



AFRICA REGION

WCPT AFRICA



12th July 2014

CONGRESS SCIENTIFIC COMMITTEE REPORT

Zambia successfully hosted the World Confederation of Physical Therapy- Africa region (WCPT- A) Congress from 19th to 24rd May 2014 in Lusaka, Zambia under the theme *“From Advocacy to Action Against Non Communicable Diseases”*.

The WCPT-A congress was attended by 193 delegates from Africa, Europe, Canada and the United States of America as follows; Malawi, South Africa, Kenya, Tanzania, Rwanda, Nigeria, Ghana, Zambia, Zimbabwe. Countries who attended the congress for the first time were; **Benin, Togo and the Democratic Republic of Congo**. It was very exciting to have new countries attending the congress. The United States of America, Canada, Turkey, Belgium and the Netherlands were the European countries that were represented at the congress.

The WCPT-A Congress witnessed a wide range of presentations on NCDs, both in plenary and posters. Congress presentations covered subthemes as follows;

- Stroke and Stroke Rehabilitation
- Obstetrics and Gynaecology and Women’s Health
- Education and Emerging Practice
- Primary Health Care and Public Health
- Neurology
- Paediatrics
- Geriatrics
- Evidence Based Practice



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- Sports Physiotherapy and Therapeutic Exercise
- Cardiopulmonary and Cardiovascular
- Clinical Research
- Orthopaedics and Manual Therapy
- Outcome Measures

In addition to the oral presentations and posters, pre-congress and in-congress workshops were offered. The pre-congress workshops were;

- The International Classification of Functioning, Disability and Health (ICF) by Professor J Jelsma
- Critical Appraisal by Professor Aimee Stewart
- Evidence-Based Stroke Rehabilitation by Dr Emmanuel B John and Team

The in-congress workshops were equally popular and the topics were;

- Exercise Prescription by Professor Marilyn Moffat
- Writing Skills by Professor Sekelani Banda

Plenary sessions spiced the presentations with the WCPT President Professor Marilyn Moffat gracing the first keynote speech on **“the challenges of NCDs and Physiotherapy practice”** followed by Dr EB John who discussed **“Africa Physiotherapy Vision 2020”** and Dr Esther Munalula Nkandu **“Physiotherapy and Bioethics in the management of NCDs”**. Another interesting keynote speech was on **“Physiotherapy Research in NCDs Management”** by Professor Aimee Stewart.

Invited guests also presented discussion papers on **“Disability and NCDs”** by Dr Joyce Mothabeng and **“Cancer and Physiotherapy”** by Dr Lishimpi. Another important discussion paper was from Dr



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Nsakashalo who presented on **“Government strategies on the management of NCDs and Human Resources”**.

To rap-up plenary panel discussions, was the topic: **“NCDs in Zambia and way forward”**. Discussants were drawn from across society; government ministry and policy maker, educational and training institution, the clergy and community member. A representative from the Ministry of Community Development Mother and Child Health shared the important role physiotherapists play in the delivery of quality physiotherapy health

Congress presentations and discussions aroused a lot of questions from delegates which could not be exhausted. A lot of interest was generated as to how various countries were responding to the increase in NCDs. The role of physiotherapy in mitigating the risks of NCDs was emphasised in the many studies presented. Countries were encouraged to utilise the results of the studies which were relevant to the needs of countries and the African continent. Cross country studies were also encouraged to share experiences and experties. As the congress theme stated, more action was required from physiotherapists, government, community and other health workers to effectively respond to the increase in NCDs.

It was evident that WCPT-A congresses are becoming more and more interesting and relevant to the needs of the delegates.

Dr Martha Banda-Chalwe PhD
Chair Scientific Committee
WCPT-A Congress, ZAMBIA 2014