

Continuing Physical Therapy Education
School of Physical Therapy, College of Medicine



Presents:



Friday, September 11, 2015

Saskatoon, Saskatchewan

University of Saskatchewan
Marquis Hall – Exeter Room
8:00 am - 4:30 pm

This conference has been made possible through grants from the:



CONFERENCE OVERVIEW

Program Description

The School of Physical Therapy and Continuing Physical Therapy Education at the University of Saskatchewan is proud to present a symposium entitled, **“Celebrating Our Success - School of Physical Therapy 50th Anniversary Educational Symposium.”** *The format will include plenary presentations, panel discussions and wellness sessions.*

Who Should Attend

2015 will mark the 50th year of the School of Physical Therapy in the College of Medicine at the University of Saskatchewan. Alumni from across Saskatchewan, Canada and the world are invited to be in attendance to update their clinical practice knowledge and celebrate our success. The one-day symposium is on Friday, September 11, 2015. All alumni, faculty, administrative staff, current MPT students and other interested health professionals are warmly welcomed to attend.

“Celebrating Our Success - School of Physical Therapy 50th Anniversary Educational Symposium” will positively impact MPT Students at the University of Saskatchewan. The Third Integrated plan calls for “support of faculty and graduate students.” **The Master of Physical Therapy students will attend this educational conference as their curriculum for the day.** This ability to engage in student scholarship will provide the graduate level students opportunity to participate in discussion, hear perspectives, network with past University of Saskatchewan graduates and facilitate contacts across Canada. The University of Saskatchewan’s Third Integrated Plan calls for “embracing our intercultural environment” and “valuing a wide variety of perspectives” by “celebrating and promoting diversity and inclusiveness” (p. 13). This conference provides elements of these important values in teaching to students, faculty and alumni alike.

What You Will Learn

The purpose of the event will be to feature relevant and recent topics that affect evidence-based practice in Physical Therapy. It will bring together 50 years of Physical Therapy alumni and current MPT students to encourage academic engagement and knowledge translation. *After attendance at this conference participants will be able to:*

- *Describe* intercultural factors in health outcomes, behaviors, beliefs and the role of the physical therapist,
- *Outline* effective use of technology to assist physical therapy delivery.
- *Discuss* the successful integration of differently-abled individuals in our community.
- Understand the role of active wellness for physical therapists, including options for “yoga” and “mindfulness”.

KEYNOTE SPEAKERS

Maura Daly Iversen, PT, DPT, SD, MPH, FNAP

Dr. Iversen is a Professor and Chair, Department of Physical Therapy, Movement and Rehabilitation Sciences, Northeastern University, and Senior Behavioral Scientist/Clinical Epidemiologist and faculty member of the Section of Clinical Sciences, Brigham & Women's Hospital, Harvard Medical School. She received her BS in biology and certificate in physical therapy, Simmons College; masters in Public Health, Boston University; Doctoral Degree in Physical Therapy, MGH Institute of Health Professions; Doctor of Science degree in health and social behaviour with a dual emphasis on clinical epidemiology and behavioural science, Harvard University. She completed her post-doctoral fellowship in the Division of Rheumatology, Immunology & Allergy, Harvard Medical School. Dr. Iversen is funded by that National Institutes of Health, the Rheumatology Research Foundation and numerous other foundations.



Dr. Iversen research focuses primarily on the design and evaluation of rehabilitation interventions; technology and psychosocial and behavioural interventions to improve patient outcomes in persons with musculoskeletal disorders. Her doctoral research determined the influence of psychosocial variables including patient expectations of interventions, attitudes and beliefs about treatments on physical functioning and adherence to medical prescriptions in patients with arthritis.

Dr. Iversen teaches in the Harvard Program for Clinical Effectiveness and helped develop and teach the first outcomes measurement class at the Harvard School of Public Health from 1996-2001.

Elizabeth Dean, DipPT, BA, MS, PhD

Dr. Dean is a professor at the Faculty of Medicine, Department of Physical Therapy at the University of British Columbia. Dr. Dean's research focuses on the global crisis of lifestyle conditions (heart disease, smoking-related conditions, cancer, hypertension and stroke, obesity, diabetes, and osteoporosis) – their epidemiology and cross-cultural means of maximizing outcomes of health education and interventions. She conducts research in the Middle East and Asia as well as multicultural Canada. Dr. Dean has conducted extensive work on the management of chronic poliomyelitis based on a model of health and consideration of cultural factors; and related to exercise physiology and oxygen transport in people with complex morbidity (ICU to the community). Currently, she is focusing on effective knowledge translation of existing and new knowledge by physical therapists to meet the health care needs of people globally in the 21st century, specifically lifestyle-related conditions which according to the World Health Organization are largely preventable.



INVITED SPEAKERS

Dr. Ivar Mendez, MD, PhD, FRCSC, FACS

Dr. Ivar Mendez is the Fred H. Wigmore Professor and Unified Head in the Department of Surgery at the University of Saskatchewan and the Saskatoon Health Region. Dr. Mendez is responsible for all academic surgical activity in the province of Saskatchewan. He oversees 160 surgeons in all specialties. Dr. Mendez received his MD and PhD in Anatomy from the University of Western Ontario, London, Ontario where he also completed his post-graduate training in Neurosurgery. Dr. Mendez is a Fellow of the Royal College of Physicians and Surgeons. As a clinician/scientist, Dr. Mendez' research focus is in functional neurosurgery, brain repair, stem cells, robotic surgery and computerized systems in neurosurgical applications. For the past decade, he has worked in the use of remote-presence robots for medical care in neurosurgery. Dr. Mendez has taken an active role in humanitarian and global health issues. He has been instrumental in establishing and equipping neurosurgical units in several developing countries. Through the Ivar Mendez International Foundation, he has instituted programs for school breakfast, dental care and computer education in his native Bolivia. In 2010, Dr. Mendez was awarded a Canadian Red Cross Humanitarian of the Year Award and was named one of 10 most Influential Hispanic Canadians for his clinical research and humanitarian contributions. Dr. Mendez also received the Health Canada - 2011 Contribution to the Improvement of the Health of Canadians Award, the Queen Elizabeth II Diamond Jubilee Medal in 2012 and in 2014. Dr. Mendez is also a gifted photographer and sculptor. He has published three books of photography of Bolivia and has exhibited his sculptures in Bolivia, Canada and the United States.



Dr. Anita Chakravarti, MD, FRCP

Dr. Chakravarti has been a member of the Department of Anesthesiology, Saskatoon Health Region and Professor at the College of Medicine, U of S for over 25 years. She was the first Medical Director of the Chronic Pain Center and on the committee to have Pain Medicine as a recognized sub specialty of the Royal College of Physicians and Surgeons. She continues to be Associate Faculty of the Center of Integrative Medicine at the College of Medicine with training in many evidence based integrative modalities. The last five years, Dr. Chakravarti has focused on wellness initiatives for healthcare and human service providers. She is currently a Wellness Consultant with the SHR Medical Affairs Office/ Healthy Workplace and developing a Wellness Program in the Dept. of Anesthesiology. She is on the Saskatchewan Medical Association Physician Health Program, the steering committee of U of S Healthy CampUS, the Royal College Expert Working Group on Physician Health and teaching wellness at College of Medicine at both undergrad and postgrad levels, Dr. Chakravarti is the founder of [M]Power: Mindful Professional Practice which offers seminars and workshops on a mindfulness based approach to a healthy professional practice.



Shelly Prosko, B.Sc. PT, PYT, CPI

Shelly Prosko, Physical Therapist, Yoga Therapist & Pilates Instructor, is a highly respected pioneer in the area of Physio Yoga Therapy, a combination of Physical Therapy & Yoga Therapy. She received her Physical Therapy degree at the University of Saskatchewan in 1998, her Medical Yoga Therapist training through Professional Yoga Therapy Studies in North Carolina & her Pilates Certification through the Professional Health & Fitness Institute in Maryland. Since 1998, Shelly has been integrating yoga principles and methods into her physical therapy treatments. She has treated a wide variety of musculoskeletal, neurological and cardiorespiratory conditions while working in private orthopaedic clinics and long term care facilities across North America.



Shelly's mission is to educate, inspire & empower people to create health by authentically sharing her skills, knowledge & expertise as she travels across Canada & the U.S. offering specialty Physio Yoga Therapy workshops to a wide variety of populations, presenting at international conferences, lecturing at the U of S School of Physical Therapy, teaching medical therapeutic yoga to health care professionals, instructing at Yoga Teacher Trainings & offering individual assessments & treatments. Her workshops have been well received across North America by health care professionals, yoga therapists/teachers & yoga students of all levels. Shelly has a unique ability of sharing her passion of blending the science of yoga with the art of physical therapy in an engaging & valuable way.

ALUMNI SPEAKERS

University of Saskatchewan, School of Physical Therapy Alumni

Former School professors and graduates will present on panel discussions.

* Alumni panel discussion on topics focusing on “*clinical/entrepreneurial*”, “*academic/research*” and “cultural considerations.”

Morning Panel Discussion:

“A Reflection of the Influence the School of Physical Therapy Has Made on My Physical Therapy Career”

Afternoon Panel Discussion:

“Saskatchewan Perspectives: Physical Therapy in Rural and Remote Communities”

Confirmed Discussion Panellists:

- Graham Fast - Class of 1989, Health Quality Council - Lead, Emergency Department Provincial Kaizen Operations Team
- Dr. Sherill Gelmon, Class of 1976, Chair of Public Administration Division, Professor of Public Health, Portland State University
- Dr. Vanina Dal Bello-Haas, former faculty University of Saskatchewan, School of Physical Therapy, presently Associate Professor in the School of Rehabilitation Sciences and Assistant Dean, Physiotherapy at McMaster University.
- Karen Barber – Class of 1980, Catholic Health Ministry, Former Canadian Physiotherapy Association Board Member.
- Dr. Sarah Oosman, Class of 1998, Assistant Professor, School of Physical Therapy
- Taneille Hilderman, Class of 2010
- Matt Mazurik, Class of 2011
- Rochelle Yelland, Class of 2011

Conference Planning Committee

Dr. Elizabeth (Liz) Harrison, Associate Dean Physical Therapy and Rehabilitation Sciences

Dr. Stephan Milosavljevic, Director, School of Physical Therapy

Verity Moore-Wright, Alumni Relations Officer, University of Saskatchewan

Monique Marshall, Program Administrator, Continuing Physical Therapy Education (CPTe)

Stacey Lovo Grona, Program Director, Continuing Physical Therapy Education (CPTe)

Leane King, Program Coordinator, Continuing Physical Therapy Education (CPTe)

CONFERENCE PROGRAM: Friday, September 11, 2015

Marquis Hall – Exeter Room, University Saskatchewan
Morning Chairperson: Monique Marshall, CPTe

- 7:45am Registration
- 8:00 am **Welcome & Introductions**Stacey Lovo Grona
Welcoming Remarks – Dr. Liz Harrison, Dr. Stephan Milosavljevic
- 8:15 am **Effective Use of Technology to Assist Physical Therapy Delivery**Dr. Maura Iverson
- Session Description:** This presentation will provide an overview of technologic applications across the spectrum of physical therapy practice and education– from primary prevention to rehabilitation. The presentation will emphasize evidence -based interventions and future applications.
- Learning Objectives:**
1. Describe the array of technology-based interventions to promote functional independence and analyze data on effectiveness in physical therapy practice.
 2. Synthesize data on mobile applications to promote physical activity including: functionality, cost and app features (tracking elements, compatibility).
 3. Evaluate the use of high fidelity simulation in physical therapy education and provide recommendations for future research and implementation.
- Questions and Discussion – Dr. Maura Iverson**
- 9:45 am **Refreshment Break - MPT Student Shinerama Presentation**
- 10:00 am **“Mindfulness, Stress and Resilience for Physical Therapists”...Dr. Anita Chakravarti**
- Session Description:** Have you ever driven somewhere....and then not remembered how you actually got there? Many of us go through our days on autopilot and are never aware of this present moment. Pressing the Pause button for even a moment is all we need to return to the pilot seat. We can then either enjoy a pleasant moment more deeply, or interrupt the stress cycle and help ourselves deal more effectively with the difficult moments of life. This one-hour session will introduce you to the basic elements of Mindfulness, experience some of the practices and walk away with some tools to start introducing mindful moments in your life.
- Learning Objectives:**
1. Summarize the evidence base for mindful practice in health, care and safety for healthcare providers and patients.
 2. Review the Definition, Principles, Neuroscience and Program of Mindful Practice.
 3. Learn some basic Mindfulness skills that you can implement in your life today
- Questions and Discussion – Dr. Anita Chakravarti**
- 11:00 am **“A Reflection of the Influence the School of Physical Therapy Has Made on My Physical Therapy Career”**
.....Alumni PTs, Recent Graduates, Former Professors
- Panel Discussion - Facilitator - Dr. Liz Harrison**
Featured Alumni - Graham Fast, Dr. Sherril Gelmon, Dr. Vanina del Bello Haas, Karen Barber
- Alumni panel discussion focusing on “*clinical/entrepreneurial*” and “*academic/research*” topics.
Speakers will be across different generations and geographical regions.
- 12:00 pm **Lunch (provided) – Marquis Hall**

CONFERENCE PROGRAM: Friday, September 11, 2015 (continued)

Marquis Hall – Exeter Room, University Saskatchewan
Afternoon Chairperson: Stacey Lovo Grona, CPTe

- 1:15 pm **Intercultural Factors in Health Outcomes, Behaviors, Beliefs and the Role of the Physical Therapist**
.....**Dr. Elizabeth Dean**
Session Description: This keynote presentation describes the central role of physical therapists in maximizing health outcomes for patients today. Maximizing health outcomes with the use of assessments of health behaviors and beliefs, which largely reflect the patient's culture and traditions, are presented along with evidence-based lifestyle behavior change interventions. Physical therapy is the leading established health profession that is uniquely positioned to lead in the assault on non-communicable diseases that are associated with unsustainable socioeconomic costs.
- Learning Objectives:**
1. To understand physical therapy's unique and leading role in reducing lifestyle-related non-communicable diseases
 2. To learn simply evidence-based health and lifestyle assessment tools and health behavior change interventions
 3. To be able to articulate why non-pharmacological approaches consistent with physical therapy practice are often superior to biomedical interventions for addressing chronic non-communicable diseases
- Questions and Discussion – Dr. Elizabeth Dean**
- 2:30 pm **Saskatchewan Perspectives of Physical Therapy Treatment in Remote Communities**
.....**Dr. Sarah Oosman, Rochelle Yelland, Matt Mazurik, Tanielle Hilderman**
Questions and Discussion
- 3:00 pm **Refreshment Break**
- 3:15 pm **The Use of Remote Presence Robotic Technology in Health Care****Dr. Ivar Mendez**
Session Description: This session will be focused on the use of remote presence robots to delivery primary and specialized health care to both rural and urban populations. Particular emphasis will be given to the use of robotic technology to narrow the gap of inequality in health care delivery to remote underserved populations.
- Learning Objectives:**
1. Learn about remote presence robotic technology
 2. Learn the applications of remote presence primary and specialized care to remote locations
 3. Discuss the future of remote presence robotic technology in health care delivery
- Questions and Discussion – Dr. Ivar Mendez**
- 4:00 pm **Wellness Session – “Yoga in Physical Therapy Treatment”**.....**Shelly Prosko**
Session Description: Yoga is one of the most popular complementary health practices in North America. The number of physical therapists using yoga as a therapeutic tool is on the rise, perhaps partly due to the increasing evidence that shows its efficacy in rehabilitation outcomes of special populations. As physical therapists, we have extensive training, knowledge and skills that allows us to potentially use yoga as therapy. Join Shelly as she discusses what yoga therapeutics is, why it is a beneficial adjunct to rehabilitation, and how it can be incorporated into our physical therapy practice safely, effectively and in an evidence informed manner that is within our scope of practice.
- Learning Objectives:**
1. Define & differentiate yoga and yoga therapy.
 2. Outline the yoga therapy kosha model of health & discuss the similarities to the biopsychosocial approach in modern healthcare.
 3. Discuss the benefits & challenges of incorporating yoga into physical therapy, not only for the practicing physical therapists, but also for clinic owners, educators and department managers.
- Questions and Discussion – Shelly Prosko**
- 4:30 pm **Wrap-up – Review of Key Messages from Conference**
.....**Dr. Liz Harrison, Dr. Stephan Milosavljevic**