

NSCP Update

February 28, 2010

Annual General Meeting:

The NSCP will conduct its 2009 Annual Meeting on March 27, 2010 in conjunction with the NSPA Annual Conference. The AGMs and related events will take place in the Conference Centre at the Four Points by Sheraton Hotel, 1496 Hollis St. (at Salter).

NSPA / NSCP Annual Conference Agenda for the day

8:00 am - Breakfast / Registration

8:30 am - 9:00 - Nova Scotia College of Physiotherapists AGM

9:00 am - 10:00 - Understanding Quality Practice - CE presentation

10:00 am - 10:30 - Break in Exhibit Hall

10:00 am - 2:30 - Exhibit Hall remains open

10:30am - 12:00 noon - Nova Scotia Physiotherapy Association AGM

12:00 pm - 1:30 - Lunch in Exhibit Hall; prize draws

1:30 pm - 4:30 - Professional Development Workshops

Conference Venue

While there is no room block set aside for this event, members travelling in from out of town can contact the hotel for reservations by calling 902-423-4444.

Developing Personal Leadership: Leading the Self Before Leading Others

Workshop Leader: Rita Wuebbeler, Program Facilitator, Saint Mary's University Executive & Professional Development.

With the science and policy of healthcare changing at a frenetic pace in Nova Scotia and across Canada, physiotherapists are increasingly challenged to take on leadership roles in emerging practice settings, and within government, insurance, business, and other "non-traditional" settings. Leadership skills are a critical component of successful navigation of, and negotiation within, today's health system. This workshop focuses on the first critical step of leadership skill development: Personal Leadership.

Our workshop leader, Rita Wuebbeler, is a seasoned consultant and facilitator who has been working with Saint Mary's University since relocating to Halifax last year, developing and delivering team management and leadership sessions. Her consulting practice focuses on maximizing leadership skills within individuals and organizations, in both non-profit and for-profit settings. She will work with participants to build a framework of personal leadership, utilizing group analysis of critical incidents relevant to emerging areas in physiotherapy leadership. The workshop will also assist attendees to develop a personal vision statement for being a leader at work.

Workshop Two:

Functional Exercise Prescription for Disease Prevention and Management

Workshop Leader: Dr. Gail Dechman, PT, PhD, Dalhousie University School of Physiotherapy

Exercise is an effective way to manage or prevent diseases such as hypertension, diabetes, overweight and obesity, and cancer. It forms the cornerstone of cardiac and pulmonary rehabilitation. A recent study identified confidence in the ability to prescribe exercise as one of the top three determinants of whether patients received activity counseling. Because patients often need more guidance than is given in a typical recommendation to increase physical activity, physiotherapists should be able to explicitly prescribe exercise.

This workshop will give participants the theory and practical skills they need to prescribe exercise. Case studies will be used to demonstrate exercise prescription for weight loss and to improve cardiovascular and pulmonary health.

These two sessions will run concurrently from 1:30 - 4:30 PM on the 27th. Both sessions are targeted at physiotherapists who have completed their entry-level education.

NSCP WEBSITE:

We have made some new changes to the NSCP website:, note the additional information about the NSCP's Vision, its Mission and our four (4) core responsibilities on the home page. This information provides a good overview on the NSCP raison d'être. the Bits and Bytes tab has a couple of new educational offerings in Sydney and Liverpool and the Continuing Competency Tab has been updated with the inclusion of the Workplace Evaluation Form. In addition to the Physiotherapy Act we have added the Regulations regarding Registration and Corporations to the Legislation tab. Information on Official marks has been added to the Standards tab and a new format is being used to assist members and non-members in understanding the NSCP Member list. have a look at the new list and let Pat know of any errors or your thoughts.

Post Graduate Education Fund:

Have a look at Post Graduate Education Information Sheet under the miscellaneous heading of the Downloads tab of the NSCP website to determine if you qualify for a PGEF grant. Note the deadline is April 30, 2010. The fund has \$2,000 to distribute his spring, so give it a look to see if you qualify to make application.

Facility Fees:

We have been working on the annual Facility Registration process but it will take a few more weeks to complete the distribution. We will keep you posted. those concerned should be aware that at the Board meeting in October during which the 2010 Budget was approved it called for an increase in facility fees from \$25.00 to \$100.00.

Peer Review Activities:

The Peer Review committee is busy accepting member's Professional Portfolios from another 50 NSCP members for review. To date approximately 20 portfolios have been received for review. Those fifty (50) members who were randomly selected to submit their Portfolios are reminded to get their portfolios in on time. Shortly ten (10) facilities will be selected for Clinical Review by the committee as well. These will be the first Clinical Reviews undertaken by the newly trained assessors.