

PHYSIO: AFRICA TODAY

VOLUME1(2005)



**OFFICIAL NEWSLETTER OF WCP
MOVING AFRICA FORWARD**



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EDITORIAL COMMENT

We welcome you to Volume (1) 2005. This edition gives highlight of what transpired during the 5th WCPT-A Congress in Lusaka, Zambia 26th April – 2nd May 2004.

During the congress a new executive committee was elected. The committee continues to prioritise improving communication as key to development for Physiotherapy in Africa. The major strategy for communication will be through our usual official Newsletter “Physio: Africa

Today”. This newsletter has been the official newsletter for WCPT-A since 2001. The major aim of this newsletter is to act as a tool for disseminating information among member organisations. The target is two publications per year but this can only be fulfilled by involvement of all member organisations through sending news regarding their associations and any other information that can contribute to the professional development in Africa.

We must remember that the more articles you send the more you will develop professionally, because whoever reads your article may respond through the newsletter or contact you for more information. This will give you an opportunity to search for further information and be known.

In this edition we also give you information on the forth coming WCPT-A Min Congress in Namibia, the WCPT-A congress to be held in Tanzania 2006 and the WCPT congress 2007 in Vancouver, Canada.

As editor I take this opportunity to thank all of you who have contributed to this edition.

An edition should have been out by October 2004 but due poor response to the call for articles sent after the congress in Lusaka in August 2004 this was not possible. A reminder followed in September but still the response was poor. In this era, professional development goes hand in hand with publishing and it is not just the numbers of patients/clients you attend to which count but also how many articles you have published. Get on board and start by publishing through your own Newsletter ‘**Physio: Africa Today**’.

Let this newsletter be the light of Physiotherapists in Africa. I look forward to more articles for; Volume 2 (2005) to be out soon. Just send an article to Email: babsbatesaki@yahoo.com

Barbara Batesaki
EDITOR

CHAIRPERSON'S REMARKS

Colleagues, the back bone of any effective and efficient organisation lies in its ability to communicate with its members. **Physio: Africa today** acts as a window for all Physios and member organisations of WCPT-A to disseminate information among our selves. In one way or the other we are all involved in various activities be it hands on activity (clinicians), academicians or management in various portfolios within the realms and boundaries of physiotherapy. Within this context I am sure that there is a lot of information that come our way which I believe would be beneficial to the other person. Therefore it is importance that member organisation submit articles, achievements, and any other information to **Physio: Africa today** for publication.

A lot of activities have been going on within our continent. In September the region will have a min congress in Namibia. This will be a grand show piece for the region to share our best practices, skills and knowledge. It is through such gathering that as a region we can articulate the challenges facing physiotherapy profession in this century.

In our continued effort to increase the membership of WCPT- A, the executive has been making efforts to contact countries within our region to join the organisation. We are currently in contact with Sudan, Somalia, Rwanda and Mauritius. The idea is to have physiotherapy associations in these countries affiliate themselves to WCPT and WCPT-A. We are hoping that they could be admitted to WCPT in 2007 in Canada.

Happy reading to all of you. Enjoy the voice of **Physio: Africa Today** which is our strong Vehicle to move our regional body forward.

Tyson S. Simuzingili
President WCPT-A

Special Announcement

THE NEXT WCPT-A
CONGRESS WILL
BE HELD IN
TANZANIA
14th-20th August
2006

PLAN TO ATTEND

DO NOT MISS AN
OPPORTUNITY FOR
LEARNING MORE,
SHARING
INFORMATION AND
MEETING OTHER
PTS IN AFRICA AND
BEYOND.

Ms Barbara Batesaki

1.0 BACKGROUND INFORMATION

The World Confederation for Physical Therapy (WCPT) is an international organisation with membership of national Associations of Physiotherapists. For easier communication and co-ordination WCPT was divided into regions as; WCPT-Europe, WCPT-Latin America, WCPT-Asia and Pacific and WCPT-Africa.

WCPT holds international congresses after every four years. Likewise WCPT-A has been holding biannual conferences since 1994. The 5th Congress was held on 26th April - 2nd May 2004 in Lusaka – Zambia at Mulungushi International Conference Centre.

Focus on the Congress Theme

The theme: **“Facing a Challenge”** was selected considering the challenges faced by physiotherapists today which include physiotherapy education, services delivery particularly in this era whereby physiotherapist have to manage many HIV/AIDS related conditions/disabilities.

Annual general Meeting

As our tradition has always been a general meeting preceded the congress.

Highlights of the general meeting

Physiotherapy Education

As we are all aware WCPT passed a resolution in 1999 that all physiotherapy training schools should upgrade from diploma to degree. Many countries were recognised to have initiated the process. Below were the achievements as by the Congress time:

- 2004 - Zambia first graduates with BSc Physiotherapy from the University of Zambia.

- 2004 - Kenya start BSc. Physiotherapy
- The Uganda curriculum for the BSc Degree is in the final stages.
- Nigeria and South Africa started the programme much earlier than other African countries.
- Many physiotherapists have benefited from the BSc Degree Programme at the University of Western Cape in South Africa where diploma holders in Physiotherapy study for one year to upgrade to a degree level and another year for a Masters degree.
- Previously WCPT was committed to providing financial support to physiotherapy training schools to initiate the BSc. Physiotherapy programme, this is no longer possible following losses made during the previous WCPT Congress held in Barcelona Spain in the year 2002. Even so, associations are encouraged to start the BSc Degree Programme and seek technical support from WCPT.

Regional Newsletter

A printed newsletter was distributed during the General meeting. The production of this newsletter was a great achievement in that it had revolved from photocopies to printed copies. It is hoped that this will continue.

Recommendations for the Newsletter:

- The newsletter should continue even if it is one leaf.
- We need to lay strategies to make people pay for the newsletter.
- There is need to get companies to advertise in our newsletter to enable it pay for its printing.

Highlights of the WCPT Report as given by the Africa representative Zola Dantile

- WCPT made a huge loss during the 2002 Congress in Barcelona. The major contributing factor was that: whereas WCPT normally conducts business in English during the Congress a lot of money was spent on Spanish translations; the number of local delegates were fewer than expected ; WCPT had to pay taxes that had not been budgeted for, therefore reserves were touched.
- Due to the high expenses incurred to meet the above mentioned expenses the following were to be suspended until further notice:
 - The issuing of grants to Regions and Member organisations.
 - Support to countries to develop BSc Degree Curriculum.
 - Support to voting delegates attending conferences.
- WCPT Congress policies have been revised. (*Visit the WCPT website for details*)
- A scientific committee for the WCPT Congress 2007 to be held in Canada is already in place. Mrs. Margaret Kabango from Uganda was elected as the Africa Representative to the Committee. The role of this committee is to look through the scientific papers to be presented at the congress. (*See details about the 2007 congress on page...*)
- WCPT-EC holds teleconferences, and this helps to minimise expenses particularly on transport. WCPT –A EC has adopted the same strategy.
- WCPT Paid-up Associations will have their profiles to the WCPT Website free of charge. To have a webpage on the WCPT website; interested associations will pay 450 pounds for four pages and 150 per year for updating the page.

The WCPT EC will visit Tanzania and this will give APTA (Association of Physiotherapists in Tanzania) an opportunity to have her profile on the WCPT website.

- For any communication to WCPT it is important to copy to the WCPT-A Representative because she is always consulted for any communication from Africa associations.
- Member organisation must always pay for the right number of members when paying subscriptions.

Highlights of other key issues discussed

Resolutions by Physiotherapists towards:

Rehabilitation Assistants

- Physiotherapists should not fight Rehabilitation Assistants but should aim at improving performance then people will see the difference.
- Although politicians would prefer Physiotherapy Assistants because they are cheap, physiotherapists need to maintain their code of ethics.
- Physiotherapists should concentrate on strengthening services professionally and sensitising the public.
- Physiotherapists should stop complaining but to rather package themselves

Community Based Rehabilitation (CBR)

- CBR the way forward and emphasis for physiotherapist should be on :
 - Research
 - Leadership

NEW WCPT-A EC



- Tyson Simuzingili - President (Zambia) *Centre*
- Barbara Batesaki - Vice President (Uganda) *1st left*
- Martha Chalwe - Secretary (Zambia) *1st right*
- Joyce Mothabeng - Treasurer (South Africa) *2nd left*
- Zola Dantile - WCPT-A Representative *2nd right*

Food for thought:

Physiotherapists in Africa need to contribute to the “**African Decade on Disability 1999 – 2008**”. The following were noted as areas of concern that called for physiotherapists’ contribution towards the decade:

- Challenges of disabilities
- Disability Data
- Disability and Rehabilitation
- Disability and HIV/AIDS
- Community Based Rehabilitation

Associations will be expected to give reports on their contribution towards “The African Decade on Disability”.

- It was brought to members’ attention that dependence on international bodies is being threatened, therefore the need to lay strategies for sustainability.
- The Patron of Zambia Society was commended for his contribution towards the development of the Zambia Society of Physiotherapists particularly to the BSc Degree Programme.

THE CONGRESS

The Vice President of Zambia officiated as guest of Honour at the opening ceremony.

Speeches at the opening Ceremony focussed on the theme “**Facing a Challenge**” with on the following:

HIV/AIDS challenge for physiotherapists; the need for multi-sectoral training for physiotherapists and the need to meet the needs of the rural community; training for physiotherapists emphasising the Bachelor of Science Degree; Professional development; Evidence based practice and Disability.

Besides focussing on the theme the V/P mentioned the following:

- **Zambian Government is committed to gender balance at all levels and the V/ President appreciated the % of women on the WCPT-A executive – committee.**
- **The Government of Zambia recognises physiotherapy as a vital health service emphasising Zambia’s vision of quality health care closer to the people.**

The following were among the many who received special recognition for their contribution towards the physiotherapy profession in Zambia at the opening ceremony;

- **The Danish Association of Physiotherapists the Twinning Partners of Zambia Society of Physiotherapy**
- **Brigadier General Godfrey Miyanda Muyenda, the Patron Zambia Society of Physiotherapists**

- Prof. Mpofo from the University of Western Cape in S. Africa and other lecturers.

Keynote addresses

Keynote addresses preceded various sessions of paper presentations and discussions that ran concurrently in threes. It is important to note that a good number of Zambia's first BSc Physiotherapy graduates were among those who presented research findings during the various sessions..

The major key note address was – ‘Health Reform in Zambia’ which focussed on:

HIV/AIDS, Obesity, Rights issues Equity and empowerment, Professional challenges and Quality assurance: Research development; Evidence based practice and Integration of biotechnology.

Issues for consideration arising out of the keynote address and discussions that followed:

- Physiotherapists must take active part in research. Although research is an “African Problem”. There is an urgent need for joint projects with researchers in developed countries.
- New Technology must be integrated in physiotherapy but Physiotherapists should not stop body and mind for technology.
- Patients are now aware of their rights. Physiotherapists need to be mindful of the patients/clients’ rights. Gone are the days when a patient was just told to do this or that.
- A need for a rehabilitation specialist was disclosed.

Other keynote addresses focussed on Ergometric and HIV/AIDS

ERGOMETRIC

The focuss was on: **the effects of computer use to body posture** highlighting:

- Backaches in children who spend long periods on computers
- Musculo - skeletal defects caused bad poor
- Placement of the hand while using the computer.

Focus for the coming two years:

The VP with some of the delegates and the organisers



- Continuing professional development
- Regional communication
- African decade for disability
- Community based rehabilitation

COMING EVENTS

REGIONAL MIN CONGRESS

Namibia on 10/11 September 2005.

WCPT-A in conjunction with Namibian Physiotherapy Association (NPA) is organising a min congress which will be held in Namibia on 10/11 September 2005. The min-congress is meant as a Continued Professional Development and in addition as a fundraising venture for WCPT-A. As an Executive we would like to develop professional skills, share experiences and knowledge within the region. This can only be achieved through professional interaction at such events which brings Physiotherapists in the region together. We wish therefore to encourage all to prepare and plan to attend the min-congress. The fine details will be communicated to all later.

Tyson Simuzingili
WCPT-A PRESIDENT

THE 6TH AFRICA REGION OF THE WORLD CONFEDERATION FOR PHYSICAL
THERAPY (WCPT)

HOST: THE ASSOCIATION OF PHYSIOTHERAPY IN TANZANIA (APTA)
P.O.BOX 14800, DAR-ES-SALAAM. TANZANIA.
E-mail: physio_tz@yahoo.com

DATE: 14th to 20th day of August 2006.

14th-15th Pre congress
16th -18th CONGRESS
19th – 20th Post Congress

The congress topic shall be **‘THE ROLE OF PHYSIOTHERAPISTS IN THE
PREVENTION AND/OR MANAGEMENT OF DISEASES OF LIFESTYLE’**.

APTA-TZ therefore, hereby calls upon all those physiotherapists who would like to present paper(s) in the conference, to send an ABSTRACT of their paper(s) using the above e-mail address. We would like to bring to your attention that the first consideration will be given to the most recent and scientific research paper(s), dissertations, case reports, of relevance to physiotherapy practice.

We consider this to be the first announcement and CALL FOR PAPER(S). The second call for paper will be send to you at the beginning of September 2005. The final date for submission of your ABSTRACT will be the 31st day of December 2005.

WCPT CONGRESS 2007; 2-6 JUNE 2007, VANCOUVER, CANADA

HOST: CANADIAN PHYSIOTHERAPY ASSOCIATION

CONGRESS THEME: MOVING PHYSICAL THERAPY FORWARD

FOR MORE INFORMATION VISIT: www.wcpt.org/Congress

MEMBERSHIP DRIVE

WCPT-A in its effort to encourage as many countries to belong to WCPT and WCPT-A has embarked on a membership drive in the region. The Executive committee has targeted a number of countries. In view this important activity WCPT-A is seeking for information from Member Organisation who have any contacts from countries who are not members of WCPT-A. There are a lot of countries with a good number of Physiotherapist who are neither members of WCPT nor WCPT-A. If you have contacts please do not hesitate to inform WCPT-A Executive committee members.