

To: and all other Physiotherapists in Nova Scotia



## NSCP NEWSLETTER: SPRING EDITION 2016

### OF SPECIAL INTEREST:

### **CPA ANNUAL GENERAL MEETING**

Please mark **May 26-28<sup>th</sup>, 2016** on your Calendars as the date for the **Canadian Physiotherapy Association AGM**. It is being held in **Victoria B.C.** this year.

EACH FULL DAY OF ATTENDANCE IS EQUAL TO FIVE (5) CE hours. (Remember to count your hours for the NSCP AGM as well)

### **ONSITE PEER REVIEWS**

#### **Onsite Peer reviews will be starting this Spring**

We will be starting with a couple of sites from each area for assessment and feedback and from there we will be establishing more guidelines on assessment frequency etc. ....

Stay Tuned for more information as we move through the process.

If you are semi-retired and interested in becoming a peer assessor, or you know of someone recently retired who would like to stay involved...

please contact Joan Ross at: [registrar@nsphysio.com](mailto:registrar@nsphysio.com)

### **Point to Ponder over Coffee...**

The Nova Scotia College of Physiotherapists continues to grow in membership. With this growth comes many more opportunities to consult and defer to the expertise of others. As in any profession, we are not all experts at everything, but our membership is such that we do have peers who are experienced in areas we are perhaps not as strong in. Part of our strength is to recognize our own competencies, "to know what we don't know", and to refer on to those with more knowledge. Much like in any other profession, we need to be willing to accept that there are general practitioners and there are those with more advanced skills. It is a mature profession that consults / refers to peers with more expertise. The public expects the best we can give them. Part of that "best service" is recognizing when to refer on. We have four recognized "Specialists" in this province and many others with advanced knowledge and skills. There is no shame in deferring to someone else's competencies, the shame is in not admitting we can't do everything for everybody and thus underservicing our clients.



**Please remember...It is your legal responsibility to notify the Registrar of any change in your practice status within 7 days, and to keep the Office informed of any changes to your name, your home address, your email address or your place of employment.**

**We post an up to date directory on our website to assist insurers and potential clients in their search for practitioners.**

**Join us in Welcoming the new  
NS COLLEGE OF PHYSIOTHERAPISTS BOARD OF DIRECTORS**

Mike Sangster Board Chair / Peer Assessment Comm Chair/ Personnel Comm.

Aimee Cooke Vice Chair / Practice Standards Comm. Chair / Personnel Comm.

Jeff Knowles Secretary / Peer Assessment Comm.

Mark Williams Treasurer / Finance Comm.

Shaun Sangster Member / Practice Standards Comm. Vice Chair

Deanna Landry Member

Craig White Member

Kristen Taylor Member

Angela Peckford Lay Representative / Practice Standards Comm.

Wayne Carlon Lay Representative / Peer Assessment Comm.

*[Patrick King, Exec Director and Joan Ross, Registrar (&Alliance Rep.) are the staff members.]*

PO Box 309,  
Dartmouth Main  
Dartmouth, NS B2Y 3Y5

<http://nsphysio.com>  
Pat: [office@nsphysio.com](mailto:office@nsphysio.com)  
Joan: [registrar@nsphysio.com](mailto:registrar@nsphysio.com)

Phone: 902-454-0158  
Fax: 902-484-6381 - Office  
Toll free: 1-866-225-1060

---

[WWW.NSPHYSIO.COM](http://WWW.NSPHYSIO.COM) :

We encourage all our members to regularly visit our website and check for news updates, new standards or drafts, updated Member Lists (verify that your own information is accurate), check out our Quality Practice Program with self-assessment tools and many more exciting things. Recently added or updated on the Website: Under the Minutes tab, 2015 BoD Minutes; under the Legislation tab, we have added six (6) sister Acts to the Physiotherapy Act; and both the Service Locations and Members Lists tabs have been updated. The public of NS have access to these latter two tabs to identify you or your clinic/institution so it might be worthwhile to insure your data is accurate and that all facilities have correct address co-ordinates and phone numbers. Send Pat an email ([office@nsphysio.com](mailto:office@nsphysio.com)) if a change or update is required.

## Some Stats for your interest: National Code of Ethics and Practice Standards Survey sent out to all members across Canada in January

	Partial completion	Full completion	Overall
Code of Ethics	11	474	485
Practice Standards	<u>162</u>	<u>1180</u>	<u>1342</u>
Totals	<u>173</u>	<u>1654</u>	<u>1827</u>

**More specifically, in NS** we sent out 713 invitations, had 10 partially completed and 79 completed. We had a response rate of 12 % on an issue that has impact on practice. I am not sure whether that reflects a disinterest in physiotherapy practice standards, or signifies that everybody is happy with how our practice of physiotherapy stands right now. At the very least we can't say we weren't asked for our input, but rather that **12% of us (89 members) felt it that we would like to give input to the project.**

### Registrar's Corner...

We asked our members to share some of the ways they ensured continuous improvement in their practice. And you responded....

#### 1. What are some of the ways you ensure continuous improvement in your practice?

- *I subscribe to a numbers of practice blogs/websites including CPA specialty FB pages, gives an isolated solo practitioner various insights*
- *I have my PTA do chart audits and regularly search/review articles related to conditions I am treating*
- *I set aside 1 hour a week to review journals, do online searches and participate in blogs*

#### 2. Of all the continuing education activities you engage in which offer the most for you? Why?

- *Webinars are the best, run by experts, usually have a short quiz to see if you absorbed the materials. 1 day seldom runs more than \$100 so good value*
- *Webinars and online courses are easiest to fit into my schedule.*
- *I like weekend courses and the opportunity to learn and share with my peers*

#### 3. How do you go about identifying your priority learning needs?

- *I have a file of people who stop/leave treatment and there exit info. It shows where I need to get more skills*
- *I identify the conditions I haven't treated for awhile, or that I treat the same each time and then research to see what is new (or not) in the research.*
- *I try to stay on top of the modality parameters etc. as equipment changes to be sure I offer current service to my clients.*

### ROSTERS?

More and more the public are doing their research online and asking for PTs who treat specific things, or use specific techniques. To facilitate my ability to direct these individuals appropriately, I would like to have current lists to refer to. This spring I will be creating Rosters of members with advanced skills and focused practice in treating pelvic floor, vestibular dysfunction, TMJ, etc. as well as those with acupuncture and FCAMT certification. I am asking those members who have completed certified programs in any of these areas and who maintain currency and competency as required by the program and who use this knowledge and skill regularly in practice, to send me proof of certification and competency, Employer name, address and ph #, and indicate a desire to be on a roster.

## AND ON TO ....

### **Verification of Your Information:**

Have you ever wanted to check what home or work address with accompanying phone numbers and email address the College has in your electronic file? Or what classification we have recorded you in?

Have you ever been in a situation where you know the College Rule that you must have at least 1200 Practice hours and 200 Continuing Education Hours in the last five (5) consecutive year period in order to renew your license? But you are not sure how many Practice, Volunteer and CE hours the College has recorded for you over the last five (5) years?

Well worry no more, you can answer these questions by going [here](#) and entering your Username (NSCP Registration number with left adjusting zeros to make 6 digits e.g. 000123 or 001899) and your numerical Password. The same two numbers you receive in order to do your renewal online in November of each year. If you cannot relocate or remember your personal numbers they are reproduced in red below this paragraph.

Put these in a safe place as they relate to you alone: User Name: **XXXXX** Password: **XXXXXX**

So what to do if I need some of this information on my record changed, can I change it myself online? No you cannot change this information online, only the office staff can do that, so go to the NSCP website at [www.nsphysio.com](http://www.nsphysio.com) and click on the Downloads Tab and there you will find forms on changing your Name, address and work information. To change Practice, volunteer or CE hours send Pat an email with the new hours by year. [office@nsphysio.com](mailto:office@nsphysio.com)

## **Introducing NSCP's new Portfolio Portal; SkyPort:**

Once every five years in January or February, NSCP members receive an email telling them that this is the year of their Portfolio Review. The Portfolio Review is one part of the NSCP Quality Practice Program. If you are not familiar with the NSCP Quality Practice Program or the Portfolio Review then go [here](#) to see what it is all about.

There are **four (4) revised components to the 2016 – 2020 Portfolio reviews:**

**First Component:** send us your: a) CE records, one sheet(s) per year for each of the previous five years; b) proof of current year Malpractice Insurance and c) a completed self-assessment tool: "Patient Care Self Reflection Tool", found here. (Look at the [CE Record Form](#) for all the activities that may count as CE and/or practice hours!)

**Second Component:** Upload your Resume and your Job Description to your SkyPort and if you like upload your course certificates/proof of attendance documents etc.

**Third Component:** When you access your SkyPort you have the ability to navigate to Self-Assessment Units 1, 2 and 3. And once you navigate there you are to complete all three Self-Assessment Units.

**Fourth Component:** The Jurisprudence Exam is to be done online before March 31<sup>st</sup> of the year your Portfolio is due.

What is new for the Portfolio Reviews (2016 – 2020) is that you can send us some documents in the mail, you will upload some documents to your new Portfolio in the Sky (SkyPort), you will do one self-assessment in SkyPort (Units 1 -3) or you can upload everything to your SkyPort account and send us nothing through Canada Post or courier (In fact 12 PT's did this for this year's Portfolio Review). Yes, the NSCP like so

many others is working to a paperless, environmentally friendly space. So we have had built a portal through which you will have access to your own personal, secure, confidential, and password protected portfolio in the sky. We are calling these spaces SkyPorts, for portfolios in the sky. As of this launch PTs will no longer be required to keep any paper portfolios, all of your data can be in your SkyPort. In addition, you can upload Course Certificates and Proofs of Attendance etc. to your SkyPort at any time. After all, it is your SkyPort. You also have the ability to bring your uploaded portfolio material from your SkyPort to your printer if you need to make a hard copy.

## ***How do I navigate to and in SkyPort? First go here:***

[https://nsphysio.nicomhost.com/NSPHYSIO\\_MEMBER\\_PORTFOLIO/](https://nsphysio.nicomhost.com/NSPHYSIO_MEMBER_PORTFOLIO/)

Once you have entered your username: **username:** and your password: **password:** and clicked on Login you will have accessed your SkyPort; a welcome page has opened with a gray bar containing the headings: *Home, Portfolio, Hours Worked, Help, and Log Out.* When you click on *Home* you will be returned to the page that opened after you logged in, the welcome page. If you click on *Hours Worked* you will see your personal information re home and work address as well as the last five (5) years of Practice, Volunteer and CE hours that we have on file for you. The *Help* button brings you to a page that has a little information with more coming as required and the *Log Out* button... well it logs you out of SkyPort.

Now Click on *Portfolio* and when the page refreshes you will see your name just under the gray bar, your Registration number and your Classification. Below this on the left side you will see seven (7) titles each with a small box to its left containing a plus ( + ) sign. By clicking on the plus box you open that topic, e.g. if you click on the box alongside Practice, you are able to see your last five (5) years of Practice hours and where you worked; also note the plus box alongside Practice has changed to a negative (-) box and when you click on it the Practice page closes.

Now to work; on the Portfolio page under the Required Hours category there is Portfolio Requirements. The first one is Resume and the second is Job Description, alongside to the right of each is a box with the word *Upload.* Assuming your resume and or Job Description are on the PC you are using to access your SkyPort then click on Upload and when the page opens click Browse, find your resume file and upload it by clicking on the word Upload in the lower left corner. Once your Resume is uploaded to your SkyPort click Close. Do the same for Job description. Component 2 is completed.

To complete Component 3, click on the plus box alongside Self-Assessment, a page opens with the word Unit 1 highlighted, Pages 1, 2 and 3 are listed on the left and page one of the Unit 1 self-assessment is open to be completed. Complete page one, click next and continue until you have completed and saved Unit 1. Now do unit 2 followed by Unit 3.

You may have noticed that you are now able to log your CE events in your SkyPort. Feel free to do so because in reality everything you need in your Portfolio can be kept here. And eventually all your Portfolio materials will be on line accessible to you and accessible to our trained accessors.

Some hints for the early adopters:

- If you need assistance email Pat: [office@nsphysio.com](mailto:office@nsphysio.com)
- The system does not accept photos (yet) but will accept MSWord, PDF, excel files etc
- If you want to upload CE events Pre 2016 that are already in an electronic file on your computer, such that you don't have to re-enter each CE event Pre 2016 under the Continuing Education category then load the data under the bottom heading Additional Information.
- Begin 2016 today by entering information re CE events, and Volunteer endeavors.