



IPTOP News

March 2020

Issue #35



Message from the Newsletter Editor – Helen Johnson

Welcome to the spring 2020 edition of IPTOP News! We have received a good number of Member Country updates to share. We are actively working toward a new website presence for IPTOP. We also introduce our new IPTOP Treasurer, and share information on IPTOP grants available for members.

Our IPTOP social media presence is strong! Participating in the platform of your interest: Facebook, Twitter or LinkedIn, will expand our interactions and member engagement with more real time communications. See page 4 for information.

Our next newsletter will be published in autumn 2020. Please send news and articles to me at: communications@iptop.wcpt.org

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Contact Us at IPTOP

website@iptop.wcpt.org

Message from the IPTOP President – Dr. Hans Hobbelen

We make a difference!

Time is flying. In May 2019 the new IPTOP Board was elected and I became President of this important international association. I'm proud to lead IPTOP and to work together with all the board members and volunteers worldwide.

The past year showed that IPTOP is gaining visibility and importance internationally, not only in PT world, but also with other health care professional organizations. In October I was honored to give a keynote at the 6th congress on preventive physiotherapy in Hiroshima, Japan. It was organized by prof. dr. Yukio Urabe, (MCR for Japan 2017-2019) and his team, *pictured here at right*.

Also, IPTOP is gaining visibility with other health care professional organizations outside the PT world. For example, Vice President Susan Hunter was invited to participate as a member of the Scientific Advisory Committee for the International Psychogeriatric Association (IPA) Congress in Santiago de Compostella in Spain. I am a member of the Clinical Consortium on Healthy Ageing of the World Health Organisation.



Creating these new relationships and being involved with other organizations aligns us with **IPTOP's mission statement:**

IPTOP represents national special interest groups (SIG) of physical therapists working with older people. The efforts of the Association are directed towards enabling national organisations and their individual members to work with older people through research, evidence-based practice, clinical specialisation and collaborative practice with other disciplines and carers. The intention of the Association is to be the international resource for physical therapists working with older people.

Hopefully, you have all learned of the announced name change of WCPT. The organization will now be called "World Physiotherapy". With this name change WCPT will also develop a new brand logo and new website. The planned development of a new website has meant that IPTOP will build our own website as the new World Physiotherapy website will not be able to accommodate all IPTOP's demands anymore. So in the coming months IPTOP will launch their own new website which can accommodate many of our wishes in line with the aims and objectives of IPTOP.

I would like to highlight for you the six aims and objectives of IPTOP:

1. Education: Provide a platform to foster collaboration between physical therapists working with older people throughout the world
2. Practice: To build clinical expertise and encourage high standards of physical therapy practice with older people
3. Communication: To advance practice by communication and exchange of information
4. Research: To encourage scientific research and promote opportunities for the spread of knowledge of new developments in the field
5. Collaboration: To assist WCPT member organisations in the formation and development of recognised groups working with older people
6. Organisation: Maintain a high standards of a quality organisation; maintaining up to date policies and procedures; a time table for tasks and reports due to a day to day organisation management

We are hoping the small team of developers who are working with the members of the executive committee on this project will be able to launch the new IPTOP website around June 2020. Our goals for the new website will be to connect all members, full members and associate members, much better to each other than before. In this way IPTOP can grow, be more visible and have more impact on the daily practice of physiotherapy for older adults and on local, national and international policies that will shape delivery of care for older adults.

To end this presidential message, I would like to share the following story:

A couple of months ago a former PT student from Italy at my University, Alfonso La Brutto, brought to my attention the words of Nesrine Aloui Gharsallaoui, a young Tunisian Physiotherapist, that she had posted on LinkedIn, as follows:

"Somebody asked me: "You're a Physiotherapist? How much do you make?" I replied: "HOW MUCH DO I MAKE?" ... I can make you Walk when you can't... I can help you to retain your strength after an accident. I can relieve your pain when your pills can't. I can give you hope when you have lost one. I can make you get up from a wheel chair. I can keep you fit, healthy & strong. I will drop everything and run to make sure you never fall!!! I work weekends and holidays because people don't just get sick Monday through Saturday and during normal working hours. How much do I make? All I know is, I make a difference!"

Yes, we do make a difference! Thank you. Dr. Hans Hobbelen, President, IPTOP



"Only by owning who and what you are can you start to step into the fullness of life
Every year should be teaching us something valuable
Whether you get the lesson is really up to you."
--Oprah Winfrey

New Treasurer on IPTOP Executive Committee

Treasurer – Bernadette Kroon (USA)



Bernadette joined the IPTOP EC recently in the role of Treasurer. Bernadette has been a practicing physical therapist in the United States and the Netherlands for the past 32 years. Her area of expertise is in adult rehabilitation with a focus on brain injury, stroke, and complex medical conditions. She has an APTA board certified specialty in geriatrics (GCS) as well as Certified Exercise Expert for the Aging Adult (CEEAA). She is also LSVT certified and NDT trained.

Bernadette is a full time lecturer at the University of Southern Maine at Lewiston Auburn College. She lectures and teaches in the labs of applied science courses including neuroscience, anatomy and kinesiology, geriatrics. Bernadette works closely with the occupational therapy program and is interested in inter-professional education. Bernadette is the APTA geriatric state advocate for the state of Maine.

She is involved in her local community and is a member of the senior steering implementation committee for the city of South Portland Maine.

Welcome Bernadette!

IPTOP Research and Education Grants now available

The IPTOP Executive Committee has established Research and Education Grants.

Educational Scholarships are available to IPTOP members accepted to present a poster or platform presentation on a geriatric related topic at a health care conference. A **Research Grant** valued at \$1000 (US Dollars) was created in 2018 to provide seed funding for pilot projects which address clinical research with immediate relevance for the function and quality of life of older adults. Applicants are encouraged to focus on practice of physical therapists with clients over the age of 65; must be a member in good standing of their country's geriatric special interest group or an associate member of IPTOP.

Award details and applications can be requested through our Treasurer, Bernadette Kroon, please contact treasurer@iptop.wcpt.org

Reminder – The Raymond Finlay Bursary

A bursary was founded by the Finlay family, in memory of Raymond Finlay. Olwen Finlay is one of the founders of IPTOP and is Raymond's widow.

The fund is intended to support a physiotherapist to attend a WCPT conference, delivering a presentation in relation to Physiotherapy with Older People; coming from an IPTOP member country that is eligible for a discounted membership fee as defined by WCPT.

The recipient will be asked to write an article for the IPTOP Newsletter and will meet with the IPTOP Executive Committee at the Conference.

Applications for Dubai 2021 should be made before 1st July 2020 to
Patron@iptop.wcpt.org

"Aging is not 'lost youth' but a new stage of opportunity and strength."
--Betty Friedan

Member Country Update – Italy



Country	Italy
Name of group	Gruppo di Interesse Specialistico in Fisioterapia Geriatrica di AIFI (GIS GFG)
Website	https://gisftgeriatrica.aifi.net
Name of representative	Marco Da Roit
Number of members in group	200
Description of group	The Special interest group in gerontological physiotherapy works to spread good practice and research in gerontological physiotherapy around Italy, with particular focus on frail and institutionalized elderly. Mission of the group is the definition of effective pathways in term of prevention, care and rehabilitation, through the organization of events, conferences and courses and the promotion of research in the field of gerontological Physiotherapy.
Activities since last report	30 November 2019 we held our annual group Conference on the theme: "Evaluation scales and measuring instruments in geriatric rehabilitation". The focus was on importance of the use of evaluation tools and measuring scales, internationally validated and shared, used in the diagnostic-therapeutic framework of the geriatric patient. Janet Thomas, IPTOP Secretary, served as a keynote speaker at our conference.
Other relevant national events	During the annual meeting we held the election of the Executive Committee. 10 members (half of which are new) were elected and we have a new group president FT Melania Salina. Good job to the new executive committee!!

Member Country Update – Nigeria



Country	NIGERIA
Name of group	Nigeria society of Physiotherapy/Geriatric subspecialty group.
Website	www.(yet to be available)
Name of representative	Ogechukwu Ojeniweh
Number of members in group	14
Description of group	Persons with similar interest in the management of older persons, diseases related to ageing and promoting healthy aging
Activities since last report	Nil currently available,group came into inception in October 2019.
Other relevant national events	Currently planning a local workshop to be held tentatively May 14 and 15, 2020



Member Country Update – Netherlands

Country	the Netherlands
Name of group	Dutch Association for Geriatric Physical Therapy
Website	nvfg.kngf.nl
Name of representative	Laura den Boeft
Number of members in group	Around 600
Description of group	The Dutch Association is an active group that aims to further improve the quality of geriatric physical therapy and to gain further acknowledgement among other professions within healthcare for geriatric patients. The association has its own yearly congress and journal (four editions per year).
Activities since last report (50 words*)	We held our national congress in October 2019. The theme for that congress: central nervous system disorders. We were proud that Hans Hobbelin, IPTOP president, was one of the keynote speakers about dementia and mobility/geriatric physical therapy. In February 2020 our group was co-organizer of the multidisciplinary Dutch Geriatric Congress, together with the Association of Geriatricians and the Association of Geriatric Nursing,
Forthcoming meetings	Our group is also co-organizer of the national congress 'Older adults and nutrition' in March 2020. https://www.ouderenenvoedingcongres.com On October 3, 2020 we are holding our own national congress for geriatric physical therapists.



Member Country Update – AGILE – United Kingdom



Country	UK
Name of group	AGILE: Chartered Physiotherapists working with Older People
Website	Agile.csp.org.uk
Name of representative	Vacant
Number of members in group	1092
Description of group	Professional network of the Chartered Society of Physiotherapy



Activities since last report	<p>The AGILE conference in 2019 was held in October 2019 in Belfast, Northern Ireland. A reflection from two attendees has been submitted to the newsletter and you can read more elsewhere! Take a look at the #agile19belfast tweets for more information.</p> <p>The National Study days for 2019 were on Parkinson's and led by Bhanu Ramaswamy – a name well known in IPTOP circles!</p>
Other relevant national events	<p>AGILE continue to work very closely with many national bodies, including the British Geriatrics Society (BGS) and the Chartered Society of Physiotherapy (CSP).</p> <p>The current work with the CSP is focussed on the 'Hip Sprint' work, working to ensure hip fracture guidelines are implemented and delivered nationally.</p>
Forthcoming meetings with contact information	<p>AGILE are running a strand called 'Ageing well' at the 2020 CSP National conference in November 2020. They are also partnering with the BGS in their Spring 2020 conference</p>
	<p>Interact and keep up to date with AGILE on Twitter @AGILECSP</p>

Member Country Update – New Zealand

Country	New Zealand
Name of group	Physiotherapy for the Older Adult Special Interest Group
Website	www.
Name of representative	Liz Binns
Number of members in group	282
Description of group	A subgroup of Physiotherapy New Zealand for Physiotherapists who work with or have an interest of physiotherapy for older adults. Run by a small volunteer committee.
Activities since last report	Advanced Parkinson's Disease study day held in Christchurch, and article about the a perspective on Physiotherapy for Older Adults in New Zealand for the Dutch Journal of Geriatric Physiotherapy and Physio Matters (Physiotherapy New Zealand magazine)
Other relevant national events	Contributing to Physiotherapy New Zealand Conference 2020.
Forthcoming meetings <u>with contact information</u>	AGM to be held at Physiotherapy New Zealand Conference 2020, Rotorua, New Zealand. Contact: chrissie_russell@hotmail.com

Reflections from AGILE NI conference October 5-6, 2019

Author: Dawn Robertson – Physiotherapist, REACT TEAM, ST John Hospital, Livingston. NHS Lothian.



@DawnR31582858.

Day One

1.0 Introduction

The AGILE NI conference (Navigating the complexities of providing high quality care for older people) was well attended and had great speakers. This was an opportunity for networking, learning and sharing evidence-based practice with other therapists across the UK.

2.0 Day one:

2.1 Saturday morning session

This session comprised of speakers working presently within the NHS setting focusing on patient time, approach to advance care planning and challenges with service provision.

We had a break session to view and listen to poster presentations where therapists had the opportunity to show case evidence- based practice and quality improvement works carried out.

2.2 Saturday afternoon

The afternoon sessions focussed on ageing eye, anxiety, male incontinence, ProACT and frailty Evidence review. Pro ACT was quite interesting as it focused on person centred; discussing co-design of a person –centred digital integrated care system for multi morbidity. The speakers also reported that therapist have a greater influence on navigating complexities of high-quality provision for older people.

I would like to focus on the first day and three areas that resonated with me.

Why patient time is the most important currency in Health care (Professor Brian Dolan); it was interesting and thought provoking as it made us reflect on time? ‘it also made me think about how many of my 1000days, would I choose to spend in hospital ‘what’s my legacy. We also had the opportunity to view some good work and results around ‘end PJ paralysis’ within NHS settings.

The Heart of Living and Dying: A public health approach to advanced care planning by (Deidre McKenna). This stood out for me as I presently work in a community setting. My job involves assessment and provision of rehabilitation to people over 65; most of who are frail. It was thought-provoking as it is an area that I am not very confident in discussing with patients; often patients, struggle to comprehend the connection between therapy and ACP.

Dementia and Sign Language user by (Alice Johnston) was interesting, as I seldom come across people with dementia and sign language. This was around awareness and challenges in accessing services. Suggestions and research were discussed on how to support /signpost to the relevant services.

2.3 Themes that came out of day one:

Patients are not visitors in our hospitals; we are guests in their lives.

Challenging our attitude & communication towards advance care planning.

What would be our legacy?

Improving knowledge and awareness of ACP.

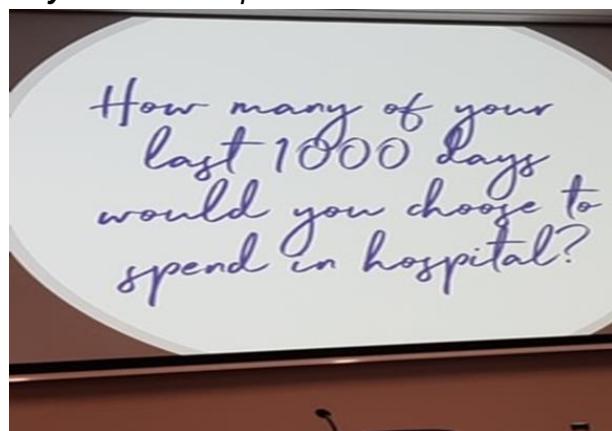
Everyday matters – what matters to you?

2.4 Thoughts to ponder and take on board:

Improving knowledge and awareness about advanced care planning is crucial.

Listen for the clues and take the opportunities to engage in conversation around a person's dying wishes.

Promote **End PJ paralysis** wherever possible.



Day two

Author: Helen Thaxter, Clinical Manager and Physiotherapist, West Community Independence Team, Western Community Hospital, Solent NHS Trust.

I was privileged to attend the 2019 Agile conference at the ICC in Belfast in October.

Belfast is an amazing city – diverse, vibrant and packed with culture! The ICC was a fantastic venue overlooking the river Lagan with views across the Waterfront towards Eastside and the Titanic quarter.

Day Two had some excellent sessions from specialists in pharmacy, podiatry, ergonomics, the Northern Ireland Ambulance Service, as well as research specialists outlining the PERFECTED trial, and Making Quality Improvements.

The winning Rapid Poster Presentation by Meg Oseland outlined the work she and a colleague carried out to explore the impact of wearing an age simulation suit on physiotherapy students' perceptions of older adults. Final year physio students were given a simulated experience of the physical effects of ageing through wearing garments that restricted joint movement and posture, gloves and footwear that limited sensory input through hands and feet, and glasses and earplugs that limited eyesight and hearing. Students reported increased empathy for the challenges facing frail older people and reported that the reduction in sensory input had a greater impact than physical restrictions on their ability to carry out functional tasks.

The bariatric simulation suit demo by ergonomics advisors **Angela Clarke and Maria Rush** gave insight into some of the challenges of managing bariatric people in acute and community settings. Conference participants donned the 'Fat Suit' and experienced a number of difficulties, including being unable to adjust their position on a bed and having poor control of lying-sitting and sitting-lying due to the abdomen limiting trunk and hip flexion. They reported pressure on their chest affecting breathing and being unable to see the face of someone talking to them from the foot of the bed if they were lying down. In sitting they needed to keep hips abducted to maintain sitting balance and avoid discomfort from the abdomen feeling squashed. Clothing felt uncomfortable, with considerable difficulty reaching to pull on garments; this gave an insight into how difficult it is for bariatric people to reach to perform their own personal care, and why avoiding getting dressed or using underwear is often the preferred option.

Angela and Maria emphasised that staff involved in the management of bariatric people need always to perform their duties with the highest regard for the person's dignity without being judgemental, or apportioning blame or shame.

The challenges of caring for a bariatric person in an acute setting are well known e.g. extra space for the right equipment and the impact that has on ward capacity, extra staffing and time needed to provide care, complex admissions and discharges, risk of staff injuries, delayed discharges due to transportation and home environment issues. What was also highlighted was the detrimental effect on a bariatric person's psychological wellbeing caused by staff being risk averse and doing more for the person than they actually need for example restricting their normal mobility due to fear that the person may have a fall.

The Northern Ireland Ambulance Service (NIAS) described how they are in process of adapting their service provision due to the shift from predominantly trauma call outs over the years to increased call outs for falls and frailty. Changes in paramedic education and training, adopting an MDT approach, development of a falls bundle of investigations, have all resulted in teams being more equipped to deal with falls and frailty, resulting in fewer ED conveyances.

Lead Pharmacist Carmel Darcy outlined the challenges of Polypharmacy and Hyperpolypharmacy which is on the increase and has been identified by the WHO as a major global issue. Drivers for polypharmacy include increasing age of the UK population, living with multiple long term conditions, therapeutic advancements, increased accessibility to medications, NICE guidance and targets (including QOFs), and prescribing cascades whereby side effects of medications are wrongly identified as a new condition for which additional medications are then prescribed to treat. The effects of polypharmacy are amplified in someone with frailty, with both Drug-disease interactions and Drug-drug interactions. De-prescribing (the process of tapering, stopping, discontinuing, or withdrawing drugs) with the goal of managing polypharmacy and improving outcomes, needs to give consideration to both the patient's agenda and the clinical agenda.

Acknowledgements

Thank you to AGILE for funding both these places at the conference!

Report from GIS Geriatrico meeting, Florence, Italy



30th November 2019

Our Italian members, the GIS Geriatrico invited a speaker from the IPTOP Executive committee to their annual conference, held in Florence on 30th November 2019. The conference theme was Outcome measures – or La Scale de valutazione e gli strumenti di misura in riabilitazione geriatrica.

I was delighted to attend to represent IPTOP and was invited to talk on Contextualizing outcome measures – a Global perspective. But before we report of the conference – first a mention of the welcome. Despite the language barriers the welcome was obvious even without words! From joining with the organising committee the night before the conference itself, I was made so welcome throughout my fleeting stay in Florence. A special mention to the two translators who both made my talk understandable to the audience, but also translated through the day for me, so that I could follow the entire event – thank you!

Onto the conference itself, which was extremely professionally organised in the most fabulous location I have ever had the privilege to speak in –or maybe that's par for the course for Florence...

There was a great variety of speakers taking the attendees through the background, the theoretical underpinnings and the practical use of using measurements in clinical practice. For my part, I had discovered in my research ahead of giving the presentation so much about the origins of outcome measures, and how there are probably more similarities than differences in why and how people use measures around the world. The point to highlight for us all though is that use of a measure is something that we should ALL include in our assessments and interventions with patients.

Are you aware of the WCPT standard (Standard 2.10.1.02 if you are interested) that says physiotherapy assessments should ‘...Incorporate appropriate history taking, systems review and tests and measures to facilitate outcome measurement’. This was reinforced when IPTOP brought out our own standards in 2013 which say we should include ‘Examination / assessment of the individual by selecting and administering culturally and age appropriate tests and measures’.

Of course, in an Italian setting the measures spoken about were very similar to those I use in my practice in the UK – the Berg Balance Scale, the Timed up and Go, Gait Speed and other walking tests appear in common place use in most European settings. It was good that my recognition of a measure on a slide presentation in Italian was followed very quickly by confirmation that this was the measure under discussion when the translators caught up with that section of the talk!

Having the experience of attending this conference (and attending other world physiotherapy events) makes me realise that our practice is only made richer by sharing our experiences – not just with our local colleagues but with those physiotherapists around the world who share our passion about working with older people. That is in essence what IPTOP is all about – sharing good practice with our worldwide colleagues.

Thank you again to GIS Geriatrica for the invitation and the warm welcome during my stay.

Janet Thomas

IPTOP creates new partnership with HUR

In April 2019, IPTOP and HUR signed a two-year partnership agreement. HUR provided sponsorship funding toward some of our WCPT 2019 conference costs. At our May 11, 2019 AGM in Geneva, Dr. Arto Hautala, HUR Director of Research and Education provided a short presentation on research concepts for preventative exercise, disease management and rehabilitation being undertaken with the help of HUR products and partners.

HUR is involved in a variety of research in medical concepts including Fall Prevention, Hypertension, Type II Diabetes, Cardiac Rehabilitation and Hip & Knee Rehabilitation. More information available here: <https://www.hur.fi/en/concepts>

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5th European Congress ER WCPT 2020 to be held in Belgium



ER-WCPT Registration is open

More information at: https://www.erwcpt.eu/events_and_news/ER-WCPT_congresses

11th African Region WCPT Congress 2020:



IPTOP on Social Media



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



<https://twitter.com/iptopwcpt>

Join our IPTOP LinkedIn Group:

In order to invite MCRs to our LinkedIn group, you need to be a member on LinkedIn. Once you have joined LinkedIn 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 LinkedIn site.

We could use help to coordinate a conversation on LinkedIn – let us know if you are interested!



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

IPTOP Associate Members

Associate membership is available to individual PTs in countries where there is no organized special interest group for physiotherapy for older people. Sixty-four individuals have joined IPTOP representing approximately 34 countries.

Contact the Bernadette Kroon, Treasurer if you are interested in joining for a one-time fee.

IPTOP Executive Committee 2020

President Hans Hobbelin	Secretary Janet Thomas
Vice President Susan Hunter	Treasurer Bernadette Kroon
Communications Coordinator Helen Johnson	Web manager website@iptop.wcpt.org

Patron: [Jill McClinton FCSP](#), United Kingdom



IPTOP Member Country Representatives Contacts

Australia Stephanie Fu	Austria Gerti Wewerka
Belgium Margreet van Dijk	Canada Sonya Vani
Denmark Hanne Anderson	Finland Paulina Iiskala
Greece Dimitrios Vasmaris	Iceland Nanna Guðný Sigurðardóttir
Ireland Edel McDaid	Italy (new member) Marco Da Roit
Japan Shoichiro Nishikawa	Malta Stephen Lungaro-Mifsud
Netherlands Laura den Boeft	New Zealand Liz Binns
Slovenia Danielle Jagodic	Sweden Lena Ziden
Switzerland Anne-Gabrielle Mittaz Hager	Turkey Filiz Can
USA Lisa Dehner	United Kingdom Lauren Stenhouse