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UBC

PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOL 9 | SPRING 2011

THE NEWSLETTER FOR THE DEPARTMENT OF PHYSICAL THERAPY

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FACULTY OF MEDICINE

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UBC PHYSICAL THERAPY

VOL. 9 | SPRING 2011

A publication of the University of British Columbia's Department of Physical Therapy in the Faculty of Medicine, providing news and information for and about faculty members, students, staff, alumni and friends.

Letters and suggestions are welcome, or to change your contact information with the Department contact Brenda Wessel at:

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www.physicaltherapy.med.ubc.ca

MESSAGE FROM THE HEAD



Dr. S. Jayne Garland, PhD, PT

Professor and Head, UBC Department of Physical Therapy

Towards our goal of improving community engagement, I would like to invite all of you who have, in the past or continue to, contribute to our Department's success, to our celebration of 50 years of Physical and Occupational Therapy at UBC. The Golden Gala celebrating 50 years of UBC Physical Therapy and Occupational Therapy will take place Saturday, May 28 at 7:00 pm at the River Rock Hotel and Casino in Richmond. There will be lots of food (including a sushi station, hor d'oeuvres and chocolate dipping station), entertainment, and a no-host bar. A formal invitation with links to the RSVP site can be viewed at <http://osot.ubc.ca/files/2011/02/Invitation.pdf>.

UBC will have an amazing representation at the CPA Congress in Whistler this summer. Including myself, many faculty members will be giving presentations at Congress. Lara Boyd (Associate professor) will give a keynote presentation. What a great research community we have in Vancouver! Our MPT students have petitioned to have the Friday off school to attend the Congress. It is wonderful to see the student interest in learning about what their professors and other physiotherapists do when they are not in the classroom or treating patients!

In other news, Alison Hoens, Knowledge Broker, served as our representative at both the Providence Health Care Research Institute Research Day and Vancouver Coastal Health's "Step Up" conference. She was able to connect with many clinicians, policy makers and researchers at both these events. I am also pleased to report our students are also embracing our goal of improving Community engagement. Sarah Hrab, MPT 2 student, participated in the 2nd annual National Health Care Team Challenge at the 2011 National Health Sciences Students' Association conference March 11-13, taking fourth place. She was a great representative of our Department at this event.

Thanks to organization by Hannah Tan, the Department was also well represented at this year's Sun Run by a team comprised of both students and faculty. The UBC Physiotherapy Wolf Pack took second in the Health/Medical team category with an average team time of 44:44.

GREETINGS

from the
Department Head

MPT1s: Coming to a Hospital near You!

FOCUS ON:
Students

Patricia Otukol, MPT 1 Class member

After eight gruelling months of lectures, labs, and exams, students in the MPT1 Class of 2012 are shining their shoes, packing away their sweat pants, and fishing out their name tags in preparation for 10 weeks of clinical placement. Students have been placed on a variety of units in hospitals and clinics from Vancouver Island to the Interior of B.C. For many of us, this will be our first real clinical experience where we are responsible for time and caseload management, treatment planning, and clinical decision-making. We're eager to get out of the classroom and put our new-found skills to practice.

During the program, MPTs get to try on a number of different physiotherapy hats. We complete clinical placement experiences in a number of practice areas including, Acute Care, Home Care or Geriatrics, Rehabilitation, Outpatient Orthopaedics or Private Practice, and Inter-professional Practice to get as many diverse experiences as possible. In addition to our various experiences in different areas of practice, half of our placements will also be outside of the lower mainland. That's right, Prince George, we're coming to see you too.

At this point you might be thinking, "Hey! I have a wealth of knowledge to share. How can I get involved?" Well, don't you worry. You too can follow in the footsteps of other great educators like Socrates, Mr. Miyagi, and Obi-Wan Kenobi. Information about how to become a Preceptor can be found on the UBC Physical Therapy website under the Clinical Education tab.

In addition to all the new experiences we'll be having, we'll also be taking on the role of "guinea pigs" for an exciting new research study taking place at UBC. An electronic clinical portfolio system called T-Res is being scrutinized this year, and volunteer participants in UBC's MPT 1 2012 class have the privilege of being the first physiotherapy students in Canada to test the system. The T-Res application, created by Vancouver-based Resilience Software, is a format where students can use both the web or their mobile device for recording clinical experiences. Students will be able to record their experiences via the web through laptops and desktop computers, or through any other mobile device like an iPhone or BlackBerry. The system is being tested with the intention of possibly replacing the current paper-based portfolio and to keep up with the evolving expectations of increasingly technology-savvy students. This software will hopefully make it much easier to report and store our clinical experiences and reflections, and retrieve them after graduation.



We're looking forward to seeing you this spring. Oh, one last thing. If you happen to have an MPT 1 on your unit or in your clinic who is periodically typing on their phone, don't be alarmed. We are reflecting, not – I repeat – NOT, texting.

FOCUS ON:
Students

News from the MPT2 Class

Scott Okrainetz, BSc(Kin), BSc(Bio) – MPT2 Class Representative



From left to right: Jamie Burniston, Andrea Mendoza, supervisor Hilary Crowley and Ryan Hik

The MPT class of 2011 is putting future employers on notice... we're getting close and we're so thrilled & excited to begin our new careers! The MPT2s are finished a fantastic stretch that included our third and fourth practical placements bordering our two week winter break; and the enthusiasm in the class is quite high. Stories are flying around the class of the amazing experiences we had on our placements. From outstanding supervisors, to eye-opening experiences and even some hard-learned lessons; all of the MPT2s can't wait for the next two placements. Though most of the placements occur anywhere in BC, some of our classmates had phenomenal placements all across Canada, and three even got to go across the Atlantic to India.

Right now the MPT2s have a lot of things on the go including progressing through our two-year research and systematic review projects that we will be presenting in August. Right now we're only doing three courses focused on advancing our clinical practice skills. We are grateful for our exceptional instructors: Simone Gruenig, May Nolan, Tyler Dumont and Lesley Bainbridge to name a few. Our courses focus on several important and advanced skills, some new and some supplementing what we were taught earlier in our program. There are many topics such as neurological and orthopaedic assessment and treatment, critical patient care, community programming and clinical decision-making, but classes aren't all that keeps us busy at UBC.

To keep our minds fresh we all love to unwind in lots of ways, while also finding time to take in some amazing opportunities out of class time. On our breaks you can find most of the class getting in some exercise by hitting the UBC gyms, doing runs around campus or training for the up-coming UBC "Storm the Wall" competition. To complement our studies the second year student society has also been working to set up some extra lectures in orthopaedics and paediatrics with experts in the fields. The Physiotherapy Association of BC (PABC) and Canadian Physiotherapy Association (CPA) are also strongly advocating for us and the rest of physiotherapy. In April PABC is holding its annual Physiotherapy Practice Forum in Vancouver, which is a great place for students to meet physiotherapists in the field while learning a few things too. Later in July, BC gets the honour of hosting the CPA Annual Congress in Whistler, BC where hundreds of physiotherapists from across Canada will meet and share their knowledge of our incredible profession.

Anyway that's all from the MPT2s for now. Thank you for reading, and we look forward to meeting you upon completion of our program in six months!



From left to right: Meghan Linsdale, Liz Dao and Kattie Wadden celebrating Meghan's success at defending her thesis

News from the Research Trainee Program

Jeanie Zabukovec, MSc representative

Several Rehabilitation Science students participated in the poster session at the PABC annual meeting, three winning top poster awards. Congratulations to Ada Tang, Lisa Simpson and Robin Roots.

In the last few months several graduate students have successfully defended their work:

Alanna Simms defended her MSc thesis "Piloting a novel theory-based implementation intervention to increase prescription of inspiratory muscle training for people with chronic obstructive pulmonary disease."

Meghan Linsdell defended her MSc thesis "Continuous theta burst stimulation combined with skilled motor practice after stroke: effects on implicit learning and electroneurophysiology."

Paula Rushton completed her final doctoral oral defense "Measuring Confidence with Manual Wheelchair Use: A Four Phase, Mixed-Methods Study."

Karen Sauve defended her MSc thesis "Exploring Factors Associated with Readiness to Change During the Acquisition of Motor Abilities in Young Children with Cerebral Palsy."

Robin Roots defended her MSc thesis "Understanding Rural Rehabilitation Practice: Perspectives of OT's and PT's in British Columbia."

Bubblepreet Randhawa completed her final doctoral oral defense "Effect of Repetitive Transcranial Magnetic Stimulation Over Supplementary Motor Area in Individuals with Parkinson Disease."

Dominik Zbogor successfully completed his comprehensives propelling him to PhD candidate.

I defended my MSc proposal "Does primary motor cortex plasticity parallel adaptive modification to human walking?"

Two PhD Candidates, Debra Field and Shalini Lal, were recently awarded doctoral scholarships from the Canadian Occupational Therapy Foundation. Debbie has been busy finishing up course work while Shalini has been engaged in recruitment and data collection for her research project. She is graciously enjoying human-interactive activities after having been metaphorically chained to the computer and/or buried under a pile of articles the first two years of her life as a PhD student. Congratulations to the both of you!

On April 4th, Sandra Hale and I presented in the 3 Minute Thesis competition (Faculty of Medicine). The Three Minute Thesis (3MT®) is a research communication competition developed by The University of Queensland. The exercise develops academic, presentation, and research communication skills and supports the development of research students' capacity to effectively explain their research in language appropriate to an intelligent but non-specialist audience. It was a great way for us to develop presentation skills putting research results in a succinct format. Sandra presented her work on Bipolar Disorder and Employment, while I explained my Master's work on whether primary motor cortex plasticity parallels adaptive modification to walking.

A research grads' prospective

Robin Roots, MSc graduate

As a physical therapist working in rural British Columbia, I recognized there was a paucity of research regarding rural rehabilitation and that uncovering evidence behind our unique practice would help address the challenges of rural recruitment and retention and the scarcity of resources. It was a daunting prospect to return to school to pursue a graduate degree after working clinically for 12 years, but the Rehabilitation Science Graduate Research Program (GRP) at UBC offers an enormous array of learning opportunities. It has been an excellent venue to acquire research skills and expand my knowledge in the areas of health service delivery, models of care, rehabilitation theory and education frameworks. In addition to a plethora of engaging courses, the faculty are associated with a wealth of learning and research networks and facilities. I was fortunate to be connected with the Arthritis Research Centre, the Centre for Hip Health and Mobility, the Vancouver Coastal Research Institute and a number of research networks funded by the Michael Smith Foundation. Through these associations, I was able to attend conferences, participate in research training sessions and network with researchers, professionals and other students. This allowed me to build my research project with input from others and establish a network of research colleagues, with the potential for collaborations.



Working under the supervision of Dr. Linda Li and guided by my thesis committee members Drs. Lesley Bainbridge (PT) and Helen Brown (RN), my master's research study sought to understand the practice of occupational therapists (OTs) and physical therapists (PTs) in rural areas to inform an educational framework for rural practice. Through interviews with 6 OTs and 13 PTs working in rural and remote communities in British Columbia (BC), this research illuminated the influence of rurality on the practice of OTs and PTs. Participants identified themselves as generalists due to the breadth of their skills and knowledge however they considered rural practice as a specialty. They described how features of rurality such as geography, the social determinants of health and limited access to care required them to have advanced skills in assessment, work to the full scope of their practice and stretch their role into areas that overlapped with other professionals. Participants described overcoming the challenges of limited resources through collaborating with other health professionals, being reflective of their practice and partnering with their patients, other professionals and the community in order to provide patient centred care. Finally, participants identified a number of supports to increase recruitment and retention. These include rural placements during entry-level training programs, increasing access to continuing professional development, formal mentoring programs and professional networks. This research asserts the importance of curricular content in professional training programs that addresses the rural context and continuing professional development support for rehabilitation professionals in rural areas.

The research training I have received at UBC has allowed me to contribute to the academic field as well as professional practice and equipped me with skills that will serve me well as I translate my research into my rural practice. I was fortunate to be invited to present my research to the Northern Health Authority as part of understanding how to integrate the services of OTs and PTs into the Northern Falls Prevention Strategy. Building on my clinical experience, graduate research has inspired me to continue exploring research opportunities and academic pursuits and strengthened my ability to improve rehabilitation service delivery for the residents of rural communities in BC.

What is so great about learning online?

Online Masters Program

Sue Stanton, Director, Rehabilitation Science Online Graduate Programs



This is a question a lot of our prospective learners ask when looking into our program. Most are interested to hear that they are not required to be in Vancouver for any of their courses and can still maintain their full-time work status. Our target is people who are really

passionate about practice. The learner's experience is just as rich if not richer for some than in the traditional face-to-face lectures. Job Postings magazine recently featured our program in an article, [the cyber campus](#), and discussed whether one can still obtain the social and networking experiences with studying at a cyber campus.

The online Master of Rehabilitation Science (MRSc) is designed for working health professionals and to enhance interdisciplinary practice. Unlike traditional thesis-based research master's programs, the MRSc is a combination of courses and a work- or practice-based research project. The MRSc allows you to obtain a master's degree without interrupting your work. Choose to complete the degree within three to five years part-time, or in two years if full-time studies are preferred.

Whether you are learning to critically appraise and apply research findings, or examining clinical, education and management practices your studies will help you to make decisions that improve client outcomes. With a focus on clinical practice and management, learners apply new skills and knowledge directly to practice, renewing their enthusiasm for their work and giving them confidence to begin significant practice and organizational changes.

The focus of our learners' research is on solving problems in the workplace. Many projects have been small in scale but big on impact. Solutions to recruitment and retention in rural areas, wait list management processes, and developing effective parent-professional collaborations are just a few examples of how our graduates' research is improving rehabilitation practice.

Lori Marsh Brings Total Grads to 30

Although Lori is not able to attend this Spring's convocation, she takes a special place in the history of the program as our 30th graduate. Lori is a physical therapist on acute orthopaedics at the Ottawa Hospital – Civic Campus. Her reasons for taking a master's were to be ready for new opportunities created by the expanding scope of physical therapy practice.

Lori considered the best part of doing her master's was "meeting" and "working" with health professionals around the world. She met and worked with them only online and wrote, "Interestingly, we all encounter the same issues no matter where we work or what we do."

Her major project research "*Isolation and the Older Adult: Best Practices for Physiotherapy Interventions*" supervised by Dr. Lesley Bainbridge was a mixed method research project (online survey, point prevalence survey and two focus groups) and suggests that physiotherapy intervention should be frequent, aimed at preventing loss of function, and started early within a patient stay to prevent de-conditioning in older adults on isolation in acute care.

Lori's full abstract will be available on the MRSc website in early May. Please visit to read it and other previous graduates' work at: http://www.mrsc.ubc.ca/site_page.asp?pageid=135.



Clinical Education

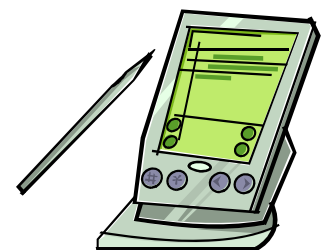
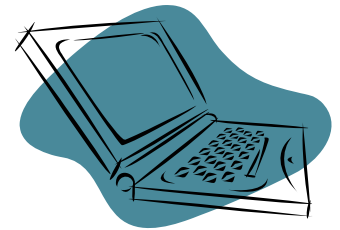
Sue Murphy, Academic Coordinator Clinical Education, back in the saddle again!

Sue Murphy is back, at least part time, in her position as ACCE and we are thrilled with her return.

Students choose their placements on HSPnet and report back on their experiences with T-Res

Many sites and facilities in BC and across the country are well aware of the “HSPnet” system which is a data base used to match students to offers of placements from our clinical partners. But did you know that the system also has the capacity to allow students to request the sites they would like to attend? Until now, students were manually matched to placements offers, a process that was time consuming when there were 40 students in each class, and almost impossible with the current larger class size (80 students per year). Rather than asking students for their preferences for placement location and then manually trying to match them, students now access HSPnet and enter their choices based on the offers that have been made. The system then optimally matches as many students as possible to their top choices. The requirements for each student to experience placements in a variety of settings (acute, rehab, home care or geriatric, outpatient, and interprofessional) has, however, not changed and each student's selections will be monitored to ensure that these requirements have been met. Although only one class has had the opportunity to select placements this way so far, it appears that we may be able to match more students to their location of choice, as well as giving the students more control over their learning options. UBC is one of only a few programs in Canada that uses HSPnet in this way.

We are all set to undertake a pilot study with our first year students go on their first placements this spring using *Tracking by Resilience* (T-Res). T-Res is an electronic portfolio system medical residents have been using for several years, but which is now being redesigned for use with the UBC MPT program. Currently students complete a paper based log and reflective exercises as part of their learning while on placement. With the T-Res system they will be able to complete these requirements on a web-based application which can also be used on mobile devices like iPhones and Blackberries. T-Res will also provide students and faculty with more information regarding the learning experiences each student has had and will help to determine individual learning needs. UBC Physical Therapy students will be the first in Canada to use the T-Res system and we are very excited to be pioneers in regards to formulating T-Res for our clinical use. We will be demonstrating this at our booth at the CPA Congress in Whistler this July, come by a check it out!



Alumni Profile

Returning to UBC

Julie Cheng (Tsui), BSc (Rehab)

Class of 1982



It's interesting how heeding to a bit of crucial advice can lead to a pivotal moment in one's life. When I was a first year biology student at UBC, I became interested in entering health care so that I could "help people." My mother, a nurse working in a paediatric facility at that time, told me to consider being "one of those therapists" she worked with, "Their work looks fun and they seem to just play with the kids all day." I did some volunteer work at Pearson Hospital and got into the rehab program after finishing my second year of biology in September 1979.

My fond memories in the School of Rehab include changing in the hallway for our classes, eating UBC cinnamon buns during early morning lectures and parking at "B Lot" for \$20 a year. I remember the maaassage classes with Miss Hudson and the electrotherapy classes with Miss Southard. I remember proudly attending my first clinical visit in my new uniform (white shirt, navy pants and "duty" shoes) and feeling very professional indeed. There were, of course, those venerable "huts" located behind the biology building. Our class spent one year in them before moving into the brand new UBC Hospital. The tuition fee was about \$500 a year in those days and I covered my school expenses by working in the botany lab as a photographer. My final OT placement was at the old Victoria General in Halifax. Cathy Backman, a new UBC grad working there at that time, kindly let my classmate and me stay with her.

We graduated in 1982 during a deep recession and work in B.C. was scarce. Ten months after graduation, I finally got a job at Mount Saint Joseph Hospital and worked there for three years, mainly in cardio-respiratory care. To further my clinical experience, in 1986, I eventually began work at St. Paul's Hospital. During the 1990's, I worked part time as a float, and was busy raising two young children and supporting a husband with a hectic professional life.

Currently I am the PT in the Elder Care Clinic at St. Paul's Hospital. My areas of interest in geriatrics are falls prevention, balance retraining, osteoporosis management and vestibular rehabilitation. Through the excellent support of the elder care program and my physiotherapy department, I have had the opportunity and freedom to develop professionally and to expand the PT role within this dynamic, interdisciplinary clinic. Currently I am excited to be involved with two studies. One is a feasibility study using the Wii Fit™ computer game for balance training in older adults. Conducted in conjunction with the Center for Hip Health and Mobility, the second is the "B4 Clinic" research study of follow-up care for post hip fracture patients.

Two years ago, with two children at UBC, I "returned" to UBC myself by enrolling in the Online Masters of Rehabilitation Sciences Program. I have always liked academics. Mastering the technology for online learning was a daunting task but I managed to persevere with tech support from my husband and kids. The course material on evidence-based practice, clinical reasoning, and measurement theory has proved to be highly relevant to my clinical practice. The technology enabling me to have discussions with therapists throughout Canada as well as the access the UBC library's eJournals from my home computer is something that this 1982 UBC rehab grad finds absolutely amazing! I have just finished my fourth course and hope to continue with the fifth in the fall and because I can do this all at home, I won't need to worry about parking at UBC!

Faculty

Department Faculty had a strong presence at the 2011 PABC annual meeting. A sixty-minute session entitled “Rapid Research” provided an opportunity for newer faculty members to highlight their research interests:

Dr. Alex Scott: “Tendinopathy - over-use or under-use injury?”; **Dr. Linda Li:** “Just-in-time information for your patient: A sneak preview of two research projects.”; **Dr. Kristin Campbell:** “The role of exercise during the cancer experience: rationale and latest findings.”; **Dr. Pat Camp:** “Changing the paradigm of care in respiratory rehabilitation: A clinician-scientist approach”; **Dr. Michael Hunt:** “Clinical biomechanics research in the motion analysis and biofeedback laboratory”; **Dr. Naznin Virji-Babul:** “How Individuals with Down Syndrome understand the world around them: New evidence from cognitive neuroscience.”

UBC PT also sponsored a wine and cheese reception during the poster session that enabled lively discussion amongst faculty, students and clinicians.

Dr. Lesley Bainbridge who has been promoted to Assistant Professor has recently co-chaired the Standards Development Working group for the Accreditation of Interprofessional Health Education (AIPHE) project funded by Health Canada. The Phase 2 report will be available shortly at www.afmc.ca. She has just completed 11 years on the council for Physiotherapy Education Accreditation Canada and will continue to work with the council on interprofessional and international accreditation initiatives. She has also received two grants from the Teaching and Learning Enhancement Fund, one for a Parisian Salon: creating a culture of intellect around the social determinants of health, and the other, in partnership with Dr. Malcom McLure, to develop a course entitled “Inter-professional Course on Patient Safety and Resilience: Module 1 – “Checklists improve resilience.”

The work of **Dr. Lara Boyd** and her graduate student, Jodi Edwards, was highly publicized after release of their publication in the journal Stroke on the lasting effects of Transient Ischemic Attacks. Articles appeared in several online news service websites, as well as in the [Vancouver Sun](http://www.vancouversun.com), [CTV News](http://www.ctvnews.ca) and [Global TV](http://www.globaltv.com). Dr. Boyd also just received a CIHR grant to expand this study as well as other funding from CIHR for a study investigating “Interhemispheric contributions to neuroplasticity and motor learning after stroke.” This project was highlighted by federal Minister of Health Leona Aglukkaq as an example of cutting edge research that had the potential to advance the health of Canadians.

Dr. Kristin Campbell was a featured speaker in the Canadian Breast Cancer Foundation BC & Yukon 2011

Breast Health Speaker Series. She spoke on The Role of Exercise in Prevention of Breast Cancer and in Rehabilitation and Survivorship. She is co-coordinating a Cancer Interest Network for Physios, survivors and researchers interested in cancer care and research.

Dr. Michael Hunt is leading a multidisciplinary study investigating biomechanical and biochemical markers of knee osteoarthritis. This patient informed study involves researchers from Canada, the United States, and Sweden and has received attention in the [National Post](http://www.nationalpost.com) for the involvement of members of the Canadian Arthritis Network’s Consumer Advisory Board”

Dr. Naznin Virji-Babul received funding for her project “Concussion in Youth Ice Hockey: New Frontiers in Diagnostic Imaging” from the Martha Piper Research Fund.

Dr. Teresa Liu-Ambrose published a follow-up on her study of seniors who engaged in a strength training program, demonstrating sustained cognitive benefits as well as savings to the healthcare system. After publication this study was a front page feature in the [Vancouver Sun](http://www.vancouversun.com). She was also successful in obtaining grants from CIHR, a New Investigator award, an operating grant to investigate the mechanisms behind the success of the Otago Exercise Program in reducing falls, and a meeting grant to develop studies using data from the Canadian Longitudinal Study on Aging, which is the largest, national, long-term study of adult development and aging in Canada.

The fall [UBC Medicine](http://www.ubcmedicine.ca) magazine featured **Janice Eng** in their Focus on Excellence section. Janice exemplifies excellence in all aspects of her work. She has made a significant impact in patient care with her extraordinary efforts to disseminate research findings into clinical practice. She has also helped in the development of a new process for the [The X Prize Foundation](http://www.the-x-prize.com) to award a 10 million dollar prize in spinal cord injury. Prof. Janice Eng, Dept. of Physical Therapy and Prof. John Steeves, International Collaboration On Repair Discoveries, attended the first focus group to generate ideas on possible prize criteria.

Dr. Jayne Garland was appointed to the inaugural 7-member board of the Physiotherapy Specialty Certification Board of Canada. This arms-length Board will oversee the certification process of the Canadian Physiotherapy Association Clinical Specialty Program.

Faculty Profile

Alex Scott, PT PhD

Research indicates that time-honored remedies for injured tendons are not particularly effective. Resting the injured tendon and/or injection or topical application of a corticosteroid are still the most frequent recommendations for people with tendinosis but research indicates that these treatments are more likely to provide only short term relief.

Dr. Alex Scott is working to define the mechanisms contributing to tendinosis by gaining an understanding of the influence of movement on tendon biology, with a view to incorporating this knowledge into new clinical strategies and evaluating their effectiveness.



He and other researchers dedicated to tendinopathy research suggest that some counterintuitive remedies may work just as well or better. Working the injured tendon in a way that doesn't aggravate the injury but strengthens supporting tissues and stimulates blood flow to the painful area may promote healing. A [review](#) of 41 "high-quality" studies involving 2,672 patients, published in November in The Lancet, revealed only short-lived benefit from corticosteroid injections. For the very common problem of tennis elbow, injections of platelet-rich plasma derived from patients' own blood had better long-term results. Dr. Scott and his collaborators are currently investigating the effect of platelet-rich plasma on tendon biology.

Tendinopathies are a particularly frustrating orthopedic problem and remain poorly understood despite their high incidence. Most tendinopathies are precipitated by overuse which is the likely reason inflammation was previously thought to be the issue. "Tendinitis" is a misnomer, as Dr. Scott and others have determined, there are rarely signs of inflammatory cell involvement. This in fact may be the reason why there is rarely lasting improvement with steroid shots, anti-inflammatory drugs or rest.

The underlying pathology of tendinopathies is still a mystery Dr. Scott is trying to solve. Even when patients "recover" their tendons may continue to show altered architecture and therefore may be at risk of re-injury. Without a better understanding of the actual causes of tendon pain, it's hard to develop effective treatments.



So what kind of physical therapy gives the best results? A [rehabilitation program involving heavy Achilles loading](#) was developed by one of Dr. Scott's collaborators, Håkan Alfredson, and has multi-centre randomized [controlled trial](#) level evidence. Alex Scott and Elizabeth Dean, also with our Department, along with Dr. Alfredson have a grant under review in which they will both conduct a survey of international rehabilitation practices for Achilles tendinopathy and investigate the effects of the Alfredson loading program on tendon biology. The results of these research studies will hopefully provide clinicians with important information to win the battle with their patients against frustrating chronic tendon injuries.

Welcome new staff



Ingrid Dill, Clinical Education Assistant

Ingrid Dill has recently been appointed to the role of *Clinical Placement Assistant* in the Department of Physical Therapy. Ingrid brings twelve years of experience with her from the Vancouver Board of Education, where she held various administrative positions liaising with students and educators. She made her way around several Elementary Schools and Main Street and South Hill Adult Education Centres. Prior to arriving at UBC, she enjoyed her time in the Continuing and International Education Division.

Outside of work, Ingrid enjoys spending time with her husband and two young children in the beautiful BC outdoors! She is an enthusiastic camper and loves to fly fish. The family's favorite pastime is taking 'Rainwalks' with their hound dog, Marty! Ingrid is a self-professed 'foodie' and loves to cook and eat!



Ralph He, Finance and Administration Assistant

Ralph was born and raised in TianJin, China and came to Vancouver in 2003. He graduated from Simon Fraser University in 2008 with a degree in Business Administration. He transferred from the UBC Finance Department to join us in January. Ralph will be assisting the department with accounting issues. He hopes to finish his CGA study and obtain his designation soon.

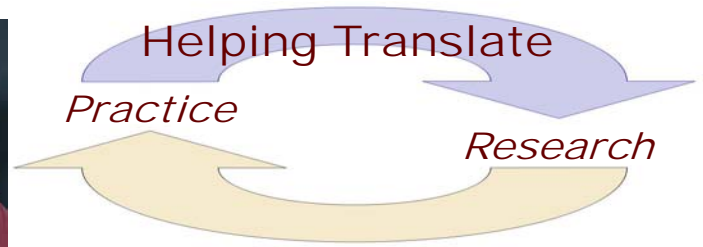
In his leisure time, Ralph is a very active person and has many hobbies to fulfill his life. He likes taking pictures and some of them are quite amazing! Also, he plays instruments such the piano, guitar, baritone, etc. and is looking forward to forming a band. He has taken some hip hop classes which will allow him to "moon walk" during performances.



Angela Tardiff , Interim Administrative Manager

Prior to Angela's start with us she was the Administrative Manager at the C.elegans Gene Knockout Facility in the Faculty of Science over the last six years and therefore came into this position with a wealth of knowledge and skills. She will be covering Jennifer Barker's maternity leave for the next year.

Angela joins our already strong group of runners in the department. She is currently training for a marathon in Eugene Oregon, taking place in May.



Helping clinicians translate research findings into practice: Recent research findings in oncology rehabilitation adopted by a rural PT

Dr. Kristin Campbell, Assistant Professor in the UBC Department of Physical Therapy, is helping BC physiotherapy clinicians to incorporate the most recent research findings into their clinical practice.

In October 2010 Dr. Campbell hosted Dr. Kathryn Schmitz from the University of Pennsylvania's School of Medicine. A central focus of the visit was the provision of an education session for clinicians and patients at the BC Cancer Agency. The session was recorded and, via facilitation from the PT Knowledge Broker Alison Hoens, loaded onto the website of the Physiotherapy Association of BC (PABC). BC PTs were made aware of the availability of the recordings via email notification from the Physical Therapy Knowledge Broker and an 'e-blast' from the Rebecca Tunnacliffe, CEO of PABC.

The e-blast from PABC alerted Karen Skarpnes, a PT in Prince Rupert, to the recordings of Dr. Schmitz's presentations. Karen was interested in the presentations as she had noted that many her clients whom she had seen as patients for various injuries/conditions since the 70's were now breast cancer survivors. She witnessed lymphoedema slowly and progressively influencing their lives. Current practice of prescribing compression garments, providing occasional lymphapress treatments and recommendations to avoid strenuous exercise did not seem to be overly effective. Karen, initially feeling overwhelmed technically, requested assistance from the PABC office staff to access the recording. She viewed the presentation, in the convenience of her own home, and was impressed by the evidence supporting a resistive exercise program to improve strength and, most importantly, reduce the incidence of lymphoedema exacerbations. Karen wanted to start this program in Prince Rupert.

Karen's next step was to contact PABC Librarian Deb Monkman in order to access the full text of Dr. Schmitz's article. After reading the article she passed it along to nursing and exercise therapy colleagues. This interdisciplinary group had some questions as to how to roll this out practice e.g., where could they purchase a volumeter? These questions were sent to the PT Knowledge Broker Alison Hoens. She introduced Karen to Dr. Campbell, who put her in touch with someone who could build her a volumeter and also help her directly contact Dr. Schmitz who then answered all of Karen's clinical questions.

So, now Karen had the knowledge and partners but she still needed money to start the program. Karen then wrote a brief proposal to Northern Health to fund a trial of the program. She provided a summary of the results from Dr. Schmitz research and organized a basic plan for how the program would be organized (i.e., 5 weeks of supervised training at Prince Rupert Hospital [supplemented by nursing support to monitor for exacerbation] followed by 47 weeks of unsupervised training. Karen received the funding and the program is now underway.

When the news of the success of the venture was shared with Dr. Campbell, she and Anne Rankin (Clinical Faculty) decided to use the BC PT Research Collaboration Directory (available on the on the PT KB webpage) to identify others who may be interested in starting an oncology special interest group in BC.

This situation beautifully illustrates how the combination of academics, clinicians, the professional association, the PT Knowledge Broker, technical support personnel and local health authorities can create an effective partnership to help clinicians be aware of, access, interpret and use the latest research findings in clinical practice thereby providing best practice for patients.

We want to hear from you!

If you have a suggestion for a story, comment or would like to keep us informed about a change in your contact information, please contact us.

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