



PHYSIO: AFRICA TODAY

VOLUME 3 (1) APRIL 2004

SPECIAL ZAMBIA CONGRESS EDITION



OFFICIAL NEWSLETTER OF WCPT AFRICA
MOVING AFRICA FORWARDS

CHAIRMAN'S MESSAGE

My dear Fellow Africans!

Because this is my last communication in this newsletter as your chairperson, it is slightly 'longer than usual – BEAR WITH ME!

It has been 32 months since you elected me into office – the longest single term of office in the region! It has been quite an interesting time for me. I learned a lot and I will forever be grateful for the challenging opportunity I had.

I would like to share with you some of the regional achievements during our term of office. It is a summary of what I shared with some of you in Barcelona last year.

REGIONAL ACHIEVEMENTS

Qualitative growth

- Continuing professional development

The region organized 2 CPD activities in 2002, which were positively received. The 1st one cost the region a lot of money (and we learned from our mistakes), fortunately the 2nd one made up for those. It is my hope that such events will continue to feature in the calendar of 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. More areas will be included as

other African countries join WCPT and I think the Western region might be ready soon.

➤ **EASTERN: Kenya 2002**

The first Regional Continued Professional Development (RCPD) conference was held in Nairobi, Kenya from 17th to 21st of April 2002.

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.

This was yet another successful regional conference. 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.

- Communication

The importance of Communication for organizational development cannot be overemphasized. The launch of our newsletter, finally properly called the '*Physio: Africa Today*' has been one quality development in our communication endeavors. Thank you to those members who have made it happen.

We have started well, let us keep it up!
We promised you 2 editions in a year,
but we can only do it with your help!
Last year there was only one edition due
to lack of news. We hope this year we
will be back on track.

- Raising the profile of Physiotherapy
on the continent

In 2002 in particular, we have been
successful in at least 3 countries.

- Kenya – support for degree training
after a lot of hard work by the KSP
and the visit by the international and
regional WCPT executive committees.
- Tanzania – the health ministry
committed to supporting the
development of the profession during
the 10th anniversary and congress of
APTA, in response to challenges
from the regional chairperson.
- Swaziland – The region has drafted
and submitted a ‘Swaziland
Manifesto’ to the Swaziland Health
Ministry, in response to their
commitment to follow up on
recommendations that came out of
the WCPT Africa Conference,
Swaziland.

Quantitative growth

- Membership Drive

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

I am pleased to inform the region that
Botswana has become active in the
affairs of WCPT-Africa, and they were
admitted to WCPT membership in
Barcelona last 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.

Sadly though, we have a couple of
inactive members. We tried talking to
some of them but to no avail. This is
now a challenge for the new committee.

- Training

Great strides are being taken by our
MO's in this regard. Almost all countries
offering training have a degree
programme or are in the process of
finalizing one. The region is surely
growing in terms of numbers of
countries offering degree programs. Next
in our mind should be the quality (i.e.
standards) of the programs, and maybe
an Africa Regional Society of Educators
in Physiotherapy is the way to go.

- Qualifications

A lot of individuals from member
countries are upgrading their
qualifications – mostly through SA
institutions. I am proud of my country
for contributing towards Africa's
development in this regard. We need to
come up with mechanisms whereby
many other countries can do this as well,
so that the number of highly qualified
PT's can grow.

REGIONAL CHALLENGES

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.

CONCLUSION

Finally, I thank you for allowing me to serve you in this capacity. I look forward to handing over to somebody visionary and energetic in Zambia.

SWAZILAND MANIFESTO



AFRICA REGION

(WCPT AFRICA)

*Drafted by the WCPT Africa Conference,
11-13 October 2002 at Manzini, Swaziland.*

PREAMBLE

The World Confederation for Physical Therapy (WCPT) is an international organization of physiotherapist that was founded in 1951. It has 83 member countries and it represents over 225 000 physiotherapists worldwide. The objectives of WCPT is to represent physiotherapists worldwide, to improve the quality of global health care and to encourage high standards of education, practice and research.

In keeping with the international objectives of WCPT, the Africa region organized a regional conference hosted by the Association of Physiotherapists in Swaziland (APS) in October 2002. Leading specialists in the above three topics were invited to present topics focusing on Musculo-skeletal problems in line with the Bone and Joint decade (as endorsed by the World Health Organization, WHO) and the physiotherapeutic management thereof.

The conference was graced by the presence of the Vice President and the Africa Representative from the international WCPT Executive Committee, and was attended by delegates from Kenya, Malawi, Uganda, Zimbabwe, Ghana, Botswana, South Africa, Tanzania and Zambia.

RECOMMENDATIONS

The following recommendations regarding Physiotherapy in Swaziland were proposed by the conference:

- Policy regarding the practice of Physiotherapy in Swaziland needs to be developed.
- There is a need to establish a career structure that recognizes Physiotherapists who have upgraded their knowledge and skills through postgraduate training in order to enhance quality of care, and those that have long service.
- Having noted the acute shortage of physiotherapists in the rural areas and in government hospitals, there is an urgent need to embark on a recruitment drive and to develop a retention strategy that will incentivise the physiotherapists to serve in the needy areas.
- WCPT recommends that Physiotherapists should be trained at degree level, thus we would encourage that the government of Swaziland sponsors students to be trained at that level. These students should be contracted to come back and serve in the country upon completion of the studies. We also recommend that the possibility of establishing a physiotherapy training institution in future be investigated.

CONCLUSSION

WCPT Africa is honored to have had the opportunity to facilitate the development of the APS with the support of the government of Swaziland's Ministry of Health and WHO. The conference delegates were encouraged by the valued contribution made by the Swaziland government towards the success of the conference, and appreciate the re-assurance that this would continue.

Signed:.....

Chairperson – WCPT Africa

- **Coming events – Physiotherapy and related**

DATE	CONGRESS/EVENT DEATAILS
29 APRIL – 2 May 2004	7th International Congress of Sports Medicine – Association of Greece 13th Balkan Sports Medicine Congress & 4th Greek – Cyprus Sports Medicine Congress Drama, Greece For further information, contact Dr. Konstantinos Natsis, General Secretary of Sports Medicine Association of Greece, mailto:natsis@med.auth.gr or visit http://www.sportsmedicinegreece.com/
12- 15 MAY 2004	14th International Congress Of Physical And Rehabilitaion Medicine . Vienna, Austrai. www.ecprm2004.org
13-17 JUNE 2004	8th Congress of the European Federation for Research in Rehabilitation THEME: Rehabilitation Sciences in the New Millennium – Challenge for Multidisciplinary Research. Ljubljana, Slovenia For further information, visit www.cd-cc.si/EFRR2004
21- 24 JUNE 2004	20TH World Congress of Rehabilitation International. Oslo, Norway. Contact: ahb@nova.no or grete@ri-norway.no
29 JUNE – 1 July 2004	The 2004 Teaching and Learning conference – UK Information: www.ilt.ac.uk
11 – 15 – JULY 2004	5TH International Scientific conference on the Prevention of Musculoskeletal Disorders. Zurich, Switzerland. <i>Abstracts close December1, 2003.</i> www.prmus2004.ethz.ch
5-8 September 2004	The 2004 Congress of the Association of Medical Educators in Europe. Edinburgh, Scotland. www.amee.org <i>Theme: Widening access to education in healthcare</i>
4 – 5 – NOVEMBER 2004	European Congress on Physiotherapy education. Estoril, Portugal. Abstracts close 30 November 2003. www.apfisio.pt/acpe or apfisio@clix.pt
10 – 13 NOVEMBER 2004	5TH Interdisciplinary Congress on low Back Pain. Melbourne, Australia. <i>Abstracts close 15 December 2003.</i> www.worldcongresslbp.com or info@worldcongresslbp.com
<u>1-7 JUNE 2007</u>	. 15th International Congress World Confederation for Physical Therapy. Vancouver, British Columbia, Canada For more information, visit http://www.wcpt.org/