



IPTOP News

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Message from the Editor – Helen Johnson

Welcome to this newest edition of IPTOP News! This issue is full of great information from the World Congress of Physical Therapy held in Singapore, May 2015.

I am delighted to join the IPTOP Executive Committee and have this opportunity to serve in the role of Newsletter Editor and Web Manager. I have been serving as the Member Country Representative to IPTOP from Canada for the past two years. I have been privileged to serve as the Chair of the Seniors Health Division (SHD) of the Canadian Physiotherapy



Association from 2012 to 2014, and currently hold the position of Education Coordinator on the SHD Executive. I have a keen interest in lifelong learning and building capacity in geriatric physical therapy clinical knowledge and skills.

I am looking forward to continuing to build our networks of colleagues in IPTOP with mutual interest in excellence in rehabilitative care of older adults. I also need your help. Our regular Member Country Skype calls allow for sharing of information, links and potential articles for our newsletter, with which we can expand from two to three or four issues per year.

Please look out for our growing IPTOP social media presence! Participating in the venue of your interest, whether Facebook, Twitter or LinkedIn, will allow us to expand our interactions and member engagement with more real time communications.

IPTOP on Social Media



<https://www.facebook.com/iptop.wcpt>



<https://twitter.com/iptopwcpt>



<https://www.linkedin.com/grp/home?gid=8357958>



IPTOP General Meeting, May 3, 2015 Suntec Convention Centre, Singapore

A members meeting was held on Sunday May 3, 2015. Jennifer Bottomley, President of the **International Association of Physical Therapists working with Older People** (IPTOP) welcomed everyone to the meeting and called the meeting to order.

There were 24 people present at this meeting. Current IPTOP member countries include: Australia, Austria, Belgium, Canada, Finland, Iceland, Ireland, Malta, The Netherlands, New Zealand, Singapore, Sweden, Switzerland, Turkey, United Kingdom and the United States. This comprises 16 countries representing 10,193 Physical Therapists worldwide.

Executive Committee present were: Olwen Finlay (Patron), Jill McClintock (Vice-President and Secretary), Marilyn Miller (Co-opted temporary Newsletter Editor), Nancy Prickett (Treasurer), Bhanu Ramaswamy (co-opted Web Manager)

IPTOP Member Country voting representatives present were introduced: Liz Binns (New Zealand), Filiz Can (Turkey), Lisa Dehner (USA), Hans Hobbelen (Netherlands), Helen Johnson (Canada), Bhanu Ramaswamy (UK), Christine Frey, Switzerland. Representatives of new member countries were welcomed including: Constance Schlegl (Austria) and Lena Ziden (Sweden). Joining the meeting was a representative from newly re-joined Malta, Victoria Massalha, and Sin Yi Lee from Singapore, our newest country member.





Patron Olwen Finlay. In her elegant overview of IPTOP as she was leaving the post of Patron, congratulated the Executive Committee on their work and progress these past few years. She noted that it was over 22 years ago since she became aware of the value of building international relationships with physical therapists that work with older people. She summarised the history from conception to formation of an international group, which became an officially recognised subgroup of the WCPT in 2003 Congress, Barcelona. Olwen referred to some of the challenges faced by the founder members of this international group.

Olwen Finlay was recognized by a specially established IPTOP award, IPTOP's Distinguished Service Award for the many years of unrelenting energy and inspiration towards the development and nurturing of WCPT's special interest group in geriatrics.



Outgoing Elected & Appointed Members of the IPTOP Board were acknowledged for their service to IPTOP over the years. Jill McClintock, Vice President AND Secretary for that past 4 years was given a special recognition award by IPTOP. She received the first Exemplary Service award and an IPTOP globe for her over-the-call-of-duty service, functioning adeptly in **two** very challenging positions for four busy years. We will miss Jill on the Executive Board, but thankfully welcome her as our newly appointed IPTOP Patron. As such, she will continue to participate in our bimonthly SKYPE calls and provide her insight and wisdom as needed.





New IPTOP Logo



Jennifer reiterated the change of logo and the need to use the new logo consistently in all IPTOP documentation and communication. She explained that the original logo has been altered to the new format, which now has the full wording of the Association printed, instead of just the abbreviation. We hope this change will now help everyone know who IPTOP are.

Next IPTOP Conference

The possibility of a Conference in Belgium in 2016, the European Regional WCPT meeting in Liverpool in November 2016, or at the next WCPT biennial Congress in Cape Town, South Africa in July 2-4, 2017 were announced, and will be discussed further.

Older People Networking Session held at WCPT 2015

Nancy Prickett (United States of America) and Hans Hobbelen (Netherlands) of International Association of Physical Therapists working with Older People (IPTOP) led a networking session during WCPT2105.

Discussions included such issues as:

- The inclusion of older people training in physical therapy programs to promote working with the elderly once qualified
- Developing national subgroups for physical therapists working with older people with the inclusion of students
- Best practices in physical therapy when working with older people
- Community projects promoting healthy aging and prevention of age-related problems

IPTOP was delighted that it was so well attended and thanks Nancy and Hans for organizing this session.

A summary of one of the discussions is provided here by Nancy Prickett and others:

1) Our group was charged with the task of looking at best practices for elderly people.

Participants included members from St Lucia, Australia, Jamaica, United States, Singapore and Switzerland along with Kenya. We soon established that we shared much, however our funding models were all different and changing. We discussed the influence on our practice of the ageing baby boomer demographic and an overall trend to stem residential based care by community models wherever possible.



We spoke about the impact of cultural differences in how we deliver programs and the importance of us being able to work with families and carers in delivering advice around optimizing functional movement patterns. This took us into the area of physiotherapy assistants and their scope of practice and looking into regulatory requirements around this. That all this exists within unique cultures cannot be understated. One of the physiotherapists spoke of a dance intervention that is demonstrating positive results in her residential facilities. Dance is culturally relevant which touches on the whole notion of person-centred care which is at the heart of any evidence based intervention for the older person.

2) Networking Session Notes-Best practices for communities discussion points

Participants included members from: Singapore, Sweden, Taiwan, Netherlands, and USA

Sweden: 60% of elder falls result in spinal cord injuries.

Singapore: PT schools have students placed in community projects 3 x in 5 weeks to stimulate working with elderly. Students need to be involved in study of ageing, and realizing ageing starts in childhood and decisions made throughout one's lifespan impact geriatric health status. Singapore is lacking a geriatric focus in the PT curriculum. This is expected to change with upcoming relationship with Trinity College in Ireland.

When is the right time to offer geriatrics, inter-professional experiences in physical therapy programs to achieve the intangible benefits?

Note from Audi (Singapore): "Physiotherapy treatment for older people should start from the paediatric setting. Parents can be introduced to the concept of physical exercise and its benefits on health and how it can prevent diseases in old age. Education on this topic should continue up to when the children have become adolescents/young adults for them to instill good exercise habits to bring with them well into adulthood. We need to keep moving all through our lives!"

Older persons motivation for independence inspire students who previously may have thought they did not desire work with elderly.

Good preceptors and mentors are important. Inter-professional learning wards stimulate students to see contributions of professions.

"Geriatric residency is where I learned, students need to be placed with Geriatric Clinical Specialists for positive experiences".

The Villages in Florida is an active continuum of care community of approximately 100,000. They have fall prevention programs for 98 year olds living independently. It's important to teach 'staging' for plans of care, to have successful plans of care.

Taiwan has changed Physical Therapy education to 3 levels required to work in the community.

Recorder, Marilyn Miller, CA, USA

Rania Karim, W VA, USA; Pei Jung Wang, Lin Peng Look Singapore, Ron Seymour, FL, USA; Mary Bennett, IN, USA; Harriett Strom, Upsala,



Sweden; Lena Misson, Karolinska Institute, Stockholm, Sweden; Hans Hobbelen, Roning, Netherlands; Audi Fehdurani Bin Mat Sayuti (Singapore General Hospital)

Notes on Physical Therapy Practice in Taiwan;

Submitted by **Kwan Haa Lin, PhD, PT @ WCPT 2015 Singapore**

In Taiwan, there are 3 levels of program nationally for physiotherapists to work in community, including home care services, long term care facilities, etc. Level 1 is the basic program provided in school, or by the Physical Therapy Association or other Medical Association. Duration is 10 hours to one Term for this level. Two years of facility experience is required to progress to education Levels 2 & 3. Students need a mentor/supervisor.

Level 2 is a Specialty program that is provided by the Physical Therapy Association. This 3-day program emphasizes the special issues in communities; such as: fall prevention, sexual differences, and communication with geriatric persons, etc. The Level 2 programs include case reports and roundtable discussions.

Level 3 is an integrated program, also provided by the Physical Therapy Association. This program includes lectures from different professionals, including Occupational Therapy, Speech Therapy, etc., and evidence based practice is emphasized.

These 3 programs have started recently and Taiwan welcomes suggestions from others.

3) Group discussion on “community projects promoting healthy aging and prevention of age-related problems”

A preventative hospital-initiated community model based in Singapore was described.

Issues faced in the community from various nations:

- It was noted that different provinces of Canada have different approaches to managing care needs of elderly in the community.
- While there is National strategy in the UK, there is a need to have a more consistent and cohesive approach in implementation.
- The role falls more towards NGOs in Hong Kong, and there is a need for more physiotherapists in Hong Kong.
- Economics was brought up from USA. Justification and bench-marking of success / effectiveness. Looking at value-added service.

Engaging the more educated baby boomers and to meet the demands of a heterogeneous older adult group.

Need to collect not only qualitative but also quantitative data from this age group.

- Barriers in Registry of data to inform programs, due to ownership of data, and confidentiality issues.
- Work towards a more cost effective (not low cost) and preventative model in the community that meets the needs of older adults; that is motivating,



meets social identity, cuts across cultural barriers, provide social interaction and has functional outcomes. Potential peer education approach?

Collated by Linda Khong, Australia - Linda.Khong1@my.nd.edu.au

Other participants in the group were: Wayne Chan, HongKong; Helen Johnson, Canada; Sze-Ee Soh, Australia; Mary Tay, Singapore; Violet Parker, USA. Facilitator, Bhanu Ramaswamy, UK.

IPTOP WCPT Award Recipients

WCPT 2015 – International Service Award – Practice



IPTOP is delighted to acknowledge and commend Jill McClintock as a recipient of WCPT's Service Award in Practice at the 2015 WCPT conference in Singapore.

Jill was instrumental in starting up and supporting WCPT's subgroup International Physiotherapists working with Older People (IPTOP). She was its first Secretary, has served as its Vice President and continues to assist the Executive Board as Patron to IPTOP.

Jill continues to guide actions and mentor new leaders to take IPTOP forward. She has and encouraged the organization of IPTOP meetings in association with national events and was responsible for congresses in Ireland, Ankara, Turkey, and Boston, USA. She spent much of her professional life working with older people in Northern Ireland, where she was one of the pioneer founders for her specialty during a time of civil unrest in the 1970s and 80s. She encouraged continuing professional development and helped establish the Northern Ireland branch of AGILE (the Chartered Society of Physiotherapy's Clinical Interest Group for Physiotherapy with Older People) during the 1980s. She later was elected as Chair of national AGILE. Until 2009 she was Deputy Head for Physiotherapy Services at Green Park Health Care Trust, responsible for older people, special schools and spinal injuries. We are honored to have Jill as an active and continually productive leader, mentor and sage for IPTOP. Congratulations Jill.

WCPT 2015 – International Service Award - Research



IPTOP congratulates **Dr Alan Jette** as an esteemed recipient of a WCPT International Service Award in Research. We thank and honor Dr Jette for his international contributions to the areas of geriatrics and public policy research.

He was instrumental in the early and developmental phases of the American Physical Therapy Association (APTA) Section on Geriatrics and participated in



the development of the International Association of Physical Therapists working with Older People (IPTOP). He has written over 207 journal articles and 16 book chapters and his research has influenced models of care in geriatric physical therapy. He has continually promoted research in the area of geriatric physical therapy and his influence has extended beyond the profession to affect public policy and administration. He is also a grant reviewer, featured speaker, mentor and educator of physical therapists around the globe. In April 2013 Alan Jette presented the keynote address at the joint IPTOP-IOPTWH (International Organization of Physical Therapists in Women's Health) International Congress in Boston, United States, addressing the future needs of the physical therapy profession in light of the aging population. He is currently Director of the Health and Disability Research Institute at Boston University. Recently, Dr Alan Jette accepted the role as Editor of the American Physical Therapy Journal. We thank Alan for his continued contributions to research and publications that guide us all.

IPTOP Members Enjoy Dinner and Night Safari at the Singapore Zoo

IPTOP members, family and friends enjoyed a **Social Evening** on **Saturday May 2, 2015** at the Singapore Zoo. A buffet dinner including a variety of local cuisines at the **Ulu Ulu Safari Restaurant** was followed by a **Night Safari** tram ride through the jungle. Having time to wander around the zoo in a nighttime environment when many of the animals were up and active was unlike daytime experiences at a zoo, when animals are typically snoozing under the shade of a tree. This safari experience by tram provided insight into the mystery of the tropical jungle by displaying a wide range of animals in natural settings, an experience unlikely to be had anywhere else in the world. There was quite an array of tropical plant life revealing true jungle life - coupled with the beautiful sunsets. Singapore is an ideal geographical location for a night zoo. To add to the experience we traveled from the SunTec Conference Center to the Zoo and back again via a bus, allowing for more interaction, networking and just plain fun.





IPTOP would like to thank Sin Yi Lee for the many hours invested in making this social event a wonderfully seamless event. It was a delight to work on this project with Sin Ye and others from the IPTOP team to make this IPTOP social event one of the highlights of the WCPT Conference.

At the IPTOP's member's meeting the morning of May 3rd, IPTOP gave Sin Yi a cherished IPTOP globe to thank her for her service above and beyond the call of duty.



IPTOP Member, Nancy Prickett Appointed to 2015 WCPT Awards Committee



Nancy Prickett was appointed to the WCPT Awards Committee as a guardian and evaluator of awardee nominations for WCPT 2015 Award recipients. Recognition as a member of the 2015 WCPT Awards Committee is an honor and our esteemed and respected colleague, Nancy Prickett, served in this role over the past year leading up to the 2015 WCPT conference in Singapore. The awards process was in good hands for the objective review, advice and guidance in the recommendation of recipients for the WCPT. IPTOP thanks Nancy for her commitment and willingness to serve in this important position.



Major changes to WCPT Congresses Announced

WCPT will be holding congresses more frequently under plans designed to make the world's most important physical therapy event more accessible to all the Confederation's members.

WCPT's Executive Committee is making the announcement after two years of study. Since its establishment in 1951, WCPT has held congresses every four years, but the Executive Committee believes that a two-year interval between congresses will enable today's Confederation to better fulfill its objectives, serve its member organizations and move the profession forward globally.

"We're very excited about the change," said Marilyn Moffat, WCPT President. "In a world where clinical and professional knowledge advances so fast, it will give physical therapists around the world more opportunity for regular information exchange and learning. It will also mean that twice as many WCPT member organizations will have the opportunity to host a congress and create visibility and opportunity for the profession in their country and region."

Most of the 16 WCPT congresses held since the first in London in 1953 have been held in areas of high population to ensure high attendance and financial stability. Given the growth of WCPT, ~~the~~ **its** Executive Committee believes that the congress needs to be more accessible to a greater proportion of its members. It has listened to the views of many member organizations in taking this decision.

"Today WCPT represents a very diverse and geographically spread membership," said Moffat. "Many physical therapists simply do not have the resources or time to travel large distances to a WCPT Congress. Holding a congress every two years increases the likelihood that there will be a location that is reachable and affordable for all. This in turn will increase the rate of learning and knowledge transfer in the profession globally."

Under the new proposals, congresses may alternate between locations which attract good numbers and those where large numbers cannot be guaranteed but there is a clear case for hosting the congress on professional grounds. "In this way, we believe we can better meet the needs of members," said Moffat. "Of course, the financial stability of WCPT is also on our minds, and we believe this new pattern will result in a more stable foundation for the Confederation."

The change will begin immediately, the 2015 congress in Singapore another will be followed by congresses in 2017 and 2019. Work has already begun on planning the 2017 congress – and because the extra congress interrupts the normal four-yearly congress bidding process, the Executive Committee is considering possible venues on the basis of feasible past bids. The call for proposals for 2019 is about to be sent out.

"Most other international professional associations hold more frequent congresses than WCPT," said Margot Skinner, WCPT Executive Committee member from the Asia Western Pacific Region. "In coming to this decision, we've collected evidence and conducted detailed analyses of



risks and benefits. A biennial congress makes financial and strategic sense for WCPT, and allows us to fulfill our objectives more effectively.”

IPTOP looks forward to being able to gather every other year in conjunction with the WCPT conferences. With this in mind, we will be exploring the possibility of establishing a “conference committee” for IPTOP that coordinates and implements geriatric-based courses and conference sessions of interest to members of IPTOP.

Profession must set high expectations, says outgoing WCPT president



The physical therapy profession should set its expectations high as it faces the future, said WCPT President Marilyn Moffat, addressing the WCPT General Meeting as it opened in Singapore. “We all have a responsibility to make the world better for those we serve,” she said. The World Confederation for Physical Therapy has proved itself “strong and durable” and a potent force for physical therapy around the world.

But the profession faces many challenges, said Moffat, who steps down as WCPT President this year after an eight-year term. Patterns of disease and traditional models of service delivery are changing. Physical therapists in many parts of the world are challenged to provide quality services in the face of limited resources and under pressure to provide more for less. “It is essential that physical therapists promote the expansion of our services,” she said. She added that physical therapists in countries with limited resources had devised very innovative ways of delivering services and had much to teach others.

The WCPT General Meeting was held in Singapore from 29th April to 1st May, preceding the WCPT Congress. There were representatives from 74 WCPT member organizations all over the world. Moffat gave her prescription for the profession’s way forward:

- Re-affirm “our deep sense of commitment” to patients and clients
- Face problems collectively – with developed nations gaining knowledge and skills from those who serve rural and underserved communities
- Establish exchange programs but be sensitive to “brain drain”
- Expand the out-of-institution service delivery model
- Weave prevention programs into all that physical therapists do
- Ensure functional outcome is the primary reason for service delivery
- Use the communications technology available.

“We must be recognized as exercise experts with totally evidence-based interventions,” she said.

Physical Therapists Participate in WHO's Public Health Approach to Ageing

WCPT was represented at a World Health Organization meeting considering a draft of the World Report on Ageing and Health, due to be published in October.

The report is a response to rapidly ageing populations around the world, and will document current knowledge to help guide individual states. According to WHO, it will provide a public health framework for action on ageing and health, identifying gaps and suggesting future priorities. The report will be tailored to low, middle, and high-income settings.

The review meeting for the draft report, held on 18th March in Geneva, Switzerland, included reports from working groups and discussions on chapters. There were participants from 30 non-governmental organizations and bodies representing professions and institutions, including WCPT. Attending on WCPT's behalf was Stephen Lungaro-Mifsud, a senior lecturer in physiotherapy at the University of Malta who has a special interest in gerontology and geriatrics. "WCPT had the opportunity to make positive contributions at a par with other global, regional and other specialist organizations," he said after the meeting. "The event increased the visibility of WCPT as a pertinent stakeholder in policy development." "The key message is that the public health approach adopted by the report puts physical therapists on centre stage – to influence wellbeing, to enable people in later life to do what is of value to them.

"Older person-centred approaches to care, self-care and empowerment were discussed. It is always important to have physical therapy input in these global but grass root review meetings. It enables us to inform on matters where physical therapy can contribute.

"One particular instance was when attention was drawn to mounting evidence that physical therapy not only lessens the effect of comorbidities in older persons but increases their capacity to do more with their lives."

Documents produced as a result of this meeting were reviewed, enhanced and edited by IPTOP's president, Dr. Jennifer Bottomley. WCPT. It is wonderful that WCPT has involved IPTOP with these important initiatives. The executive board of IPTOP will continue to monitor important meetings in which we can be involved and contribute our expertise and knowledge to. Having the opportunity to edit WHO materials gives IPTOP the opportunity to have an active voice at the table in future initiatives to improve the care of the world's aging population. To know that the World Health Organization is including WCPT in these working groups and that WCPT knows to refer these issues to IPTOP is wonderful.



Mark your Calendars – Upcoming Conferences / Events

A list of upcoming important WCPT events is available at www.wcpt.org/ under the banner “News & Events”

November 11-12, 2016:

4th European Congress of the European Region of the World Confederation for Physical Therapy (ER-WCPT), Liverpool, UK

Web: www.liverpool2016.com

September 16 – 18, 2015

Geriatric medicine for future Europeans – Successful aging creates new challenges

European Union Geriatric Medicine Society (EUGMS)

Oslo, Norway

<http://www.eugms.org>

October 2, 2015

“The future of the geriatric physiotherapy in Belgium”

National Congress of Axxon Physical Therapy in Belgium

Esteemed morning speakers followed by afternoon workshops

To register: visit the website www.axxon.be or direct link at

<http://bit.ly/1JmmKix>

October 23 – 25, 2015

From Possibility to Practice in Aging: Shaping a Future for All

Canadian Association of Gerontology

44th Annual Scientific and Educational Meeting

Calgary, Alberta, Canada

<http://cag2015.ca/>

November 18 – 22, 2015

Aging as a Lifelong Process

Gerontological Society of America

68th Annual Scientific Meeting

Orlando, Florida, USA

<https://www.geron.org>

April 14 – 16, 2016

Environments for Aging: From Health Promotion to End of Life

36th Annual Scientific Meeting of the Canadian Geriatrics Society

Vancouver, British Columbia, Canada

<http://www.canadiangeriatrics.ca>

American Physical Therapy Association, Academy of Geriatric Physical Therapy – find a comprehensive listing of upcoming events and courses at:

<http://www.geriatricspt.org/events>

June 28 – July 1, 2016

World Congress on Active Ageing (WCAA)

Melbourne, Australia

Call for abstracts open – deadline 15 December 2015

Registration is open – early bird registration closes 15 March 2016

<http://wcaa2016.com.au/>

World Physical Therapy Day – September 8, 2015



This day provides an opportunity for physical therapists all over the world to raise awareness about the pivotal role of our profession in helping people to maintain health, mobility and independence.

Toolkits and resources to help members plan and publicise events are available at:

<http://www.wcpt.org/wptday>

WCPT Congress Proceedings now available online

Abstracts of all presentations made at the WCPT Congress in Singapore, poster presentations, and many of the PowerPoint presentations that accompanied symposia and platform sessions are posted on the WCPT abstract archive. In addition, you can watch and listen to many of the focused symposia, panels and debates held during the Congress. This is a rare opportunity to learn from experts in their field on the profession's hottest topics.

Find them at <http://www.wcpt.org/congress/wcpt2015/proceedings>

 Follow ongoing conversations @WCPT1951

IPTOP Executive Committee 2015

President Jennifer Bottomley	Secretary Jan Tessier
Vice President Hans Hobbelen	Treasurer Nancy Prickett
Newsletter Editor Helen Johnson	Web manager Helen Johnson website@iptop.wcpt.org

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Belgium Position vacant	Canada Helen Johnson
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Ireland Grainne Forde	Malta Stephen Lungaro-Mifsud
Netherlands Laura den Boeft	New Zealand Liz Binns
Singapore Sin Yi Lee	Sweden Lena Ziden
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