



IPTOP News

June 2017

Issue #30



Message from the Newsletter Editor – Helen Johnson

Welcome to the spring 2017 edition of IPTOP News! This issue features great information about IPTOP activities planned for WCPT Congress in Cape Town in July, along with updates from some of the national Older Adult physical therapy interest groups in our IPTOP member countries. Highlights of IPTOP Executive activity from our President, Jennifer Bottomley and some other upcoming events in older adult care around the world round out this issue.

Please join us in our growing IPTOP social media presence! Participating in the platform of your interest: Facebook, Twitter or LinkedIn, will expand our interactions and member engagement with more real time communications. More information is found on page 4.

Our next newsletter will be published in fall 2017. Please send news and articles to me at: website@iptop.wcpt.org

Message from the President – Jennifer Bottomley Envisioning a Global Future

The Executive Board and Country Representatives of IPTOP have been very busy since our last meeting in Liverpool in November 2016. The Executive Board has been meeting via Skype - one to two times each month to work on a strategic and business plan that envisions a global future for IPTOP. Member country representatives meet every other month via Skype to expand and enhance the components of our strategic and business plans. Rather than just planning for the immediate year ahead, we have a flexible, fluid and ever changing plan in place that is looking five to ten years out to insure IPTOP's future and growth. Today's complex global medical care already requires broad-gauged physical therapists with special skills, coordinating their efforts with others around the world, pooling the talent available in the future for providing better education, research and communication inside and outside our respective continents; and inside and outside our physical therapy organizations. Through enhanced educational opportunities, global research and social media networks, our ultimate target is the improvement of the provision and caliber of geriatric physical therapy throughout the world. IPTOP's goal is to lead the way in geriatric physical therapy in global fashion.

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Contact Us at IPTOP

website@iptop.wcpt.org



"You don't stop laughing when you grow old, you grow old when you stop laughing."

--George Bernard Shaw

As we look towards our future, we envision IPTOP becoming increasingly prominent in providing geriatric-based physical therapy education to our already highly trained members. Our aim is to create a strong network for continuing education and conferences in all of the regions of the world. We imagine forming an *education committee* who will orchestrate and coordinate IPTOP meetings in every region of the world. This may be something you are interested in becoming involved with as we start to form the committee. Our hope is that this will allow more physical therapists around the globe to attend and become involved. IPTOP's country representatives, who contribute so generously of their time to improve educational opportunities, and by extension, the quality of patient care in their country, have taken a stronger role in strengthening IPTOP's efforts towards more education for geriatric interest groups and geriatric organizations throughout our member countries. Our next opportunity for IPTOP meetings will occur in Cape Town, South Africa from July 2-4, 2017 where we have another chance to meet, network and provide educational programming. I hope you will all plan to attend all or part of this conference and come to the educational, networking, meeting and social events scheduled by IPTOP for our members, family and friends. And, Please mark your calendars now for our meetings November 1-4, 2018 in Montreal, Canada. More details on these events are, and will be provided in this newsletter and on IPTOP's website.

We foresee a more robust involvement in funding and instituting research to substantiate our therapeutic approaches and techniques; and theories in geriatric rehabilitation. Efforts are already in place as we've built and strengthen our research committee. We have targeted funding to assist researchers to accomplish their studies and will soon be able to offer small grants to support research endeavors by IPTOP members. By providing solid data we drive evidence based practice, we improve the quality of patient care for our aging world and physical therapy becomes an integral part in the provision of high quality care. The *research committee* has grown and is active in synthesizing the volume of research already available. In addition, the research committee is exploring areas of need in research and encouraging research in these expanses. If you are interested in research, this would be a wonderful way for you to get involved with IPTOP. There is a space for you on the research committee – and we welcome your participation and input.

Communication within and outside of IPTOP is another area of focus in our strategic plan. Thanks to our *communication committee* our website has been enhanced and provides pertinent, up-to-date information in a timely and ongoing fashion. One needs only to go to our website to get information on continuing education opportunities and upcoming regional meetings by member countries. In addition, details of IPTOP educational opportunities and meetings are detailed on IPTOP's website. The newsletter has a new and improved look, providing editorial comments, reports and articles on topics of interest for those of us in geriatric physical therapy. We hold all of our Executive Board and Country Representative meetings on Skype. It is a great way to get to know each other, see each other, and get more engaged in the business of IPTOP. Social media networks have also been established by our communications committee on Face Book, Twitter and Linked In. The addresses for our website and social media connections are provided at the end of this newsletter and on IPTOP's website. Needless to say, modern technology has enhanced our interactivity and allowed more frequent contact with each other. This has translated to a stronger IPTOP, more member involvement, and a more energetic effort towards envisioning our

"He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden."
Plato

future.

IPTOP is also actively involved in establishing interactions and relations with non-physical therapy organizations. We have become an active voice, participating in the World Health Organization's conferences in Geneva, Switzerland. We have two representatives attending on behalf of IPTOP to the May 2017 meetings and have had at least one representative attend previous meetings. IPTOP works in concert with WCPT to increase the visibility of physical therapy in global health. We've contributed much to the working documents of WHO to establish higher quality preventative, secondary and tertiary care for older people around the world. Read more about this endeavor in a subsequent article in this newsletter.

From its beginning, IPTOP offered a bold vision of what we wanted to be: an innovative subgroup of WCPT committed to nurturing our leaders and professionals committed to delivering high-quality, skillful, evidence-based physical therapy for older adults. While much has changed over the past decades, IPTOP has remained true to this vision of education, research and communication. As 2017 advances and we look to the future, we hope to provide our members more resources through IPTOP. Compared with some of the other subgroups in WCPT we are young. But there are few subgroups, I would venture to say, that have accomplished as much in a relatively short period of time. There is so much more that needs to be done. It would be great to see you in South Africa or Canada... I hope you'll consider taking a more active role in IPTOP and help us usher in our vision of a global future in geriatric physical therapy.

Respectfully Submitted:

Dr. Jennifer M. Bottomley, PT, MS, PhD
President, IPTOP

Treasurer's Report: Motion for IPTOP AGM

Attention IPTOP Member Country Representatives:

The following motion will be taken under consideration at the IPTOP General Meeting on July 4, 2017 - 1230H in Cape Town, SA. The motion below essentially raises the member dues from US dollar \$ 0.50 to \$ 0.75 and then from US dollar \$ 0.75 to \$1.00. All member countries should have voting representatives (one each) at the general meeting.

"Effective July 2017 dues per member of each IPTOP country-member will be US dollar \$0.75. Effective July 2019 dues per member of each IPTOP country-member will be US dollar \$1.00."

Rationale: This represents a rise in dues membership of \$0.25 US dollars per geriatric PT member within a country's group. With WCPT meetings now being held every two years and IPTOP meetings/conferences almost annually, more funds are needed for IPTOP members/officers to be present internationally and to share the mission and objectives of IPTOP, not only within the physical therapy community, but also the worldwide medical community.

Submitted by Nancy Prickett, IPTOP Treasurer



IPTOP at WCPT Congress 2017 – Cape Town, South Africa

The IPTOP Stand: in the exhibition Hall at the Cape Town International Convention Centre (CTICC).

The WCPT Opening ceremony: Sunday July 2nd, 8:30 – 10:00
 The WCPT Welcome reception: Sunday July 2nd, 17:45 – 19:30
 The WCPT Closing ceremony: Tuesday July 4th, 17:30 – 18:45

IPTOP affiliated events at Congress:

Date / Time	Event	Room
Sunday, July 2	Susan Hunter Poster display (RR-PO-10-17-SUN)	Exhibit halls 2-3 Ground floor CTICC
Sunday, July 2 11:00 – 12:15	Susan Hunter Networking Session (NWS-04) Amputee rehabilitation	Room 1.63-1.64
Sunday July 2, 8 pm	IPTOP Social	Restaurant Gold
Gathering at 7:30 pm, after the WCPT Welcome reception at the CTICC for transport (advised) to the restaurant.		
Monday July 3, 8:30 – 10:00 am	Hans Hobbelen Discussion panel: Specialisation (DS-12): The specialist vs the generalist role: can the two co-exist?	Roof terrace, CTICC
Monday July 3 10:00 – 11:45 am	IPTOP Networking Session (NWS-18)	Meeting rooms 1.61-1.62, CTICC
Monday, July 3 13:00 – 13:40	Janet Thomas Poster display (PO-32-MON2)	Exhibit halls 2-3 Ground floor CTICC
Monday, July 3 14:18 pm	Susan Hunter Platform Presentation RR-PL-1354	Room 1.43-1.44
Tuesday, July 4 8:30 – 10:00 am	Helen Johnson Platform presentation (PLSoA-05)	Ballroom West CTICC
Tuesday, July 4 10:45 – 12:15 am	Jennifer Bottomley Seminar (SEM-02) Bone Health and Fall Prevention	Room 1.41-1.42 CTICC
Tuesday, July 4 12:30 – 13:30 am	IPTOP General Meeting	Room 1.43-1.44 CTICC
Tuesday, July 4 13:00 – 13:40 am	Hans Hobbelen Poster display (PO-25-Tues2)	Exhibit halls 2-3 Ground floor CTICC

"If you were born
without wings, do
nothing to prevent
them from growing."
Coco Chanel



Submitted by Jan Tessier, Secretary

Stay up to date by following updates on the website at:
<http://www.wcpt.org/congress>

Member Country Update: UK

Country	UK
Name of group	AGILE: Chartered Physiotherapists working with Older People
Website	Agile.csp.org.uk
Name of representative	Janet Thomas
Number of members in group	Approximately 700
Description of group	Professional network of the Chartered Society of Physiotherapy
Activities since last report	AGILE's Autumn Conference this year will be in South London on the 14 th and 15 th October 2017, entitled ' Living Well with Long Term Conditions '. This promises to be another exciting 2 days with a community focus and some great speakers and practical sessions.
Other relevant national events	AGILE are also linking in with the British Geriatrics Society subgroup on Frailty and Sarcopenia to deliver a programme during the BGS Autumn Conference on Wed 22 nd November, also in London.
Forthcoming meetings with contact information	AGILE National Study Days "Managing the Older Person Amputee- a Community Perspective" delivered by the British Association of Chartered Physiotherapists in Amputee Rehabilitation (BACPAR) are set to roll out across the country this year – dates for each region are on the AGILE website at http://agile.csp.org.uk/network-events
	Interact and keep up to date with AGILE on Twitter @AGILEChair @AGILE_tweet @AGILEResearch

"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all." *Ann Landers*

Member Country Update: Sweden

Our Swedish section for physical therapists for older people is called "aldres halsa" which means "health of the elderly".

We have a Facebook Group for our section, it can be found at:



<https://www.facebook.com/groups/747746865285173/?fref=ts>

Most of the discussion is of course in Swedish, but everyone is welcome to participate, and we all speak English!

Submitted by Lena Zidén



Member Country Update: Netherlands



Country	Netherlands
Name of group	Dutch Association for Geriatric Physical Therapy
Website	www.nvfgnet.nl
Name of representative	Laura den Boeft
Number of members in group	Around 600
Description of group	We have an active group with both geriatric physical therapists and physical therapists who work with older people (but haven't completed a Masters program). We have connections with the group in Belgium and England (exchanging articles for our magazines).
Activities since last report	Hans Hobbelen and Nienke de Vries, both members of the NVFG board, recently completed a new book about and for geriatric physical therapists. It will be presented at our upcoming, yearly group meeting. We again participated in a multi-disciplinary congress about elderly care (with nursing, gerontologist and geriatrician groups). We recently finished a project about incontinence and other pelvic floor problems in older adults (in collaboration with the pelvic physical therapy group). Lastly, we made a video to promote the geriatric physical therapist. It is of course in Dutch and can be found here: https://youtu.be/WRBzz3xTGAs
Forthcoming meetings <u>with contact information</u>	Our annual general meeting is coming up soon, and will be preceded by a lecture about increasing a patient's capacity and being a 'talent manager' for older adults. The new book about geriatric physical therapy will be presented. We will also discuss our annual report 2016. Information about the meeting can be found http://www.nvfgnet.nl/ledenvergadering.html



Nederlandse Vereniging voor Fysiotherapie in de Geriatrie - NVFG

Update from Singapore Physiotherapy Association



Website: www.physiotherapy.org.sg



<https://www.facebook.com/Singapore.Physiotherapy.Association/>



Update from Slovenian Physiotherapy Association



Website: www.physio.si

On the same website is the website of our subgroup for geriatric PT:
www.physio.si/sekcije/sekcija-fizioterapevtov-v-geriatriji

The website has been renewed not so long ago and it still in the process of being updated.



<https://www.facebook.com/Zdruzenje-fizioterapevtov-Slovenije-1666759320204844/>

Submitted by: Danielle Jagodic



News from the EU Falls Festival

The 2017 European Falls Festival took place in **Amsterdam May 8th - 9th 2017**. Jan Tessier, Secretary IPTOP, attended and kindly provides us this summary of events.

Developing Collaborations across Professions and throughout Europe

The European Union Falls Festival (EUFF) brings together leading academics, researchers, health care practitioners, clinicians, industry representatives and key stakeholders from across the globe to celebrate best practice research and innovation in the multidisciplinary study and implementation of falls prevention in older people.

Vision

Falls amongst older people are an important health issue for Europe and the rest of the world. Falls are a major cause of injuries amongst older people; a major cost for health services as well as a leading cause of death, disability and distress for older people and their families. The EUFF wishes to promote innovative multidisciplinary study and implementation of falls prevention in older people. The EUFF has been launched as a celebration of innovations in tackling this important problem. The aim of the EUFF is to bring together innovators from across the field and to highlight the work of multiple sectors of European research, development and implementation into practice.

Following the 2016 festival the EUFF SC delivered a silver paper on falls prevention in older people which was launched at the EIP AHA Conference of Partners in December 2016, a copy can be found at this link:
<http://profound.eu.com/wp-content/uploads/2016/12/Silver-Paper-Executive-Summary-Final.pdf>

Summary of Day 1:

Welcome and Opening Remarks with Chris Todd, Arnaud Senn and Saskia Kloet.

Collaboration - European perspectives: with Lorenzo Chiari as session Chair

- Inter-professional collaboration: a nursing home implementation pilot (Koen Milisen and Ellen Vlaeyen – Belgium)
- Inter-professional education (Tash Masud – UK)
- Bridging the gap, hospital to home: lessons from transitional care interventions (Bianca Buurman – The Netherlands)
- Collaborative frameworks for novel fall prevention interventions and multifactorial pathways (Fabio La Porta – Italy)

Collaboration - Global perspectives: with Chris Todd as session Chair

- STEADI: reducing Falls in the US by engaging the Health Care system Robin Lee – USA)
- Falls prevention in Europe: from international collaboration to local implementation (Yongjie Yon – WHO EU)

Self-Management: with Kim Delbaere (Australia) and nathalie Van de Velde (The Netherlands)

Inter-professional approaches and challenges with a case study analysis, a panel discussion and Q and A.

Nursing (Emma Stanmore – UK), Medics (Clemens Becker – Germany), Physiotherapy (Amanda Clifford – Ireland), Occupational Therapy (Myrthe Pruijn – The Netherlands), Exercise instructor (Dawn Skelton – UK), Technologist (Sabato Mellone – Italy), Psychologist (klaus Pfeiffer – Germany) and from the Patient Perspective (Anne-Sophie Parent – Age Platform Europe).

The Debate: with Dawn Skelton as session Chair

Are novel Technologies the future for succesfull falls prevention?

This was presented by Luca Palmerini, Research Fellow, University of Bologna, Italy and by Heidrun Mollenkopf, Vice President, Age Platform Europe.

There was a vote about that question in the Audience and the answer was “YES”, Technology is the future for succesfull falls prevention.

Summary of Day 2:

Welcome: with Chris Todd and Lorenzo Chiari

EU Support for A2 Axtion Group / EIP AHA: Arnaud Senn, Projects Officer, European Commission, DG Connect, Belgium.

Keynote Address: with Clemens Becker as Session Chair

Virtual reality treatment for reducing fall risk: Results from a Multi-center European RCT
(Jeff Hausdorf – Israel)

Multi-factorial interventions: Judith Kuiper and Myriam Pijnapples as Session Chairs

Inter-professional approaches and challenges with a case study analysis, a panel discussion and Q and A. Nursing (Laura Albornos Munoz – Spain), Medics (Hubert Blain – France), Physiotherapy (Natalie Beswetherick – CSP UK), Occupational Therapy (Avril Drummond – UK), Exercise Instructor (Bex Townley – UK), Technologist (Lorenzo Chiari – Italy), Psychologists (Beatrix Vereijken – Norway) Patient Perspective (Anne-Sophie Parent – Age Platform Europe).

Geographical collaboration across regions and borders: with Arnaud Senn as Session Chair

Profit and non-profit coalitions develop TOM: a sustainable national falls prevention service: Aldwin Vriesema (The Netherlands) and Friso de Jong (The Netherlands).

Implementing OTAGO across Europe – Scaling up: Dawn Skelton (UK).

Keynote Address: with Chris Todd as Session Chair

Bespoke technology-based intervention programs to prevent falls in older people and advance healthy ageing: Kim Delbaere (Australia)

Keynote Address: Erik van der Burg, Alderman, Municipality of Amsterdam

Parallel Seminars:

Drug Related Falls: Hubert Blain (France), Tash Masud (UK), Nathalie Van de Velde (The Netherlands)

Ongoing Intervention Studies: The Osteoporotic fracture prevention programme in rural areas (OFRA). A cluster-randomized health care fund driven intervention in a routine health care setting: Kilian Rapp (Germany)

Involving older people in technological developments: PreventIT: Chris Todd (UK) and Elisabeth Boulton (UK).

Closing remarks: Chris Todd (UK), Clemens Becker (Germany) and Lorenzo Chiari (Italy).

Going home with a message about Falls Prevention:

A multidisciplinary approach in a patient centered care setting with the help of Technology can help us to prevent falls in the future.

Education of professionals, patients and family care-givers is needed for a successful Falls Prevention programme.

All presentations will be available on: <http://www.eufallsfest.eu>

Mark your Calendars – Upcoming Conferences / Events

August 24-26, 2017, Malmö, Sweden

6th FFN Global Congress 2017 Fragility Fracture Network

FFN invites you to join the 6th FFN Global Congress 2017 in Malmö, Sweden from 24–26 August 2017. The annual meeting is an international congress addressing the full pathway of care for fragility fracture patients. Its themes include perioperative care, surgical treatment, rehabilitation, secondary prevention, research and policy change.

The FFN Global Congress consists of invited international experts, plenary discussions, update sessions and free papers. The congress provides a unique platform to learn about new technical developments, state-of-the-art procedures and interaction with leading clinicians, researchers and other professional health workers and stakeholders. This year's motto is "Bridging the Gap".

<http://fragilityfracturenetwork.org/our-organisation/6th-ffn-global-congress-2017/>

[Canadian Frailty Network](http://www.cfn-nce.ca/) <http://www.cfn-nce.ca/>

Canadian Frailty Network (CFN) is Canada's network for frail older adults, supporting original research, and education for the next generation of health care professionals and scientists to improve outcomes for older Canadians across all settings of care.

CFN maintains a listing of upcoming conferences and events in geriatric care.

September 17-20, 2017 – Ottawa: [5th International Public Health and Palliative Care Conference](#)-- *Palliative Care is Public Health: Principles to Practice*.

September 20-23, 2017 – Ottawa: [Canadian Hospice Palliative Care Conference](#) -- *Expanding Our Horizons: A Palliative Approach to Care*.

October 1-4, 2017 – Toronto: [Critical Care Canada Forum 2017](#)

October 19-21, 2017 – Winnipeg: [Canadian Association on Gerontology Annual Conference](#)

October 20-22, 2017 – Toronto: [Ontario Long Term Care Clinicians \(OLTCC\) & Long Term Care Medical Directors Association of Canada \(LTCMDAC\) Conference](#)

November 9-10, 2017 – Dublin: [Falls, Frailty, Bone Health Conference 2017](#)
On behalf of Professor Dawn Skelton and Professor Tash Masud we draw your attention to the **FFBH2017** conference in Dublin in November.
Deadline for abstracts is 1st July 2017 and the website for further information is <http://ffbh-europe.com>

2018

August 8-10, 2018 – Toronto: [International Federation on Ageing 14th Global Conference](#)

IPTOP on Social Media



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



<https://twitter.com/iptopwcpt>

Join our IPTOP Linked In Group:

In order to invite MCRs to our LinkedIn group, you need to be a member on Linked In. Once you have join Linked In please let Helen Johnson know by email so that you can then be invited to join the group. You can also search for the group and request to join via the Linked In site.



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

IPTOP Associate Members

Associate membership is available to individual PTs in countries where there is an organized special interest group for physiotherapy for older people. IPTOP has 24 associate members from India, Suriname, Korea, Fiji, Zambia, Trinidad & Tobago, Bermuda, St. Lucia, Jamaica, Malaysia, Jordan, Sri Lanka, Saudi Arabia, Slovakia and Northern Cyprus.

Special thanks to Nancy Prickett, our Treasurer, who has been diligently keeping track of countries that have sought information about membership.

If any of you know Physiotherapists in countries that are not yet members, please contact them to gather support towards their membership.

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

Patron: Jill McClintock FCSP, United Kingdom

IPTOP Member Country Representatives Contacts

Australia Stephanie Fu	Austria Constance Schlegl
Belgium Jean Van Hoornweder	Canada Sonya Vani
Finland Paulina Iiskala	Iceland Nanna Gudny Sigurdardottir
Germany (new member elect) Carola Gospodarek	Ireland Grainne Forde
Malta Stephen Lungaro-Mifsud	Netherlands Laura den Boeft
New Zealand Liz Binns	Singapore Sin Yi Lee
Slovenia (new member elect) Danielle Jagodic	Sweden Lena Ziden
Switzerland Glauca Goncalves	Turkey Filiz Can
USA Lisa Dehner	United Kingdom Janet Thomas