



AFRICAN PHYSIO TODAY

VOLUME 2 (1) MARCH 2003

MOVING AFRICA FORWARDS



**BARCELONA
BUMPER
EDITION**



EDITORIAL COMMENT

This particular publication is to some extent a publication that will reflect on the achievements of WCPT Africa over the years and the activities of the current WCPT-Africa Executive.

Men and women in Africa were bestowed with the honor to serve in various positions in our region. Many achievements seen or unseen speak volumes about their dedication to the cause of WCPT-Africa. Regionalisation for example for it to have succeeded it needed from its infancy people with a vision. Because of their vision, we are able to point out their achievements and also that vision I want to believe is still the driving force for us today as we continue from where they ended.

The current Executive came into office on the premise of improving communication among member organization and the world over. To achieve this objective a newsletter renamed *African Physio Today* was launched in Nairobi, Kenya in 2002. The Newsletter is meant to inform our member organizations on the activities of the Executive and of the member of organizations. Two editions have been published and this is the third edition.

The *African physio today* will indeed be African if member organizations want it to be so by providing information regarding their individual activities. ALAS! To say this is not so as volumes of information is being held in the archives of the member organizations. However, I strongly believe that Greatness does not lie in not falling but in rising up each time you fall. These are

INSIDE TODAY

EDITORIAL COMMENTS - 1

CHAIRMAN'S REMARKS - 2

WCPT AFRICA ACHIEVES HER OBJECTIVES - 3

ZAMBIA CONGRESS 2004 – 3

WCPT AFRICA ACTIVITIES IN FOCUS – 4

CONGRATULATIONS SQUARE – 5

WISDOM CORNER

NOMINATIONS: REGIONAL REP. – 8

ROFILE OF THE REGION – 8

DEDICATION - 9

IFOMT , SA 2004 - 10

BJD EXTRACTS - 11

some of the setbacks we go through to serve others but my strong appeal to member organization is that let us all develop a habit of documenting our activities for our own benefit and that of the generations to come.

As you read *African Physio Today* I'm sure some of you will already be in Barcelona for the WCPT congress. African Physio today wishes you a safe passage to and from Barcelona and please remember to bring news for it.

All roads as you may be aware lead to Lusaka in 2004 for WCPT-Africa congress. This I believe gives you enough time to plan to attend the

congress so that together we answer the challenges that face Physiotherapy.

Finally I'm delighted that this newsletter has been published because of some of your contributions. I wish to particularly thank the past Chairperson of WCPT-African and the WCPT-African representative for agreeing to share their thoughts with us.

Tyson Simuzingili
1st EDITOR
tsimuz@yahoo.co.uk

CHAIRMAN'S MESSAGE

My dear Fellow Africans!

The first few months of this year have been relatively quite on the regional front. This is understandable, because everyone has been working hard in preparation for Barcelona (or so I hope!). I am personally looking forward to meeting all of you and I trust and believe we will once again have a fruitful meeting.

A lot of work has gone into this BUMPER edition of our newsletter and I hope you will enjoy it. It is reflective in nature, in order for us as a region to take stock of who we are, where we come from, where we are headed and how we will get there. There is a lot of potential within our region. A lot of members are willing and able to help move the region forward. All we need is capacity.

A big capacity challenge for our region is always finances. My fellow people, if we are to be self-sustaining like we want to be, we cannot afford to let our finances lag behind. I have made numerous appeals on behalf of the

treasurer, begging members to be up to date. Constitutionally, one cannot remain in good standing with 2 or more years in arrears. We have even opened doors for '*negotiated settlements*' to be arranged through the treasurer. Please speak to him.

Another challenge of the region was communication. I must commend the current executive for all their efforts in making sure that this is not an issue any more. Communication between members of the executive by phone and e-mail has been just great. This is one positive outcome that we will keep pushing forwards from strength to strength I wish to thank some MO's who always make an effort to keep the communication channels flowing. Top on the list is Uganda and I heartily thank their president for the great communication. This is one MO who always responds to communication and follows up on issues communicated. *We need people like that!*

I am not forgetting our exiled friends from Ethiopia who have been excellent communicators and kept us up to date with events in their country even if they are 'outside'. It was great to hear that they have been finally granted asylum in the States. Our thoughts and prayers are with them.

Last but not least is a great challenge – Botswana. They are not even full members yet, but I have them on phone and e-mail so regularly I have lost count. I hope they keep up the impetus even after being admitted to membership.

Joyce Mothabeng
2nd Editor - Design and layout
mothadj@med.up.ac.za

WCPT-AFRICA ACHIEVES HER OBJECTIVES

After the 1st WCPT-Africa congress in Nairobi, Kenya in 1994, WCPT-Africa issued a communiqué to all member organizations encouraging them to train physiotherapists at degree level. Nine years down memory lane, WCPT-Africa is proud to announce that a number of countries have either established degree programmes or they are in the process. Notably, Zambia has already begun their degree programme while Kenya, Uganda, Malawi and Tanzania plans have reached an advanced stage. WCPT-Africa is proud of this record and would like to encourage all member association to continue to pursue the goals of WCPT-Africa.

WCPT-AFRICA CONGRESS 2004 LUSAKA, ZAMBIA

Many strides have been made towards the organization of the congress. The first flyer was distributed to all member organization in Swaziland in October 2002. The second flyer and call for abstracts was sent out in April 2003. We are calling upon all member organizations to encourage their members to prepare papers for presentation. We anticipate that the preliminary programme should be ready by October 2003.

The theme of the congress is '**PHYSIOTHERAPY: FACING THE CHALLENGE**' In order to meet the challenges that physiotherapy is facing today particularly in Africa, its necessary that we come together and share our experiences, knowledge, and skills.

WCPT-AFRICA ACTIVITIES IN FOCUS

WCPT-Africa Executive planned a number of activities for the period 2001 to 2004. Among the many activities priorities were given to Regional Professional Development and Membership Drive.

CONTINUED PROFESSIONAL DEVELOPMENT IN THE REGION

WCPT-Africa Executive realized that the best and cost effective way of holding RCPD programs was to identify areas geographical where member organization would meet to share their experiences. Two areas were identified, namely the Eastern and Southern Africa. Many more areas will be included as other African countries join WCPT.

➤ EASTERN: Kenya 2002

The first Regional Continued Professional Development (RCPD) conference was held in Nairobi, Kenya from 17th to 21st of April 2002. An academically successful seminar focusing on Evidence Based Practice and the Physiotherapeutic Management of Headaches was held in Nairobi. Delegates from Botswana, Kenya, Tanzania, Uganda, South Africa, Swaziland and Zambia attended the seminar with local delegates being the majority. It is worth noting that it was a successful seminar considering the number of member organizations who were in attendance. Most of the member organization in East Africa attended.

The seminar also gave an opportunity to WCPT-Africa Executive to hold a special regional meeting. The constitution was reviewed and the amendments made will be adopted during the General Meeting in 2004.

➤ **SOUTHERN: Swaziland 2002.**

The second Regional Professional Development Conference was held in Swaziland in October 2002. The conference was designed in a format of practical workshops in order to ensure the refinement of the African physiotherapists' skills. The focus was on Musculo-skeletal problems and its therapeutic management.

This was yet another successful regional conference which attracted delegates from Botswana, Ghana, Kenya, Malawi, South Africa, Swaziland, Zambia, Zimbabwe and Uganda.

The Executive seized the opportunity to meet with the Swaziland Physiotherapy Association in order to learn of their problems. Following the successful meeting, the Executive released what was called the Swaziland Manifesto to raise awareness and lobby the Government of Swaziland to address some of the physiotherapists' concerns.

MEMBERSHIP DRIVE

WCPT-Africa embarked on membership drive in order to raise awareness to other African countries that are not yet members. The President visited Botswana during their Annual General Meeting and held discussions with the Executive. We are please to inform the

region that Botswana has become active in the affairs of WCPT-Africa. This was evidenced by their attendance to both the Kenya and Swaziland min conferences. They will be admitted to WCPT membership in Barcelona this year!

We have also been in contact with Somalia, who have a keen interest in joining the region. Unfortunately, contact with Rwanda has been lost somehow. We sincerely hope many more African Countries will respond to our call.

CONGRATULATIONS SQUARE

WCPT-Africa would like to pay glowing tribute to Dorcus Madzivire for serving the region as Chairperson and more importantly for her completion of her term as WCPT Vice President. The region will always count on her for advice, her experiences both at regional and international level. Well-done Dorcus! May more years be added to you so that the region may continue tapping on your wisdom.



Current EC:

Chairman : Joyce Mothabeng SASP
Vice chairman : Tyson Simuzingili ZSP
Secretary : Lungile Vilakati APS
Treasurer : Hellen Madzokere ZPA
Willard Mutungwazi

WISDOM CORNER

The corner is designed to tap into the wisdom of our leaders who previously held positions in WCPT- AFRICA.

1. **Prof. Sayele dele Amuson
Chairperson 1998 – 2001
WCPT - AFRICA**

WCPT-Africa has come a long way. We can look back and be proud of our achievements as a region. At the international level, reports we receive indicate that those who represent us in the international executive make significant contributions to discussions and operations of WCPT. Our representatives in various committees, like the International Scientific Committee, work very hard.

In the region, we now have an executive that is much more vibrant than previous ones. This is an indication of maturity. I would expect that the executive that will come after the current one would achieve much more. I believe we have started to see some of the benefits of areas targeted.

Previous executives focused on, particularly physiotherapy education. The university degree program in Zambia is already running, and is being managed by one of those who benefited from the upgrading opportunities made available in our region. Other countries that have benefited from the opportunities include Rwanda, Kenya, Lesotho, Uganda, Swaziland, Eritrea, Ethiopia and Tanzania.

However, as a region, we are still faced with many challenges. A major challenge is the need to strengthen our

financial base. This is urgent. This requires that we have a membership drive. Some of our executive members will have to visit African countries in order to raise the awareness. Though this will require financial commitment, the benefit is that additional membership in the region will also increase our financial base. This will make us to be less dependent on other regions.

Secondly, we do so much in Africa in the practice of physiotherapy. Our practice of CBR is very unique. The experiences in primary health care, home based services, and many other areas are very rich. Unfortunately, these experiences are not being documented. Our colleagues from outside of our region, with the necessary financial resources, come over to our region, collect the data and publish. We need to find ways of taking the credit for what we do best, while not discouraging the partnership with our colleagues from other regions.

On a personal note, it was a great honor for me to serve our region. There is a lot to achieve if all the member countries give undivided support to the current executive. Let's work together for the good of physiotherapy in our region.

Prof. Dele Amosun
School of Health & Rehab Sc.
University of Cape Town
South Africa

**REMEMBER
WCPT AFRICA IN
ZAMBIA 2004!**

START PLANNING

**2. Geoffrey Moyo
WCPTAFRICA REP.
1991 - 1995**

Reflections on WCPT-Africa

Regionalisation of the World Confederation of Physiotherapy started in the early 90s. The inception of the African region took off with a small number of countries consisting of South Africa, Nigeria, Kenya, Tanzania, Zambia and Zimbabwe. The African regional membership has continued to grow at a steady pace. Some of the exploits of regionalization are as follows (a) Member organization have learnt to communicate effectively with each other (b) The member organizations have shared varied experiences, skills, knowledge and concerns (c) We are slowly witnessing the replacement of physiotherapy diplomas with higher degrees. As regional meetings continue to be held on a regular basis, the potential of regionalization will continue to be exploited to the full.

Along with regionalization, came the twinning of physiotherapy associations between European and African countries. This exercise started with Zimbabwe and Zambia being twinned with Denmark, Kenya with Sweden, and Tanzania with Norway. The twinning program will continue to grow as many countries identify their partners. The twinning initiative has helped African physiotherapy associations to draw on the vast experience of the European countries. Likewise the European associations have learnt new things from the African region through the exchange of information, skills and knowledge. I have no doubt in my mind that the twinning concept will open new doors

for the partners involved, so much that new areas of cooperation will continue to be identified by the countries concerned.

The dawning of the 21st century coupled with the globalization of the world will pose numerous challenges for the African physiotherapy region. The region will need to poise itself to tackle these developments head on. The African region must move away from being seen only as a receipt of aid in form of treatment techniques, donations and a dumping ground for electrotherapeutic equipment with questionable efficacy. The region needs to assert itself by contributing to the physiotherapy body of knowledge, after the entire region does have some physiotherapists with higher degrees; these people have a wealth of skills and knowledge. WCPT Africa can address the challenges that confront it by:

* Encouraging member organizations to constantly review their physiotherapy curricula, so that it continues to reflect contemporary times. Special emphasis should be placed on the curricula objectives, teaching methods, content and evaluative methods.

* The member organizations will do well to encourage their members to be research oriented especially now that evidence based physiotherapy has become the norm in our public and private hospitals where budgets have become tight and redundancies are becoming a daily occurrence. Research should not be a preserve of the academic staff in higher learning institutions only but rather it should encompass the clinical physiotherapists who are in constant contact with patients and

physiotherapy students. Clinicians need to be equipped with research knowledge. Clinical research is important because ultimately it should be able to test the reliability and validity of the treatment techniques and modalities, which sometimes we take on face value. The African Governments must be prodded to fund research so that at the end of the day patients will get quality care.

Now that the Africa continent has become a union I was wondering why African physiotherapists still have problems to migrate freely to other African countries where they are few or no therapists. Many countries have put up unnecessary barriers just to ward off foreigners. I am sure, if we worked on the real issues such things would not arise. We just have to take a leaf from the European union, to see how physiotherapists from one member country can work in another country. In Africa we are so preoccupied with nationalism. Problems are bound to arise from the free movement of physiotherapists but we need to take the first step and that is to test whether the idea is feasible without the tedious process of work permits with their high fees.

Geoffrey Moyo (*Dip., Bsc, MSc Physio.*)
 School of Physiotherapy
 Evelyn Hone College, Zambia

REGIONAL REPRESENTATIVES

Nominations were called for in the middle of the year 2002, and we are happy to announce that we have two delegates competing for the position. They are:

- Margarete Kabango for Uganda

- Zola Dantile from South Africa

PROFILE OF THE REGION

➤ CONGRESSES AND MEETINGS

- 1991: The first General Meeting of WCPT-Africa was held in Lusaka, Zambia.
- 1994: 1st WCPT-Africa congress held in Nairobi, Kenya
- 1996: 2nd WCPT-Africa congress held in Harare, Zimbabwe
- 1998: 3rd WCPT-Africa congress held in Pretoria, South Africa
- 2001: 4th WCPT-Africa congress held in Kampala, Uganda
- 2004: 5th WCPT-Africa to be held in Lusaka, Zambia

➤ EXECUTIVE COMMITTEES

* 1994 – 1998

Chairman : Dorcus Madzivire ZPA
 Vice-chair : Emma Sebroles ZSP
 Secretary : Marlene Brand ZPA
 Treasurer : Sheena Carruthers SASP
 Dicky Roland Namibia

* 1998 – 2001

Chairman : Prof. Dele Amuson-SASP
 Vice-chair : Esther Okullo Uganda
 Secretary : Pamela Hasford SASP
 Treasurer : Dicky Roland- Namibia

REGIONAL REPRESENTATIVES

1991 – 1995 Geoffrey Moyo ZSP
 1995 – 1999 Alfred Otieno KSP
 1999 – 2003 Zola Dantile SASP

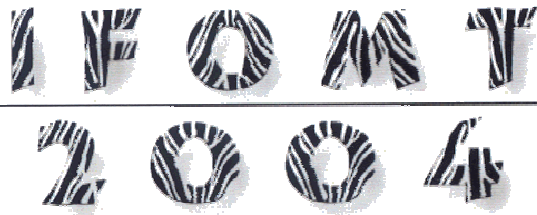
MAMA WCPT - AFRICA

FOR ALL THE KNOWLEDGE YOU HELPED US GAIN
FOR ALL THE SKILLS YOU HELPED US DEVELOP
FOR YOUR COMMITMENT AND DEDICATION TO OUR REGION
WE CALL YOU OUR MAMA.

YOU ARE OUR MAMA BECAUSE-
YOU ARE MORE THAN A WCPT VICE PRESIDENT TO US
YOU ARE MORE THAN A WCPT AFRICA PAST CHAIRMAN TO US
YOU ARE MUCH MORE THAN THE COUNTLESS THINGS YOU DID
FOR ZIMBABWE AND OTHER AFRICAN COUNTRIES

WE CALL YOU MAMA BECAUSE
A TRUE MAMA CARES
A TRUE MAMA PROVIDES
A TRUE MAMA LOVES,
A TRUE MAMA NATRES, AND
A TRUE MAMA LOOKS AFTER HER OWN.

WE ARE WHAT WE ARE
BECAUSE OF WHO YOU ARE
WE THANK YOU AND SALUTE YOU
MRS DORCAS MADZIVIRE
OUR TRUE MAMA WCPT-AFRICA!



8th 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/

ENQUIRIES Sally Elliott, Conference Management Centre, UCT Medical School
Anzio Road, Observatory 7925, Cape Town, South Africa
Tel: +27 21 406-6381 Fax: +27 21 448-6263 E-mail:
selliott@curie.uct.ac.za

The Bone and Joint Decade at the International WCPT–Congress
(www.wcpt.org/congress)

During the *14th International Congress of the World Confederation for Physical Therapy*, taking place from 7-12 June in Barcelona Spain, there will be an extra focus on the Bone and Joint Decade. This is due to the actions of Mr. Kees Visser, a member of the board of the Royal Dutch Physical Therapist Association, who is also a representative in the Dutch BJD-board. He has drawn attention to the Bone and Joint Decade as a possible theme at the Congress. As a result the Bone and Joint Decade will be one of the four themes of

The BJD website

The number of visitors to the Bone and Joint Decade website has been growing steadily over the past year. The website had 42,000 visits in 2002, which is an increase of one third compared with the previous year. Currently, more than 4,000 people from all over the world visit the website every month. Please send information and photos (fine quality) on activities and events to the BJD Secretariat, bjd@ort.lu.se and we will put it on the web. Please visit and inform in your country about www.boneandjointdecade.org and download information.

The Bone and Joint Decade Secretariat

If you have any questions or need any assistance please feel free to contact BJD Secretary in Lund, Agneta Jönsson, bjd@ort.lu.se