



COLLEGE CALLINGS

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College Callings is published quarterly by the College of Physical Therapists of Alberta to communicate College decisions, standards, guidelines, policies, and other important matters to members.

As all members are sent a copy, the College assumes that members have read and understand the information contained within.

If you have any questions regarding the content, please contact the College office.

Return undeliverable
Canadian addresses to:

College of Physical
Therapists of Alberta
1350 Weber Centre,
5555 Calgary Trail
Edmonton, AB T6H 5P9

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ONE VOICE. INCLUSIVE REPRESENTATION. FOR ALBERTA'S PHYSICAL THERAPY PROFESSION

Change, even just the consideration of change, is difficult, maybe even scary, even when there are many potential benefits. With many unknowns and what 'ifs,' the status quo often seems easier. But change brings opportunity, and it is opportunity (and the drivers for change) I would like to talk to you about.

Since 2007, the College and the Alberta Physiotherapy Association (APA) have been exploring the possibility of the College adopting member services currently provide by APA. The exploration has now moved to the member engagement phase before a final decision on the matter is made. The engagement phase involves:

- Member meetings/information sessions (held in April and May around the province and via telehealth) to provide details about the drivers for and benefits of change, the process and resulting operational structure.
- Soliciting member feedback and profiling member questions (with College/APA answers) and comments in a member message centre hosted in member services on www.cpta.ab.ca.

the message centre) along with member questions and comments.

After participating in many of these sessions and reading member questions and comments, I would like to take this opportunity to share with members (especially those unable to attend the EGM/information sessions) my thoughts on why the one governance proposal is right for individual physical therapists and the profession as a whole, from my perspective both as president and a practicing physical therapist.

Thanks to everyone who attended the Extraordinary General Meeting (EGM) on April 18. About 120 members came out for a joint College/APA presentation and participated in a question and answer (Q&A) segment that followed. Many continued the discussion via an online Q&A/comment session hosted on the College's website and by attending follow-up information sessions. A summary of the EGM was posted in member services (under

MEMBER INVOLVEMENT/FEEDBACK

While some may feel a final decision has already been made, it has not. We are still actively seeking and encouraging member participation in the discussion. While APA members are scheduled to vote on June 20 (at their Annual General Meeting) on whether to dissolve the association, this vote is simply another preparatory step/input into a final decision.

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HELP IMPACT YOUR PROFESSION'S CONTINUING COMPETENCE PROGRAM

*Edmonton and area physical therapists
invited to participate in research study*

THE NEED

Six physical therapists are needed to help assess two prospective reflective practice review tools. Participation will take about five to six hours (in one to two hour blocks).

THE PROJECT

The project, led by physical therapist Nancy Littke as part of the requirements to complete her Masters in Rehabilitation Sciences from the University of British Columbia, will examine two practice reflection self-assessment tools and provide feedback on the tools' usefulness and relevance. Practice reflection is an essential competency for physical therapists. Appropriate tools to facilitate self-assessment and reflection on clinical practice are key to that process however, little is known about appropriate reflective assessment tools for physical therapists.

PROJECT PARTICIPANT'S ROLE

The research project, which is supported by the College, will examine two assessment tool strategies. Project participant role involves:

1. **Self-reflection** - review five current patient charts and answer questions designed to help reflection on clinical practice.
2. **Facilitated reflection** - similar to step one, but this time facilitated to assist the reflection process. Learning goals and plans will be developed following steps one and two.
3. **Interview/discussion** - with Nancy to discuss experience and provide feedback on tool relevancy and applicability (will take about one hour).

Information/data gained from the project will be shared in a non-identifiable format (i.e., participant names/details will not be identified) with the physical therapy community, including the College, to help develop and refine reflective practice tools for professional portfolios.

TO PARTICIPATE

If you live/work in Edmonton or the surrounding area and are able to participate, please contact Donna Heron at the College office before July 1, 2009. If you have any questions about the study, please contact Nancy Littke at 780.691.5607 or littkez@telusplanet.net.

ANNUAL GENERAL MEETING (AGM) 2009

Saturday, June 20, 2009

Coast Edmonton Plaza hotel



The College invites members to attend its 2009 AGM on Saturday, June 20. The meeting will be held at the Coast Edmonton Plaza hotel from 1-2 pm, following the APA's AGM, which will run from 10 am - 12 pm. Lunch will be provided between the two meetings (12 - 12:45 pm). For anyone traveling to the meeting and requiring a room, a special room rate of \$99/night has been arranged. To book call 1.800.663.1144 and ask for the APA rate.

MEETING DETAILS

Location: Coast Edmonton Plaza, Drayton Valley Ballroom

Address: 10155 105 Street, Edmonton

Time: 1 - 2 pm (following APA's AGM and lunch)

Agenda: was mailed to members and is available on the College's website under what's new.

College's 2008 Annual Report: which includes the auditors' report was mailed to members in April, it is also available on the College's website.

PLEASE RSVP

RSVP is requested as lunch is being provided. Please RSVP to office@cpta.ab.ca or 780.438.0538 | 1.800.291.2782. To facilitate seating and lunch arrangements, please indicate which meeting you will be attending—College, APA or both.

CURRENT COLLEGE PROJECTS

Practice standards and code of ethics

The College is currently working on two policy projects:

1. **Standards** - the College's existing standards have been revised, updated and expanded. Copies of the draft standards will soon be sent for member consultation.
2. **Code of Ethics** - a new code is under development.

WEBSITE UPDATE

The new website will be delayed slightly due to some unexpected programming/coding issues. The agency doing the coding is working to resolve the issues as soon as possible.



COUNCIL NEWS

Key highlights, discussions and decisions from Council's February and March meetings

POLICY DEVELOPMENT/DECISIONS

Needles in practice - physical therapists may only use dry needles in practice if authorized by the College. Authorization is granted to members who have acquired the competencies to safely use needles in practice as outlined in the Dry Needling Competency Profile for Physical Therapists, 2007. Council approved the addition of three programs to the list of approved dry needling course providers:

- McMaster Contemporary Acupuncture Course.
- McMaster Contemporary Medical Acupuncture Course.
- Acupuncture for Physiotherapists: The Art and Science (Manitoba).

Council also approved a process for evaluating the competencies of members who have acquired their training through means other than an approved program. The evaluation process is currently being pilot tested.

AUDITED STATEMENTS AND MANAGEMENT LETTER

Council reviewed and accepted the audited financial statements and management letter for the year-ended September 30, 2008.

REFERRALS TO PHYSICIANS FOR CONSULTATION

The Ministerial Order authorizing physical therapists to refer patients directly to physicians for consultations was signed and came into effect April 1, 2009. In order for the physician to bill for the referral at the referral rate, the referring physical therapist requires a PraeID number which is issued by Alberta Health and Wellness. To provide member direction and support, Council approved a new guideline on referrals to physicians for consultation. The guideline is available at on the College's website. PraeID application forms are available from the College office.

EXTRAORDINARY GENERAL MEETING

The president called an Extraordinary General Meeting of the College (EGM) on Council's request to propose a bylaw change to extend the term of office of elected Council members by one year. Members were asked to consider the request to ensure consistency in Council during the period of legislative change in anticipation that Schedule 20 to the Health Professions Act will come into force within the foreseeable future. Members approved the bylaw change.



EGM CONT

A joint presentation by the College and APA on creating one governance structure for the profession followed the vote. A summary of the presentation is available on the College's website, in the member services section.

CONNECTING WITH COUNCIL MEMBERS

Council welcomes member questions and comments. Members can contact their elected Council members at the following email address:

- Simon Cooke (President): simon.cooke@cpta.ab.ca
- Erica Bowen (Vice-president): erica.bowen@cpta.ab.ca
- Grant Fedoruk (Secretary-treasurer): grant.fedoruk@cpta.ab.ca
- Karin Eldred: karin.eldred@cpta.ab.ca
- Mara Shular: mara.shular@cpta.ca
- Nicola Sadorra: nicola.sadorra@cpta.ab.ca
- Greg Cutforth: greg.cutforth@cpta.ab.ca
- Krishna Prasanna: krishna.prasanna@cpta.ab.ca

“MUST I COMPLETE A COMPETENCE PORTFOLIO IN 2009”

The answer is NO. A new competence program and portfolio was developed in preparation for proclamation under the Health Professions Act (HPA) and will then become mandatory.

The College suspended its previous program in 2007 to re-evaluate the program followed by the development of a new program model and portfolio. An overview of the new program was communicated in College Callings, July 2008. More information on the new program and expectations will be communicated closer to HPA proclamation.

In the interim, if you have any questions about the program please contact Audrey Lowe at the College office (alowe@cpta.ab.ca | 780.458.0538 ext 305 | 1.800.291.2782).

PRESIDENT'S MESSAGE

ONCE VOICE. INCLUSIVE REPRESENTATION

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Feedback from College members is also a vital component in making a final decision. As a result, members have been encouraged to submit their questions and comments. Member input is posted on the message centre along with answers from the College or APA. To date however, we have received less than one percent response. If you have an opinion, question or comment on this issue, I strongly encourage you to share it with Council, the APA board and your fellow College members by submitting it to registrar@cpta.ab.ca and visiting the message centre to follow the discussion.

REALITIES DRIVING CHANGE DISCUSSION

There are many internal and external drivers making the governance exploration important and timely including agencies who increasingly want to deal with organizations representing all members, economic realities, Alberta's one health authority, healthcare service change rumours, and increasing operating costs to name but a few.

My involvement representing physical therapists (to government, the public, Workers' Compensation Board, etc.) has provided first-hand experience of the strength and power in both 'numbers' and 'speaking with one voice.' As a result, I firmly believe for physical therapy to prosper in Alberta, strength in numbers when negotiating and consistent messaging about our profession must be present. The focus must also be on the 'whole' profession not private vs. public aspects. Again, I feel this would be best accomplished by one organization.

Rumours abound that the Alberta government may change the way it views and manages healthcare delivery. If that happens, our scope of practice, expertise and usefulness could be challenged (along with other healthcare interventions and services). Physical therapists may easily find themselves defending their position, contributions and value in both public and private settings. One strong, consistent and fully representative voice with a unified presence is essential, in my opinion, to prevent any loss of service to Albertans.

CONFLICT OF INTEREST—PERCEPTIONS AND REALITIES

Some members have voiced concern that having the College's public protection role and the Association's role to promote and advance the profession under one organization would create conflicts of interest. The College's role is to regulate in a manner that protects and serves the public. This would not change. We can promote and advance the profession and advocate as long as it

protects and serves the public's interest—in fact we do this now in many respects.

The reality is, the public's, patient's and profession's interests and needs are integrated and not diametrically opposed. We all want safe, competent, professional, ethical, available, accessible and quality physical therapy practice. Another reality is, there's no perfect model. It's about what's best for both the profession and the public. It is my (and Council's, including our public member's) sincere belief that a combined model is what is best for all concerned.

Excellence (in regulation and practice and service delivery) will continue to be a key College mandate. Poor practitioner conduct and/or practice does not serve anyone's interest (public, patients or the profession's). Excellence on the other hand, serves and benefits us all. In addition, any evolution, expansion, mass marketing, communication and/or promotion of the profession will just serve to:

- Better meet the health needs of Albertans and needs of the province's healthcare system.
- Educate stakeholders (especially government and insurers) about physical therapist's role, contribution and value.
- Make the public aware of the healthcare treatments and options available to them.

We have also rigorously examined potential conflicts and could find no concrete examples. The only area containing a possibility of potential conflict is fee negotiation, however, system structures/processes exist in regulation to ensure this potential is mitigated if not prevented. The College also has checks and balances in place to ensure that no one function takes precedence over the other. We also strictly 'fire wall' conduct matters/functions from competence and professional practice matters, a separation that would remain. Mature, responsible, accountable and ethical organizations mitigate and prevent potential conflicts, as the College has done, by implementing system checks and balances.

PUBLIC MEMBERS AND THE HEALTH SCIENCES ASSOCIATION OF ALBERTA (HSAA)

Public practice members (about half the College's members) are represented by the HSAA and may feel that's enough representation. Some have asked, "what would the proposed modified Col-

lege do that the HSAA doesn't already?" I would answer, consider that the HSAA represents over 100 different disciplines in public and private healthcare sectors, and that their role and focus is to negotiate salary and benefits and represent specific work issues to employers and not:

- Help ensure physical therapy services continue to be delivered by physical therapists.
- Build awareness of physical therapy through public relations, communication and marketing activities.
- Communicate/promote physical therapy services, value and benefits beyond employers (i.e., to the public, government, insurers, other health providers, etc).
- Supplement national professional development opportunities with local/provincial sourced ones.

Instead this would be part of the role and focus of 'the modified College' organization, while HSAA would continue in its current role. I know I would be more confident knowing there is an organization behind me who is focused on ensuring all Albertans know about and have access to physical therapy provided by physical therapists, no matter what the practice or service setting.

MEMBER SERVICES

Over the past few years, the Council and College have increasingly worked in the areas of practice advice, continuing competence and advancing physical therapy practice. I do not see this focus or work changing. In fact, I believe it will only be strengthened and enhanced if the College formally adds member services to its mandate.

COUNCIL

I am reassured that Council's decisions are enriched by Councilors' diverse perspectives and experiences: from public and private practice physical therapists, traditional and non-traditional practice areas and experienced practitioners and recent graduates. I believe the diversity has enabled Council to fully explore, examine, debate and consider what is best for the physical therapy profession and the public in Alberta. I believe we are well on our way and thank you all for your support.

Yours in health,

Simon Cooke, PT
President, College of Physical Therapists of Alberta

PAIN MANAGEMENT CERTIFICATE PROGRAM

Faculty of Rehabilitation Medicine University of Alberta

The Faculty of Rehabilitation Medicine is pleased to announce a new Certificate in Pain Management. This is the first of many certificate programs under development as part of its continued education outreach to rehabilitation and other healthcare professionals.

Available January 2010, the pain management program will provide an opportunity for interdisciplinary groups to address pain related issues and increase academic and clinical capacity in pain management throughout Alberta and beyond. Because the number of individuals suffering chronic pain is projected to increase dramatically over the coming decades, it is imperative that professionals be educated in effective, evidence-based assessment and treatment of pain conditions.

PROGRAM PURPOSE, DESIGN AND OUTCOMES

Developed to meet the need for high quality continuing education opportunities delivered through flexible, distance frameworks, this program will build on clinicians' existing expertise and address the need for continued education for clinicians in both urban and rural settings. Based on the strongest evidence-based research, the program will be taught by leaders in each respective area, and will include profession-specific and inter-disciplinary content. The program will provide:

- 1) An understanding of importance of interdisciplinary pain management approach through understanding of the unique and shared roles and responsibilities of various professionals.
- 2) Critical thinking and evidence-based approaches to develop assessment and treatment plans, with an emphasis on complex/chronic pain.
- 3) Bio-psycho-social clinical reasoning framework that integrates information across models in the assessment and treatment of pain.

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PAIN MANAGEMENT CERTIFICATE

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To successfully complete the program, you must complete a minimum three graduate level courses, totaling nine credits.

MORE INFORMATION

Please contact Shawn Drefs at 780.492-9050 or sdrefs@ualberta.ca for more information on this program or other certificates in development.

Several excellent suggestions for future certificate programs have been made by clinicians and others in the rehabilitation community. To encourage further suggestions, a proposal form has been developed that will allow the certificates committee to review and prioritize suggestions. Please contact Shawn for a proposal form.

WELCOME NEW AND RETURNING MEMBERS

For February 1, 2009 through May 31, 2009. Verify registration status via the online member directory at www.cpta.ab.ca.

NEW OR RETURNING

Natasha D'Mello
Scott Dunne
Kyle Heppner
JoAnne Horne
Anna Hughton
Kylie Kearns
Stephen Keating
Jennifer Kiesman
Ryan Leigh
Michael Potkonyak
Tracy Potter
Gordon Schutz
Trish Scott
Sarah Seaboyer
Jean Torrance
Jeremy Woodfin
Brian Yu

TEMPORARY LICENSE

Karolina Ekman
Luke Fernandes
Steve Hartley
Erin Hauser
Natasha Herman
Roselyn Longares
Sarah Pletsch
Kristina Prystupa
Shahnaz Rather
Dannielle Renner
Kimberly Robbie
Antoni Roelofs
Darren Russell
Natalie Schreiber
Emmylou Tays
Roberta Worthing

TEMPORARY LICENSE

Yasser Abdel Ati
Darra Bennett
Brian Boehme
Alison Boudreau
Sarah Card
Navjot Chauhan
Celeste Cruywagen

COLLEGE OF PHYSICAL THERAPISTS OF ALBERTA

Registrar Dianne Millette
Assistant registrar Joyce Vogelgesang
Continuing competence Audrey Lowe
Registration Erin Howes
Communications Mara Simmonds
Executive secretary Donna Heron

COUNCIL 2008/2009

President Simon Cooke
Vice-president Erica Bowen
Secretary-treasurer Grant Fedoruk
Council members: Karin Eldred,
Krishna Prasanna, Nicola Sadorra,
Mara Shular and Greg Cutforth
Public member Harry Davis
Student representative: Alison
Thornton

1350 Weber Centre
5555 Calgary Trail
Edmonton, AB T6H 5P9

T: 780.438.0338
TF: 1.800.291.2782
F: 780.436.1908
www.cpta.ab.ca

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