



# AFRICAN PHYSIO TODAY

OCTOBER EDITION-2002

**FROM KENYA**  
**VIA TANZANIA**

**PHYSIOS  
IN  
EXILE!**



**TO SWAZILAND**

**MOVING AFRICA FORWARDS**



OFFICIAL NEWSLETTER OF THE AFRICA REGION OF WCPT

## Editorial



Welcome to the new-look and renamed newsletter of WCPT Africa – the ***African Physio Today***. This Newsletter marks a significant milestone, a celebration of just over one year in office for the current EC. It has been quite an interesting year with lots of achievements in the region.

Our first Newsletter was launched in April 2002 in Kenya. You will all note that each publication is unique in nature. This particular one is so special because the coverage of the news from members organisation (MO) is encouraging. The Newsletter cannot be a Newsletter without the active participation of MO. It is the desire of the EC that the Newsletter should be published twice a year and our dream can only be realised if all us contributed in a little way with items for publication.

The next publication will be in April 2003. Please support this edition, as it will be our display edition in Barcelona. Send any news in any format – the executive committee as the ‘editorial board’ will make sure the region produces a newsletter you will be proud of. I wish to encourage all of you to submit items for publication by 28th February 2003.

Thanks  
Tyson

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### IFOMT 2004

## THE AFRICAN PHYSIO DIARY

International Congress Of Manual Therapy, 18<sup>th</sup> to 20<sup>th</sup> October – Estoril, Portugal. Contact: [mundiconven@mail.telepac.pt](mailto:mundiconven@mail.telepac.pt)

Kuwait International Conference, 19<sup>th</sup> to 21<sup>st</sup> October – Safat, Kuwait  
Web: [www.kpto.org](http://www.kpto.org)

General Assembly of Asian Confederation, 17<sup>th</sup> to 20<sup>th</sup> November - Bangkok, Thailand. Web: [www.physicalthai.or.th](http://www.physicalthai.or.th)

Austrian Disease Symposium, 27<sup>th</sup> to 30<sup>th</sup> November – Vienna, Austria.  
Web: [www.physio.at/congress.2002.htm](http://www.physio.at/congress.2002.htm)



### Letter from the Chairperson

In 1998, when I unsuccessfully stood for the candidature of the Presidency of the SASP, I posed the following challenge to the South African Physiotherapists:

*'ASK NOT WHAT YOUR ASSOCIATION CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR ASSOCIATION'.*

I feel compelled to pose the same challenge to the members of our region.

Please dear members, do not sit back with folded arms and wait for the region to do something for you. Who is the region? YOU ARE the region! Without member countries there is no Region! You have elected people into the leadership of this region – who will they lead if you the members do not follow or co-operate?

Let us take a simple example – this newsletter. It has been a very painful experience for the CE to get members to submit articles for this edition. It was almost like a tooth extraction! Last year the outgoing committee was 'accused' of poor communication for various reasons. What one fails to comprehend is that when a vehicle for communication is finally made available, the very

members who were complaining do not support it! A more sensitive example is the issue of subscriptions.....

It is just over a year since the current EC was elected into the WCPT Africa office, and I must say the regional achievements have been very satisfactory in spite of odds. Please members, we can do more and better – we just need your co-operation. The EC is here to serve you – allow us to do that! Together we can move our region forward in leaps and bounds beyond imagination. We have the potential, let us not stifle it. We will be shooting ourselves in the foot!

Remember that this is **your** Region and **you are** the Region. Without all of **you**, there is no region. If you want the region to succeed, you know what to do.

Regards  
Joyce

### REGIONAL PROFESSIONAL DEVELOPMENT

#### ➤ From Kenya...

An academically successful seminar focusing on Evidence Based Practice and the Physiotherapeutic management of Headaches was held in Nairobi, Kenya from 17 to 21 April 2002. Delegates from Botswana, Kenya, Tanzania, Uganda, South Africa and Swaziland attended the seminar – with local delegates being in the majority.

After the academic program, a special regional meeting was held to address



important issues including the regional constitution and subscription fees. It was accepted at that meeting that seminars of this nature will be held regularly, whereby academic professional development activities will be coupled with discussions of regional matters. Issues discussed at these meetings will only be ratified at a Regional General Meeting – the next one coming in 2004 to be hosted by Zambia.



#### ➤ .....to Swaziland

The Association of Physiotherapists in Swaziland has been working very hard in then past six months since Kenya to ensure the success of the next regional seminar to be held in October. The 'WCPT Africa Conference Swaziland' will take place from the 11<sup>th</sup> to the 13<sup>th</sup> of October 2002. The entire APS membership is involved in the organizing and planning of the event, and they have secured the services of

conference professionals – Events Consultants, to ensure a conference of a high standard. *Well, the taste will be in the eating....*

#### ... and Karibu Tanzania ..... does it in style

On the 14<sup>th</sup> of August 1992, the Association of Physiotherapists in Tanzania was officially formed. This year, APTA celebrated their 10<sup>th</sup> anniversary with a very successful congress and an AGM at the Peacock Hotel in Dar es Salaam. Topics delivered at the congress were very relevant to Africa, and included HIV/AIDS, CBR and Disability. There was also a presentation on Evidence Based Practice.

Dignitaries included delegates from the Ministry of Health and senior officials from the Muhimbili Hospital and the MOI Institute. Members from other professionals like Occupational Therapists, Social Workers and Orthopedic Surgeons attended the congress in support of their Physiotherapy Colleagues. ***Viva teamwork – way to go APTA!***



## NEWS FROM MEMBERS

### UGANDA (UAP)

#### **Workshops and meetings**

A UAP-Norwegian Physiotherapy workshop was organized with the aim of reorganizing the UAP Association to meet its present needs. Topics discussed were Professionalism, Ethics and Ethical code of conduct. Their values and virtues and how these can build a positive image in the organization and respect in the Society were also discussed. Thereafter the articles and code of conduct was reviewed to fit the present time. There is a plan for another Twin workshop in November 2002 on HIV/AIDS. Both Facilitators and Topics relevant to Physiotherapy needs have been identified and NORAD will sponsor the event.

UAP will hold its workshop sponsored by Ministry of Health next October 2002 and the Topics will be clinical supervision and its significance in patient management and Evidence based practice. Thereafter there will be paper presentations from regional Hospitals and finally discussion on the amended code of ethics and articles of the association. A report from this workshop shall be sent to the Ministry.

#### **Training**

On a sad note however, the Training of Physiotherapy at Degree level in Uganda has not taken off this year because of delay in presenting and defending the Curriculum to the University Senate. It is hoped that next Academic year

2003/2004 all the requirements shall be in place. We hope to send a delegate to the Swaziland Workshop in October.

### SOUTH AFRICA (SASP)

#### **New Black President For The SASP!**

In May this year, history was made in South Africa when Mrs. Zola Dantile, the current Regional Representative for Africa on WCPT was elected President of the SASP – unanimously! She is currently serving her ‘elect year’ and will take the hot seat fully in May next year, for a period of 2 year.

#### **Community Service For Physiotherapists**

The SA Government has decided that Physiotherapists, Occupational Therapists and Speech Therapists will follow on the lead taken with GP's, Dentists and Pharmacists. The SASP sees this as being a good move for the Profession and helps us to establish Physiotherapy as an essential service as well as asserting our status as First Line Practitioners.

The South African Society of Physiotherapy, together with the Department of Health, has been working towards providing Community service, in particular Physiotherapy services, to all people of South Africa. We believe that all South Africans should be allowed access to basic, affordable healthcare, irrespective of the area that they reside in. As a profession, we have an ethical and moral obligation to provide healthcare to all South Africans, both rural and urban.

Due to this, Community Services has become a reality for Physiotherapy Graduates with effect 01 January 2003. In recognizing the above facts, the Society also believes that a support structure is necessary for our Graduates, to assist them with any queries or problems that they might encounter during their term of Community Service.

The Society will assist our Graduates by providing them with a support structure in the form of qualified Physiotherapists within close proximity of the Community Service Facility. Graduates need the support and advice of their qualified professionals and this is why; the BUDDY SYSTEM will be introduced. Through the buddy system, the young graduates out in the community will have access to the support of qualified, experienced and sometimes specialist physiotherapist.

### **Continuing Professional Development (CPD)**

As from next year, physiotherapist will have to produce proof of having engaged in continuing professional development activities before they can be re-licensed to practice as physiotherapists in the country. A total of 30 CPD point are needed to re-register as a physiotherapist. This is a new system that has been running on a trial basis this year and will be enforced from the year 2003.

### **ETHIOPIA (EPTA)**

Our dedicated exiled friends sent this note to the regional chairperson during their regular communication. We hope putting it in the APT will inject even

more commitment and dedication to the rest of the members of the region

*"We want WCPT-A region to discuss in detail about the current issues of EPTA and explore areas where the region can be helpful in times of such political crises for member organizations. We would like to convey the following message for WCPT-A regional meeting in Swaziland (October 2002) as well:*

***No matter what it takes us this end, we will continue working for EPTA and supporting our colleagues at home to promote physiotherapy in Ethiopia. We will also remain part of WCPT-Africa and WCPT-International to move physiotherapy forward".***

*We wish you excellent conference,*

*With best regards,*

*Desalegn Damtew, PT  
EPTA-President*

*Fasil Abay,  
Secretary*

### **SWAZILAND (APS)**

#### **Ergonomics workshop**

The Association of Physiotherapists of Swaziland held an Ergonomics workshop on the 29<sup>th</sup> and 30<sup>th</sup> of June 2002. The workshop was about Workplace Rehabilitation, focusing on the Musculo-skeletal problems of Manual Handlers and Joyce Mothabeng facilitated it. Delegates came from Swaziland, South Africa and Botswana.

The APS is now hard at work, preparing for the WCPT Africa Conference in October.

## **ZAMBIA (ZSP)**

### **WCPT Africa Congress 2004**

The Chairperson of the organizing Committee for the 5th W.CPT- Africa Congress to be hosted by Zambia in 2004 would like to take this opportunity to invite you to the Lusaka Congress Meeting. The Congress takes place from 26th of April to 5th of May 2004.

The organizing Committee was officially launched at the Zambia Society of Physiotherapy Annual General Meeting that took place at the end of March 2002. The organizing Committee is comprised of both physiotherapy and non-Physiotherapists. The main objectives of the Committee are:

Firstly, to successfully host the WCPT- Africa Congress in 2004 and in the process make the (Z.S.P) an efficient, effective and sustainable organization that will work for the benefit of the Z.S.P Members and the Community at large.

Secondly, the congress' Pre and Post Congress Training Programs would involve courses that are in line with the needs of the Country and the region. This is in particular so because Z.S.P and other stake holders have made it possible for the BSc. Program to be started at the University of Zambia. The successful hosting of the congress will provide knowledge and skills that will go a long way in the sustainability of the degree Program in terms of Clinical Teaching, Community training and participation.

Thirdly, the successful hosting of the Lusaka Congress is an important milestone that needs to be achieved for

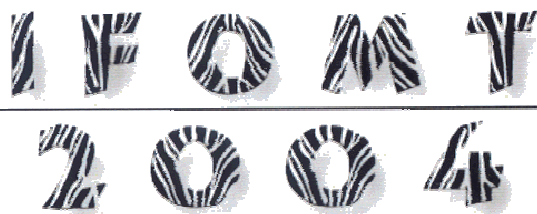
the ZSP. As some of you may be aware the 1st W.C.PT- Africa General Meeting was held in Zambia in 1991 which was a prelude to the formation and subsequent hosting of Congress Meetings in Africa. The 5th meeting and congress will be in Zambia.

Fourthly, the Congress Meeting provides fertile times and opportunities to exchange, share experiences at personal and professional levels, provides Regional and International co-operations. It also provides for cultural exchange and understanding information about the host country Zambia, which is well known for its hospitality.

Lastly, we would also appeal to our friends in the region and outside the region to assist where they can. This is a professional challenge and we should be seen to be working together and move Physiotherapy forward to its rightful place at the forefront of health care.

### **Professional Development And Twinning**

The Zambia Society of physiotherapy in conjunction with the *Danske fysiotherapeuter* held a joint seminar from 7th to 9th of October 2002. The aim of the seminar was to empower the Zambia Society of Physiotherapy with knowledge on how to be self sustaining. The seminar drew participants from a cross section of physiotherapists from both the public and private sector. At the end of the seminar both associations were able to draw conclusions on the status of the twinning program. ZSP wishes to thank the Danske fysiotherapeuter for their continued support.



8<sup>th</sup> IFOMT CONGRESS  
(International Federation of Manipulative Therapy)

- DATES** 21 – 26 March 2004
- VENUE** International Convention Centre, Cape Town, South Africa.
- DETAILS** This promises to be one of the most exciting events in the history of physiotherapy in South Africa and you are encouraged to start your planning now.
- ACADEMIC** The theme for the conference is “Balancing the Outcome of Manual Therapy.” The programme will range from research based to clinical outcomes papers. Several speakers of international standing have indicated their willingness to participate. The programme will include sessions on Pain, Outcome Based Research, Community and Industrial Considerations, Musculo-Skeletal Spinal and Peripheral Dysfunctions.
- SOCIAL** This promises to be an exciting programme and will include a banquet, wine tasting, and a theme evening at a typical South African venue.
- ACCOMMODATION** to suit all budgets will be available.
- CAPE TOWN** We are very proud of our superb Convention Centre and our beautiful surroundings and know that you will enjoy every aspect of your visit. **Richard Busch, Travel Editor, National Geographic Traveler** agrees with us and writes as follows:
- “By any standard, the Cape Town region of South Africa is one of the most beautiful and compelling places to visit on the planet. Here, in addition to a city with fascinating historical sites, excellent museums, vibrant markets and a handsomely restored waterfront, I encountered mountain wilderness, rugged coastlines, sandy beaches, lush gardens, beautiful wine estates, superior hotels and some of the warmest, most welcoming people I’ve ever met”
- WEBSITE** Our website will be continually updated as further information becomes available - please keep watching: [www.uct.ac.za/depgc/pgc/](http://www.uct.ac.za/depgc/pgc/)
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