

Africa Physionews

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Message from the regional chairman



As we all know, a new executive was put in place at the WCPTA Congress in Nigeria. We are greatly honoured to have been given the opportunity to serve during the coming two years. As a team we intend to build on what our predecessors (those who have served on the WCPTA Executive Committee) have put in place for us. Some of our key strategies are to bring on board as many member organisations as possible. We have deliberately resolved to have Ghana host the next WCPTA Congress so that we can interact with as many physiotherapists as possible especially those in Northern and West African countries. The new Executive has developed specific activities with time lines that we intend to achieve during our term of office. We have commenced working on improving our lines of communication affecting our region. South Africa now houses a Secretariat office and an Administrator (courtesy of South Africa Society of Physiotherapy - SASP) This will enable us hear our members and help us to make

informed decisions that will be relevant for our region. We have planned for fund raising activities that we hope will contribute/enable the region to roll out key activities that are now on our drawing board. We are working on a new corporate image for WCPTA in the midst of many challenges ranging from economic to political and health issues.

Our challenges will be the pillars we will stand on as we work together as a region to combat health issues as physiotherapists and make a difference in our various countries and communities. Some African countries are doing better than others so we will draw from these strengths, disseminate information and provide forums where we can learn from one another and also network. We believe that Africa Region has come of age, and as an equal regional member of the WCPT is ready to host the 2015 WCPT Congress. This is not only because Africa has never in the history of WCPT hosted this very important Congress but we do have the capacity to host a meeting of this magnitude.

We would like to take this opportunity to invite suggestions from member organisations. Thank you putting us in office; we will do our best not to fail you.

Dr Esther Munalula Nkandu
CHAIRPERSON - WCPTA

EDITORIAL COMMENT



Editor: Onigbinde A.T

NECESSITY FOR DOCTOR OF PHYSIOTHERAPY (DPT) PROGRAMME IN AFRICA

The world confederation for physical therapy (WCPT) views physical therapy as one of the major health care professions relevant to patient care delivery in this millennium. Consequently, high value is placed on the development of superior skills in patient evaluation, diagnosis and intervention.

Jose Frantz, a Professor with University of Western Cape, South Africa in a published research work in internet journal of Allied health sciences and practice on challenges facing physiotherapy education in Africa noted that health care is changing and the demands put on health professionals are increasing. He noted that physiotherapy education should reflect the health and social priorities of the nation. He found that most important challenges were lack of undergraduate training opportunities, limited number of therapists, upgrading of physiotherapy educators, research as

a major component of physiotherapy education, and recognition of physiotherapy as an essential service. He concluded that assistance is needed for physiotherapists from Africa to take their rightful place in the health team and higher education institutions should improve the qualifications of physiotherapists in African countries.

The current programme as revealed by the American Physical Therapy Association was coined **DISABLEMENT**, showing the need to add to the knowledge base of physical therapists in Africa. The role of physiotherapy has become more diversified as population is ageing worldwide. There is presently a paradigms shift from infectious diseases to chronic disease making rehabilitation to be more relevant and the role of the physical therapist worldwide becoming more diversified. They now play major roles not only in the hospital setting, but also in the industrial, educational, sports organizations and physical fitness programmes. In response to these, the cognitive and psychomotor skill requirement of the therapists has increased tremendously. It has now become mandatory for the present 4 or 5 year curriculum be revised to care for the apparent deficiencies and meet the requirements for the minimum standard of training in Physical Therapy (PT) as practiced worldwide, in line with the standard in the UNITED STATE OF AMERICA.

Training high-level manpower to meet with this chronic disease age challenge, a new curriculum on Doctorate in Physical Therapy (DPT) is necessary. Few countries are contemplating on the desire to have a DPT programme in Africa with majority still with the previous curricular. In Nigeria, the NSP has formally approved the commencement of a Transitional DPT and DPT programme in all the Universities and existing training schools. They are expected to gradually phase out their current programme to give way for transitional DPT programme that will facilitates the enrolment of physiotherapists with minimum qualification of first degree.

It has become mandatory for all training institutions in Nigeria to change their programmes to 6 years. The **regulatory body in Nigeria** had also set 2015 as deadline for all current programmes to be reviewed from 5 to 6 years in line with global trend. The increase in period of training will facilitate increase in knowledge base, standard of clinical practice and effective discharge of services. There are greater challenges facing African physiotherapists in recent times, hence, the need to address these challenges by increasing the knowledge base at training.

(Comments from members are welcome on this editorial)

Nigeria successfully hosted Africa



Four 4 years ago Nigeria delegates to the 5th World Confederation for Physical Therapists- Africa regional congress at Lusaka, Zambia, 2004 bid for the hosting right of the 7th congress. The right to host the much awaited congress in Nigeria was ratified at the 6th congress at Dar-es-Salam, Tanzania, 2006.

The preparation for the congress started with the inauguration of a Local Organizing Committee under the chairmanship of Miss Gloria Umerah. The congress started with a pre-congress workshop with Mary Riley as the resource person, a renowned Bobath instructor from South Africa. The theme of the 2 day pre-congress workshop was Examination and treatment of Stroke using Bobath concept.

In attendance for the main congress were participants from Nigeria, South Africa, Malawi, Rwanda, Ghana and Zambia and Uganda. Delegates also came from United state of America and Britain. The presence of world president, Dr Marilyn Moffat from US and Brenda Myers, WCPT Secretary General added glamour to the congress. The scientific session

had series of paper presentation on the theme of the conference - 'Diseases of civilization'. There were also presentations on research work not too relevant with the theme. The venue of the pre-congress workshop was National Hospital, Abuja while other activities took place at the prestigious International Conference Centre, Abuja. Ghana is expected to host the next WCPT-A congress at Accra come 2010.



WCPT-A Elects new officers

The following EXCO members were in August 2008 at the WCPT Africa regional meeting in Abuja, Nigeria.



Chairperson of Zambia Society of physiotherapy- Dr Esther Nkandu was elected as the chairman of WCPT -African



WCPT-Africa Vice-chairman is the former National Vice-president of Nigeria Society of Physiotherapy- Onigbinde Ayodele Teslim.



Morake D Maleka (South Africa)- Treasurer,



Jean Damascene from Rwanda is the WCPT-Africa Secretary.

The regional representative on WCPT is still Mrs Sylvia Kambalametore from Malawi, whose term of office is until 2011. The region will elect a new rep in 2010, to be presented to the WCPT meeting in Amsterdam in 2011.

The first Wcpt-A executive meeting was held in South Africa between 5th and 8th Dec, 2008 at the offices of the SASP.



EXCO members with the regional administrator in front of the SASP offices during the December 2008 meeting. Unfortunately the vice chairman could not attend due to Visa problems.

NSP honors Zola

The world vice president WCPT, Zola Dantile of South Africa was honored by the Nigeria Society of Physiotherapy at the last WCPT-A Congress at Abuja for her loyalty, dedication and meritorious service to the Confederation in Africa region. She was decorated by the National president of the Nigeria Society of Physiotherapy- Dr (Mrs) Bridget Birabi on the 22nd August 2008 at the dinner/closing ceremony of the Africa regional congress.



Zola

Dantile receiving her Plaque from the immediate past president of NSP Dr Bridget Birabi

Regional secretariat takes off



The regional secretariat of WCPT-A will be housed in South Africa for logistic reasons. This decision was ratified at the last Annual General Meeting at Abuja, Nigeria and Joyce Mothabeng was

nominated to run the secretariat under the auspices of the SASP.

She will be running the regional office, in a similar way like Brenda Myers runs the international office at london. However, she was not employed by the region, but is working as a volunteer for the next two years. The secretariat can be contacted at jmothabeng@wcptafrica.org.

NEWS FROM MEMBER COUNTRIES

NSP elect new officers, Rev Jayesinmi emerges as president

Dr Bridget Birabi of Nigeria recently completed her 2nd term in office as national president. She was re-elected for the 2nd term in the year 2006 after completing her first tenure. She was the first female president to emerge after almost 5 decades of the profession of physiotherapy in Nigeria. At the just concluded national conference in the first capital city of Nigeria- Calabar, a renowned academic Rev Jayesimi an othopeadic physiotherapist with the Nigeria premier university, University of Ibadan emerged victorious in a keenly contested election on the 7th November 2008.



Also elected as secretary general was Olaseinde seyi a clinician with the University College Hospital, Ibadan.

SASP collaborates on a landmark Education workshop



On the 9th of October 2008, the SASP together with the universities of Witwatersrand and Pretoria organized a workshop on Physiotherapy Education. It was a post congress event, following the International Physiotherapy congress to celebrate the centenary (1908 - 2008) of the University of Pretoria. Educators from all eight universities in South Africa attended. Other countries which had representatives attending included USA, Canada, Zambia, Australia and the Cheque republic. Keynote speakers at the workshop were Dr. Rick Ladyshewky (Australia) who spoke Peer learning and implications for developing clinical reasoning; and Prof. Carol Richards (Canada) who spoke on the Facilitation of a national Research program. Both topics generated a lot of academic debate.

The workshop was followed by a business meeting, whereby the South African Educators strategized on how

to form an organized body of educators. The group realized that there are numerous benefits to having an organized body which include sharing knowledge and expertise, collaboration, networking and student and staff exchange possibilities. As an organized body, we can also become members of the International Society of Educators in Physiotherapy (ISEP). The next meeting of the South African Physiotherapy Educators will be linked to the SASP 2009 congress in Cape Town. (see

www.physionews.co.za , for information on the congress 2009)

ISEP is planning to become a subgroup of WCPT in 2011, and country affiliation will be necessary then. The challenge is for other African countries with Physiotherapy training programs to also have organized educators' bodies. Maybe an African Physiotherapy Educators' forum can be organized as part of the Ghana meeting and congress in 2010.

Ghana to host Africa, 2010

Ghana was unanimously granted approval to host the 2010 World Confederation of Physical Therapists -Africa Region. This is a great challenge for Ghanaian physiotherapists and a new test for another West African nation after a long break from WCPT activities. Ghana has provided **JULY 21-23 2010** as the tentative dates.

GENERAL

Africa celebrates World physio day

Battling the diseases of civilization is becoming more important and inevitable. There are greater challenges facing health professionals, hence the need to combat diseases such as diabetes and obesity.

Evidences have shown that 180 million people worldwide have diabetes while 347 million people globally are obese. Approximately 1.6 million adults and about 24 million children under the age of 5 years are overweight. Cardiovascular diseases such as Heart attack and stroke account for 29% of the world's deaths, and they are on the rise in developing countries in Africa. Desk bound related injuries such as neck, shoulder and back pain due to poor posture and long hours of computer work are on the increase. Also, there is increase in typical sedentary lifestyle with less than two thirds of our population involved in exercise 3 times a week. It is evident that being active is a key to preventing or improving these conditions, as well as many others - including cancer.

The effects of these threatening diseases were the reasons the World Congress for Physical Therapists focused on to make the theme of this years' International Physiotherapy day (September 8th)- **MOVEMENT FOR HEALTH** while some countries tagged their theme to be *Physiotherapy*

Keeps You Moving or "Moving with Physiotherapy". .

Physiotherapists needs to join force in the world-wide public health war of the 21st century: the war against "the diseases of civilisation" - long-term conditions induced or made worse by inactivity. Reports from most African nations showed that the day was marked amidst pomp and pageantry using public lectures, workshops, endurance trekking, print and electronic media as means for disseminating information to the populace.

Job vacancy at Motivation Africa

According to a release posted on a website 9th October, 2008, Motivation Africa plans to recruit a Regional Therapist to provide training and service development support to the establishment and development of Wheelchair, Seating and Posture Management Services in various regions of Africa.

Motivation Africa is a sub-division of Motivation UK, an international NGO whose mission is to enhance the quality of life of people with mobility disabilities (www.motivation.org.uk).

Essential criteria includes an Occupational Therapy or Physiotherapy degree, at least four years post-graduate work experience and South African citizenship or South African residency.

The position is based at the Western Cape Rehabilitation Centre, Mitchell's Plain, Cape Town, with frequent travel

to other parts of Africa. The contract is 12 months.

For details of how to apply visit: www.motivation.org.uk/_get_involved/WorkVolunteerOpp.htm or contact Ronald Mukanya, Tel +27 (0)21 371 3629 or email mukanya@motivationafrica.org.za or Nichola Coates, +44 (0)1275 464012 or e-mail coates@motivation.org.uk

