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Physiotherapists from the Hong Kong Physiotherapy Association demonstrate eye-hand coordination exercises on stage, during a press conference and carnival to mark International Physical Therapy Day. See page six.

New wave of work on the profession's international portal

The Confederation's Executive Committee agreed a plan of work for WCPT over the next four years at its October meeting in London.

Foremost among the priorities for action is to respond to the increasing success of the WCPT website in promoting communication between physical therapists and their organisations around the world, and develop it further. Already becoming the profession's primary international information portal, the website will become even more responsive to users. Work on this has already begun.

"The outcome will be a website that is more interactive, user-friendly and

comprehensive, providing valuable infrastructure for all WCPT's other activities." said WCPT Secretary General, Brenda Myers.

The Executive Committee used the strategic plan and motions agreed at the General Meeting in June 2007 as the starting point for discussions on the work plan, and incorporated existing areas of work, and feedback from WCPT member organisations. It identified priorities for action in professional policy, governance, communication/marketing and collaboration with WHO and international organisations.

Among work now underway is a model registration/practice act,

guidelines for the evaluation of education programmes, support to physical therapists in disaster management and a database of experts in practice, education and research. WCPT will also continue to build the international profile of the organisation and physical therapy through collaborative relationships with the World Health Organisation and other international agencies.

"The plan is a living document and will be reviewed regularly," said WCPT President Marilyn Moffat, explaining that the work had been partly prioritised according to the time and resources required.



The World Confederation for Physical Therapy
 Kensington Charity Centre
 4th Floor Charles House
 375 Kensington High Street
 London W14 8QH
 Tel : +44 (0)207 471 6765
 Fax: +44 (0)207 471 6766
 E-mail: info@wcpt.org
 Web: www.wcpt.org
 Secretary General: Brenda Myers

Executive Committee

President: Marilyn Moffat
Vice President: Zola Dantile
Africa: Sylvia Kambalmetore
Asia Western Pacific: Margot Skinner
Europe: Emma Stokes
N America Caribbean: Sandra Thornhill
South America: Mabel Yvonne Espinel Gonzalez

Mission

The World Confederation for Physical Therapy aims to improve global health by:

- Representing** the profession of physical therapy internationally;
- Collaborating** with international and national organisations;
- Encouraging** high standards of physical therapy research, education and practice;
- Supporting** communication and exchange of information among Regions and Member Organisations of WCPT.



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WCPT News is produced for the WCPT by Simon Crompton, 43 Hassocks Road, Hurstpierpoint, West Sussex BN6 9QL, UK. Tel: 44 (0) 1273 832630
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WCPT

The WCPT logo gets some added sparkle

WCPT's updated logo is proudly displayed in this issue of WCPT News, and on the WCPT website. The new version of the logo is being introduced so that the name of the Confederation is clearly visible on all forms of communication - whether it be a letter or a web page.

The style has also been updated to tie in with the increasingly modern style of WCPT publications. It was first used on the WCPT Quadrennial Review, published at the World Congress in Vancouver.

"Our visual identity, which is vibrant and dynamic, will support communication and exchange of information among Regions and Member Organisations, and collaborating with national and international organisations," said WCPT Secretary General Brenda Myers. There are strict rules for how

the logo should be used. "It is very important that whenever the WCPT logo is used, it appears in a standard format thus ensuring the organisation retains a strong visual identity," said Brenda Myers. "This will enhance recognition of our work, and help us stand out in a very busy marketplace."

There are different versions of the



logos which can be used by WCPT regions, member organisations and subgroups to indicate their affiliation. These are available to download from the WCPT website, for those who have the appropriate login.

The website also contains comprehensive guidelines on how the logo should be used, and what typefaces and colours should be used in WCPT communications to deliver a consistent and confident brand image.

Does your organisation have any news? Contact the Editor of WCPT News at news@wcpt.org

For further information, go to www.wcpt.org/users/private/logos/index.php

New forum for retired therapists

A new discussion board for retired physical therapists has been posted on the WCPT website's discussion forum. Moderated by Joan Walker, it aims to engage retired PTs from all its regions in discussion on professional issues that interest them.

There is also a new board for clinical practicums/placements under the education section of the forum. This provides a place for both students and clinical co-ordinators to compare notes on their requirements. Systems

exist within each country for establishing and providing appropriate placement opportunities but many students and clinical coordinators look to enhance these with placements overseas.

Please go to <http://www.wcpt.org/smfforum/index.php>

Following requests, WCPT website has also added boards on aquatic therapy/hydrotherapy, cardiorespiratory care and oncology to its website.

Crisis in human resources prompts global forum

WCPT is encouraging physical therapists from around the world to attend the First Global Forum on Human Resources for Health, being held on 2-7 March 2008 in Kampala, Uganda.

It is organised by the Global Health Workforce Alliance, a partnership administered by the World Health Organization dedicated to identifying and implementing solutions to the health workforce crisis.

The forum will be attended by up to 1000 participants, including government leaders, eminent health, development, civil society, academic and health professional leaders from around the world.

It will provide a platform for exploring solutions and building capacity, and aims to galvanise the global movement that is emerging in response to the crisis in human resources for health.

"The Kampala Forum comes at a critical moment," said Brenda Myers, WCPT Secretary General. "With an

acute global shortage and migration of healthcare professionals, unfavourable and challenging working conditions, inequalities in access to basic health needs, new killer diseases threatening global security and shorter life expectancies, a new type of health workforce, capable of responding to these challenges is needed for the 21st century."

"Physical therapists need to be an intrinsic part of that realignment," she said.

Registrations from individuals or organisations can be made online at www.who.int/workforcealliance/forum/GHWA_Forum_Registration/en/index.html

Want to head the team?

WCPT is seeking applications for the position of Chair of the International Scientific Committee (ISC), which will put together the programme for World Physical Therapy 2011 – the 16th International WCPT Congress, to be

Review of ethics declaration

WCPT is a stakeholder in a review of the Declaration of Helsinki, being headed by the World Medical Association. It is keen to hear from anyone who would like to contribute to the Confederation's submission.

The declaration is a statement of ethical principles about medical research involving human subjects. Medical research is subject to ethical standards that promote respect for all human beings and protect their health and rights.

WCPT will be communicating with other groups in preparing a submission. Please contact Tracy Bury tbury@wcpt.org by 31 January for further information.

held in Amsterdam in 2011. The Chair will work with WCPT Secretariat staff to ensure that the programme is developed on time and in line with the strategic framework agreed by the Executive Committee. The closing date for submissions is 31 January 2008. Contact info@wcpt.org

Disabilities convention gains support

The United Nations Convention on the Rights of People with Disabilities was adopted on 13 December 2006. The Convention opened for signature by all States at United Nations Headquarters in New York on 30 March 2007, and pictured is the Deputy Prime Minister Minister of Cambodia signing the Convention in October. The purpose of the convention is to promote, protect and ensure full and equal human rights by persons with disabilities. It covers key areas such as accessibility, personal mobility, health, education, employment, rehabilitation, participation in political life, and equality and non-discrimination.



Hor Nam Hong, Deputy Prime Minister Minister of Cambodia, signing the Convention on October 1st, 2007.

Women in pain

Every physical therapist needs to draw attention to the important issues surrounding chronic pain in women, says Phyllis Berger, physical therapist representative on the International Association for the Study of Pain's task force for the Global Year against Pain in Women.

The International Association for the Study of Pain (IASP) has dedicated a Global Year to Pain in Women, which began in October 2007. The "Real Women, Real Pain" campaign has been launched to draw attention to the significant impact of chronic pain on women and the lack of attention to this global problem.

Research has shown that chronic pain affects more women than men around the world, but women are also less likely to receive treatment. This is due to various societal and cultural factors and economic and governmental barriers. Through the campaign, IASP hopes to provide a voice to these women.

Knowledge is power and by information and education women will become advocates for themselves and others. The campaign will educate the public, healthcare providers and government agencies about the lack of diagnosis and adequate treatment of chronic pain in women. One of the biggest barriers to pain management is lack of knowledge in health care providers.

Chronic pain conditions which affect women more than men include fibromyalgia, irritable bowel syndrome (IBS), rheumatoid arthritis, osteoarthritis, temporomandibular joint disorder and migraine headache. Included in chronic pain in women are pregnancy, childbirth, chronic pelvic pain (endometriosis, adhesions) and opportunistic infectious processes and cancers of the pelvis and genitourinary tract.

For every 10 adult men living with HIV, 14 women are infected – and pain in HIV/AIDS is highly prevalent and diverse.



Phyllis Berger

Women appear to experience pain differently than men, and it is believed that this difference is due to numerous genetic, hormonal and pharmacological influences. Anatomical differences in the brain may also be involved. One key influence in women may be that sex hormones such as oestrogen suppress the body's natural pain relief systems. According to some studies, gender differences in pain prevalence appear to attenuate after the reproductive years.

Access to healthcare services, particularly in poverty stricken areas of the developing world, can act as a barrier for women seeking help for pain conditions and as a result there is a prevalence of most types of pain in developing countries compared with developed countries. Cultural factors also influence a woman's likelihood of seeking treatment for medical conditions. For example, in many cultures, women believe that their suffering is part of their role in

society. Treatment by a male healthcare provider may bring shame to a woman's family, forcing her to go without treatment.

As physical therapists, it is our duty to understand the differences that exist in female-centred conditions. As we address various conditions in our different fields we need to adapt our treatment to improve pain relief, improve function and reduce suffering. As physical therapists we can:

- advance our knowledge of the science of pain;
- help women to acknowledge their pain and seek treatment;
- lighten women's emotional burden by listening to them;
- help women to recognise abuse and provide suggestions to combat their difficulties;
- target various problems such as pain in pregnancy, childbirth, chronic pelvic pain and postmenopausal pain;
- prevent HIV/AIDS by providing information and advice and help provide relief to those with pain;
- implement the principles of palliative care;
- encourage group participation in exercise;
- work with women to improve their health in general;
- encourage women to take responsibility for themselves;
- address the problem of weight increase or decrease, bone health, inflammation and stress relief;
- filter information on pain in women to all tertiary institutions and government sponsored healthcare services;
- condemn any form of abuse and educate perpetrators that abusive behaviour is not tolerated in any environment.
- help our fellow citizens achieve improved pain relief and improve the knowledge and skills of health professionals to assist and ease the burden of pain in women.

Further information on pain in women is obtainable from the IASP website www.iasp-pain.org.

South African Society of Physiotherapy

Congress makes waves in physiotherapy education

For the first time in 18 years, the National SASP Congress was held on the shores of Durban from the 23rd to the 25th of September 2007.

The theme, "Making Waves in Physiotherapy Education" not only symbolised Durban's warm beaches but also the transformation that the profession has undergone, emerging as a major player in 21st century healthcare.

The two and a half days of congress covered a wide range of topics. The keynote speakers Elizabeth Dean and Jeremy Lewis were thoroughly enjoyed by the delegates, described as "practical, thought-provoking, inspiring and interesting," by one delegate. The congress also included a Physiotherapy Assistant's Day filled with talks and workshops pertinent to their needs and interests.

At the congress committee's request, Lancet Laboratories kindly offered to conduct voluntary HIV



Speakers at the congress, from left to right: (front) Professor Elizabeth Dean, Dr Jeremy Lewis; (rear) Sue Mars (SASP Congress 2007 Chair) and Joyce Mothabeng (SASP Education Chair)



During the Congress, a prize was awarded for the best undergraduate research project in the country. Above, with their award, Professor Quinnette Louw (left), project supervisor, with Elrine Oosthuizen, representing the winning group.

testing during the event. HIV care givers and nurses gave up their time to counsel and take samples from SASP national executive members. It is important that physiotherapists are aware of their HIV status and how to educate themselves adequately to work in high-risk environments.

The Congress culminated in a visual and culinary feast as SASP met Bollywood at a Gala Dinner. Delegates wore saris, were decorated with complimentary mendhi and treated to entertainment by traditional Indian dancers. Following the formal announcements and prize-giving, delegates indulged in fine Eastern Cuisine.

Prizes were awarded for the best clinical papers, including a new prize for the best undergraduate research project in the country. This aims to encourage students to be life-long researchers and evidence-based practitioners. It was won by the University of Stellenbosch for research on muscular-skeletal injuries among adolescent squash players.

Canadian Physiotherapy Association

Chief Executive moves on

Pamela Fralick, the Chief Executive Officer of the Canadian Physiotherapy Association has announced she will be leaving after six and a half years in the role. Many physical therapists will know her from her high profile role at the WCPT Congress in Vancouver,



Pamela Fralick addressing the Congress in Vancouver.

which was hosted by the CPA. She will be assuming the role of President and Chief Executive Officer of the Canadian Healthcare Association on February 4th, 2008.

"Pamela has made an impact on the evolution of the CPA, its governance and focus, culminating most recently with our enhanced position on the world stage as host of the World Congress of Physical Therapy this past June," said Michel Landry, CPA President.

Hong Kong Physiotherapy Association

A physiotherapy carnival draws hundreds

In September the Hong Kong Physiotherapy Association held a press conference and carnival attracting over 2000 people at the Olympian City Shopping Centre in Kowloon, Hong Kong. The major occasion was the result of hard work by over 100 physiotherapists.

The success of this one-day event was the result of months of preparation. The eighth of September is an important day for physiotherapists, as it is the "International Physical Therapy Day" designated by WCPT. The date was



Many participants at the carnival were able to enjoy free health checks, including tests for blood pressure, body composition, bone density, flexibility and eye-hand coordination.

even more special in 2007, as it also marked the establishment of the Hong Kong College of Physiotherapists (HKCOP). Apart from a simple ceremony to mark the institution of HKCOP, the HKPA held a press conference to announce the results of a public survey about how physiotherapy services are currently used in Hong Kong. The survey showed convincing support for direct access to physiotherapy services without a doctor's referral. The

association's report of the survey was subsequently covered in several major local newspapers, and it hopes that this will arouse further public support as physiotherapists campaign to become first contact practitioners. The next step is to gain support from the Physiotherapists Board of Hong Kong.

The establishment of the Hong Kong College of Physiotherapy marks another major milestone in the advancement of the profession in Hong Kong. The college will promote the recognition of physiotherapists with advanced clinical knowledge and skills as specialists. It will also help physiotherapists become specialists in their defined areas.

The HKPA currently has over 1200 active members and 10 specialty groups. All the specialty groups contributed actively to the carnival events, such as booth displays and games, onstage performance and health consultations. Therapists and students worked hard to cope with the unending lines of people wanting to see the booth displays, participate in the educative games and receive some of the souvenirs available.



The newly established Hong Kong College of Physiotherapy, with President Alice Jones (centre) and 12 founding members of the College.

The International Organization of Physical Therapists in Women's Health

Gathering resources on women's health

The executive committee of the International Organization of Physical Therapists in Women's Health (IOPTWH) has been working towards goals agreed at its meetings during the WCPT Congress in Vancouver in June.

It is gathering information on resources, such as patient information leaflets, produced by different member groups, with a view to making these resources widely available via the IOPTWH website. This would enable good practice to be shared with physical therapists in countries which have no women's health group.

The organisation has also finalised and circulated its strategic plan, which was ratified at the general business meeting. It is in contact with



The IOPTWH Executive Committee, pictured at the WCPT Congress in June 2007. From left to right: Ros Thomas (Treasurer), Darija Scepanovic (Member at Large), Meena Sran (Vice President), Rebecca Stephenson (Chair), Gill Brook (Secretary)

a women's health physiotherapist in northern Iraq, and has also been approached by clinicians in Japan, Malaysia, Fiji and Nigeria - some of whom had visited the IOPTWH stand in Vancouver.

Within the next four years, IOPTWH will continue to develop its website to include details of

postgraduate study opportunities in countries with an IOPTWH member organisation. The executive committee is also developing a position statement on the curriculum content of women's health in entry level professional education. It will continue to offer support to physiotherapists within countries without an IOPTWH member organisation.

The International Organization of Physical Therapists in Paediatrics

WCPT's newest subgroup gets down to business

The International Organization of Physical Therapists in Paediatrics (IOPTP) is WCPT's newest subgroup, and its objectives and mission were finalised at a meeting during the WCPT Congress in Vancouver.

The organisation aims to foster cooperation between physical therapists practising in paediatrics throughout the world, encouraging improved standards and consistency



IOPTP members pictured at their meeting during the WCPT Congress, from left to right: Barbara Connolly (IOPTP President), Bert Aukema (President of the Dutch Association for Pediatric Physiotherapy), Sheree York (IOPTP Secretary and President of the Section on Pediatrics of the American Physical Therapy Association).

of practice in paediatric care by physical therapists. It also aims to encourage information exchange, scientific research, and WCPT member organisations in the developing recognised interest groups in paediatrics.

The Executive Committee is: Barbara Connolly, USA (President); Eilin Ekeland, Norway (Vice President); Ria Nijhuis-van der Sanden, Netherlands (Treasurer); Sheree York, United States (Secretary); Hilda Mulligan, New Zealand (Secretary At-Large Member).

Committees are being formed for the IOPTP and chairs have been appointed for the practice committee (Yvonne Burns, Australia) and research committee (Ann Van Sant, USA).

A website, being set up through WCPT, will be operational early this year.

International Federation of Orthopaedic Manipulative Therapists

Anticipating the Rotterdam Congress

The congress committee is working hard to make the upcoming IFOMT Congress in Rotterdam, the Netherlands, a huge success. The organising committee has had more than 220 delegates register from 28 different countries. The call for abstracts has closed. More than 250 abstracts have been submitted, many of very high quality.

A manual therapy teachers' meeting will be held before the congress, and a strategic planning meeting is scheduled to continue the



work begun in September 2001 when IFOMT's first strategic plan was formulated.

Four further registered interest groups have submitted their curricula to be considered in preparation for applying for full membership in Rotterdam 2008.

The IFOMT website continues to develop. It includes a resource centre, classified advertising for learning institutions, and many other areas of interest: www.ifomt.org



The IFOMT Standards Committee, left to right: John Langendoen, Darren Rivett, Jan Pook, Lorrie Maffey; (sitting) Karen Beeton, Alison Rushton, Ann Hoke.