/post test measures. As well, patients report a higher confidence in the ability to manage their disease, especially the onset of an exacerbation, which can often land them in hospital. There is now staffing commitments in place with VCHA to enable us to continue these programs as well as start some new ones in other areas of Vancouver in 2008.

The Vancouver PRIISME project, led by Jane Burns and a team from St. Paul’s Hospital Respiratory Division has developed a comprehensive chronic disease management program that includes hospital based and community programs, of which the pulmonary rehabilitation program is an integral part. Recently, at the 2007 International Conference on Chronic Disease Management held in Calgary and co hosted by the World Health Organization (WHO) through its regional affiliate the Pan American Health Organization, the PRIISME project was awarded the Decision Support Award for its integration of specialty care into primary health care. “They commended us on the way we have enabled primary health care teams to deliver proactive, evidence-based care”, said Jane.

The big push now is for more physiotherapists to become involved in chronic disease; we have the expertise to develop and prescribe exercise programs. With the increasing demographics of chronic disease looming, there is a huge role for physiotherapists to become involved in the years to come.

To learn how you can get involved or develop a similar program in your community, contact Jane Burns at AJBurns@providencehealth.bc.ca.

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**Bike Fit: Get Comfortable, Improve Performance, and Prevent Injuries!**

*by Tyler Dumont, BScPT, MSc, Dip Sport Physio, CSCS, Assistant Clinical Professor, UBC*

**What is a Bike Fit?**
Bike fit is the process of adjusting the rider’s bike to fit his or her body. I became interested in this concept and started providing bike fit to my clients about ten years ago while working at the Allan McGavin Sports Medicine Centre. I was treating many cyclists (e.g. commuters, road racers, triathletes) with overuse injuries. I soon realized I could be doing all the right things in the clinic, but incorrect bike fit was often a contributing factor in the injury, and if that problem wasn’t addressed, I would be “spinning my wheels.” I started reading as much as I could about bike fitting, and consulted with cycling coaches and bike store staff. Having competed in various forms of cycling for 14 years also drove my interest in bike fitting.

**What’s Involved?**
In many cases, riders mistakenly try to force their body to fit the bike, when it should be the other way around. A bike fit involves taking a patient history and physical examination followed by an assessment of the rider's current position. Adjustments are made for any errors detected in the shoe/cleat position, saddle position, and handlebar position. In some cases, I have to recommend a different part for the bike (e.g. a shorter stem to bring the handlebars closer to the rider). I also examine the rider's pedalling technique and posture on the bike and give recommendations for improvement. The whole process takes 90 minutes for one bike and one set of cleats.

**Typical Clients?**
I see many types of cyclists. Triathletes are the most common. Their riding position often makes it a challenge to get comfortable on the bike, especially if they have pre-existing problems (e.g. past injuries, postural dysfunction, degenerative changes). I’m also now seeing more “boomers” who have gotten into road cycling for fitness and recreation. In many cases, their bodies won’t tolerate the typical road race position and I have to adjust the bike to make them comfortable.

I also see a lot of people that are no longer able to run or hike comfortably (e.g. due to osteoarthritis) and have taken up cycling. I often have to adjust their bikes to accommodate their mobility restrictions. I also see bike commuter, road racers and cross country mountain bike racers. Clients are referred to me from GPs, sports medicine doctors, fellow physiotherapists, and by word of mouth.

**“Bike fit” Benefits for Cyclists?**
If you can get comfortable on the bike, you’re able to concentrate on pedalling and remain as efficient as possible. If your spinal and lower extremity alignment have been optimized you’re able to get more power to the pedal. A proper bike fit is also valuable in preventing overuse injuries from developing.

**Where can Cyclists Go for a “Bike Fit”?**
Call my new clinic Physiomoves Physiotherapy Clinic in Surrey at 604-575-7477 to book an appointment. They can also refer to www.physiomoves.com for more details about my bike fitting service.
Radial Extracorporeal Shockwave: An Exciting New Therapy for Physiotherapists

The PABC office has had a number of inquiries from patients about Radial Extracorporeal Shockwave, so we asked the physiotherapists most experienced in its use, Dag Ronhooode and Dawn Stevens, to give us their perspectives. (There are three BC clinics that we know of that are using this technology)

What is radial extracorporeal shockwave therapy?

Radial shockwaves are high-energy acoustic waves transmitted through the surface of the skin and spread radially (spherically) into the body. The body responds with increased metabolic activity around the site of the pain. This stimulates the metabolism and enhances the blood circulation and accelerates the healing process.

Dag Ronhooode
Bayview Physiotherapy, Nanaimo

Radial extracorporeal shockwave therapy (ESWT) is an exciting new technology that offers hope for people with chronic injuries who have failed to heal on their own. I must admit that I was skeptical when I first heard about it. However, I have been pleasantly surprised by the excellent results I have obtained. Since March 2007, I have treated 28 clients with ESWT. With 24 clients, I obtained excellent results; with four people, there was no response to treatment.

ESWT is well suited for chronic tendon, ligament and fascia conditions in the shoulder (calcific tendinitis), elbow, hip (bursitis, tendinopathy), knee (patellar tendinopathy), heel (Achilles) and foot (plantar fasciitis).

- Shockwaves accelerate the healing process by stimulating the release of various growth factors, which promotes neovascularisation that improves blood supply and increases cell proliferation and tissue regeneration to repair tendon or bone tissues.

- Pain relief after ESWT has been shown to take effect due to depletion of substance P and the overstimulation of small nerve fibers which block an increase in pain stimuli and, thus, intensify the analgesic effect. (R. Melzack, P.D. Wall, “Pain mechanisms: A new theory,” Science, 150:171-9, 1965

- The shockwave is produced by a projectile located in the D-Actor Applicator, which is accelerated to a high speed by a pneumatic pulse. The therapeutic shockwave is generated as the projectile strikes the shockwave transmitter.

- Shockwave is emitted from the surface of the applicator and spread out in a radial pattern with a penetration depth of up to 35-40mm. Ultrasound gel is used as a coupling medium and the applicator head is moved over the pain area while 2000 pulses are delivered to the tissue to exert its curative action.

- As with any modality or technique around, there is never a 100% certainty this technique will fix the problem, but it is a better option than surgery or cortisone.

- Most insurance companies now cover a portion of the cost of treatment but it varies so each individual candidate is advised to check their own plan before considering treatment.

Dawn Stevens
Cloverdale Physiotherapy and Sports

Since the machine was acquired in the clinic in 2003, the main conditions treated have been plantar fasciitis, and supraspinatus tendinitis. Tennis elbow and soft tissue pain have also been treated with less frequency but with excellent results. The desired result is a decrease in pain, and an immediate increase in range of motion with frozen shoulder. It is important to scan for and treat biomechanical problems prior to providing ESWT treatment. The treatments are usually one week to ten days apart for three or four treatments and are carried out within the pain tolerance of the patient. Sometimes the pain is gone with the first treatment but it can take up to four treatments. Pain and range of motion issues are always improved after the third or fourth treatment.

There have not been any negative results but sometimes the pain returns after a year or eighteen months and the treatment, repeated once, usually has the desired results of pain relief.

Watch for your new 2008/09 Find a Physio in the Spring Directions, May 1st.
AGM Announcement

PABC/CPTBC Joint AGM Day, April 12, 2008

The Association and The College are holding our AGMs on the same day so that you get all you need in one visit.

Saturday, April 12th, 8:30-3:30, Empire Landmark Hotel on Robson Street

Come for updates, good food, convenient downtown location, and that ever important networking with your colleagues. And all free!

8:30 – 9:00 a.m. Continental Breakfast and Trade Show
9:00 - 10:30 a.m. Education Session
  Privacy Protection and your Practice
  Continuing Competence Update
10:30 - 11:00 a.m. Coffee Break and Trade Show
11:00 - 12:30 p.m. CPTBC AGM
  Beth Maloney Memorial Lecture, with guest speaker, Angie Abdou
12:30 - 1:30 p.m. Lunch, Hosted Wine Bar, Trade Show
1:30 - 2:30 p.m. PABC AGM
2:30 - 3:00 p.m. Coffee Break, Trade Show and Prizes
3:00 - 4:00 p.m. PABC Public and Private Practice Updates

Education Session Details:

Privacy: An often little understood but critical issue to all physiotherapists is the Personal Information Protection Act (PIPA) and the Freedom of Information and Protection of Privacy Act (FOIPPA). Mary Carlson, Executive Director of the Office of the Information and Privacy Commissioner of BC will explain, using physiotherapy examples, how BC’s privacy legislation affects you.

Continuing Competence: The College will provide an update on the new Quality Assurance Program which is currently under development.

Beth Maloney Memorial Lecture: Author Angie Abdou will discuss her new book The Bone Cage (Medieval reference to the body), reviewed on page 11 by PABC member Heather Kerr. Heather quips “it is a clinical case study with a soul,” a rare literary depiction of sport and even more rare literary depiction of physiotherapy.

Look for the yellow AGM insert in this newsletter, containing the Registration and Proxy.

AWARD NOMINATIONS:
PABC Awards of Excellence: Have an exceptional colleague? Let the world know by nominating him/her for one of our five awards: Administration/Leadership, Clinical Contribution, Education, Professional Contribution, Research.

We simplified the process, so now it is quick and easy. Go to www.bcphysio.org Members Only site/PABC and You/Awards. Winners will be presented their award at the AGM. Act now — applications due February 28th.

Ruth Byman Memorial Award:
Ms. Byman was an exceptional member, remembered by her family for her thirst for knowledge through this annual $1000 tuition for continuing education for a mid-career physio who loves learning. Follow awards links as above.

New BC Research Award: PABC responded to Physio Foundation’s call for donations with a new $2000 award for only a PABC member. Details for application will be on the PFC site in a few weeks; deadline February 15th.

www.physiotherapyfoundation.ca

PABC Board of Director Nominations

Each of PABC’s seven regions has a member representative who sits on the Board as a Director for a two-year term for a maximum of three terms. This year, there are four positions up for nomination or renewal:
Greater Vancouver/Peace River Liard
Kootenays
North West
Fraser Valley

Each of these Regions, except for Fraser Valley, have incumbents wishing to renew their terms, however, the positions are determined by vote so any Region member may apply for nomination. Contact PABC by February 15th with your interest. The Directors will be announced at the AGM on April 12th.
News from the Provincial Paediatric Therapist Consultant

by Jason Gordon, BScPT

I made my first introduction on Directions pages last issue. In follow-up, here is an update on what is new. The office of the Provincial Paediatric Therapy Consultant is responsible for directing several projects and initiatives to facilitate the recruitment and retention of therapists in paediatric settings.

One such project has recently been completed, an investigation into the utilization of therapist assistants in paediatric settings. The intent of this project was to determine if there is a role for therapist assistants in the delivery of paediatric therapy services, and if their utilization has the potential to enhance rehabilitation services for children in BC. There are several documents that have been created by this project. To take a look, visit the website www.therapybc.ca. Under the 'Projects & Initiatives' drop-down menu, select 'Paediatric Therapy Consultant Updates'. Go to the 'Therapist Assistants' menu and there you will find several documents related to this project. I hope you find them useful!

“Welcome to BC” to our New Members!

Most of the new members that have arrived in BC are from all over the world such as India, Iran, Wales, New Zealand, England and Australia. About 1/3 of our new members are New Grads who have arrived from other provinces upon graduation. We are very happy to have each of you in our midst, and on behalf of the PABC membership, we hope you thrive in your new home. Thank you for coming to BC to help fill our many vacant positions!

Lubna Allana  Katie Foster  Sheila Marshall
John Anderson  Anne Harris  Karen Morgan
Aman Bajwa  Shirin Hatami  Keli Ormond
Tara Baker  Hannah Helfenstein  Sue Peters
Marla Balzer  Aaron Hunt  Graeme Poole
Jane Bird  Maryam Jabbary  Tricia Prevost
Jennifer Brown  Leah Jones  James Rowan
Francesca Cartmell  Hussein Karim  Erin Shanahan
Joseph Cheng  Shendra Kelly  Renata Szado
Michael Conway  Gilbert Lapurga  Patricia Thompson
Jessa Eng  Catherine Le Coru-Levett  Rebecca Vanweerd
Laleh Eskandari  Cheryl Lea  Kristyn Watters

Also, a Big Welcome Back to the 30 re-joined members, and a Warm Hello to all renewed members.

Want to network with your kinsmen? If you speak a second language and want to chat with a colleague in the same language, search Find a Physio (www.bcphysio.org) under Non-English Service where over 200 members speak over 30 languages listed.

Volunteers for Diabetes Expos

The Canadian Diabetes Association is hosting three Metro Vancouver Live Smart Diabetes Expos for which they seek physiotherapist volunteers for “Ask the Expert” sessions from 11-2 as follows:

Saturday, April 19th; Saturday, May 24th – Broadway Church, Vancouver
Saturday, June 7th – Salvation Army Church, Abbotsford

The Expos offer the public a full-spectrum of resources on the disease. Details at www.diabetes.ca, or contact Franca Lattanzio at (604)732-1331 or franca.lattanzio@diabetes.ca

Spotlight on a New Member

Jill Irvine graduated from UBC in 1995 with a BScPT. She has worked for 12 years as a physiotherapist and has specialized in orthopaedics and sports rehabilitation mostly in universities or sports medicine clinics. Jill started her career in BC but, in 1998, she moved to Alberta to be near her twin sister, Wendy Neidhardt who was also practicing as a physiotherapist in Calgary. There, she worked with internationally acclaimed athletes, medical teams and coaches including the Canadian Senior Men’s Rugby team, and the Canadian Women’s National Ski team. Jill has extensive training in Manual Therapy and Sports Physiotherapy. In May of 2001, she completed her Certificate of Orthopaedic Manual & Manipulative Physiotherapy and became a Resident of the Canadian Academy of Manipulative Therapy, and has since pursued further education towards her Diploma. In 2003, she received her certification in Dr. Gunns Intramuscular Stimulation at the Institute for the Study and Treatment of Pain. In 2004, she completed the required courses for the Research Masters of Science program in the Faculty of Kinesiology at the University of Calgary. In 2004, she completed her Level 1 Acupuncture courses from the Acupuncture Foundation of Canada Institute. This year, she completed the Rehabilitative Ultrasound Imaging Residence with Jackie Whittaker.

With the birth of her son in 2005, she began to focus on where she wanted to raise her family. Jill and her husband, Mark, decided to return to Beautiful British Columbia to be near close friends and family. They moved to White Rock where she has just opened Jill Irvine Physiotherapy in Ocean Park. She feels it was a good decision to make as Ocean Park has a great community feel, the people are very friendly and it is an exceptional place to work as a physiotherapist.
The Burgeoning Private Practice Toolkit

by Tanja Yardley, BScPT, Business Affairs Committee Chair

Welcome to 2008! It is a habit for me to spend New Year’s Eve reflecting on the past year and setting goals for the one ahead. This year, it was no easy task as 2007 was jam-packed, with several projects snowballing and gaining momentum. A few BAC business tip sheets swelled into an entire business toolkit, and a few consumer tip sheets exploded into a full customizable patient resource library with more patient info sheets on the way. The Back Strain Task Force did us proud with their outstanding research summary and the Outcome Measures Database continues to grow. The business tele-seminars were well attended and the program is growing to include seminars for associates as well as business owners.

Our goal this year is to keep the momentum going, to complete the ambitious projects that we started, and to explore ways to make the tools practical, accessible, and user-friendly for paper pushers and computer users alike. We also hope to attain a higher level of engagement with members who are not actively involved in the committee or in our work. There are so many bright, talented, enthusiastic PABC members who can help to bring our profession to the next level. From personal experience, I can say that one of the most satisfying aspects of my career has been the opportunity to contribute and give something back. If you have useful patient info sheets that you would like to share, business experiences that may help someone else, or the desire to mentor someone new to the profession, please feel free to contact us via the PABC office.

The biggest effort for all clinic owners in 2008 will be the return of the Cost of Business Survey (COBS) we conducted through CPA in 2005. The tool has been refined and for the first time will run in each province. We thank BAC member Andrew Mills for being our representative on CPA’s national working group that is spearheading COBS 2008. We will be asking each clinic to pull up your most recent year-end statements and find a couple hours to enter the data on the e-form this spring. This important work will build on our 2005 findings (recommended fee of $64 plus suggestions for improving your bottom line) and be instrumental in insurer negotiations.

Happy New Year to all of you. I wish you much success, prosperity and job satisfaction!

Tanja Yardley co-owns four clinics on Vancouver Island, is a Mom to two young children, is completing Business Leadership Training, and will be presenting two businesses courses at CPA Congress in June.

Achieving the Results You Want: Inspect What You Expect

by Erika Trimble, Business Coach

On the path of building a business, we learn valuable lessons, and one of my most valuable lessons is “inspect what you expect.”

I recently asked a physiotherapy clinic owner how things were going in the different areas of his business. When we got to the topic of front line staff, he talked about how well things were going. I asked the critical question: “How do you know?” We decided to find out. We called his clinic (this is called a ghost call) and asked some questions. I expected a good outcome. It was very disappointing. The receptionist was void of enthusiasm, and she didn’t have the information we asked for. She wasn’t building rapport and delivering a friendly and energetic tone. This struck us both. I reflected on something Michael Gerber says in *The E-Myth: People don’t fail – systems do*. This was a classic case of a missing system. There was no one to blame.

You can’t sustain growth in your business without having a process to uncover the deficiencies. Expectations are the promises you make to your customers and employees, and random checks are a key business practice that will enable you to determine the gaps between your expectations and theirs.

Periodic checks are less about policing and more about systematically ensuring that what you are expecting happens. Are you as the leader of your clinic happy with the way your staff is talking to your patients? Are you happy with the entire process that makes up your client experience?

All too often, leaders abdicate rather than delegate, giving staff control of the outcome and saying, “just get it done.” Too few inspect the work they’ve delegated, to make sure it meets or exceed their standards. Inspecting allows you to collect feedback that will ultimately provide even clearer expectations for your staff.

Make 2008 your year to inspect what you expect.

Erika Trimble is a business coach who offers private physiotherapy clinic owners proven strategies for creating successful physiotherapy businesses through her Private Practice Business Success Program. Enroll at www.prosperousphysiotherapy.
Public Practice Directions

Public Practice Momentous Momentum

by Kathy Doull, BScPT, MA, Chair Public Practice Advisory Committee, PPAC

“If everyone is moving forward together, then success takes care of itself”
Henry Ford

What an exciting year it has been for PPAC and for PABC! We have seen a record number of public practice members in PABC, and have had very positive interactions with the Ministry of Health that seem very promising for the future.

The Public Practice Today Report, which summarized the key trends and issues identified by physiotherapists across BC, was completed (after several years of surveying) and sent off to decision-makers at all levels. What was perhaps surprising was the speed which we had responses. Both the Ministry of Advanced Education and the Ministry of Health responded immediately with requests to meet. Our meeting with the Minister of Health and several of his Assistant Deputy Ministers (ADM) went very well. From this, another meeting occurred with the ADM Valerie St. John, and Director of Health and Human Resource Planning Judy Thompson, PABC’s Scott Brolin, Perry Strauss, Rebecca Tunnacliffe and myself to develop an initial action plan. This plan includes the hiring of someone within the Ministry to more specifically address issues of rehabilitation professionals recruitment and retention, which is a very positive first step!

I believe one of the keys to PABC’s success in this action is our collaborative approach, willingness to engage others, and ability to see the big picture — it is not just about advocating for physiotherapy needs but rather looking at solutions that will improve the population’s access to appropriate rehabilitation in all settings. This means looking for solutions that involve and address the issues of the many other professionals involved in delivering rehabilitation services within BC.

We have received a great deal of member and non-member feedback on the Public Practice Today report, much of which is positive as well as some constructive feedback. Some believed that the report did not reflect adequately those areas where positive steps have been taken to address the challenges of physiotherapists working in public practice settings. I would absolutely agree that the report did not attempt to identify the differences between specific geographical areas. Feedback used for the report was gathered based on provincially distributed surveys that obtained information about physiotherapists’ perceptions of practice. These results were then analyzed for over-arching trends and only the strong trends that were noted consistently were included.

It is very positive that several health authorities are already taking steps to address the key issues identified in our report and we hope to use the leadership they have demonstrated to help move solutions forward as we continue to meet with the Ministry next year. The fact that some health authorities have targeted many more resources to rehabilitation leadership and practice also highlights the disparity across the province. Our primary goal is to lessen this disparity to ensure that everyone in BC has timely access to appropriate and needed rehabilitation care regardless of where they live, and that the rehabilitation professionals who provide this care (including physiotherapists) are adequately supported to provide evidence based and effective treatment. Based on the progress in 2007, I am very excited about what 2008 will bring!

As always, please feel free to contact me with any comments, ideas, suggestions or news about public practice physiotherapy, or log onto PABC’s website and chat on the public practice discussion board! We’d love to hear from you. www.mkdoull@shaw.ca

PS: Please cast your CPA Vote!!

CPA Board Director election time is coming up, and there are three director positions vacant. For the last few years, PABC has nominated someone from BC but we have not been successful in getting that person elected due to the low number of BC members voting. I believe it is important to have BC representation at CPA so that our voice can be heard at a national level, and so that we can provide leadership by sharing some of the strategies that have made PABC such a great organization.

Last year at our AGM, we were gently chastised by Pamela Fralick, CPA’s CEO. Pam shared that our voter turnout from BC was dismal. Our problem with getting someone elected isn’t a lack of suitable candidates, but rather a lack of people taking the time to vote. I was one of the people who had to hang my head when I heard this. I had not read any of the CPA notices and had not realized I missed the opportunity which I’m sure is also true for many others. Not a good excuse though, and, as the time is coming again, I am making a resolution to do things differently this year!

So I’m encouraging you to take the time to vote. Currently both Brian Riemer and I are running. This year there will be the option of electronic voting so it should be super easy. Regardless of whom you vote for, it is important that we see a huge turnout of BC folks voting!
Library and Information Technology (LIT) Directions

by Eugene Barsky, MLIS, PABC Outreach Librarian

Once again, my column will be devoted to the incredible PABC electronic library. With introduction of the PABC library on September 1, 2007, available from the PABC members-only website, all PABC members now have exclusive access to thousands of full text journals and a number of high quality full-text evidence-based practice databases at their fingertips to keep up-to-date with your clinical and research practice needs. We are the only association with this kind of access (physicians of course have their own package), and although public practice physiotherapists have had access for some time, I can see already that all PABC members are benefiting from our new focus on this tremendous resource.

I am extremely happy with the enthusiastic uptake of this resource by the PABC members. During the first three months since our library release, you performed almost 5,000 searches on our resources. I wonder where all those questions were directed before we purchased those library resources for you?

A reminder on how to access our PABC library:
1. Go to the PABC website – www.bcphysio.org members-only section
2. Log in with your user ID and password
3. Click on the Library Services category (third from the left)
4. Click on Databases and Full Text category
5. You will see a list with all our databases and full text; click on the appropriate title to go in and start searching
6. See tips and tutorials for our resources on the Tutorials and Training page under Library Services

Let’s now focus on one of the e-library resources that you now have access to – EBMR (Evidence-Based Medicine Reviews).

As you know, in medicine and health sciences there is a move towards evidence-based practice. This is the resource that summarizes much of the evidence out there. EBMR includes the following databases: Cochrane Database of Systematic Reviews (full-text); Database of Reviews of Abstracts of Effectiveness (full-text abstracts); Cochrane Controlled Trials Register; ACP Journal Club (full-text).

Therefore, the evidence-based medicine reviews collection is a growing database of regularly updated systematic reviews of the effectiveness of health care. The complete reviews and the protocols are prepared by the Cochrane Collaboration, an international organization dedicated to preparing, maintaining, and promoting the accessibility of systematic reviews of the effects of healthcare interventions.

In essence, it means that you now have access to all existing Cochrane reviews 24x7 from any computer with Internet access. You can find, view, read, download and email those reviews at your convenience and easily use the best available evidence in your daily practice. But please remember that when you are searching the EBMR collection, you are searching only the best available evidence. Not every single topic is covered by a Cochrane review, therefore you may also need to work with PubMed and CINAHL databases (discussed in the last issue of Directions) for research on a topic of your interest.

To access the EBMR e-collection:
- Go to the PABC website - http://www.bcphysio.org
- Log in with your user ID and password
- Click on the Library Services category (third from the left)
- Click on Databases and Full Text category
- You will see a list with all our databases and full text; click on Evidence-Based Medicine Reviews to start searching for best available evidence

Eugene gives a workshop in Cranbrook for the East Kootenay members. He was in Nelson the previous day with the West Kootenay members.
Eugene’s Websites worth a click:

Two online exhibitions that you might find of interest:

1. Do Mandrakes Really Scream? Magic and Medicine in Harry Potter — online exhibition by the U.S. National Library of Medicine — http://www.nlm.nih.gov/exhibition/mandrakes. There is more to the Harry Potter series than a child hero or a fantasy adventure — many of the characters, plants, and creatures in Rowling’s stories are based in history, medicine, or magical lore. Death, evil, illness, and injury affect the characters of Harry Potter’s imaginary world. In describing their experiences, Ms. Rowling has drawn on important works of alchemy and hermology. These works and other links to Harry Potter books are examined in this exhibition.

2. Anatomia 1522 to 1867 Anatomical Plates from the (University of Toronto) Thomas Fisher Rare Book Library — http://link.library.utoronto.ca/anatomia/application/index.cfm. University of Toronto has a wonderful online collection to share. It features approximately 4,500 full page plates and other significant illustrations of human anatomy selected from the Jason A. Hannah and Academy of Medicine collections in the history of medicine at the Thomas Fisher Rare Book Library. There are ninety-five individual titles represented, ranging in date from 1522 to 1867. You can browse this collection by body region, view the highlights, or just search the plates.

Book Review

The Bone Cage
by Angie Abdou

Review by Heather Kerr, BSc.PT, RCAMT, CAFCI

When writer Angie Abdou gave herself the task of describing the sensuality of competitive swimming, it was pretty easy. The former university-level and current master’s swimmer loves her sport. “I’m proud of the swimming descriptions because I think they’re quite poetic, which is kind of a kinesthetic form of language,” says Abdou of her first novel.

When it came to writing about wrestling, something not as familiar, she did what any good physiotherapist would do – asked a lot of questions, and performed a site visit. This came in the form of having her brother Justin, who wrestled for Canada in the Sydney Olympics, take her through a few gut wrenches.

The shining end product is The Bone Cage. It is important in its rare literary depiction of sport and even rarer literary depiction of physiotherapy. This novel follows Sadie, a swimmer, and Digger, a wrestler, both in the twilight of their competitive careers, as they prepare for the Sydney Games. Physiotherapists who work with athletes will recognize the insular worlds of Sadie and Digger, the dogmatism of their coaches, and the ever-present team goofballs. The novel explores the various ways elite athletes topple from their moments of perfect existence and then strive to once again regain that zone.

The Bone Cage is a medieval reference to the body, a central theme of the novel. Enter Abdou’s varied portrayals of athletes’ relationships to the body, and to the medical professionals who “fix” bodies. Abdou is unafraid to touch on negative medical experiences and set patronizing professionals in their places. The Bone Cage makes literary forays into many underrepresented areas of medicine, such as acupuncture, prolotherapy, and the enormous grey area of mental health, reminding readers that there is a story behind every individual in care. Athletes and non-athletes alike will find the honesty of this work insightful, transporting them into the bone cages of Olympians, helping to better understand their bizarre and amazing world. The Bone Cage could easily be a clinical case study with a soul.

Heather Kerr

Heather Kerr practices in Fernie, where Ms. Abdou also makes her home.

Angie Abdou will be the Beth Maloney Memorial Speaker at this year’s joint PABC & CPTBC Annual General Meeting, discussing her novel, The Bone Cage. Angie teaches English at Cranbrook’s College of the Rockies and is a Ph.D candidate in the University of Calgary’s Creative Writing program. The Bone Cage is published by NeWest Press, and is available at bookstores across Canada. For more information, go to www.abdou.ca.

Come hear the story behind the book at the PABC/CPTBC Joint AGM Day, April 12th. See page 6 for details.
New Directions in Physiotherapy

by Neil Pearson, MSc, BScPT, BA-BPHE, Cert MDT, CYT

Yoga as Physical Therapy

I piloted a yoga class for people with severe depression at Penticton Regional Hospital (PRH) in late 2007. Most of the patients had a dual diagnosis with physical injuries or chronic pain, which is why hospital psychologists looked for a PT qualified to teach yoga. The patients benefited so much, PRH and I will continue this class and open a new one for people with anxiety disorders, as well as consider researching the effectiveness of tapping into physical therapy through yoga for psychological issues.

As a physical therapist providing yoga, I often have people coming to my classes due to their sense of safety learning from someone whom they know is knowledgeable about the body. On the flip side, people often come to me for physical therapy because they see someone also trained in yoga as having a more holistic or alternative approach. They may come because they have a yoga injury, an injury that is not improving through yoga, or an injury limiting their yoga practice. In each case, my clients receive therapy informed by my physio training and by yoga. The former gives me the western science and biomedical knowledge whereas the latter promotes the science of one and the interconnections of all aspects of our organism. I’m certain other physical therapists trained in yoga have similar experiences — these systems work so well together, and, as the therapeutic yoga classes are showing, the benefits of yoga, and of physical therapy, extend far beyond the physical.

Educating the Public on Pain

On October 15th, I presented a free pain neurophysiology and pain management education session at Vancouver General Hospital. The session was part of a pilot study into the effectiveness of large group education for people with heterogeneous chronic pain. In collaboration with Dave Walton at UWO, Lorimer Moseley and Sheila Kerr, this session was the first of potentially three for this education/research (one is scheduled for February 4, 2008 in Penticton). In Vancouver, over 70 attended the session, which was recorded and can be viewed on a link from www.lifeisnow.ca (pain management page).

Research participants completed the Pain Self-Efficacy and the Pain Catastrophising Questionnaires along with the Survey of Pain Attitudes before, immediately after and four weeks post-education. Preliminary findings are encouraging, but will not be released until the pilot is completed. If large group education is effective, we hope this research will encourage more physiotherapists to teach it in this cost-effective format, and that it will enhance the role of physiotherapists as leaders in the treatment of people with persistent pain.

The Future of our Treasured Resource, The Librarian

The PABC-UBC partnered Outreach Librarian position is funded through a three-year Sutherland Foundation grant. This month, we enter our 3rd year of the funding and in the past two years our Librarian, Eugene Barsky, has established himself as an invaluable resource. Therefore, we have been planning for a long-term sustainability of Eugene’s position for 2009 and beyond.

In December, Eugene and I met with UBC Head Librarian, Peter Ward, to discuss options for a joint librarian position in the absence of foundation funding. PABC proposed a joint position whereby we would cover the librarian salary for two days a week and UBC would cover the salary for three days a week.

Dr. Ward agreed that a shared position is an innovative and appealing proposal that he will take to his executive team for a decision.

While a UBC partnership is the ideal scenario for many reasons, should the proposal not be accepted, PABC is prepared to directly hire a librarian for two days a week so that you will continue to benefit from the wonderful and highly used services that Eugene has brought to us. The Alberta Physiotherapy Association is interested in sharing the Librarian position with us in this latter scenario.

Be assured that through one innovation or another, PABC’s Librarian is here to stay.

Physio Factoids

PABC Membership Growth as of December 31, 2004-2007

PABC Website Hits – Oct.-Dec. 2007
• 19,440 web hits
• 38% of visitors were new
• 8,884 people visited the site
• 8 pages average per visit
• 5 minutes average length of visit
Members in the News

Kerry Maxwell was in the Province in an article on the importance of good posture.

Rick Celebrini was in the Vancouver Sun in an Olympics article about working through an injury. Rick was also noted for being instrumental in Michael Janyk’s return to ski racing.

Peter Goyert and Louise Didyk were in the Vancouver Sun and the Prince George Citizen in an article about Blackberry Thumb and other technology injuries and how to avoid them with good ergonomics.

Carol Kennedy was in the Vancouver Sun and the Times Colonist in feature articles on headaches related to posture.

The Vernon Morning Star focused on physios in two issues: 1) Judy Fullerton and Jen Gulley were lauded for their work on the author’s running injury; 2) Maureen Thiel was featured for her remarkable work with children for which she was named the Champion of the Child 2007 by the North Okanagan Early Childhood Development Coalition. Born and raised in the Kootenays and settling in Vernon, Maureen knew from age 12 that she wanted a career helping disabled kids. After 40 years in practice, Maureen retired last year from a career that she found to be “serious but fun.” Her paediatric approach was to “use the child’s imagination for the activities….The success always belongs to the child and to the family.”

Marie Westby was the expert in the Vancouver Sun’s article on joint replacements, which included “Marie Westby’s recommended list of joint-friendly activities”.

The Victoria Times Colonist drew on Jodi Ganton’s expertise in incontinence in an article on Leaking Secrets.

Sally Lindley-Jones and her offerings at Osoyoos clinic were the topic of the Oliver Chronicle where associate Ali Coupe and new grad Sarah Stewart also got special mention.

Darlene Burrell hit the Valley Voice with the news of her expanded clinic and the addition of two new grads, Christine Bialkowski and Alex Ward.

The Victoria station CFAX-AM interviewed Karen Webb about her book Body Basics and her treatment knowledge of pain and arthritis.

Burns Lake District News featured Kate Portman and new grad Gabe Newman with tips on safe shovelling. Kate works at Alpine Physio in Smithers mid-week, and at Burns Lake Hospital M/F to make the most of her skills in the northwest.

Saranne Drew was mentioned in the North Shore News as the physiotherapist who keeps 80 year old Betty Jean McHugh in top form for her marathon running endeavours. Mrs. McHugh recently completed the Honolulu Marathon in record-setting time.

Baby News

Leah Taranger had her first child, Nathan Xavier, 7 lb 7 oz, on October 19 (the PABC East Kootenay Town Hall meeting was on the 20th in the same hospital!, so several members met newborn Nathan).

Tanja Mayson (née Des Rosiers-Fuchs) welcomed her first child Téa Gisèle on October 13th, weighing 9 lbs 13oz.

Tanja and Dan Bos had their first child, Zackary James, on July 25, 2006 weighing 6lbs 12oz. He is a toddler now, but good news never ages.

Asifa Mithani’s firstborn, Jadyn, arrived on April 16, 2007, weighing a slight 5 pounds.

Remember – make sure the little birdie tells PABC when you have a baby so we can share the good news with your colleagues!

In Memoriam

Steve Zellinsky

Steve graduated in 1973 from UBC with a Bachelor of Science in Rehabilitation Medicine. After one year as an OT, he soon became Assistant Director of Physiotherapy at the Royal Jubilee Hospital and in 1980 established his sole charge physiotherapy private practice, Jubilee Centre Physiotherapy.

Steve lived physiotherapy and cared deeply for his patients and their well being. With his illness in the past year, his patients have expressed their personal caring and appreciation for him and his work. Many chose to not seek treatment elsewhere when Steve was ill, preferring to wait until he returned to work. Phone messages during his illness were often “our thoughts are with you.”

Steve volunteered as a trainer with the Victoria Jr. Shamrocks lacrosse team (2007) and the Mt. Doug Rams High School Football Team (1997-2007). For both teams, Steve provided physiotherapy treatment to players, along with his time, as his contribution to youth and sport.

Steve was the quintessential physiotherapist, and will be missed by family, friends, colleagues and patients.
Mark your calendars for February 12, 2008! That’s when you’ll officially be able to apply for a volunteer role with the Vancouver 2010 Olympic and Paralympic Winter Games.

It’s the chance of a lifetime to join the team of volunteers as Vancouver welcomes the world. Applications will be accepted on the www.vancouver2010.com website; keep your eyes open in early February for more details.

Sport Physiotherapy BC is always actively recruiting new members. We are also dedicated to assisting our members in providing the education and requirements needed in order to volunteer at 2010 and beyond. If you have questions regarding the Sport Physiotherapy Canada/BC membership and education system, please contact us at sportphysiobc@yahoo.ca.

We are pleased to announce one of our upcoming education opportunities: the return of Matt Walsh, PT, for “Rehabilitation of the Runner, Part II”. This one-day course will be held both in Vancouver (February 23) and Victoria (February 24). This will be a dynamic, hands-on course designed to evaluate and treat the injured runner. All course information and registration details are found on our website at www.sportphysiobc.com/events as well on the PABC on-line education calendar.

See you on the sidelines.

Timberly keeps busy between her Vancouver practice, her volunteer work with SPC-BC, and her team travels. Just back from Dubai and South Africa with the Canada Senior Men’s 7’s Rugby team, Timberly says of her experience: “The team environment is just awesome. Of the two locations, I much preferred South Africa. Very beautiful and so much more culture than Dubai.” She is now off to New Zealand and San Diego with the team.

Nadine Plotnikoff was at the World Wrestling Championships (mens’ and womens’) in Baku, Azerbaijan (a former Soviet Republic just north of Turkey and Iran) recently. There were 120 countries for this first Olympic qualifier where 2 of her team qualified. In August, Nadine travelled with the senior national womens’ wrestling team to Beijing where they trained with the Chinese National Team for a few days and then enjoyed a “familiarization” of Beijing program courtesy of the Canadian Olympic Committee. Nadine says: “Our womens’ team is a “targetted” sport for the 2008 Summer Olympics, which is why we had this program offered to us. We toured Beijing’s highlights, did some legendary shopping, saw the Great Wall and, on August 8th (the one year anniversary of the opening of the games) were dinner guests at a private dinner club on Tiananmen Square.” The womens’ team finished in the Top 6 at the Worlds, and therefore attended the World Cup of Wrestling in Tiuyan, China last month.

Sports Physiotherapy BC helped PABC put together the Fall 2008 Lecture/Audiocast Series, Keys to Unlocking the Olympian Within. See Education Calendar on page 24 for details.
Calling All Mentors

Enjoy the Investment in Someone Else’s Success!

by Tracy Blyth, Director, Membership Services and Component Relations
Canadian Physiotherapy Association

While the national Mentorship Program is a wonderful way to welcome members new to our profession or association, the program can also benefit members who are looking to challenge themselves by taking on a new role as a mentor. Mentors benefit from the opportunity to enhance their leadership skills while experiencing the satisfaction of investing in someone else’s success.

The first step towards becoming a recognized mentor is to log on to the mentorship page on the CPA website and review the list of resources available. These resources will help ensure that you identify appropriate areas in which to act as a mentor, and that appropriate matches are made by mentees interested in your profile.

There is also training available. The e-learning modules provide comprehensive information to help you go through the stages of the mentorship relationship and the sign-up process. We recommend you use these online learning material in “bite size” segments focusing on what you need right now.

When you have made up your mind to become a CPA mentor, you can simply register yourself electronically. Only then will your name and expertise will be available for mentees to access. Not all mentees are new physiotherapists or even new members of CPA. The mentee may simply be changing her/his specialty and wanting some guidance. Or perhaps he/she is opening a new clinic and wants to have someone there to answer questions.

The ideal mentor/mentee relationship is one where the mentor and mentee equally contribute to and benefit from the relationship. Each can learn from the other and a positive (often lifelong) relationship occurs. The mentor brings leadership, knowledge and experience. The mentee brings unique life experiences to enhance the relationship. For the mentor there is great personal gratification in seeing your mentee succeed in her/his role. The mentee can also provide you with a new perspective on old challenges. For the mentee, there is comfort knowing someone is not too far away to bounce ideas off and to help guide him/her.

The Mentorship Program was officially launched in the November/December issue of Contact. We encourage you to log onto www.physiotherapy.ca and register yourself as a mentor. We need you and the prospective mentees need you!

Monique Ledoyen is changing her practice area. After a long time in acute, her move to community brought colleagues together for a fete and poetry:

Oh my gosh, we’ve had such a scare,
We’ve heard rumours Monique loves Home Care
She was only supposed to be gone for a year,
And now it has happened, what we all feared!

She’s leaving Lions Gate, the stories are true,
So now we are sitting around feeling blue,
How will we cope without her friendly face,
Without Monique around, it will be a different place.

Yelling at patients and cracking the whip,
30 patients a day, she was full of zip,
On committees galore and a Senior at that,
There’s no one else that can wear that hat.

Although we have tried, she won’t change her mind,
It is time she said, to leave us behind,
Monique will be missed, for that I am sure,
We wish her good luck on her new adventure!

Business Tip Sheets
PABC’s Business Affairs Committee inserts two more Tip Sheets in this newsletter. Look for the lime green page Marketing and Webpage Tips. All Tip Sheets are on the Members Only site, www.bcphysio.org. The Business Tip Sheets are under Business Resources, and Consumer Tips are under Marketing/Brochures for Patients.

Take the first step toward becoming a CPA mentor or mentee today!

Programme de mentorat
Mentorship Program

Review the list of resources available to assist you at www.physiotherapy.ca.

Briefings for Physicians Goes National

PABC’s quarterly update for physicians on the latest physiotherapy research has reached national attention. CPA has arranged for two of the quarterly issues to be inserted nationally in the Canadian Medical Association mailings. Not only does this reduce PABC’s costs, but also strengthens our national reputation.
Goodbye to Dr. Peter Culbert

Physician Advisor is bidding us adieu as he pursues other interests. Peter has been on a number of our committees and has offered invaluable insights as we seek to strengthen the physio/physician ties. He recently wrote: “I am afraid that beyond the end of March I must leave you permanently. I do so with great regret as I can very honestly say that you have been the best group of people within the field of medicine that I have ever worked with! My reasons are several, including travel, house-building and moving. With great affection for you and all physios, Peter Culbert.”

Year-End High

As of December 31, 2007, PABC members are higher in number than ever before. Thank you for your vote of support for all PABC does to enrich your life as a physiotherapist.

To show our gratitude, we drew names of five members, one from each of the past five decades of membership, to celebrate your support. Each won a one night stay in a BC Hotel ($175 value)

Member for 40 years:
Ruth Goodchild, Richmond

Member for over 30 years:
Janet Hepenstall, Qualicum Beach

Member for over 20 years:
Richard Healy, Vernon

Member for over 10 years:
Ka-Kei Yeung, Prince George

Member for exactly 10 years:
Sandra Lamb, our very first Physiotherapist Assistant member

Thanks to 20-year member Clare Morrison Kilburn for the draw prize idea. Thanks to every one of you for being wonderful and making PABC a vibrant in-group!

Kudos from Members

I am always so impressed at the level of leadership and direction you provide to our profession. Yes, I know, right out of the Mission statement. But I believe it is worth saying that as a public practice member, I feel supported and part of a greater cause. PABC acts as a huge catalyst for this. So kudos! and Thank you. TM, Sunshine Coast

Kudos for the excellent autumn edition of “Directions”. Informative and useful. Keep up the good work. TB, Vancouver

I really appreciate PABC and everything you do for its members. It is an amazing organization to be a part of and I definitely want to continue to be a member. MW, MPT Student

Thank you again for coming out to the hinterland. The Town Hall was very informative and it has certainly inspired me to make more of an effort to respond to requests for info which will help our profession. I know that while filling out the COB was a bit time consuming, the information we obtained has helped us to develop a more comprehensive business approach. And now that I have a better appreciation of all that Eugene does for us and how we can use his skills, I am impressed that our association has this valuable resource. You and your staff have certainly taken us to new heights. WR, Kootenays

Thank you for the physio Client Tips from the website. They have proven a great success as handouts in the clinic. Sending thanks for all you do for us in the hinterlands. JG, Kootenays.

Your organization is one that all the rest of the Branches and National office itself looks up to as a role model in innovation and passion. On behalf of myself, our board, our office staff and the rest of the physiotherapists of Alberta Congratulations to yourself and to the PABC for all the awards recognizing your contributions in this past year. WELL DONE. Nancy Litke, President, Alberta Physiotherapy Association

Just recently finished reading your latest newsletter and am impressed by what all is happening in BC. PABC is doing a terrific job!!! Pat Tremaine, ED, Saskatchewan Physiotherapy Association

You’ve done an amazing job with the Autumn “Directions”. They’re all good, of course, but this one really stands out in the way it presents PABC and all that it’s done for its members. We can learn from your approach, and may just copy some of your methods. Congratulations! By the way, reference your cover article, I’ve been using coreshorts for the past few months and really find them helpful – they’ve also just been approved for our Product Recognition Program. Great to see a Canadian company/product do so well. Pamela C. Fralick, CPA CEO

PABC Hosts an Interprofessional Meeting with MCF

PABC brought together the Ministry of Children and Family Development (MCF), and OT and SLP associations to clarify issues regarding the At Home Program (AHP). AHP coverage, determined by functional limitations not by need, provides therapy to 3000 severely disabled children. Therapists’ lack of understanding of AHP has led to frustrations, and the Ministry recommends review of the website www.mcf.gov.bc.ca, and browse menu items: Foster Care/Health Support Guide; and Children and Youth with Special Needs / Services and Programs/At Home. Two other reminders: 1) all equipment is through Red Cross; the Ministry is working with them to improve Y outh with Special Needs / Services and Programs/At Home. Two other reminders: 1) all equipment is through Red Cross; the Ministry is working with them to improve the search function on their site, 2) all reports must include functional limitations and expectations to facilitate MCF informed decision-making.

In another initiative with MCF, PABC struck a Primary Therapist Task Force to create an improved model of service delivery. The concept came from our MCF meetings addressing recommendations from our Paediatric Physiotherapists in Public Practice. PABC’s task force members are: Dianne Cameron, Margaret Warcup, Kathy Davison, Edie Watt, Ka-Kei Leung, Kathy Rooke, and Eugene Barsky.
Work Life Balance – it doesn’t have to be a ‘drag’

by Bradley Roulston, CFP, Healthcare Financial Group

While being lifted by a crane from underneath the Nelson stage wearing nothing more than a pair of gold underwear and matching shoes to a screaming crowd of 500 in drag, I couldn't help but ponder how a financial nerd originally from Bay Street got himself into such a predicament!

While coaching people for their first triathlon, I was inspired to push my own comfort zone. Having never acted, danced or sang, I thought auditioning for the local Rocky Horror Show musical was a great opportunity to expand my horizons.

You must be thinking - 'But looking over tax-returns and investment policies all day long must be so fulfilling, why would you need anything else in life?'

Julie Robbins, a life-coach based in Vancouver explains: “Work life balance = purpose and leisure; that is, having an important role in your life while also taking time to play and explore, to learn and discover both the world around you as well as the world within.”

Kootenay PTs are no strangers when it comes to incorporating leisure into their busy schedules. Heather Kerr from Fernie writes, runs, coaches, whitewater paddles, swims and of course skis. Helen Samson of Nelson pleasantly surprised herself when listing all her activities that include biking, wild-life glassing (studying with binoculars), cross-country skiing, ice-fishing and mid-day walking. Practicing what she preaches, Janice Morrison is proud to have recently joined a local ‘boot camp’ (new fitness rage of three weekly 90 minute grueling work-outs for eight weeks, and nutritional eating including no junk food, alcohol etc.). Janice helps her own clients from what she learns (nutrition, motivational strategies, team work, core-strengthening exercises). Brian Riemer has lots of things on the go, including soccer, camping, hiking and playing the violin. Getting outdoors keeps Sandi Jewell happy, particularly ripping up the Nordic trails, carving down Red Mountain or swimming in Nancy Green Lake.

In September, Joanne Gailius of Canyon impressed 100-mile diet initiators Alisa Smith and James MacKinnon with their organic ‘Full Circle Farm’ and her family’s undertaking of the challenge.

Robbins reminds us to, “Get clear about what you truly value and prioritize your life. Take a look at where you spend your time now — find out what fulfills you and see how you can incorporate more of ‘that’ into what you’re already doing and start by making small shifts.” Determining your life goals is also the first step in financial planning.

Taking more time for leisure often means working less – but how? Cash flow management is the second step in financial planning. Income faucets are paycheques, rental and investment income, etc. Cash drains are taxes, debt-management and personal spending. Positive cash-flow is earning more than you are losing. Instead of working more, focus on tightening your cash drains. Get a good accountant, avoid debt financing and watch your consumption patterns.

Canadians currently spend 103% of what they earn - spiraling us more and more into debt. To put it bluntly, Debt = Slavery. Ask yourself how much fulfillment you really get from buying more ‘stuff’. Give away your TV and end the call by advertisers to buy happiness. Consuming less means working less!

As well, start having your investments grow and work for you. The more you can earn passively from investments, the less you need to work yourself. Further, investments are also taxed at a lower tax rate than paycheques. Thus, $10,000 of investment income actually nets you more than $10,000 of working income after taxes!

In February, I’ll be delivering a speech on investment social responsibility at Vancouver’s Financial Forum. Perhaps I’ll wear my Rocky outfit beneath my suit as a reminder to always keep a little bit of play in my day!

Julie Robbins can be reached at julierobbinscoach@gmail.com. For a financial consultation compliments of Healthcare Financial Group, contact me anytime at info@hcfi nancialgroup.com.

Healthcare Financial Group opened its BC offices three years ago after president, Bradley Roulston visited Vancouver on a speaking trip and moved from Toronto to Nelson shortly thereafter. The company’s services include all aspects of personal financial and insurance planning as well as group benefits. It focuses on the physiotherapy profession. Alim Dhanji, CFP, runs the Vancouver office and enjoys working with members of PABC.
Dreams and Nightmares

by Lindsay Trimble

It was the night before the OSCE and visions of TENS machines danced in their heads.

By the time this article goes to press, exam week will have come and gone and at worst be a distant and only slightly unpleasant memory. At the time of writing, however, I am in the thick of it. Five written exams have been completed over the past eight days and only one final practical exam remains. This may not sound too bad to many of you. A quick calculation would indicate that a mere 16.7% of our exams remain, which would seem to be quite encouraging. But don’t let the numbers deceive you. In fact, while others are wandering around crowded shopping centres and watching the Frosty the Snowman special on television, the greatest fear of my existence for the past three months is about to occur. Thus, my solitary objective is to prepare and outfit myself with the tools and knowledge to tackle the dreaded OSCE without a single detail left to luck or chance. It’s the night before the practical examination and my stomach is doing most Olympic tumbling passes.

OSCE is an acronym for Objective Structured Clinical Exam. According to Wikipedia, it generally consists of several, short stations testing communication, clinical examination and medical procedures with real patients or actors and a one to one examiner to student ratio. Sounds about right to me. This year’s OSCE will entail fourteen stations including two rest stations. There will be three stations allotted to electrotherapy, three stations for adult neurology, one station to discuss cardiovascular rehabilitation, two stations devoted to musculoskeletal, two stations for manual therapy, and finally one station for pediatric neurology. Although we have already written exams covering all of the aforementioned areas, somehow I still don’t quite feel ready. Perhaps nothing can truly and fully prepare one for an OSCE. Each station is ten minutes in length, with two minutes to read the case and eight minutes to perform the task. However, there are a few other things that must be accounted for in that short ten-minute window…

In the first two minutes the candidate must consider the time required for temporary lapses in literacy, sweaty palms leading to the inability to effectively hold a pen, and dropping various items such as stethoscopes, blood pressure cuffs, and goniometers, all of which can be slippery when one is nervous. In the latter eight minutes, it is important to leave time for correctly identifying left from right, profuse sweating (better dealt with ahead of time by borrowing your boyfriend’s Speedstick), putting brakes on the plinth when you enter the station, and finally an inability to read the notes you have taken in the previous two minutes due to the aforementioned pen holding/sweaty palm issues. These are just a smattering of potential considerations. I’m sure there are more.

On the other hand, the great part about an OSCE exam is that you can walk into your first station and out of your last and three hours have passed in the blink of an eye. The time spent studying helps to improve practical skills and increase confidence, and it’s a welcome break from the social isolation of hours at your desk preparing for written exams. It prepares you for the national exam – and there are cookies and juice waiting for you at the end. Also, at the end, are high fives, smiles, Christmas holidays, and an immense sense of accomplishment in knowing that in a single day you have suddenly become one whole semester closer to becoming a physiotherapist.

UBC will be increasing enrollment in the Master of Physical Therapy (MPT) program for fall 2008. We have approval for eight new seats and await approval for a further eight seats, which will bring the class size from 40 to 56 students in 2008. UBC has asked for a further increase of 16 seats for fall 2009, and a final eight seat increase for fall 2010 to double enrollment from our current 40 seats to a maximum of 80 seats by 2010. The progressive increments enable time to recruit new faculty, to recruit more clinical instructors, and to work with our clinical placement partner sites to find double the clinical placements.

Expansion of the MPT program class size will create the need for more clinical instructors and much more team teaching in larger laboratories. The Physical Therapy Department welcomes both junior and more experienced clinicians to consider becoming involved. Team teaching in a clinical skills lab class is a great way to begin instruction in your area of clinical expertise. UBC offers a variety of resources and seminars to assist in the development of teaching skills and practice. If you are interested in becoming a clinical instructor or teaching assistant, please contact Dr. Alison Greig, MPT Program Coordinator: alison.greig@ubc.ca.

Physical therapy faculty, along with their MSc, PhD and post doctoral research trainees, continue to be engaged in many exciting clinical research projects. Visit the website links (see below) for more information.

The Friedman Building renovation remains on target for completion in July 2008. We need to continue to raise funds to equip the new laboratories with state-of-the-art equipment. Please consider joining other colleagues in supporting this campaign. Your donations will make a difference not only to future MPT students, but

continued on page 19
What Members are Doing

Scott Brolin (above), with his family, is the poster boy for the Fraser Health Authority promotion for immunization.

Yvette Jollet, our Fraser Valley Board Director, has the unique experience of living/volunteering in Bhutan for a few months at a time when this quiet, secluded Kingdom is in the news. With the happy monarchy becoming a bemused democracy, Yvette's stay with the peaceful dragon is more than she imagined. Read her blog which describes her paediatric work and everyday life at www.kindersteps.com/blog

Carl Peterson taught his Fit to Ski & Perform course in Istanbul in December, then in Halifax for Coaching Assoc. of Canada, then to Paraguay for the International Tennis Federation Conference, followed by work with the Argentine Tennis Federation on Core Stability training.

Marc Rizzardo is taking a group of 12 high school aged soccer players from Point Grey High School to Uganda to do soccer clinics to girls orphaned by AIDS.

Cathy Russell is a TMJ speaker at next month’s Pacific Dental Conference. She also was asked to write a “Point Of Care” article on the role of the physiotherapist in managing the complex TMJ patient for The Journal of The Canadian Dental Association.

Joanne Gailus, her husband, son and twin teens were featured in Look Magazine for their 100-Mile Diet lifestyle (eating food only within reach of 100 miles of one’s home) on their organic Full Circle Farm in the Creston Valley. Joanne and Drew raise their own beef, chickens, turkeys, hay, wheat, oats, fruits and vegetables with horse powered farming. Joanne homeschooled, and spends a lot of time in food preparation where everything is made ‘from scratch’, and Joanne says “we do eat like kings!” She practices part-time in her home-based clinic, where “the clientele watch as the farm grows, expands and changes. Old, retired farmers lend their advice on livestock, crops, harvesting etc, as they come in the clinic. This kind of wisdom has been lost over generations and we’ve really benefited from their help”, observed Joanne.

Dana Ranahan moved her practice from 8 Rinks Physiotherapy in Burnaby to Espiritu Healing Arts Centre in North Vancouver. Dana is really enjoying the longer appointments and large pilates space. She is integrating her sports experience with Espiritu’s unique multidisciplinary healing arts approach, and is also providing custom and off the shelf knee and ankle bracing.

Greg Bay’s Sport & Spine was nominated and one of the four finalists for Abbotsford’s Established Business of the Year award. Greg says, “we were presented a plaque by the Honourable Mike Harcourt who was proud to congratulate us as he, of course, has immense respect for Physiotherapy and his success at GF Strong.”

Dan Meuller and Meena Sran, PABC’s two nominations for the Leaders for Life program, were chosen to be among the 20 pilot project students. You know Meena as our current President and as a Board member for five years previous to that. Dan is new to PABC. He became a physiotherapist after an earlier career in retail horticulture that he ‘fell into’ after college. Dan, working at Burnaby General, is presenting at CPA Congress this year and has submitted his research to the Journal of Allied Health. His work is on Entry-level Inter-professional Education: Perceptions of Physical and Occupational Therapists Currently Practicing in Ontario

Cheryl Leia, 3rd from right in photo, is a new member who joined shortly after a meeting with her exciting Vancouver Coastal Health Authority Seniors Fall and Injury Prevention program and PABC President Meena Sran and CEO Rebecca Tunnacliffe. There are several prongs to the Falls program that PABC is anxious to be involved with. Watch the next Directions for details.

Siobhan O’Connell (Espiritu Healing Arts Centre) was elected to the Board of the Canadian Pilates Association as President for 2008.
Club Physio Stats
Currently 634 members have signed up to the program. That is about 1/3 of our membership enjoying discounts on leisure items. Sign-up is easy — just go to: www.bcphysio.org and click Club Physio. Popular items: Ski tix (230 discount lift tix bought for all four mountains offered), hotels, and entertainment tickets are the most popular, with the travel section, car rentals, airport parking, and flower running close behind.

Mardon Insurance
Mardon was the first company to offer PABC a member discount, matching their program with BCMA. This led to our pursuing Club Physio, thanks to our External Director Dr. Stan Leete. Mardon offers an exceptional home insurance program, which so impressed one of our members that he offered the following endorsement:

As a PABC member, I have the privilege of enjoying the many benefits of membership! Along with the many advocacy initiatives that PABC conducts to help me as a physiotherapist, I also have access to Club Physiotherapy. It is through this service that I recently discovered discounted insurance for my home through Mardon Group Insurance. I already had home insurance through another provider, but after consulting Mardon Group, I was quickly able to determine their advantage. Our house is now insured through Mardon, with one of the biggest insurance companies in Canada (with a solid reputation) to a higher value than my old policy, with better coverage for specialty items and with less overall cost to me! Thanks, so much, to both Mardon Group and PABC for making my membership so valuable — both to my profession and to me personally! Scott Brolin

New Clinics
Arlana Taylor (with OT partner/hubby Lars), opened InSight Rehabilitation Services, Vernon.
KamYan opened a 3rd clinic in addition to his Vancouver and Surrey sites, with Harmonic Acupuncture Physiotherapy in Richmond.
Felicity Goldring opened a clinic in Gibsons in addition to her Vancouver site.
Newly re-instated member Trish FitzGerald opened Move with Ease – Pilates based Physiotherapy in West Vancouver.
New PABC member Lubna Allana opened the Urinary Incontinence Clinic in North Vancouver.
Cindy Antulov opened Halston Place Physiotherapy in Kamloops.
Angela Pick opened a new multidisciplinary clinic, Lumby Physiotherapy, which brings PT together with massage, chiropractic, and spa.
Dana Baerg opened Quilchena Physiotherapy in Merritt.
Steve Schmidt, Jaime McDowell, and Colleen Conway have opened Coastal Physiotherapy and Sports Rehabilitation in Comox.
Patrick Embley has opened a new practice in addition to his full-time work with the Mary Pack Arthritis Centre. Patrick will be seeing only arthritis patients at his new Arthritis Physiotherapy Services in South Surrey.

“Can’t find enough time in the day to stand in line up waiting to renew your auto insurance?”

Mardon Mobile Auto Insurance Service
We are pleased to introduce a new mobile service for PABC members, which delivers your Auto Insurance policy right to your door!

Mardon Mobile Auto services include:
- ICBC Renewals
- Private Auto
- New License and Registration
- Special Coverages and Transactions
- Importing/Exporting
- Estate Transfers
- Motorcycles
- Trailers

To take advantage of this new complimentary service, simply contact Noeleen Ram at Mardon Group Insurance for further details:

Tel: (604) 877-7762 toll free 1-866-846-4467 Fax: (604) 877-7763 toll free 1-866-806-4467 Email: nram@mgins.ca

If your policies renew later in the year, simply complete and return this page via fax to 604-877-7763 (Toll free 1-866-806-4467) to receive a quote when your policy is due for renewal.

My current policy expires on ____________ (month/year)

☐ I am interested in Complimentary Delivery of my Auto Insurance to my office or home

Please call/contact me by email.

Name: ______________________________________________________________
Phone Number: _____________________ Email: _____________________________

You will be contacted 20–30 days prior to your current policy’s expiry date.
### Classified Ads

#### Privately Sponsored Courses
Details at www.bcphysio.org

Courses/Events

Courses Listed in Chronologically as of January 1, 2008
- UBC’s online Master of Rehab Science
- Hands-on Functional Assessment of the Athlete
- Are you self-employed or thinking about it? [Web-based](see ad in middle column)
- Evaluation & Management of the Upper Extremity in Clinical Practice – **Victoria**
- Lumbo-pelvic rehabilitation ([see ad this page](#))
- Study of Human Movement
- Matt Walsh Running Course – Part 2 – **Coquitlam and Victoria**
- Mulligan Concept – Lower Quadrant – **Kelowna**
- Train the Trainer Osteoarthritis Workshops – **Victoria**
- Bahram Jam Courses: Cervical Spine (Part 1) and Foot&Ankle (Part 1)
- 24th International Seating Symposium
- Anatomy Trains: Structural vision and Integration of the Myofascial System – **Victoria**
- Explain/Understand Pain – Neuromatrix Approach - **Victoria**
- Prenatal Pilates ([see ad this page](#))
- Scapular-thoracic rehabilitation ([see ad this page](#))
- Hip & Pelvis Function & Dysfunction – **Seattle**
- Intro to PT Assessment and Management of Rheumatic Diseases
- Post Basic Human Movement
- The Thorax & Shoulder Girdle
- Airway Clearance Techniques
- Conservative Management of Cervical Spine Syndromes
- Are you self-employed or thinking about it? [Web-based](see ad in middle column)
- Mulligan Concept – Upper Quadrant – **Victoria**
- Functional Examination of the Soft Tissues and Treatment by Manual Methods
- **Thanks to LadySport and Relaxus** for supplying prizes to the MPT1 students at the October Pizza and Practice presentations.

#### Are you self-employed or thinking about it? What Health Care professionals need to know. [Web-based](#)

<table>
<thead>
<tr>
<th>Session A: February 7, 14, 21</th>
<th>Session B: May 8, 15, 22</th>
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<tr>
<td>Brad Roulston, BA,CFP,CLU, RHU and Hilary Drumond, B.ScOT</td>
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- Are you right for private practice?
- Trends in growing private practice: Why are so many OTs and PTs becoming contractors/self-employed
- Values checklist and screen for being an entrepreneur or business owner.
- Common pitfalls of business
- How to be a success (boundaries, energy, comfort with risk, support systems, reserves, coaching)
- Tax strategies and how to work within your tax system.
- Budgeting concerns: What is the best system?
- Benefits: How to supplement. What do I need to buy?
- What do I do with my pension?
- Incorporating: Still a new idea for health professionals, but does it make sense for you?
- How to set up your own financial plan (short, mid- and long-term).
- How much insurance is enough? What do different insurance plans do?
- Benefits plans vs. health trusts... what’s the difference and which is better?
- To register or for more information contact [CAOT Education Administrator](mailto:info@espiritu.ca)  
  **Cost:** $99  
  **Phone:** 1-800-434-2268  
  **Email:** education@caot.ca
  **Website:** www.caot.ca

#### CLINIC FOR SALE

- High revenue clinic in prime professional location;
- Easy access, free, ample parking in front of clinic.
- Established 17 years;
- Excellent patient base, primarily orthopaedic caseload;
- 12 referring MDs within 500 m.
- 1600 sq.ft; 5 treatment rooms, small gym;
- Computerized Dynatrac; complete Extremity and Spinal attachments.
- Owner seeking semi-retirement; will assist during transition. Qualified staff; truly a turn-key opportunity.
  **Contact:** Olav Stana  
  **Phone:** (250) 374-2800  
  **Email:** stana@direct.ca

#### Espiritu Healing Arts Centre presents: Evolved Pilates Education

These courses introduce a fresh dynamic approach to core-stability training for therapists working with clients suffering from pain due to recent or recurring injury as well as degeneration.

Based on the 34 classical Pilates Mat exercises this program will enable you to design a customized, functional re-training program. In these interactive workshops you will revisit basic muscle testing, faulty movement patterns and learn how to adapt exercises on the mat and equipment. Espiritu is Canada’s only center for Medical level pilates based treatment, training and fitness.

These courses are very popular and spaces limited so book early. All courses are held at:

Espiritu Healing Arts Center  
#202 – 106 West 1st Street  
North Vancouver, BC  
**Phone:** 604-982-0366  
**Email:** info@espiritu.ca

**Instructor:** Susie Higgins  
Chartered (UK) non-practicing Physiotherapists. Certified Body Control Instructor

**Lumbo-pelvic rehabilitation:**  
February 23/24 $325 + GST  

**Scapular-thoracic rehabilitation:**  
March 8/9 $325 + GST  

**Prenatal Pilates:**  
April 12/13 $325 + GST

Do you have a physio topic you’d like to discuss with your colleagues?

PABC has a Discussion Board that is easy to use and is open to members only. Sign on to the members site: www.bcpbphysio.org and click Discussion Board.

We have created 4 discussion categories: General; Public Practice; Private Practice; Areas of Expertise. This month for instance, one member is seeking a referral for a clinic reno designer, and another is commenting on the member satisfaction survey. Whether you jump into a discussion or start a new one, this is a link you’ll want to Bookmark!
The Joint Initiatives Committee meets quarterly to discuss issues of common concern with the College and the Association. This quarter, we discussed the matter of patient access to clinical records. The Fall 2007 CPTBC Update has an article, pg 5, from the regulatory perspective, and PABC offers this perspective from clinic owner and Business Affairs Committee member Lisa Rahn.

Clinic policy is that patients must have access to their personal file. In our clinic we adhere to the following points:

- The original file is property of this office and may not be removed (to ensure the integrity of the original file).
- The client may have access to his original chart only in the presence of the treating Physiotherapist (again, to ensure the integrity of the original chart).
- If the patient would like a copy of his/her file for personal use, a release of information form must be signed and dated to be kept in the patients chart to document that the file has been copied and released to a third party.
- The fee for copies of a patients chart for personal use is $1.00 per page, pre-paid.
- If the patient would like a copy of his/her file for litigation use, the client must have the request come in writing directly from his lawyer or representative. The client will have signed a release form allowing records to be copied and sent. There is a certification form that is also sent through the lawyer that is signed by the therapist, stating the records are a "true and complete copy of our medical notes". The pages are consecutively numbered prior to being copied and sent through Medi-Tran medical courier service which allows for the records to be tracked.
- There is also a review fee and a copying fee that is direct billed to the solicitor and must be pre-paid. The charge is based on PABC guidelines of $75.00 plus $1.00/page.

Lisa Rahn owns Eagle Ridge Aquatic Centre Physiotherapy.
Club PHYSIO

Dear Member,

The Physiotherapy Association of BC is pleased to have launched in October 2006 an exciting new member benefits program for you and your family. Club Physio is designed to give more Association value to you, our valued members. This perks program, Club Physio, provides exclusive access to discounts on a variety of products and services ranging from professional services to entertainment to travel packages. This is our way of thanking you for your continued support in PABC.

Below is a list of all participating merchants:

- Avis
- BC Lions
- Big White Mountain Resorts
- Boss Tools
- Boutique Jacques
- Budget
- Carter Auto Group
- Chris Chernoff Photography
- Clarion Hotels
- Clearly Contacts
- Coast Hotels & Resorts
- Comfort Inn & Suites
- Crossgrove & Company Insurance
- Cruise Plus
- Cyberflowers.com
- Delta Hotel & Suites
- Diamond.com
- Eagle Tours Golf & Snow Sports
- Econo Lodge Inn & Suites
- FragranceNet.com
- Ice Jewelry and Gifts
- ICN (International Club Network)
- KimmyShop
- Knetgolf.com
- Luxorlinens.com
- Miego Gifts
- NEBS Printing
- OnLetterhead
- Park n' Fly
- Playland
- PNE
- Power Within Speaker Series
- Promo People
- Quality Inn
- Rodeway Inn & Suites
- Silver Star Mountain Resort
- Sleep Inn
- Stylefly.ca
- Sun Peaks Resort
- Vancouver Opera
- Vancouver Whitecaps
- Wa-2! Water
- WaySpa
- Webnames.ca
- Whistler/Blackcomb

Sign up today at www.bcphysio.org

PABC Annual General Meeting

Book yourself in for a day of professional updates on Saturday, April 12th for the joint College and PABC AGMs. The College will lead activities for the morning, and PABC will fill your afternoon with delights.

See page 6 for the full program.
Shirley Sahrmann

Two hands-on weekends in the Spring/Fall with the world leader! These signature courses, limited to only 39 students, offer advanced instruction on the Lower and Upper Quadrant Diagnosis and Treatment of Movement System Impairment Syndromes. Requirement for both courses is the Introduction to Concepts and Application (previously Level 1).

PABC Member rate: $525 for each course. Held at UBC Physiotherapy Department.

- February 16-17, 8:30 a.m. - 4:30 p.m. – Lower Quadrant Advanced Application
- September 6-7, 8:30 a.m. - 4:30 p.m. – Upper Quadrant Advanced Application

To register for Shirley Sahrmann courses, visit www.cstudies.ubc.ca/rehab, call 604-822-1459, fax 604-822-0190 or e-mail dorie.gray@ubc.ca.

Spring & Fall Evening Lecture/Audiocast Series

Location: UBC Robson Square (rooms listed below)
Time: 6:30-8 p.m.
Fee: PABC member rate is $40 on-site or audiocast, or $110 for all three on-site/audiocast lectures

Spring Series: Conditions and Injuries of the Upper Extremities
1. February 6: Shoulder Injuries: Exercise and Rehabilitation
   Ron Mattison (Room C130)
2. March 5: Complex Regional Pain Syndrome (RSD): Best Practices
   Trevor Fraser (HSBC Hall)
3. April 3: Management of Common Hand Pathology
   Jane Hicks and Clare Palmer (Room C150)

Fall Series: Keys to Unlocking the Olympian Within
1. September 25: Sports Nutrition — Fuelling Top Performance
   Jennifer Gibson, BASc, RD, Sports Nutritionist, SportMed BC
2. October 23: Three Sets of Ten, Can we do Better? Using Exercise Physiology to Optimize Training and Performance
   Tyler Dumont, BScPT, MPT, Physiotherapist, Sports Diploma
   Carl Petersen, BScPT, BPE, Registered Physiotherapist

To register for the 2008 Lecture/Audiocast Series, visit www.karelo.com and follow instructions on page 13 of this issue of Directions. For more information, call PABC at 604-736-5130, ext. 3 or email education@bcphysio.org

Student members receive a further 40% discount.