

WINTER Edition 2016

OF SPECIAL INTEREST:

***ANNUAL GENERAL MEETING**

Please mark **March 5, 2016** on your Calendars as the date for the **NS College of Physiotherapists AGM, in Theater B, Tupper Building, School of Medicine, Dalhousie University, 5850 College St., Halifax**

The day starts with the NSCP AGM, business meeting from 9-9:45 am followed by a beverage break. There will be three continuing education sessions following the meeting, one in the morning before lunch (lunch will be provided) and two in the afternoon. The plan is to finish by 3pm.

Continuing education sessions will include:

- *Legal responsibilities of practitioners under the Personal Health information Legislation* by Carmen Stewart

Do you have a complaints procedure in your clinic/site to deal with complaints under the PHI legislation? Do you know who the custodians are at your site? Here is a link to the Gap Analysis Tool, and if you have gaps you will want to attend this educational session!

<http://foipop.ns.ca/sites/default/files/publications/Full%20PHIA%20PMP%20Toolkit%202015%2010%2002%20.pdf>;

- *Circa 2016- Electro-physical Agents – Contraindications and Precautions* by Dr. Sandy Rennie

Do you know the research and current best practice with regard to the contraindications and precautions associated with the newer electrophysical modalities? Are you using appropriate precautions? If you have any doubts, plan to attend the AGM and take in this education opportunity!

- *Safe Patient Handling and Mobility Program* - by Mark Williams

Do you know about the provincial initiative that is in the works regarding safe patient handling and mobility programs? Are you up to date on the current best practices for injury prevention in lifting, transferring and repositioning? Are your policies for lifting etc. up to date? Come and find out more...

FULL DAY ATTENDANCE IS EQUAL TO FIVE (5) CE hours.

Please RSVP attendance to: office@nsphysio.com

PROFESSIONAL PORTFOLIOS REVIEWS

Collection of Portfolios for 2016 will begin in January/February.

Table of Portfolio Reviews

Below is the year during which you can expect to receive an email from the College requesting your Portfolio material for review. The emails are directed by early February of each year and your Portfolio is to be directed to the College before the end of March in that year. The results of your Portfolio Review will be directed to you by email before the end of May. Some exceptions to this table may apply.

Year	If you graduated*:
2016	on or before Dec. 31, 1982 or in 2010
2017	between Jan. 1, 1983 and Dec. 31, 1992 or in 2011
2018	between Jan. 1, 1993 and Dec. 31, 1999 or in 2012
2019	between Jan. 1, 2000 and Dec. 31, 2005 or in 2013
2020	in 2006, 2007, 2008, 2009 or in 2014

* As recorded on your College electronic file.

Point to Ponder over Coffee ...

In NS recommending or providing OTC (over the counter) medication is not part of our scope of practice (unless physician prescribed).

That being said, we can suggest that use of an NSAID or other OTC medication may be beneficial during their treatment, and recommend that they speak to a pharmacist for the one best suited to them. (I would **document** that they were told to speak to the pharmacist about use of ...). Should a client choose an NSAID or other OTC medication on their own with no previous advice from a professional (and that includes us) then it is considered domestic use and they are responsible for the potential side effects. If we suggest or recommend a medication and they have side effects, then we are responsible, **and**, as it is not part of our scope, we are liable.



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 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.

**THE NS COLLEGE OF PHYSIOTHERAPISTS
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NSCP Web Site:

We encourage all our members to regularly visit our website at www.nsphysio.com 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) if a change or update is required.

Some Stats for your interest: Members by classification January 1:

<u>Classification</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Non Practicing Leave of Absence	26	29	30	29
Practicing Outside NS	7	7	6	7
Practicing in NS	606	618	629	652
Practicing Sponsored	26	40	30	33
Total	<u>665</u>	<u>694</u>	<u>695</u>	<u>721</u>

Registrar's Corner...

Our Quality Practice program includes three components: Portfolio; Continuing Education, and Practice Assessment (both peer and self). To learn more about this please go to our website or follow this link. <http://nsphysio.com/resources/Quality+Practice+Program.pdf>.

To raise awareness of the concept of continuing education (CE) and to invite members to share their experiences, I ask you to consider sharing your responses with us.

1. What are some of the ways you ensure continuous improvement in your practice? Be as descriptive or as vague as you like –we'd like to hear your ideas!

2. Of all of the continuing education activities you engage in (e.g. conferences courses, collegial conversations, etc.) which offer the most in take-aways knowledge/skills for you? and why?

3. How do you go about identifying your priority learning needs? (i.e., the ones that you need to pursue?)

Your comments etc. to this will be posted in next newsletter.....let's dialogue (name will be removed from comment to assure confidentiality)

AND ON TO New Advisory Statement coming on this topic

Social Media

If you are just getting involved in the social networking world, ask yourself if what you are posting is something you would be comfortable emailing to a patient/client or co-worker or something you would choose to post on your practice or the hospital website? The same consideration should be given anything you tweet or any image, video or link you post on Facebook, YouTube, LinkedIn or any other online site. Social media is a part of today's culture. It is evolving and growing to meet the needs of the population. Physiotherapists have an opportunity to make use of this emerging technology and benefit from a tremendous tool, but, like any tool it's all in how you use it.

Things to consider regarding social media:

- The same rules that apply to client confidentiality, privacy and boundaries in all other forms of communication apply to social networking.
- Ask yourself, what am I going to achieve by using social media as I communicate with my patients? What are the risks? What are the benefits? Move forward with a plan.
- Your professional image and your personal image can easily become intertwined online. Before posting anything you should consider your comfort level in showing it to your patient or co-worker.
- Post it today, live with it forever. Unlike a newspaper that goes in the recycling bin, what you post online is extremely difficult to undo. It will live online long into the future.
- *To friend or not to friend* – that is the question. Consider the standard that says all communications (print, verbal or online) between the physiotherapist and patient are confidential and think carefully before posting any comments.

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: **XXXXXX** 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 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 Office an email with the new hours by year.

Do I RESIGN or Change to NP(LOA) - Non Practicing Leave of Absence ?

The NSCP is required by the Act to list and record all Practicing physiotherapists in Nova Scotia on any given day, and on the first of September of each year we have a contractual obligation to provide the Canadian Institute of Health Information (CIHI) accurate data on how many practitioners we have on that day. (CIHI is a federal government initiative that collects data on most health care professionals for planning purposes.)

A few years ago if a PT went on educational leave, or illness leave or maternity leave etc. and were therefore not practicing, the College would have the PT Resign in Good Standing (RIGS). When the PT was ready to resume practice they would re-apply to the College and pay the appropriate fee. We had problems with this approach because we lost sight of the PTs all together. Once a PT RIGS they are removed from the active data base (General Register) and yet the vast majority of those who RIGS resume practice within a year and a bit. Any email, or information sent to members by the College during their absence was not sent to those who had resigned. This actually caused some problems as a Practice Standard would change and our resigned members were not aware.

Now we have the PT contact us when they are going on a leave of absence, **(the legal requirement is notice within 7 days)** we change their designation to NP(LOA) (Non Practicing Leave of Absence) but leave the PT on the data base such that they receive email, mailing notices etc. Those who are classified as NP(LOA) cannot practice, can only have the classification over one renewal period (re-registration period in November), will not receive renewal emails in November and are required to contact the office when they are ready to resume Practice; at which time we reinstate them and collect the appropriate fee.

If you are moving out of province and not maintaining a license with NSCP, or if you are planning to be on a leave of absence for more than eighteen months, you must notify the office and we will **resign** you in Good Standing and remove your name from the Register.