



CPTBC

College of Physical Therapists
of British Columbia

Update

newsletter

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2016 Board Meetings:

- January 30, 2016
- April 30, 2016
- July 16, 2016
- September 24, 2016
- November 26, 2016

Save the Date

Annual General Meeting & Physiotherapy Forum:

Saturday April 30, 2016
Marriott Pinnacle Hotel
1128 West Hastings Street
Vancouver, BC

Your 2016 registration renewal is due by January 1, 2016!



Pursuant to section 44(3) of the College Bylaws, please be advised that your registration with the College of Physical Therapists of BC must be renewed by January 1, 2016.

Instructions

- Your login ID and password will be emailed to you on November 27, 2015. If you do not remember your password you may retrieve it at: <https://cptbc.alinityapp.com/webclient/>
- You will need your College registration number to register. You can find this by accessing the public register on the College website at www.cptbc.org “Find a Physical Therapist”, <https://cptbc.alinityapp.com/webclient/MemberDirectory.aspx> or call the office at 604 730 9193 or 1 877 576 6744 and we will be pleased to re-send your login information to you.
- Online renewal will be available as of 8:00 am PST on Tuesday, December 1, 2015.
- Login at www.cptbc.org and click on the renewal link on the upper left-hand side of your profile page.

2016 Registration Fee

	REGISTRATION FEE December 1, 2015 to January 1, 2016	LATE FEE January 2, 2016 to January 31, 2016	REINSTATEMENT February 1, 2016 to December 31, 2016
Full, Interim, Limited	\$425.00	\$510.00 (fee +20%)*	\$573.75 (fee + 35%)**
Inactive	\$100.00	\$120.00 (fee +20%)*	\$135.00 (fee + 35%)**

* Bylaws Section 44(6)

** Bylaws Section 44(7)(c)

Remember, you must not practice physical therapy in BC if your registration is cancelled!

Registration information continued on page 2...



Please Note:

- Please contact the College immediately if you plan to change your registration from **‘inactive’ to ‘full’** for 2016.
- The Registration Committee does not meet between December 10, 2015 and January 6, 2016. Consequently, NO applications for change-of-status from ‘inactive’ to ‘full’ or NEW applications will be processed during this time. Apply early – the Committee can approve your application with an effective date of January 1, 2016.
- Don’t want to pay before December 31, 2015? Complete your online renewal any time in December and send the College a cheque post-dated for December 31, 2015.
- Going to ‘inactive’ status? Having problems changing your status online? Before changing status to ‘inactive’, go to the employment

section on your profile page; edit the EMPLOYMENT STATUS to NOT WORKING or RETIRED; then edit your employer by setting an expiry date for your employment (setting a date into the future is allowed); unclick the Primary Employment box; and click ‘Save’. Set the expiry date for any other employers as well.

- Please provide an estimate of your 2015 year-end Practice Hours (see definition at right). **
- In addition:
- If you hold private malpractice insurance, please forward a copy of your insurance certificate to info@cptbc.org or fax it to 604 730 9273.
 - If you were notified in September 2015 to complete the criminal record 5-year recheck, please do so by November 15, 2015 in order to be able to renew your registration for 2016.

- Please make sure that only one email address is linked with your College account.

***Practice Hours, in the context of the College Bylaws, are defined as hours worked in physical therapy practice. This includes clinical practice, physical therapy administration, teaching, management, research, and consultation where the knowledge, skills, and abilities of a physical therapist constitute the basis for the job responsibilities. It does not include continuing education, volunteer work, professional associations or College activities, vacation leave, sick leave, family leave, leave of absence, education leave or statutory holidays.*

Contact the College at 604 730 9193 or email registration@cptbc.org if you have any questions.

Office Hours During the Holiday Season

The office will maintain **regular office hours (8:30 am – 4:30 pm)** during the holiday season with the exception of the following day:

Thursday, December 24, 2015
8:30 am – 3:00 pm

The office will be closed on:

Friday, December 25, 2015
Monday, December 28, 2015
Friday, January 1, 2016



A Message to Clinic Owners

You will notice that a new field has been added to the Workplace section of the College database requesting that you identify yourself as the owner of the clinic where you are working.

Please complete this section if you own the clinic as this will enable the College to contact you more easily in the future.



Message from the Board Chair

As we approach the festive season, I think it is only appropriate that we look back on the year and celebrate some of our successes. It feels like the year has gone by very quickly, but when I pause to look at all that has been accomplished I am very aware that 2015 has been an extremely productive year.

In January, in collaboration with our physiotherapy consortium partners (PABC and UBC), we concluded a project in which our organisations crafted a pledge for the profession. This pledge was first recited at the Annual Physical Therapy Forum in April, and, since then, at the Induction Ceremony for the 2015 UBC MPT students. It will also be recited at the 2015 MPT graduating class reception following the convocation ceremony on November 27, 2015.

In May, the Board of Directors invited the committee chairs and College senior office staff to participate in a facilitated strategic planning workshop. Our 5-year plan is now complete and awaiting Board approval. Thank you to the Board, committee chairs and office staff who participated.

The Legislative Committee worked feverishly over the summer to update the College Bylaws for submission to the Ministry of Health. Thank you to the Committee Chair and the Registrar for their commitment to this work.

The Registration Committee has had a few challenging applications in the last year. While the registration process is usually straightforward, there have been some irregular applications requiring careful review and consideration from committee members. As I have mentioned previously, the Registration Committee plays an integral part in protecting the public and profession.

If, like me, you were selected to write the November sitting of the RCA, you will have received numerous updates from the QAP manager keeping you informed with timely information. Clearly, this communication has had an effect, as, at the initial registration deadline, 99.6% of the selected registrants had signed up for the RCA. As you might imagine, the Quality Assurance Committee has had a lot on its plate this year, but has managed the workload effectively.

As I am drafting this message to you, it just happens to be Thanksgiving weekend. It seems very appropriate, therefore, to finish with a round of thanks. I would like to offer sincere thanks from the College Board and

office staff to our departing Deputy Registrar - Ann Lo. Ann worked with the College for nine years, and her contributions are too many to recite here at this time, but our heartfelt thanks is extended to Ann for her invaluable efforts and dedication to the College. Thank you to the many registrants who have been, and are still, involved in the development of the Quality Assurance Program. Your time and commitment to strengthening our profession is greatly appreciated. Thank you to both the Quality Assurance Committee and you, our valued registrant, for your continued level of engagement in the quality assurance process. Thank you as well to the members of the Registration, Inquiry, Discipline, Patient Relations, Standards of Practice, Finance, Nominations and Legislative Committees. It has been a very busy, productive summer, and the Board is truly grateful for your achievements. In addition, our office staff and Registrar have met the hectic pace and challenges of 2015 with efficiency and grace. Both the public and our registrants appreciate your efforts – thank you.

Finally, thank you to every registrant who continues to put the public and the interests of their patients first. Doing so enables us to wear the title of 'physical therapist' as a badge of honour and do our profession proud.

Sincerely,
Phil Sweeney, Chair
Board of Directors

Comings and Goings

Ann Lo, Deputy Registrar

It is with regret that the College Board accepted Ann's resignation from her position of Deputy Registrar with the College. Ann joined the College in 2006, and, in addition to her Deputy Registrar duties, provided support first to the Registration Committee and then to the Inquiry Committee. Ann's many contributions to the organization will be greatly missed. We wish her all the best for the future!

CALL FOR NOMINATIONS

Board Positions:

Make a difference! Join the Board!

The College is responsible for regulating the practice of physical therapists in the province. It derives its authority from the *Health Professions Act* and the College Bylaws. The College's Mission is to serve and protect the public by ensuring that physical therapists provide safe, competent and ethical services.

Each College must have a Board that oversees the mandate of the College. The Board's role is critical for our profession. It determines the standards for entry to practice, sets and enforces regulations that registrants must follow and develops programs to promote quality. Policy decisions that affect all physical therapists in the province are made by this Board.

The Board itself consists of nine members: six physical therapists elected by the College registrants and three public representatives appointed by the Ministry of Health. Student representatives from the University of British Columbia's Department of Physical Therapy also attend the meetings.

Board positions are both challenging and exceptionally rewarding. They offer an excellent opportunity to learn and develop a greater understanding of the profession of physical therapy in British Columbia.

As a Board member you would be expected to attend all Board meetings and to serve on one or more of the College's committees. Board meetings are held at least five times a year, usually on Saturdays, in Vancouver. Although some committee meetings occur around the same time as Board

meetings, in order to facilitate travel for out-of-town members, other meetings can be held at different times and also via teleconference.

Full registrants in good standing from all parts of the province, who practice either in the public or private sector, are encouraged to accept nominations for the three upcoming vacancies on the Board. The term of office is for two years beginning April 30, 2016 to April 28, 2018.

This is a great time to be involved with your College; come join us and make a difference!

NOMINATIONS ARE NOW OPEN

The DEADLINE FOR BOARD NOMINATIONS is 4:00 pm pacific time on Wednesday, MARCH 30, 2016

Discipline Committee Positions:

The Discipline Committee derives its statutory authority from the *Health Professions Act* and College Bylaws. Its mandate is to hear and determine complaint matters that were not resolved by consent agreement at the Inquiry Committee.

The Committee strives for gender equality on the Committee as Hearing Panel members are chosen based on the case before the Committee. Currently the Committee is seeking physical therapists of the female gender. Committee members are supported with training in administrative law and hearings, decision making and writing skills. If you have an interest in law, this is a Committee for you!

Nominations Committee Positions:

The mandate of the Nominations Committee is to assist the Board in recruiting potential Board and

committee members. The Committee is seeking representatives from northern British Columbia and the northern part of Vancouver Island. The Committee meets at noon via teleconference three to four times per year.

Quality Assurance Committee Positions:

The Quality Assurance (QA) Committee derives its authority from the *Health Professions Act*, sections 16 (2) (d) and (e) and 19(1)(n);(s);(x.1) (i);(y.1)(i); 26.1(2) and (3) and the College Bylaws, sections 11 & 15; 55-59. Its mandate is to set policy as it relates to the College's Quality Assurance Program (QAP) and to oversee the QAP Subcommittees and working groups that include the Standards of Practice Subcommittee, the Annual Self-Report Item Writing Group, and the Registrant Competence Assessment Item Writing Group. The Committee is seeking representatives from the private practice sector.

The Annual Self Report Item Writing Group is seeking a writer with clinical experience in the neuromuscular context.

Board and committee members are compensated for expenses incurred on behalf of the College in addition to receiving an annual honorarium.

For further information regarding these opportunities, contact the College Nominations Committee c/o the Registrar at brenda_hudson@cptbc.org or call 604 730 9193 or toll free 1 877 576 6744. Nomination forms for Board positions can be obtained from the College office by contacting Richenda at 604 730 9193; toll free at 1 877 576 6744 or richenda_grafton@cptbc.org



New Self-Declaration Model and Rostering System for Dry Needling/Acupuncture

In accordance with the *Physical Therapists Profession Regulation*, regulated members must only perform dry needling and/or acupuncture within the practice of physiotherapy, in accordance with the Standards of Practice (Practice Standard #10) and when client assessment indicates that the restricted activity is warranted. Furthermore, the performance of dry needling and/or acupuncture is restricted to those registrants who are authorized and competent to perform, if appropriate to the member's area of practice. In the past, an Acupuncture and Dry Needling Credentialing Subcommittee was established by the College Board. The mandate of the Subcommittee was to outline specific educational requirements (including number of course hours, theoretical content, practical content and summative evaluation) for approved courses in acupuncture and dry needling. These approved courses/programs were appended as a 'Schedule of Approved Courses' in Practice Standard #10.

Following the initial set of approved courses, the Acupuncture and Dry Needling Credentialing Subcommittee continued to meet regularly to review those registrant applications whose courses met all the educational requirements set out for course approval but were not listed in the 'Schedule'. This Subcommittee has since been dissolved, as our College, as per the Alberta and Ontario Colleges, has moved towards a self-declaration model for registrants to declare competency to practice dry needling and/or acupuncture.

At the College of Physical Therapists of BC, the "Self-Declaration Model" of competency to practice dry needling and/or acupuncture was approved

by the Board in September 2015. This self-declaration of competency to practice dry needling and/or acupuncture is based on College Bylaws (Part V. Standards of Practice 55. Code of Ethics) which states *"Physical therapists are responsible for recognizing their limitations, continuing to develop their own level of competence, and confirming clinical diagnosis and management in those areas of practice in which they have been educated."*

'Rostering' is required for any physical therapist in BC who is performing dry needling and/or acupuncture under their own authority. Rostering or 'getting on a roster' is the process where physical therapists add their names to a list indicating they have the required training, education and experience to safely perform the higher risk activity. Applications for authorization for the use of needles will be evaluated to determine that the following requirements are met:

- Status as a full registrant with the College of Physical Therapists of BC
- Completion of a needling education program which includes as part of the curriculum: theory, practice, safety instruction, infection control and final (summative) evaluation conducted by the course instructor which resulted in a passing grade.

Currently the process involves a written self-declaration statement which includes the following:

1. Proof of full registration with the College of Physical Therapists of BC (with provision of your registrant number)
2. Name of program (dry needling/ acupuncture)
3. Year of training

4. Country where training took place
5. Detailed description of the theoretical component (mentioning how safety precautions and infection control were addressed)
6. Detailed description of the practical component
7. Detailed description of the final evaluation method
8. Indication of whether you have performed the activity in the past 2 years or completed the education or training over the last 2 years.

Include in the declaration statement that you have:

- Completed a dry needling education program that includes: theoretical, practical, and a final summative assessment that resulted in a passing score.
- Read, understand and comply with related CPTBC Practice Standards.
- Provided information in the application that is factual and true.

The document needs to be signed and dated with a signature from a witness (and printed name and address of witness). A copy of the certificate of successful completion of exams and course completion will be required.

Once the documents are received, they will be reviewed and notification will be sent to you advising that you can begin to practice dry needling and/or acupuncture.



Annual Self Report Question Stimulates Water Cooler Conversation

The College has received many telephone calls in the past few years regarding patients requesting that photos be taken, and/or physical therapists who take videos/photos on their personal devices. The question below was added to the Annual Self Report (ASR) in 2015 as the College wanted to raise awareness on this topic, as well as ensure that physical therapists are aware that, not only are photos and video clips considered personal information, but that they need to be treated with appropriate security measures.

Scenario: *In an inpatient rehabilitation setting, a physical therapist is treating an 85-year old male who fell and had a right femur fracture 8 weeks ago. He is cleared for weight bearing as tolerated. Relevant medical history includes: a stroke 5 years ago, some residual mild right-sided weakness and receptive and expressive aphasia. The physical therapist has assigned the task of balance and assisted gait exercises to a physical therapist support worker (PTSW).*

Question: *“The physical therapist revises the assigned task and exercises to transition into a home exercise program. The patient’s friend comes to visit and offers to record the exercise program on her phone and email it to the physical therapist. What should the physical therapist’s response be?”*

This ASR question was intended to point out that patient photos are considered personal information, and that registrants need to give thought to potential privacy issues and how to mitigate the risks associated with using/storing electronic patient videos/photos.

Following the 2015 ASR, the College received some feedback/concerns from

registrants regarding this question including the following:

- An exercise program, whether in text or imaging format, would have the patient’s ID info and/or picture in it; so it should be considered confidential.
- Recording the exercise program on a friend’s phone would not be appropriate.

Sending the photos via email is a violation of patient privacy/confidentiality, and in many healthcare organizations not deemed secure.

It is correct to note that imaging with ID or the patient’s photo would be considered personal information and must be regarded as confidential. The images should not be disclosed, except where the patient has provided permission for the disclosure. In the ASR scenario, if the patient requests or consents to a photo being taken on the friend’s phone to assist with her/his home program, then the patient is authorizing the photo. The physical therapist would need to exercise good judgement to determine that the patient clearly requested or consented to the photo, and that the photo is appropriate and has a therapeutic purpose. In many cases, this will be at the request of the patient or family, and the physical therapist may support the idea of providing pictures to assist in compliance with or to ensure accuracy of a home program. It would be more secure, and recommended, to either use the patient’s own phone or to use a department specific device.

There are many instances where recording a video or taking a photo occurs in a clinical setting, and sometimes the physical therapist only learns of it after the video/photos have been taken by friends or family.

However, the key point in this scenario is that the patient is consenting or requesting that the video/photos be taken to assist with the home program. Ultimately it is the patient’s personal information, and the physical therapist is able to document that the video/photos were taken on the friend’s phone (although recommended from the patient’s phone).

In this ASR question, the idea to email the photos to the physical therapist was intended to highlight that in some cases the physical therapist would like to add the pictures to the clinical record. If the patient is comfortable transmitting his or her own personal information via email, then that is not prohibited, nor does it need to be encrypted/password protected. Of course, the physical therapist will need to give consideration as to what the photos show/contain, how sensitive the photos would be considered, and whether it is even appropriate to ask the patient to send the information via email. What we often hear is that physical therapists have taken patient photos on their own personal phones, which often are not password protected, and then send them as unprotected email attachments. This creates a much larger privacy issue for patients should the phone be lost or stolen, or the email go to the wrong address. For a physical therapist, sending patient photos that have not been encrypted or password protected would not be a secure means of transmission.

Sending patients’ personal information via email definitely carries privacy risks. It is always prudent to explore more secure methods of collecting and saving this information before sending or ‘inviting’ patients to email it back to you.

In the 2015 Spring issue of the CPTBC newsletter, the article “Sending patient information via email - What are the risks?” discusses ways to mitigate some of the risks associated with sending information electronically (see link: <http://cptbc.org/wp-content/uploads/2015/02/CPTBC-2015-Spring-Newsletter-PressReady.pdf>)

There are many physical therapists who will make the decision to never take patient videos/photos in their practice. There are also many physical therapists, however, who deem videos/photos vital in assisting the family and/or caregivers to carry out an accurate home program. A physical therapist should not feel compelled to allow photos to be taken if they determine it

is not appropriate or for a therapeutic purpose. You and your staff/facility always have the option to determine whether you allow patient videos/photos. If you do decide to use them, ensure that you treat all video/photos as personal patient information and give careful thought to the potential privacy issues associated with electronic storage and/or transmission.

The College wishes to express thanks

to the 1,337 registrants who booked their sessions for the Registrant Competence Assessment before the deadline; this represents 99.6% of all registrants who were required to book.

The online process involves first getting a proctor enrolled and then booking a date and practice context.

There were a few technical problems, and we appreciate your patience and persistence.



National Standards of Practice and a Code of Ethics for Physiotherapists in Canada Project

THE HISTORY AND A VALIDATION SURVEY

In 2015, the Alberta College & Association received a grant from the Alberta government to lead a project on developing national standards of practice and a code of ethics. As this has been a topic of interest for the regulators for some time, the funding was most welcome.

Parker-Taillon Consulting Inc. based in Ottawa, Ontario was awarded the project contract.

Draft standards and ethical code are currently being developed through the collaborative efforts of an advisory group, the project manager and project consultants. As part of the project, these draft standards and code of ethics need to be validated. Pivotal Research Inc., a research firm from Edmonton, Alberta, was awarded the contract to conduct a national

consultation using an **online survey to validate and obtain feedback on the draft standards and code of ethics**. The survey will be ‘open’ from January 4, 2016 to January 30, 2016.

Please Take Note:

Pivotal Research Inc. is recommending that the information required for you to access the survey originates from their office. The reason for this request is that a unique access code will be required for you to be able to open the online survey.

This also required the College to provide the research company with the email address the College has on file for you. Pivotal Research will sign a confidentiality agreement with the College which will include a clause stating that access to the information will be restricted to a ‘need to know’ basis and that the list will be purged at the end of the contract.

The email addresses of those registrants who previously indicated to the College that they did not want to receive any electronic information from the College NOT related to the business of the College will NOT be shared with the research company – unless you notify the Registrar that you wish to participate in this project.

If you have indicated in the past that you are willing to receive electronic information from the College that is not College related, please note that your email address will be provided to Pivotal Research UNLESS you notify the Registrar otherwise by December 1, 2015.

This is an important project from a physical therapy practice (and not just regulatory) perspective, and the College sincerely hopes that you will agree to participate. Your input is needed and valued!

Who to Contact at the College

**Brenda Hudson,
Registrar**

Corporate Programs
(Legislative, Finance & Board)
Email: brenda_hudson@cptbc.org

**Susan Paul,
Complaints/Discipline Coordinator**

Complaints
Email: susan_paul@cptbc.org

**Chris Smerdon,
Quality Assurance
Program Manager**

Quality Assurance Program
Email: chris_smerdon@cptbc.org

**Arlana Taylor,
Practice Advisor**

Professional Practice Programs
& Practice Questions
Email: arlana_taylor@cptbc.org

**Olga Nestic,
Registration Coordinator**

Registration Program
Corporation Program
Email: olga_nestic@cptbc.org

**Richenda Grafton,
Administrative Assistant**

Email: richenda_grafton@cptbc.org

**Alexandra Nemes,
Administrative Assistant**

Email: alexandra_nemes@cptbc.org

**Aidan Dennis,
Administrative Assistant**

Email: aidan_dennis@cptbc.org

If you are moving, changing your name or status, please be sure to notify the College.

**College of
Physical Therapists of BC**

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1 877 576 6744

Fax: 604 730 9273

Email: info@cptbc.org

Advertising Rates

The rates below are for black & white or two colour (blue and black) ads. Please contact the College for quotes on full colour ads and artwork submission deadlines.

Sizes (black & white, black & blue, blue only)	Dimension	Advertising Rate
Full Page	7.75" wide x 9.5" tall	\$800.00
² / ₃ page (vertical format)	5" wide x 9.5" tall	\$600.00
¹ / ₂ page (horizontal format)	7.75" wide x 4.75" tall	\$400.00
¹ / ₃ page (vertical format)	2.45" wide x 9.5" tall	\$300.00
¹ / ₄ page (square format)	5" wide x 4.75" tall	\$200.00

Update is a publication of the College of Physical Therapists of British Columbia and is intended to keep registrants informed about current professional issues.

It is published three times a year – spring, summer and fall.

Please address all newsletter items and queries to the Newsletter Editor.