

2015 ANNUAL REPORT



ONTARIO
PHYSIOTHERAPY
ASSOCIATION



Students in the Ontario Internationally Educated Physical Therapy Bridging (OIEPB) Program with OPA lunch bags

Ontarians are *healthier and stronger* through *physiotherapy*

MESSAGE FROM THE PRESIDENT



The Annual Report is a chance for the Board of Directors of the OPA to reflect on the year that was. As we make progress on the strategic plan that was outlined in 2014 the Association works towards fulfilling its vision of building a healthier and stronger Ontario.

Building on previous successes, OPA has been able to deliver on some key projects in 2015 that will move us forward in our objectives in promoting leadership in the profession, increasing the public profile of the profession and advancing the position of the profession in the health system.

The Leadership Project was officially launched in November focusing the spotlight on the numerous leaders in physiotherapy. As we continue to release all of the videos and build the educational materials these will become resources for developing leadership capacity in our profession for years to come.

At the start of 2016 OPA launched a new website and logo. The fresh new look of the logo and the website reflect the growth of the OPA as a strong voice in the healthcare landscape. The website improves the OPA's ability to engage with members, patients and other stakeholders.

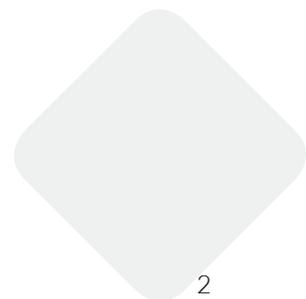
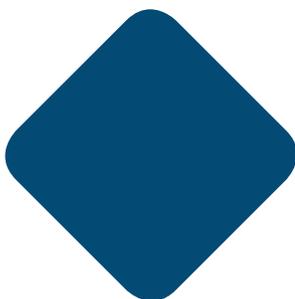
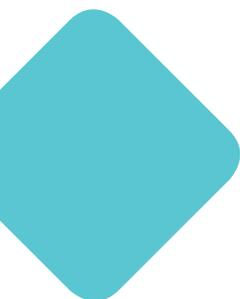
In 2015 OPA dedicated resources to develop information and tools for primary care organizations to assist with the successful expansion of physiotherapy in this sector. This year the OPA also demonstrated its ability to respond quickly to emerging issues such as increasing regulatory regimes for clinics, limitations to accessing care in community and home care and proposed changes to minor injury programs in auto insurance. By engaging members in our responses to these issues we ensured their concerns were represented wherever decisions were made that affect the profession and the patients we serve.

This Annual Report provides an overview of the work of the OPA over the past year and provides an important assessment of the status of the Association. I encourage you to read the report and celebrate the successes of your Association. Throughout the next year I hope you regularly engage with OPA through social media, email or at one of the many events held across the province.

Sincerely,

A handwritten signature in black ink, appearing to be 'S. P. H.', written in a cursive style.

President, Ontario Physiotherapy Association



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GOAL 1

Ontarians *value and access physiotherapy* as an integral part of their health care team



SUPPORTING PTS IN PRIMARY HEALTH CARE

OPA connected with stakeholders across the province including government leads for primary care, Local Health Integration Networks (LHINs), the Association of Ontario Health Centres (AOHC), the Association of Family Health Teams of Ontario (AFHTO), primary health care organizations, physiotherapists and other health care providers to support physiotherapy services in primary health care.

- Established the OPA Primary Care Advisory Committee



- Helped establish and support the AFHTO Community of Practice for PTs working in Primary Health care
- Developed resources to support PTs and organizations including:
 - Role of Physiotherapists in Primary Health Care Settings
 - Mock Job description
 - Equipment lists
 - Sample Interview Questions
 - Webinar: *Physiotherapists in Primary Health Care for Organizations*
 - Webinar: *Physiotherapists in Primary Health Care for Physiotherapists*
 - Member Webinar: *Facilitating self-management*
- Sent 32 primary health care job opportunities to members
- Promoted the value of physiotherapy in primary health care by exhibiting at:
 - *Primary Care Today*
 - AOHC conference *Shift the Conversation: Community Health and Wellbeing*
 - AFHTO conference *Team Based Primary Care, The Foundation of a Sustainable Health System*
 - Health Quality Transformation
- Presented at:
 - AOHC *Physiotherapists: Opportunities and Emerging Roles in Primary Health Care*
 - Nurse Practitioners' Association of Ontario's Nurse Practitioner Led Clinics 2015 Leadership conference



Ajiu exhibiting on behalf of OPA at Health Quality Transformation

LEADING AND COLLABORATING FOR THE PROFESSION

OPA continued to give voice to the physiotherapy profession in coalitions and groups across the health care system including:

- Alliance of Professional Associations for Community-Based Therapy Services (APACTS)
- Allied Health Professional Development Fund Steering Committee (AHPDF)
- The Coalition of Health Professional Associations in Automobile Insurance Services (The Coalition)
- Auto Insurance Superintendent's Advisory Committee (FSCO)
- Service Provider Licensing Stakeholder Group (FSCO)
- Coalition of Regulated Health Professional Associations (CORHPA)
- Clinic-based Physiotherapy Operational Working Group (MoHLTC)
- Rehab Care Alliance Steering Committee and Advisory Groups

OPA was invited to present at all five physiotherapy university programs and was invited to participate as a key stakeholder in the following PT community advisory groups:

- OIEPB Program Advisory Council
- Humber College OTA/PTA Advisory Council



MARKETING

National Physiotherapy Month - May 2015

OPA helped 153 members celebrate physiotherapy with their communities. Activities included presentations at retirement homes, open houses, staff education, golf tournaments, obstacle courses, lunch'n learns, fitness challenges and tables promoting physiotherapy at seniors fairs and career days.

Members distributed:



4,300
BROCHURES



147
PRIZE PACKS
(SOCKS, PEDOMETER &
LUNCH BAG)



202
T-SHIRTS



5,630
PENS



650
PATIENT
INFORMATION
SHEETS
FROM WWW.PHYSIOCANHELP.CA



254
VALUE
DOCUMENTS
FROM WWW.OPA.ON.CA



1,500
STICKY NOTES

Local NPM Activities

- 16 U of T PT students teamed up with four clinicians from the **Central Toronto District** to provide stretching sessions for runners in the GoodLife Marathon
- 19 **Central Toronto District** members participated in a fun run with the Rosedale Running Room Group
- Members of the **Northwestern Ontario District** submitted videos, pictures, and testimonials highlighting their NPM activities in a district-wide contest
- Members in **Northern Ontario District** tweeted their NPM photos to the @NorthernOpa photo contest
- **Windsor District** sponsored Tecumseh Physiotherapy clinic in the Relay for Life and were sponsors of the Brain Injury Association of Windsor Essex's annual conference
- Over 450 participants and volunteers raised \$13,000 for local charities, programs and the District in the Ottawa Physio Race hosted by the **Eastern Ontario District**

Marketing Campaign

- OPA developed a new strategic plan with Delta Media for a year round multi-platform online campaign
- OPA created three new videos featuring members that show how physiotherapy helps lives after stroke, injury and cancer

#PhysioHelpsLives



Central Toronto District members at the GoodLife Marathon



Ottawa Physio Race participants



GOAL 2

Physiotherapists *capitalize on the opportunities* of an evolving health system

INTEGRATING TECHNOLOGY INTO PRACTICE



OPA supported members' use of technology in practice:

- OPA webinar: The Power of FOTO- Measure Outcomes, Manage Quality, Market Strengths
- Technology corner in *Physiotherapy Today* featured:
 - *Can "Kegel Apps" help your clients?* by Nelly Faghani, PT (Winter issue)
 - *Capitalizing on Technology in Practice* by Kate McLeod, Project Manager, Practice and Policy, OPA (Spring issue)
 - *The Future is Electronic: Let's Talk eOM* by Sasha Speranzini, Communications Specialist, Canadian Physiotherapy Association (Summer issue)
 - *Connecting and Integrating: A Physiotherapists' Journey into the World of Technology* by Maggie Bergeron PT, Co-Founder of HealthSwapp (Summer issue)
- Promoted technology and practice professional development opportunities including:
 - Online research survey invitation: Virtual reality learning needs of OTs & PTs
 - myWHI diary: An electronic headache diary
 - RehabTO: Free Event November 18 - an evening of networking and a panel of speakers discussing innovation and technology in rehabilitation

LEADERS AND CHANGE AGENTS



The Leadership Project- building leadership in the profession

- Five themes of leadership: *Mentorship, Trailblazing, Communication, Collaboration, Executing the Plan*
 - 55 videos featuring 20 member physiotherapists
- PLUS
- *How Will you Lead* video
 - *What is Leadership* video
 - Over 75 resources compiled on the five themes of leadership

AUTHORIZED ACTS

Physiotherapists are increasingly rostered and practicing independently
Authorized Acts

Number of PTs rostered with the
College of Physiotherapists of
Ontario to perform wound care

2014

26

2015

52 ↑



OPA partnered with the Canadian Physical Therapy Wound Care Collaborative to deliver a four part webinar series on PT and wound care management. Over 45 individuals registered to participate in the series.

SUPPORTING RESEARCH



Lucie Brosseau

To support research relevant to physiotherapy, in 2015, OPA wrote several letters of support for CIHR research grants.

Other research partnerships and activities included:

- **Ontario Physiotherapy Association Kim Wolny Research Grant (OPARG)**
Lucie Brosseau from the University of Ottawa was awarded the \$10,000 OPARG for her research titled "*The use of social media as an innovation dissemination intervention to manage chronic diseases: A pilot RCT*".
- **University of Toronto Student Research project**
In 2015 OPA staff began acting as clinical advisors on a University of Toronto Student Research project about physiotherapists in Primary Health Care Organizations.
- OPA continued our partnership with the PABC Librarian who shared 129 links to the latest research and best practice information via OPA's Facebook and Twitter accounts.



PROFESSIONAL DEVELOPMENT

InterACTION



At OPA's InterACTION 2015 in Ottawa 263 attendees networked with colleagues, celebrated peers and learned from experts in the field.

Students at InterACTION

One hundred physiotherapy students attended InterACTION, meeting fellow students and future peers from across the province.



Toolkit for Internationally Educated Physiotherapists

150 Toolkits for Internationally Educated PTs were distributed upon request.

Course Listings

Each month, an OPA email allowed members to review and register for an average of 49 upcoming professional development opportunities across the province.

Local Professional Development

- The **Eastern Ontario District** collaborated with the Champlain Regional Stroke Network to host *Intensive task-specific practice to improve upper and lower extremity function post-stroke: A practical and evidence-based approach*
- The **Kawartha District** presented an inservice about the TIME program (Together in Movement and Exercise) and also co-sponsored a course on Balance with the Seniors Health Division
- The **Kawartha District** and the **Niagara District** both hosted Tai Chi educational events
- The **Niagara District** held a McMaster connection seminar, an APTEI course on the neck, and an inservice on Bracing
- A Pain Course was offered by the **Westgate District**
- Physio North 2015, the **Northern Ontario District's** two day conference included over 50 delegates learning and networking with peers from across the province

ADVOCACY

Moving the scope of practice agenda forward

OPA responded to the Health Quality Ontario Expert Panel on Safety and Quality of Energy-applying Medical Devices. The Expert Panel is tasked with addressing the outdated HARP Act (this legislation requires changes to allow PTs to order x-rays and CTs)

OPA initiated a coalition of professions seeking implementation of Bill 179 scope changes to establish a 'table' in the Ministry and address barriers to implementation

OPA developed a document detailing the economic value of implementing diagnostic imaging for physiotherapy and provided this information to the Ministry of Health and Long-Term Care

OPA represented members in consultations and responses including:

- Ontario Clinic Regulation Working Group
- Minor Injury Treatment Protocol Project (MITPP)

OPA also:

- Collaborated with the Coalition of Health Professional Associations in Automobile Insurance Services (The Coalition) to create a toolkit for members licensed in auto insurance to assist with their compliance and ongoing participation
- Created navigation tools for publicly-funded PT and other programs for members to assist patients in transition planning

GOAL 3

Membership in OPA
is essential to professional success

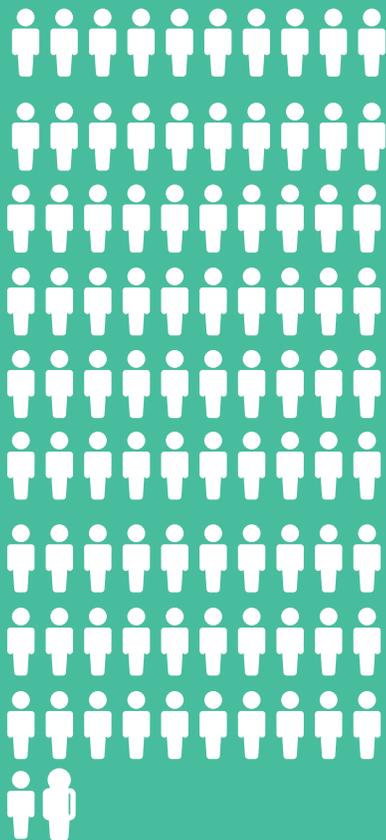


MEMBERSHIP

 = 50



0.2% FROM 2014

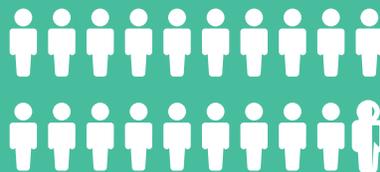


4599

Full Membership
(Inactive, Life Member,
New Grad, Practicing A & B,
Retired, Outside Canada)



20.4% FROM 2014



989

Student
Membership
(Entry-Level Student,
Graduate Student,
Physiotherapist Assistant
Student)



4.3% FROM 2014



48

Physiotherapist
Assistant
Membership

MEMBERSHIP MILESTONES



OPA CONGRATULATES OUR LONG STANDING MEMBERS OF 20, 30, 40 AND 50 YEARS.

20 YEAR
Members:

127

40 YEAR
Members:

18

30 YEAR
Members:

52

50 YEAR
Members:

4

VOLUNTEERS



132 OPA volunteers helped educate the public and other health care professionals on the value of physiotherapy at events across Ontario.

OPA Committees

52 OPA members participated on 7 OPA committees:

- Primary Care Advisory Committee (PCAC)
- Home Care Advisory Committee (HCAC)
- Hospital Advisory Committee (HAC)
- Governance Committee
- Awards Committee
- Education Committee
- Finance Committee



Hospital Liaison Network

67 PTs across Ontario responded to four surveys in 2015:

- Innovative Programming in Hospital
- Kinesiologist Roles in Hospital
- Use of Protocols
- Support Personnel



LOCAL SPECIAL EVENTS AND NETWORKING

District Events included presentations on various topics, dinners and social events such as:

- **Central Toronto District** - presentation on TIME program
- **Eastern Ontario District** AGM celebrating long-standing members of 20, 30 and 40 years
- **Grey Bruce District's** two presentations - 'Minds in Motion™ Program' and 'Physiotherapy Service Provision in Nunavut'
- The **Niagara District** events included two breakfast meetings, a wine tour and dinner, and a Christmas dinner party
- **Westgate District** - presentation on FIFA 11+
- **Hamilton District** - presentation on *Shifting to Change: Looking Ahead to the Future* and panel on *Exploring Physiotherapy in Primary Health Care: A Panel of Physiotherapists*
- **Windsor District** AGM at a local restaurant celebrating long-standing members
- **Northwestern Ontario District** - speakers shared information about their roles and research at their AGM and PTs in the District also helped promote clean neighbourhoods and green spaces in the Spring Up to Clean Up 2015

THE FUTURE OF THE PROFESSION

OPA National Examination Information Sessions

209 students in all five physiotherapy university programs participated in information sessions for the Physiotherapy National Examination.

New Grad Package

With information to help them transition into professional practice, mailed the New Grad Package to 320 recent physiotherapy graduates.

Local Student Engagement

- **Central Toronto District** hosted two U of T Student Engagement Events
- **Eastern Ontario District** hosted a second year Student Summer Event on things to consider once starting to work as a physiotherapist. The District also welcomed first year students with a Student Icebreaker Event
- Students asked experienced PTs about job searches, resumés and more at the **York Region and Scarborough District** fifth annual student night



AWARD WINNERS

Five awards were received at OPA's conference, InterACTION, which took place March 27-28, 2015 in Ottawa.



FROM LEFT TO RIGHT: Madeleine MacDonnell, Carolyn Vandyken, Sarah Luxon, Trudy Mason- Chair of the Awards Committee, Nadine Graham, Mireille Charette and Elyse Pratt-Johnson

Hospital Advisory Committee - OPA Special Award - Professional Contribution
- Internal (Award accepted by Madeleine MacDonnell on behalf of the Committee)

Carolyn Vandyken - Education

Sarah Luxon - Student Award

Nadine Graham - Research

Ottawa Physio Race Committee - OPA Special Award
(Award accepted by Mireille Charette and Elyse Pratt-Johnson on behalf of the Committee)

The Awards Committee revised the OPA Special Awards program to align with the theme of leadership within the profession. The four new awards to be presented in 2016 for the first time are:

- Leadership and Advocacy
- Innovation and Advancement
- Outstanding Volunteer
- Student/New Grad Leadership

Local Grants and Bursaries

- Three first year and three second year student bursaries were awarded to **Eastern Ontario District** student members as well as a Cité Collégiale OTA/PTA second year student bursary. The District also awarded an Ottawa Physio Race PhD Scholarship and collaborated with the Orthopedic Division National Capital Unit to donate mobilization beds to the University of Ottawa PT program
- The **Durham District** donated to the Queens University Rehabilitation Therapy Student Experience Fund in memory of Tina Demmers, a long-time PT and a Lakeridge Health Director
- The **Central Toronto District** awarded an MScPT Student Research Grant to the Class of 2015 for their research on Evaluation of an Emerging Balance Assessment Designed for Mobile Technology



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