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UBC

PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOL 10 | FALL 2011

THE NEWSLETTER FOR THE DEPARTMENT OF PHYSICAL THERAPY

Welcome class of 2013

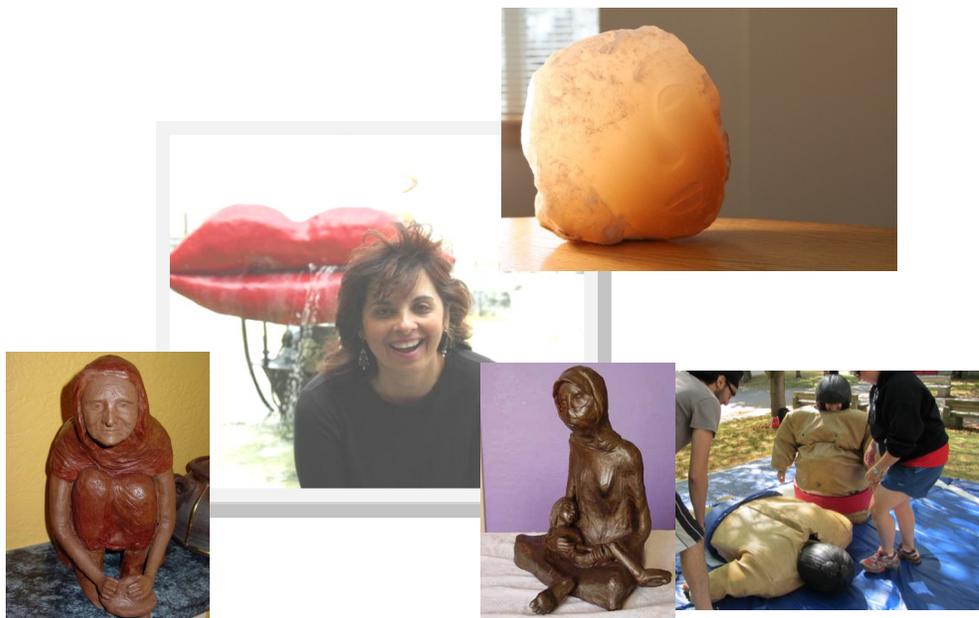


Michelle Soh, MPT II and PABC student representative (Left) with Jesse Royer, PABC Member Services Manager (Right) welcome incoming students, Riyad Zuber and Amy Zhuang with fanny packs during the Administration session of orientation.



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



UBC PHYSICAL THERAPY

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FACULTY OF MEDICINE

UBC PHYSICAL THERAPY

VOL. 10 | FALL 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

We have made research excellence a priority because only by achieving excellence in physical therapy research can we achieve our ambitious goals for the profession—that is, specialized practice certifications and recognition by the public as practitioners of choice.

Our department has already begun fulfilling our strategic commitment - Research Excellence. Our research committee has convened its first meeting; the committee is tasked with promoting research excellence in the Department and is determining a process for the distribution of Departmental seed funding for pilot projects as well as working on the development of a seminar series.

Three faculty members, Linda Li, Alex Scott, and Pat Camp received Michael Smith for Health Research (MSFHR) Scholar awards. Kristin Campbell and Michael Hunt received Canadian Foundation for Innovation grants to equip their labs with the tools required for their novel lines of research. Vancouver South MP, Wai Young, chose to highlight the work of Kristin as part of a nationwide announcement about the fund. Teresa Liu-Ambrose not only received the Canadian Institute for Health Research's New Investigator award this year but also a Heart and Stroke New Investigator award and is being put forward by the University for a Canada Research Chair in Physical Activity, Mobility, and Cognitive Neuroscience. Her work on cognition in older women was also featured by the [New York Times](#). Naznin Virji-Babul received significant media attention about her work in concussion. CBC radio aired an interview with her that was quite interesting; a link to an audio file of this interview can be found on the home page of our [website](#). On October 11th, Dr. Lara Boyd's lab was featured in the ground breaking ceremony for the Djavad Mowafaghian Centre for Brain Health.

GREETINGS

from the
Department Head

Successes in the research arena has not been limited to faculty members here in the Department but our trainees in the program have also enjoyed some major successes. Post-doctoral fellow Jennifer Davis (supervised by Teresa Liu-Ambrose) was awarded a MSFHR fellowship. Cortney Pollock (supervised by Michael Hunt and Jayne Garland) received a both a CIHR scholarship and a Heart and Stroke Foundation doctoral award.

In addition to these scholar awards and media attention the Department has been very successful in obtaining operating funds for many exciting research projects. These are only a few of our accomplishments which indicate our success in achieving the research excellence we are striving for.

News from the MPT1 Class

Carly Lochbaum, MPT1 Social Representative
Michael Lam, MPT1 Class Representative

FOCUS ON:
Students

The MPT1 students started this year with a bang and were welcomed graciously by faculty, staff and MPT2 students. This year, the faculty and MPT2 students organized a Welcome BBQ, which not only made the first year students feel at home at UBC, but also eased our nerves and assured us that we would have some fun in the next two years. From sumo suits to volleyball, badminton, great food and great company, MPT1 and 2 students came together to let loose and meet the new members of the physical therapy family. This was the end to an eventful orientation week that showcased how wonderful UBC is to the both the returning alumni as well as those choosing to come to UBC from out of town and out of province.



The friendships and tight connections already forming within our class have already made their way onto the competitive UBC playing field and into extra-curricular activities. A group of 10 MPT1 students represented their spirit and brute strength in the epic “Day of the Longboat,” finishing fourth in their final heat. ARRRR-guably, this team of ‘Pyruvates’ will be ready to take down the competition with pirate-themed apparel next year. MPT1 students have also been getting involved in learning opportunities such as the pilot project of the Health Mentorship Program. This program will span 16 months and help teach participants about the value of interprofessional collaboration.

The annual Fall Ball Masquerade with the MPT2s, OT, & SLP students was also a great event where everyone could let loose and get to know each other and their dance moves better. Prior to the event, Carly Lochbaum led the class in organizing and choreographing an awesome musical number for the infamous annual performance that each faculty/cohort had to perform for the event. The class involvement during our practices was astounding and very entertaining – some would say more entertaining than the actual performance that night. With many musical performances, mysterious

News from the MPT2 Class and PT Student Society

Felicity Klimstra, MPT2 Class Representative
Pat Otukol, PTSS Secretary

FOCUS ON:
Students

As another September rolls around, the PTSS has instated a new Executive Council. This year, we have an all female Exec team, led by last year's MPT1 class rep, Hanna Tan as President. At her right hand, you'll find Coral Bates, our new Vice President. For all PTSS money matters, Lily Wu is standing by as this year's Treasurer. Felicity Klimstra is our new cheery class rep, organizing everything from birthday treats to locker assignments. And rounding out the group, you'll find Pat Otukol as our Secretary.



We're at the end of what just might be the busiest weeks for the PTSS; the Class of 2013 has arrived and we have been rolling out the welcome mat for 80 new students from the beginning of September. We've hosted the MPT scavenger hunt, a welcome back BBQ in the Friedman courtyard - which included inflatable sumo wrestling, and the time-honoured traditional Pink Lab Coat Party. We've just had our most glamorous event of the year, the annual Fall Ball Grad fundraiser, and will be taking part in the Faculty of Medicine Social on October 14th.

While this month has been full of fun and parties, the PTSS has been conducting business as usual as well. We've been busy selling text books, collecting fees, and amending our constitution. We've also been working on a number of charity initiatives, such as regular donations to Canadian Blood Services, or fundraisers for this year's charity of choice, The Easter Seals.

We're all looking forward to an exciting and rewarding 2011-2012 – a time for the MPT1 class to build longstanding friendships and for MPT2 class to strengthen the ties we've already made. It's going to be a good year!

News from the Research Trainee Program

Information provided by Sally Clark,
Research Grad Program Officer



Welcome to the following students who start September 2011 (six others will join in January 2012):

Morisa (Mohammadreza) Bahar, MSc	Supervisor, Michael Hunt
Katlyn Brown, MSc	Supervisor, Lara Boyd
Satvir Dhillon, MSc	Supervisor, Pat Camp
Bitra Imam, MSc	Supervisor, Bill Miller
Ryan Teraverst, MSc	Supervisor, Sue Forwell
Cameron Mang, PhD	Supervisor, Lara Boyd
Carmen Sima, PhD	Supervisor, Pat Camp
Judit Takacs, PhD	Supervisor Michael Hunt

Congratulations to the following students who successfully defended their proposals or theses:

Dr. Rick Celebrini - PhD thesis *"The Application of a Movement Strategy in Decreasing Biomechanical Risk Factors for Anterior Cruciate Ligament Injury"*

Adrian de Vincenzo - MSc proposal

"A Comparison of Physical Function in Individuals With and Without Femoroacetabular Impingement"

Jeanie Zabukovec - MSc thesis

"Does Primary motor cortex plasticity parallel adaptive modification to human walking?"

Sandra Hale - MSc thesis

"Employment experiences of people with bipolar disorder"

Lois Lochhead - PhD proposal

"Impact of Prior Hysterectomy on Risk of Subsequent Back Injury in Front Line Healthcare Workers"

Tahereh Mousavi - PhD Proposal

"The Capabilities Approach: Exploration of its Utility in Contemporary Occupational Therapy and Physical Therapy"

Ed Giesbrecht - PhD proposal

"Enhancing Participation in the Community by Improving Wheelchair Skills: Epic Wheels"

Krista Best - PhD proposal

"Development and Evaluation of a Self-Efficacy Enhanced Manual Wheelchair Training Program for Seniors: The WheelSee Study"

Sarah Neil - MSc thesis

"Measuring differences in cardiorespiratory and neuromuscular deconditioning between fatigued and non-fatigued breast cancer survivors"

Congratulations and good luck to the following students who were put forward by the Rehab Grad program for Tricouncil MSc scholarships:

Katlyn Brown (NSERC), Bitra Imam (CIHR), and Satvir Dhillon (CIHR)

Announcing the Latest Change Masters!

Online Masters Program

7

Sue Stanton, Director and Mary Clark, Instructor
Rehabilitation Science Online Graduate Programs

The UBC online master's is proud to announce the latest graduates who will have their Master of Rehabilitation Science degree conferred on November 25, 2011. A quick read of their research abstracts will indicate the diversity of interest and confirm that the Master of Rehabilitation Science addresses many of today's practice challenges. Graduates go on to tackle complex patient and system problems often advancing their careers and improving their practice environment. If you are interested in doing the online master's, designed for practicing therapists, view details at www.mrsc.ubc.ca. Studies completed by previous graduates are also highlighted under *Research for You – Major Project Research*.

Marjorie Berry, Physical Therapist, Ottawa

Major project supervisor: Dr. Chris Carpenter

Physiotherapy students' response to an interprofessional learning intervention

Thirty-four physiotherapy students who participated in a five-hour, interprofessional (IP) clinical education session completed a pre- and post-survey. Results revealed deeper appreciation of the collaborative IP approach, suggested continued IP education and supported use of the Interdisciplinary Education Perception Scale, W(e) Learn program evaluation survey and competency checklist to evaluate change.

Heather Burrett, Occupational Therapist, Vancouver

Major project research supervisor: Dr. Darene Toal-Sullivan

Occupational Therapy Practice in Acute Care

Action research was utilized to explore therapists' perceptions of best practice in acute care to guide evidence-based leadership decisions. Functional assessments based on task analysis and the ability to foresee and address potential challenges for everyday activities were identified as the unique contributions of occupational therapy to patient care.

Delicia Jackson, Physical Therapist, Langley

Major project supervisor: Dr. Chris Carpenter

Tasks Important to Elderly People with COPD Living in Residential Care

A qualitative study used interviews with five long-term care residents to explore tasks important to them. Tasks included walking, activities of daily living, outings with loved ones, and being comfortable. Only two residents were interested in pulmonary rehabilitation; however palliative, comfort-care planning could facilitate participation in their important tasks.

Anne LeClerc, Physical Therapist, Vancouver

Major project supervisor: Dr. Cheryl Beach

Exploring Moral Distress in Residential Care Physiotherapy Practice

Three residential care physiotherapists completed an open-ended survey and attended a follow-up focus group meeting to explore their experiences with moral distress. Strategies used to combat moral stress included setting limits, problem solving with colleagues, taking action and linking suggestions to Resident Assessment Inventory outcomes. Addressing morally distressing triggers in the workplace is recommended.

Elaine Widgett, Occupational Therapist, Metro Toronto

Major project supervisor: Sandra Bressler

Recruitment of Occupational Therapy Students into a Mental Health Specialty

The influence of an 8-week mental health placement on the perceptions of two occupational therapy students about future practice in mental health was explored in interviews before and after their placements. Enhanced academic preparation and innovative clinical placements may play a key role in recruitment to mental health practice.

Clinical Partner Profile

Keeping Current in Practice

Fatima Inglis, PT



I am proud to be a part of a profession which has given me so many opportunities to expand my knowledge and interact with interesting people of diverse backgrounds and interests.

I graduated from the School of Physiotherapy, Royal Orthopedic Hospital in Birmingham England in 1973 but emigrated to Canada shortly thereafter in 1976. I have worked mostly in outpatient settings and have taken numerous manual therapy courses in an effort to improve my assessment and manual therapy techniques. I am currently working in outpatient services at Providence Health Care where we see musculoskeletal disorders, amputees, patients with late effects of polio and people with lymphedema.

I have been supervising students on their clinical rotations throughout my career here in the lower mainland as I feel it enriches my own practice. I find it stimulating to contribute to the students' learning experiences while at the same time expanding my own. I learn as much as they do as they often have questions I have not had to answer before, we both learn as we seek the answers to these questions together. I also am able to interact with students and colleagues during my classroom teaching at UBC, for the last three years I have been a clinical co-instructor with Rachel Tutte for the amputee lecture and labs.

Another way I am able to stay current and improve my clinical practice is through research. My involvement in research allows me to keep learning about the conditions I treat and collaborate with others interested in the subjects we are investigating. In 2008 I joined with Susan Harris, Linda Li and Darlene Reid on their funded project '*Prescribing Safe and Effective Exercises for Older Adults after Fractures: A Knowledge Synthesis*'. I assisted them in the study by providing input into the type of information that would be useful for clinicians and worked with Alison Hoens in the data extraction. While this review indicated that there was only limited and inconsistent evidence for the effectiveness of therapeutic exercise for older adults who have suffered an osteoporotic fracture, the process taught me a lot about how to evaluate research on any subject.

I recently collaborated with a team assisting Alison Hoens in a project on Total Joint Arthroplasty by performing chart audits to determine what outcome measures were used by PTs for patients with total knee arthroplasty. The results from this study will be used with those from two complementary studies to develop resources that will help BC PTs use the optimal outcome measures with this population.

Currently I am collaborating with Kristin Campbell to develop a proposal to look at early detection and a potential treatment of lymphedema associated with post breast cancer treatment. We have met with the breast surgeons at Providence Health and have secured a commitment from them for their collaboration on this study, we will be working on a grant proposal for this study over the next few months. The proposed intervention is in development, but the goal is to prospectively monitor women following surgery for breast cancer to ensure that any change in arm volume is caught early and can be managed pro-actively. I am enthusiastic about this opportunity to contribute to the knowledge base around lymphedema treatment which can expand and improve physiotherapy practice.

Physiotherapy practice is constantly evolving and there is an obligation to keep abreast of the most efficacious treatment techniques but this also makes our profession an interesting growth opportunity that can challenge and enrich us for a lifetime.

FOCUS ON:

Faculty

Dr. Leslie Bainbridge has been busy writing, she worked with research and policy colleagues from BC, Alberta, Saskatchewan and Manitoba to write a chapter called Engaging People and Strengthening Partnerships through an eCoP: The Western Canadian Interprofessional Health

Collaborative Experience for an upcoming book related to e-strategies. She also she co-wrote the Accreditation of Interprofessional Health Education (AIPHE) Phase 2 report with Dr. Lise Dumont from Sherbrooke University. The report is based on a project funded by Health Canada. The Phase 1 and Phase 2 reports are available at www.afmc.ca. As if that wasn't enough writing, she co-wrote, with Dr. Louise Nasmith, a chapter for the Association of Faculties of Medicine of Canada (AFMC) Future of Medical Education in Canada Post Graduate project. The chapter was entitled Theme 4.3: Inter and Intra-Professional Collaborative Patient-Centred Care in Postgraduate Medical Education.



In September she co-presented with Dr. Louise Nasmith, a workshop at the International Conference on Resident Education in Quebec City in September 2011 with . The workshop focused on inter and intraprofessional collaboration for medical residents. Dr. Bainbridge has been appointed as one of three founding Board members of the Canadian Interprofessional Health Collaborative (CIHC) as it transitions from a Health Canada funding base to a not-for-profit organization.



October is Breast Cancer awareness month, **Dr. Kristin Campbell** was a featured speaker for the Canadian Breast Cancer event at the Miele Gallery on October 4, 2011. She appeared with celebrity chef Ricardo, from the Food Network. Their presentations centered around the importance of diet and exercise in prevention and treatment of Breast Cancer. Look for articles written by Dr. Campbell and Professor Emeritus, **Dr. Susan Harris**, in a special supplement of the journal Cancer -- on rehabilitation for women with breast cancer, coming out early in 2012.



In July, **Dr. Linda Li**, was deservedly promoted with tenure to Associate Professor.



Dr. Naznin Virji-Babul, was reappointed by Michael de Jong, QC, Minister of Health, as member of the Provincial Health Services Patient Care Quality Review Board for the Vancouver Coastal, Fraser Health and Provincial Health Services. She has been a member since 2008. The Patient Care Quality Review Boards receive and review care quality complaints that have first been addressed by a health authority's Patient Care Quality Office and remain unresolved. Upon completion of a review, the review boards may make recommendations to the Minister of Health and the health authorities for improving the quality of patient care in British Columbia.

Naznin Virji-Babul, PT, Ph.D.

Faculty Profile

I am a neuroscientist and sculptor – people often ask if I sculpt as a “hobby” or to “relax” – I do not: relaxing makes me tense. I sculpt for the same reason I do science – to find beauty and meaning in life. For me the practice of science and art involve parallel journeys of discovery – journeys full of struggle and passion to understand the meaning of patterns in nature, or to create and reflect the meaning of nature.



I have been working in clay and stone for the past few years, using both mediums to create works to express my struggle to break through the bonds of contentment and complacency to understand the essence of our existence. In many ways the process of creating using clay and stone involve totally opposite processes – with clay one starts with an idea, building from an abstract idea to a final physical form; in stone one starts with a unformed block – full of potential and gradually chiseling and polishing to reveal the beauty of the form underneath. I find both processes stimulating, inspiring me to search for new ways to express my passion.



My journey in neuroscience involves the study of brain development particularly involving mirror neurons. How we as humans instantly understand the actions and emotions of others has long baffled neuroscientists. In the early 1990's, Italian researchers made an accidental discovery that changed how we understand the brain. They found a special class of brain cells that fire not just when a person is performing an action but also when the person watches another person performing the same action. You see a child crying in pain and you immediately feel sympathy. You watch “Happy Feet” and suddenly want to start dancing, your mirror neurons for dancing start firing too so that you feel like dancing. It seems that we understand the actions and emotions of other people not by logical thought processes but simply by feeling. This discovery has generated tremendous excitement, the mirror neuron system may form the basis of our social behaviour, our ability to imitate, acquire language and show empathy.

I have been studying the mirror neuron system in children and adults with Down syndrome for the past few years. My team has been studying the brain responses when people perform a movement and when they watch another person make the same movement, using a brain-imaging tool called magnetoencephalography (MEG). We studied a well-practiced movement: the action of reaching for a cup of coffee. When grasping a coffee cup or watching someone else grasp a coffee cup, typical adults showed activity in the motor areas of their brain. However, when adults with Down syndrome watched someone grasp a coffee cup, there was very little motor activity suggesting a dysfunction in the mirror neuron system. We are now working on developing therapeutic strategies to enhance perceptual-motor function in Down syndrome.



Clinical Associate Professor, Tara Klassen and her baby, Peter, participating in Dr. Virji-Babul's Mirror Neuron study.

If mirror neurons are indeed the basis of how we understand actions and emotions, where do they come from? Are mirror neurons the result of sensorimotor learning processes or are they genetically prewired and present at birth? My team and I have just begun investigating the developmental origins of the mirror neuron system in infants using Electroencephalography (EEG). Specifically, we are studying whether infants' previous motor experiences influence the strength of the mirror neuron response.

My group, along with collaborators including Lara Boyd, has also recently acquired funding to study concussion in Youth Hockey. The overall purpose of this project is to develop imaging "signatures" of concussion. We will combine two cutting edge brain imaging tools – A magnetic resonance imaging (MRI) technique called diffusion tensor imaging (DTI) and MEG to capture the changes in the microstructure of the brain and the underlying activity of brain networks in young elite hockey players who have sustained a concussion. Combining these techniques with behavioural assessment has never been applied to study the impact of paediatric concussion on the brain. This work will provide new insights into the impact of concussion on the structure and function of the developing brain.

Welcome new staff



Nataliia Laptieva, Finance Assistant

Nataliia was born and grew up in Kharkiv, Ukraine where she got her diploma in Economic Cybernetics, her first experience in Finance was as a budget analyst. Prior to moving to Vancouver in 2010, she spent three years in Budapest, Hungary obtaining her MA in Economics and working as a research assistant at Central European University. She worked for two months at the Dean's office of the FOM as a financial specialist before coming to PT.

Obviously Nataliia loves traveling, meeting new people and getting to know local customs. As an outdoor person, her favorite activity in Vancouver is to explore its beautiful sites with her family while hiking, biking and taking pictures. You may also see her out skiing, running, or playing volleyball. Her indoor hobbies are cooking and reading.



Gillian Moseley, MPT Administrative Assistant

Gillian has been working for UBC since 2001 in The Student Housing and Hospitality Services Department, as the Housestaff Coordinator for Conferences for the last four years. During this time she gained a wealth of knowledge and experience in the various aspects of managing a small department, planning and executing conferences. She obtained a Bachelor's Degree in Classical Studies from UBC in 2006.

She also enjoys interior design and took some courses at BCIT, but with no house of her own, she enjoys doing home makeovers on other people's houses! She loves animals of all types and previously fostered dogs and cats. The fostering days are behind her though, she couldn't part with any of the kittens after fostering a 5-month old kitten that turned out to be pregnant. When not taking care of her four cats, she spends time going for hikes with friends, playing tennis, golf and frofl.





KNOWLEDGE
BROKER UPDATE

Alison Hoens

MPT2 students provide vital contributions to PT Knowledge Broker facilitated projects

UBC MPTs students involved with two Physical Therapy Knowledge Broker facilitated projects, shared the results of their work on their respective projects at the MPT2 research presentation day August 19th, 2011 at G.F. Strong auditorium.

The MPT2 student team of Andrea Voros, Lauren Welch, Danielle Balik, Veronica Naing and Belinda Wagner (picture, left) worked with academic and clinical researchers Dr. Darlene Reid, Dr. Marie Westby, Catherine McAuley, Ronda Field, Maureen Duggan, Dave Troughton and other members of the Provincial Rehabilitation Advisory Group on the project “Enhancing outcome measurement in Total Joint Arthroplasty”. The students were involved with the distribution, data entry and statistical analysis of the survey to 694 PTs throughout BC. Manuscripts for publication are currently being prepared. The next step in the project is to develop learning tools and resources based on the findings from the survey, chart audit ([see report](#) on the Department website) and focus group and survey (see the Spring 2011 issue of PABC Directions).

The other group of MPT2 students working on a PT Knowledge Broker facilitated project included Paolo Macapagal, Tae il Yoon, Debbie Kan, Paramjot Bakashi, and Colin Beattie (picture, right). The students worked with a team of clinicians and researchers from across Canada on a CIHR funded project led by Dr. Pat Camp entitled “Safe and effective exercise prescription for acute exacerbation of chronic obstructive pulmonary disease.” Their role was to assist in the consensus building component of the project wherein health care providers, researchers and patients develop recommendations for this area of practice. These recommendations will be combined with evidence from the literature to develop a decision aid (similar to the [SAFEMOB](#) clinical decision-making tool for mobilizing acutely ill patients).



The research collaboration of students, researchers and clinicians was a wonderful experience for all participants. Here is a sample of the students’ comments about their experience:

“To be part of collaboration between clinicians, researchers, and students that was productive, efficient, and allowed for the open exchange of information for the benefit of the collective was both educational and inspiring. It was exciting to see the different parts of this large project come together, and be able to contribute in a meaningful way to achieve the goal of improving patient care.”

“As a group we understood the pathophysiology of COPD prior to the inception of this project, however, as our study moved forward we gained a much greater appreciation for how devastating this disease is for patients afflicted by it and for the healthcare system. With COPD projecting to climb up from 4th to 3rd leading cause of hospitalizations, we are a critical juncture of reevaluating its management and ensuring we utilize all facets of its management as efficiently as possible. As students we are aware that there’s a greater emphasis being placed on disease prevention in today’s healthcare system than ever before. Physiotherapy is one of the professions at the forefront of this movement as we are motivators. Our careers are just about to begin and we feel incredibly privileged and humbled as students to be part of a project that will directly influence healthcare practice.”

It is clear from the success of both these projects that research teams combining students, clinicians and academic faculty can have tremendous benefits for all participants. If you have any questions or suggestions for future shared projects, please contact Alison Hoens at alison.hoens@ubc.ca.

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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Physical Therapy
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