

UBC
Lounge

Join us at the
Physio Forum

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UBC

PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOL 13 | SPRING 2013

THE NEWSLETTER FOR THE DEPARTMENT OF PHYSICAL THERAPY



Storm the Wall 2013



Department of Physical Therapy
Faculty of Medicine



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Department of Physical Therapy
Faculty of Medicine



UBC PHYSICAL THERAPY

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UBC PHYSICAL THERAPY

VOL. 13| SPRING 2013

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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Online at :
www.physicaltherapy.med.ubc.ca

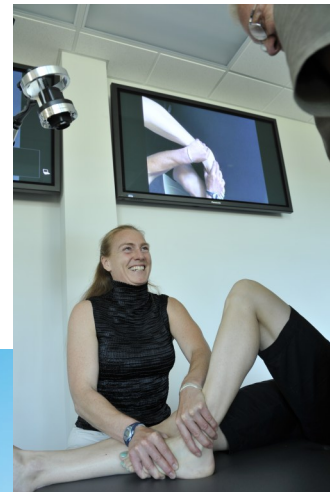
MESSAGE FROM THE HEAD



Dr. S. Jayne Garland, PhD, PT
*Professor and Head,
 UBC Department of Physical Therapy*

I am pleased to announce that once again the hard work and creative problem solving by members of our Department has paid off. We are moving forward with a trial of academic distribution to the University of Northern British Columbia with students in the northern and rural cohort of a case-based course (538). A special thank you goes to Clinical Associate Professor Anne Rankin and Instructor Robin Roots for their efforts on bringing this initiative to realization.

We are continuing to work toward the delivery of more of our program courses as well as continuing education programs and presentations to the rural areas using our videoconferencing technology. This month lab upgrades begin in the Friedman building which will facilitate our exchange of knowledge between those of us located on the Point Grey campus and our northern and rural practitioners, students, faculty and partners.





The location of the Physiotherapy Practice Forum and UBC Lounge has changed. The venue will now be at the beautiful Vancouver Convention Centre with the UBC Showcase Lounge in Room 224.

We have several things to come “check out” at the **UBC Lounge**:

Drop by and “check out” a **Human Book** at the breaks; people with UBC connections and varied experiences and expertise are volunteering their time as "books." You will have a chance to "check out" a "book" and ask questions to learn about the person and their experiences. One of the great features of the Human Library and taking out a book, is that there are no such things as stupid questions. Books have been prepared and will be available for you to dig deep and find out what you always wanted to know about the book title.

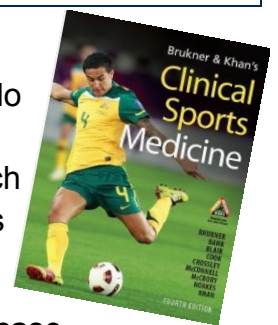


BOOK TITLES*:

**Books are still being added to our collection so come check the “shelves,” there is likely a book you will be interested in.*

<p>10:00-10:30</p> <ul style="list-style-type: none"> • Rosalyn Jones, Cardiopulmonary , VGH • Kathy Davidson, Online MRSc Graduate • Carol Kennedy, Teacher, Canadian (and international) Manual Therapy Course and Chief Examiner for the National Orthopaedic Manual Therapy Exams • Darlene Reid, MSc or PhD in Rehab Science 	<p>11:45-1:00</p> <ul style="list-style-type: none"> • Libby Swain, Neurological Rehabilitation, Clinic Owner • Timberly George, Canadian National Rugby & Field Hockey Team Physiotherapist • Kathy Davidson, Online MRSc Graduate 	<p>3:00-3:30</p> <ul style="list-style-type: none"> • Libby Swain, Neurological Rehabilitation, Clinic Owner • Bill and Deb Treloar, Orthopedics, Clinic Owners • Linda Joy-Lee, Clinic Owner, Post-graduate Course Developer “Discover the Sports Thorax” and “Discover the Sports Pelvis”) • Darlene Reid, MSc or PhD in Rehab Science
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Ingrid and Carolyn will be at the **Clinical Education table** all day. Come by and say hello - they are there to answer any Clin Ed related questions. The first 25 clinic owners or clinic associates to drop by and identify themselves (and say hello!) will get a free scratch n’ win ticket! As well, any physiotherapist can come by and fill out a *free entry* to win this book!!



The best **research and practice posters** will be available for viewing in the UBC Showcase Lounge throughout the day.

Please come by the **Alumni table** to connect, find out more about **alumni benefits** and sign up for an A-card, take our **community engagement survey for a chance to win \$100**, see a **slide show of your old haunt** and **contribute to our sticky note collection of favorite memories**.

Students Staying Active and Supporting the Community

Ashley Secret (MPT2 Class Rep)
 Jessica Cheng (MPT1 Class Rep)

FOCUS ON:
 Students

Although we are only a few months into the year 2013, the MPT1's have been busy! With the first semester completed, a fresh year accompanied by a new semester was just around the corner. While the assignments piled up, and what seemed to be a never-ending exam schedule, we definitely did not let this get in the way of our active lifestyle and our support for the community.



"Relay for Life - Canadian Cancer Society"

Top row from left to right: Fahim Kara, Geoff Wilson, Sijia Lun, Jessica Cheng, Dave Carter, Jennifer Woo, Shauna Gould

Bottom Row from left to right: Sol Yoon, Alison Chan, Victor Cheung

Both the MPT1 & MPT2 Student Society reps have been actively organizing events for our classes to get more involved in the community. March has been filled with a number of fundraising events and the months to come will be no different. Our Sport PTBC Rep, Stephanie McCann, and a couple of others participated in the "Walk in Her Shoes" fundraiser put on by an international humanitarian organization, CARE Canada. An impressive 102km was covered in just less than 8 hours! Following this, Sijia Lun, our MPT1 Community Rep organized a team which consisted of both first and second years to partake in the "Relay for Life" put together by the Canadian Cancer Society. Our team, Physio Phresh, raised a

FOCUS ON: Students



humble amount of a little over \$1,700! Additionally, MPT2 Community Rep, Dave Carter, set up a “Partners For Life” connection with the Canadian Blood Services and to date we have donated an estimated 60-70 pints of blood!

Sprinkled in between, a handful of first and second years also participated in the UBC Run for Rural Medicine at Jericho Beach, and our program’s PABC Reps, Trevor Potts and Susan Moriarty, put on a “Pizza and Practice” night filled with interesting and informative guest speakers. Finally, we ended off this eventful month by entering 3 teams (Attack of the Clonus, Plinth Pimps and Honey Badgers) into the annual Storm the Wall event at UBC. As always we have a strong presence in UBC rec sports with teams participating in dodgeball, basketball, volleyball, indoor soccer as well as storm the wall!



As March draws to an end, the first years anxiously await their very first clinical placements beginning in April. Though the studying may have ceased for the next couple of months, the activities are ongoing. Our MPT1 Sports Rep, Fahim, has organized another group of people to take part in the annual 10km Sun Run this April. Throughout the program, Danielle Boyd, the MPT1 Social Rep has been busy planning fun events for our class to wind down from our hectic schedule every so often. As a class, we look forward to completing our second round of final exams and beginning a new stage of the program with our clinical placements –this is just the beginning.

As for the MPT2’s, we’ve recently just returned from our level 2 placements and have settled back into campus mode quite quickly. Everyone has their sight on graduation and is working hard to make the most of the time we have left here with our peers and the UBC faculty. The PTSS has begun planning our annual Rehab Job Fair; stay tuned for a date to be set! Most of us have registered for our PCE and PNE exams, and the studying has begun! Grad photos have been booked and plans for our grad banquet dinner are in the works.

Independent interest groups have sprung up and are in full force among the MPT2s. These include orthopedic, pediatric and neuro groups. Ortho Club organizers Derek Monkman and Sean Overin, along with PABC, have done a great job at recruiting experts from the field to come and give mini instructional workshops for MPT2s weekly. Additionally, many students have already started furthering their education by signing up for weekend and evening courses on acupuncture, taping, soft tissue release, Mulligans and much more. Something tells me that we have a lot of lifetime learners in our class!



MSc Student Hacking Health

Christen Chan, BPHE (MSc Student)

From February 22 to 24, 2013, I attended a conference called Hacking Health at Santron. It was a conference meant to bring healthcare practitioners and researchers together with “hackers”, or computer science experts, as a way to work on creating technological solutions to medical problems and ideas. As a master’s student studying rehabilitation sciences under Dr. Camp’s supervision, with a focus on Chronic Obstructive Pulmonary Disease (COPD), my experience at Hacking Health was very new and unique to me. The event started during the evening of Friday, February 22 with networking time while drinks and finger foods were being served. The evening was extremely high energy and something I was not expecting from an event meant for healthcare practitioners and professionals. There was a live DJ playing loud dance and electronic music while announcements and comments were made by 2 very energetic and upbeat MC’s. The ‘party’ continued into project pitches where I was amazed and intrigued by all the great and diverse ideas being presented.

Our project was called ‘Smartphone Application for Pulmonary Rehabilitation’. This project proposed to develop a smartphone application that uses oximeter, GPS, and polar heart rate measures to monitor COPD patients during home-based exercise. With only about 1% of people with COPD receiving rehabilitation, a way to monitor and ensure safe exercise in patients remotely will be very significant. If every COPD patient received better treatment, medical costs would decrease due to fewer hospitalizations. More importantly, increasing exercise intervention in COPD patients has been shown to decrease mortality rates.

Our pitch attracted the interest of an experienced developer (Evgeny Vinnik) and designer (Jenny Ho). From 9am to 9pm on the Saturday we worked with programmers, designers, technological experts, and mentors to help develop project ideas and content. It was a long and tiring day of work, but I was very pleased by the collaboration and building of ideas going on by not only my project team, but by surrounding teams. Furthermore, the technological experts and mentors in attendance were all very enthusiastic and ready to help as much as possible. Sunday was an amazing conclusion to the event with lots of last minute work and scrambling to finish projects. We presented our application and idea to a panel of judges, and received the award for the Best Allied-Health Project, and also the Microsoft Award which will provide future support from Microsoft as the application continues to be developed.

Our team is committed to continuing work on this exciting project, which will provide the basis for my MSc thesis.

Run Your Way

Mohammad Reza Bahar, MSc Student

My name is Mohammadreza (Moreza) Bahar, and as some of you may know, I am a graduate student in the Master of Science in Rehabilitation Sciences program at the University of British Columbia. I have Bachelor of Physiotherapy degree from the Iran University of Medical Sciences. The first three semesters focus mainly on the theoretical aspects of physiotherapy in this undergraduate program. Subsequently, physiotherapy students attend rotations at different hospitals and clinics affiliated with the School of Rehabilitation Sciences. I have gained most of my experience in physiotherapy for burn victims in Shahid Motahari hospital, Tehran's only hospital that specializes in burns. I also had the experience of working in different clinics as well as various cases of home-visiting where I had the opportunity to help care-receivers who needed burn, musculoskeletal, neuromuscular, and arthritis rehabilitation.

My primary purpose for entering the Master of Science in Rehabilitation Sciences program was to learn research methodology and theory as well as to investigate biomechanical and biomedical aspects of osteoarthritis. School has always played a big role in my life and alongside that, I have been taking part in physical activities, such as skiing, speed hiking and running. Right now I have the honour of leading the ICORD (International Collaboration On Repair Discoveries) team for this year's Sun Run. The biomedical part of my research was partly done at ICORD where involvement in social events is highly appreciated. It is a true pleasure to contribute as a chair of the social sub-committee of the ICORD trainee committee.

The pathways that I have taken into consideration for my near and distant future are quite extensive. Woody Allen famously said: "If you want to make God laugh, tell him your plans", so I will not fall for sticking with one wish that may or may not come true. Keeping my options open gives me a sense of preparedness for facing different realities. I have learned that all I can see is just a couple of steps back and forth and it seems to me that big decisions are made elsewhere. I try to keep my holistic view at all times, knowing that not everything is in my control. In the current stage, the biggest step is to graduate by the end of the spring 2013 semester. I am also making plans to prepare for the physiotherapy competency exam.

I am truly delighted that in light of what I have learned from graduate school, I will have the opportunity to approach my professional and personal life from a broader viewpoint that now certainly encompasses more than before I started the program.



Moreza next to a Haft-Seen table, which is set up as part of the tradition for Persian New Year

UBC Master of Rehabilitation Science (MRSc) Continues to Impact Care and Shape Practice

Mary Clark, Associate Director of the Rehab Science Online Programs

With an MRSc degree more leadership opportunities are available to you, such as expert practitioner, clinical educator, practice lead, healthcare manager, or consultant in program evaluation. Visit our new website at www.mrsc.ubc.ca to find out more about our learners and the impact they are making on rehabilitation practice .

It's time to....

Change your thinking...



Change your view...



Change practice.



MRSc Learner Jodi Boucher Promotes New Class “Your Body after Baby” on TV Morning Show

This past February Jodi was interviewed by Breakfast TV Calgary about her new “Your Body after Baby” physiotherapy class. This was her second TV appearance. She was first contacted by the TV program’s Health Reporter Leah Sarich when she read Jodi’s article: *Bladder Leaks are no Laughing Matter... a Common but Unspoken Problem*. This was an article Jodi wrote for one of her MRSc courses, RHSC 581: Writing to Enhance Practice and it was later published on the website Calgary’s Child.

Fast forward a few months later and Jodi completes another MRSc course. This time it’s RHSC 509 - Facilitating Learning in Rehabilitation Contexts. All the groundwork (needs assessment and curriculum development) for “Your Body after Baby” was done as course assignments. During Oscar-hype time, Health Reporter Leah is curious about whether it’s healthy for Hollywood celebrities to bounce back to pre-baby shape as quickly as possible. Who does she contact? Jodi Boucher.

To read Jodi’s article in Calgary’s Child go to <http://www.calgaryschild.com/health-and-safety/1054-bladder-leaks-are-no-laughing-matter-a-common-but-unspoken-problem>

Great job Jodi! Perhaps you'll have some Hollywood Stars coming your way soon.

Research Relays are back. They’re free and if you can’t attend, listen to the archive. Visit: www.mrsc.ubc.ca and choose Research for You.

Online Masters Program

Sue Stanton, Director, Rehabilitation Science Online Graduate Programs

Congratulations to our Latest Master of Rehabilitation Science Graduates

Abstracts of their research will be posted on our website closer to their May graduation.

Marie-Belle Adrao, Occupational Therapist, Church Point, Nova-Scotia

Major project supervisor: Dr. Chris Carpenter

Driving Cessation and Evaluation Processes

Sonali Bera, Physical Therapist, Humboldt County, California

Major project supervisor: Dr. Chris Carpenter

A Survey on Vestibular Rehabilitation Practices in Humboldt County, California

Anne Marie Bishop, Occupational Therapist, Blairmore, Alberta

Major project supervisor: Dr. Ben Mortenson

Admission, Discharge and Follow-up Support for Dementia Care Units

Irene Borecky, Athletic Therapist, Langford, BC

Major project supervisor: Sue Stanton

Management of Non-Specific Chronic Back Pain by Female Rugby Players

Glenn Cashman, Chiropractor, Vancouver

Major project supervisor: Dr. Ben Mortenson

Acetabular Labral Tears and Myofascial Hip Pain: A Single Subject Research Design

Jill Hooper, Physical Therapist, San Diego, California

Major project supervisor: Dr. Donna MacIntyre

Physiotherapy Management of Knee Osteoarthritis in the Canadian Forces

Alison Koci, Recreation Therapist, Vancouver

Major project supervisor: Dr. Colleen Reid

Wellness Perceptions of Clients with Serious Mental Illness

Jennifer Lynch, Massage Therapist, Guelph, Ontario

Major project supervisor: Dr. Chris Carpenter

A Qualitative Study of Registered Massage Therapists' Experiences in Providing Cancer Care

Sean McIntosh, Physical Therapist, Guelph, Ontario

Major project supervisor: Dr. Lesley Bainbridge

The Elderly Mobility Scale: Exploring its use as a discharge planning tool in acute care

Sherry Mitchell, Occupational Therapist, Prince George, BC

Major project supervisor: Lori Roxborough

Effectiveness of a Motor Skills Group for Preschoolers with Developmental Delay

Cheryl Lynn Sabarre, Occupational Therapist, Vancouver

Major project supervisor: Dr. Jill Zwicker

Vincristine and Fine Motor Skills of Children with Acute Lymphoblastic Leukemia (ALL)

Tracey Thompson-Franson, Occupational Therapist, Sidney, BC

Major project supervisor: Dr. Lesley Bainbridge

Tertiary Seniors Mental Health Rehabilitation: One Team's Views

It's time... Your Master's is Just A Link Away! From this list of grads above you can see that it fosters professional networks across the country and around the world that continue long past graduation. View details at www.mrsc.ubc.ca or email info@mrsc.ubc.ca.

Alumni Profile

From UBC to Haiti

Jeanine McColl



On January 12th 2010, a 7.0 Mw earthquake devastated Haiti. Although three years have passed and the eyes of the media have long since turned away, the rehabilitation of the nation and its people continue. Here an alumnus details her recent work experience there with a Canadian medical team.

While attending UBC I always envisioned working internationally although I was unsure how that would unfold. In January of this year, I had the amazing privilege and humbling opportunity to volunteer in Haiti with a team of physicians and nurses through Project Medishare.

We were based at Bernard Mevs Hospital, the country's only trauma centre. The hospital consists of a two bed emergency, two operating rooms, a nine bed medical unit, four bed ICU, six pediatric beds, a prosthetics lab, and an eight bed spinal cord unit that is on the verge of closing unless funding is quickly found. If you wish to donate go to <http://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=340675&lis=1&kntae340675=9546425F466C4B599205D876304709D9&supId=0&team=5418890> Haiti has no physiotherapy education program and only a handful of therapists in the country. Rehabilitation services in the hospital are provided by one local physiotherapist and several assistants. Needless to say there is never a shortage of work. As a volunteer, I moved across all units, teaching staff and families and treating patients with a variety of conditions from postoperative amputations, spinal cord and motor vehicle injuries, to gunshot wounds. Due to the small size of the hospital most treatments were performed outside in the sun.

Working in a resource-scarce environment is challenging and frustrating. It provides an opportunity for creative solutions and promotes a new appreciation for the infrastructure and supplies available at home. For patients, the consequences of making functional gains can mean the difference between having a job for an average family income of \$250 a year or living in abject poverty. This certainly adds to the stress as a practitioner as the lows are heart wrenching, but it increases the satisfaction from the individual success stories.

Alumni Profile

A highlight for me included providing gait re-education to a patient who had been in traction for months and had no means to pay for surgery. After receiving a free hemi hip arthroplasty, she walked for the first time in over 16 weeks. Moments such as those are rewarding beyond measure and make the struggles worthwhile.

Despite obstacles, the people of Haiti continue to work incredibly hard and take great pride in themselves and their country. They are friendly and extremely grateful for the assistance.

An initiative that has provided hope to Haitians and that I found incredibly inspiring is Project Stitch, co-founded by a physiotherapy assistant, Scott Gillenwater. It is a grass-roots project that teaches individuals with spinal cord injuries the craft of sewing. They offer sustainable help to the community by constructing required school uniforms so that children can attend school to obtain an education while the patients simultaneously become the primary breadwinners in their families. The project also positively affects the social perception and reduces stigma toward individuals with disabilities. For more information, or to make a donation to this very worthy cause, please go to www.projectstitch.org and follow them on twitter at ProjStitchHaiti.

I strongly encourage both new grads and experienced physiotherapists to apply your skills and talents to helping patient populations in high-need nations such as Haiti. It will allow you to grow, develop new perspectives, and challenge your practice and creativity in ways that are not possible within familiar environments as well as providing you with unlimited intrinsic satisfaction and rewards.

Jeanine McColl is a graduate of the 2009 MPT cohort, a physiotherapist, runner, shameless idealist, advocate, activist & adventurer. She can be contacted at jeanine.mccoll@gmail.com if you have any questions.



FOCUS ON:
Faculty



Darlene Redenbach received a Teaching and Learning Enhancement Fund grant from UBC for “Development of ‘Quick-Check’, a Self-Administered Testing of Essential Prerequisite Knowledge for Masters of Physical Therapy Students”. The goal of this online project is to work with students and instructors to identify any prior knowledge gaps, design self-assessment strategies with access to remedial exercises and provide post-test follow-up.

NSERC has awarded Michael Hunt and Jordan Guenette Discovery grants, and a Collaborative Health Research Project grant to Lara Boyd. Lara also received a Peter Wall Research Institute Visiting International Scholar award which will allow her to bring an expert in functional connectivity analyses of resting state fMRI data to UBC. Teresa Liu-Ambrose was awarded a knowledge mobilization from the Canadian Stroke Network for her project “Physical activity to promote functional independence among adults with VCI”. Teresa was also appointed as a Peter Wall Scholar and her work was also recently highlighted in the [New York Times](#). Linda Li has again received funding from CIHR for her project to expand her decision aid for arthritis sufferers (ANSWER) to a mobile app platform. Darlene Reid, Jordan Guenette and Pat Camp received funding from the BC Lung Association to support research and knowledge translation in pulmonary rehabilitation. The funding will be used to equip the programs and laboratories at St Paul’s and Vancouver General Hospital and to develop a knowledge translation platform to enable health care professionals throughout BC to engage in professional development, networking, and training opportunities. Pat Camp also received a Canada Foundation for Innovation grant to equip the Laboratory.

Instructor Tara Klassen has obtained support to move forward on a student-led clinic in the new Center for Brain Health and continues hard at work to bring this clinic to fruition. Clinical Associate Professor Anne Rankin and Instructor Robin Roots will see the fruits of their work in a trial of academic distribution to UNBC with the Northern and Rural Cohort. The case-based course 538 will be taught using videoconferencing technology in July.

Faculty Profile

Pat Camp, BSc (PT), MSc
(Rehab Sci), PhD
(Interdisciplinary Studies)



I entered into the profession of physical therapy after spending several years involved in first aid, working on oil rigs, construction sites, and forest fires! Spending my days attending to injuries of the workers piqued my interest in health care. Like many physio wannabees, I imagined myself working as a trainer for an elite athletic team, travelling the world while I treated the injuries of the athletes. Although the 'travelling the world' part is true to some extent, the profession of physiotherapy has led me to a much different career path. In the last year of my BSc, Susan Harris, then Professor of Physical Therapy at UBC, encouraged me to continue in graduate school. In 1995, one year after graduating with a BSc (PT), I began my MSc studies under the supervision of Dr. Darlene Reid.

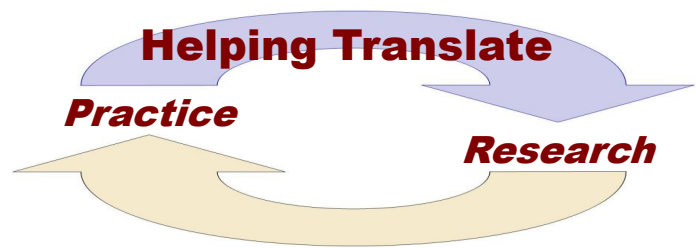
My Master's work involved studying quality of life changes after pulmonary rehabilitation in patients with COPD. As there was no program offered in Vancouver at that time, we collaborated with two institutions in Fraser Health to conduct a mixed-method (qualitative and quantitative) study examining the dimensions of quality of life that were impacted by participating in a pulmonary rehabilitation program. That study resulted in strong professional relationships with the health care teams in those programs that continue today.

In 1997 Judy Richardson encouraged me to start a pulmonary rehabilitation program at St. Paul's Hospital. With the support of Dr. Dick Pardy, we began what was, at that time, Vancouver's only pulmonary rehab program. In 2008 I began my PhD under the supervision of Dr. Peter Paré where I conducted a series of studies examining gender differences in COPD physiology, epidemiology, and risk factors. During this time Peter Paré, Brenda Loveridge (UBC Department of Physical Therapy), Yvonne Lefebvre (Providence Health Care Research Institute) and Gabriele Yoneda (Physiotherapy at Providence Health Care) started the process to organize my 'perfect job'. In 2010, after completing a postdoctoral fellowship with Dr. Bruce Carleton, I began my perfect job as a clinician scientist with the Department of Physical Therapy, the James Hogg Research Center, and the Physiotherapy Department at St Paul's where I run the Pulmonary Rehabilitation Clinic.

The Pulmonary Rehabilitation and Exercise Physiology Laboratory, shared with Dr. Jordan Guenette and affiliated with Dr. Darlene Reid's lab at VGH, uses multiple approaches to improve the physical functioning of individuals with chronic lung disease. My research focuses on two main areas: 1) Benefits of therapeutic exercise throughout the natural history of COPD; 2) Use of novel technology to deliver pulmonary rehab. I am currently conducting several research studies that focus on optimal exercise for hospitalized patients with COPD. These include knowledge translation studies that work with national experts to develop clinical tools related to safe and effective exercise for these patients; and an inpatient study to determine the specific physical limitations (endurance, strength, balance) in these patients. Other studies include exploring the benefits of exercise on cardiovascular health in COPD, and valid ways to measure physical activity in patients with severe cystic fibrosis. Our research in novel technology for pulmonary rehabilitation has led to the ongoing development of mobile bio-monitoring and the use of smartphones to enable patients to safely exercise outside of the typical hospital setting. The long-term goal of this research program is to enable individuals with chronic lung disease to improve their health through therapeutic exercise throughout the natural history of their condition, using novel programs and technologies to reach as many individuals as possible.

**KNOWLEDGE
BROKER UPDATE**

Alison Hoens
Knowledge Broker



Knowledge Broker Survey Results

Thank you to all those who responded to the online survey evaluating the impact of the PT Knowledge Broker role. The following is a brief summary of the key findings:

248 responses

- 76 % clinicians; 8% administrators, 6% researchers, 4 % educators; 5% other
- 50% public practice, 38% private practice; 9% university setting; 3% other
- 67% lower mainland, 14% BC interior; 9% Vancouver Island; 4% Northern BC; 4% Fraser Valley; 2% other

Working with the PT KB

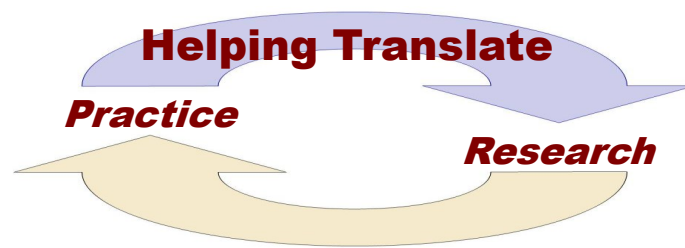
- 51% reporting working directly with the PT KB
- Of those who have not worked with the PT KB

- 41% stated that it was a consequence of not knowing when to approach for participation;
- 40% uncertain of when to ask for PT KB participation; 19% had insufficient time to explore working with the PT KB; 5% stated their role does not require collaboration with the PT KB; 23% provided alternative reasons such as: topics/resources not fitting within area of practice or not knowing that the role existed

Specific use of PT KB role

Figure 1 provides a graphic representation of how respondents have interacted/used the PT KB role

Response	Percentage	Count
Accessing research evidence	53%	96
Enhancing skills in evidence-informed practice	51%	92
Applying research evidence to the specific context	42%	76
Facilitating access to resources	40%	73
Appraising research evidence	34%	61
Synthesizing research evidence	26%	47
Creating clinical decision-making tools	26%	47
Disseminating findings/key messages	24%	44
Providing presentations	23%	42
Facilitating the development of a project plan	17%	31
Participating in development of a research proposal	17%	30
Facilitating the creation of a team	16%	29
Facilitating discussion/feedback amongst stakeholders	16%	29
Facilitating the engagement of stakeholders	15%	27
Developing key messages for stakeholders	13%	24
Facilitating meetings	13%	23
Developing a knowledge translation plan	12%	21
Contributing to newsletters	12%	22
Managing logistics of meetings - set up, chairing, minutes	11%	20
Participating in an ethics submission	9%	16
Participating in a grant application	8%	14
Writing a manuscript	7%	13
Providing a letter of support	4%	8



Knowledge Broker Survey Results

Use of the resources developed by the PT KB

69% reported they have used resources developed as a result of the role

Of those who had not used the resources, reasons cited included: not aware of resources which had been developed (38%); resources weren't relevant to their role (29%) ; resources were relevant but did not meet their specific needs (19%); 26% provided other reasons – most commonly that they did not have the time to be aware of what was available.

Impact of the PT KB role

54% of respondents stated that the role had a moderate or significant impact on their work.

Comments regarding perception of the impact of the role included:

Important neutral 'bridge' between research and practice

Significant impact on the PT profession in BC moving forward in multiple areas of practice

Some areas of practice have not yet benefited from the development of specific resources

Resources developed which synthesize the evidence are being used to guide patient care

The activities and outcomes help PTs in BC to feel confident/competent and to keep abreast of new developments

There is a need to make time to take better advantage of the resources

The survey helped clarify exactly what the PT KB does

Implications: This 0.5 FTE position (1) assists members throughout the province and in many areas of practice to build their skills and knowledge in evidence-informed practice and (2) provides opportunities for teams of clinicians, researchers and decision-makers to work on projects together which make a meaningful contribution to clinical practice.

If you have ideas for a project and need some direction, need assistance locating resources, want to be involved in a project or have any other questions please feel free to contact Alison at

alison.hoens@ubc.ca

Congratulations to Clinical Professor and Knowledge Broker, Alison Hoens on being awarded the 2013 Physiotherapy Association of British Columbia Award of Excellence for Research/Knowledge Translation! Alison will receive the award at the Practice Forum on April 27 at 10:30 am.

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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a place of mind



FACULTY OF MEDICINE

Department of Physical Therapy