

Nova Scotia
Physiotherapy
Association

2009 ANNUAL REPORT

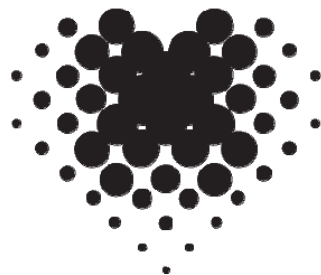


January 1 – December 31, 2009

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Nova Scotia
Physiotherapy
Association

Report of the President and Executive Director

A new name, new logo, new website, and new strategic direction symbolize the transformations made by the Nova Scotia Physiotherapy Association in 2009.

Following member approval at the March 2009 Annual General Meeting, the Nova Scotia Branch of the Canadian Physiotherapy Association incorporated and became the Nova Scotia Physiotherapy Association. This new name and related identity, backed up by an award winning website, provided a strong brand as the Association took strides with public, stakeholder and member relations.

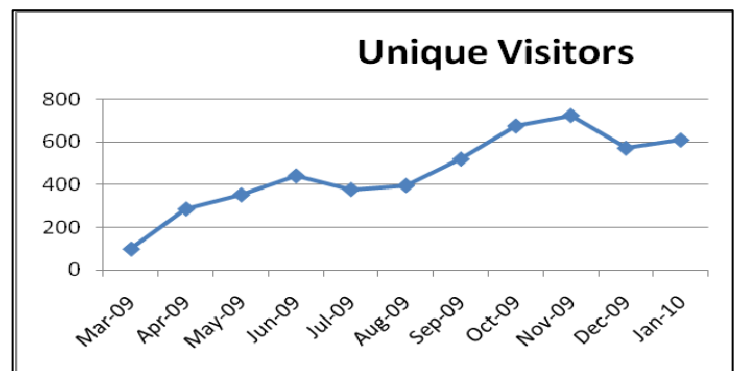
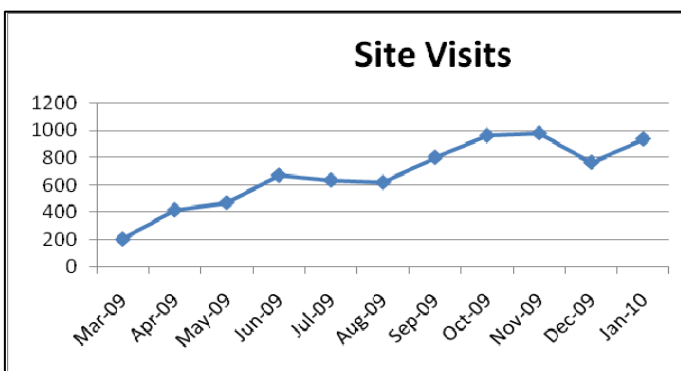
At the 2008 Annual General meeting, a strategic plan was approved for 2008-2010. While one year remained on that plan, the NSPA Board agreed in 2009 that, with a significant number of the objectives met, and the implementation of a new Strategic Plan by CPA in May 2009, it made sense to reconsider our Plan in light of the significant changes taking place at both NSPA and CPA. Our new Strategic Plan 2010 - 2013 was drafted with input from NSPA Board, Sections, Districts and members, and will be presented for members' approval at the Annual General Meeting.

To conclude our activities under the 2008-2010 Plan, we provide the following update to members. Initiatives were divided into four key priority areas, which echoed the CPA National Strategic Plan until it was replaced with a new plan in May 2009. This report provides information on accomplishments in each Priority Area. A review of the new Strategic Plan for 2010-2013 (available on the NSPA website) will provide members with insight on NSPA's plans for 2010 and beyond.

Key Priority #1: Engage and Unify the Physiotherapy community in NS (*Unity*)

2009 Accomplishments:

- Our most significant focus within this Key Priority in 2009 was to maximize our ability to communicate with members using our newly launched website. By linking brief e-Newsletter updates to additional website content, and by keeping the website continually updated particularly for news, events, careers and courses, the statistical data shows that members and other stakeholders are increasingly turning to the NSPA website as a key source of information.



- While H1N1 and a strike threat disrupted our Town Hall schedule in the fall of 2009, we completed four of our five scheduled town halls and once again found the format to be an excellent way to receive feedback and suggestions from members across the province. Just a few of the tangible outcomes of the Town Halls included the addition of a new volunteer from the North Central District to our Public Relations Committee, and amendments to early drafts of our 2010-13 Strategic Plan based on member input.

- NSPA and the Nova Scotia Section of the Private Practice Division hosted their first joint strategic planning session in September 2009. This meeting led directly to the identification of an Employer Advocacy Strategy which will, over the coming few years, educate employers on the cost effectiveness of direct access to physiotherapy, and appropriate insurance coverage for physiotherapy through employee benefit programs.
- Our three committees - Public Relations, Professional Development and Awards - remained active throughout 2009 and have succeeded in their original intent to shift operational and project work away from the Board of Directors to "hands-on" committees.
- Participation with the College on a Physiotherapist Support Worker Committee led to the addition of a new page for Support Personnel on our website.

Key Priority #2: Position the Physiotherapy profession to influence decision-makers within government and other key stakeholder arenas (*Voice*)

2009 Accomplishments:

- NSPA, in partnership with our Nova Scotia Physiotherapy Advisory Group partners, requested and were granted a meeting with the Honorable Maureen MacDonald, Minister of Health, and Health Promotion & Protection. NSPA and NSPAG representatives met with the Minister, Deputy Minister, and senior health department officials in primary care, presenting information on the many ways that physiotherapy can help reduce stresses and costs in the public health care system, and improve patient outcomes. The information was very well received, and led directly to a subsequent request from the Department of Health for a consultation on program funding priorities.
- NSPA contributed financially to the national Physiotherapy Briefings for Physicians project, ensuring that physicians across Nova Scotia receive this publication inserted in their professional magazine twice annually. Coupled with advertising funded by the Private Practice Section in 2009 (with planned expansion and joint funding in 2010), we are focusing significant resources on raising physician awareness of the role of physiotherapy, and our find-a-physiotherapist database.
- A meeting held with the College of Chiropractors resulted in some tangible outcomes, including an agreement to seek out opportunities for joint professional development. We have agreed to meet at least annually.

Key Priority #3: Improve the Public's recognition of the essential role and value of Physiotherapy (*Voice*)

2009 Accomplishments:

- 2009 saw an exponential increase in public awareness activities driven by the Association, ranging from trade show participation to TV advertising. A full account can be found in the Public Relations Committee report.
- Utilizing templates provided by CPA customized for Nova Scotia, the Association issued nine media releases in 2009. Statistics collected by the Canadian Physiotherapy Association for Nova Scotia show that our efforts with media relations have paid off, earning us extensive and very positive media coverage.
- The Association's Find-a-Physiotherapist database was launched in early 2009. All member clinics / facilities have been invited to provide sitings, and the database includes over 100 sites. Much of our advertising focus has been on drawing the public to this database.

**Key Priority #4: Support and promote Best Practice in the NS Physiotherapy community
(Excellence)**

2009 Accomplishments:

- The "Practice Corner" included in most monthly e-Newsletters drives the addition of new practice resources to the already extensive compilation of databases, practice guidelines, and clinic resources on the NSPA website.
- Utilizing data collected in the 2008 Cost of Business survey, Nova Scotia's first-ever fee guideline was released in the summer of 2009.
- NSPA Board Member Alissa Decker participated on a national Caseload Guidelines working group. The interdisciplinary group (OT, PT, SLP) had developed a Caseload Guidelines tool that was nearing readiness for pilot testing by late 2009.
- A Shirley Sahrman "Diagnosis and Treatment of Movement System Impairment Syndromes: Upper Quadrant Advanced Applications" was held in Halifax, October 17-18th 2009. 77 people attended the course, which was co-sponsored by CPA and NSPA.
- The PD Committee assisted to identify professional development opportunities for the Annual General Meeting, and continued planning efforts related to an October 2010 course presented by Dr. Mary Massery. The Committee is also working to identify member learning needs related to practice in non-traditional areas such as chronic disease management, primary health care community clinics and emergency rooms.
- The NSPA website includes educational opportunities within the Atlantic Region. The NSPA Board, on the recommendation of the Professional Development Committee, has waived the regular course posting fee for all Atlantic-based non-profit organizations offering physiotherapy-relevant education in the region. This maximizes the listings available to members.

As we embark on a new Strategic Plan for 2010 - 2013, we are confident that the initiative and energy generated through the 2008-10 Plan will carry forward. On behalf of the Board, we extend a huge thanks to the Committee, Section, District and event volunteers who made our successes in 2009 tangible and possible.

Respectfully submitted,



Kristin Taylor, PT
President



Christine James, MA, CAE
Executive Director

Awards Committee Report

Purpose:

The Awards Committee is responsible for developing, co-ordinating and promoting the Awards Program of the NSPA, which includes soliciting nominations and selecting recipients for NSPA and CPA awards, for administering NSPA's *Clinical Research Bursary*, and for promoting other awards and activities that recognize exceptional contribution and/or excellence amongst Association members. The committee also acts as a resource to the NSPA Board of Directors for all matters related to member and volunteer recognition.

Members:

Carolyn King, Chair
Amy Hallett
Andrea Marcantonio

Andrea McAllister
Nancy Walker
Christine James, ED

Activities:

Of the five national award nominees submitted in 2009, three NSPA members received awards: Dr. Joan Walker and Dr. Marilyn Mackay-Lyons received Life Memberships in the CPA and Jill Robertson received the National Mentorship Award. Congratulations to all.

This year, the Awards committee met three times to strategize ways to encourage members to nominate their colleagues for National and Provincial awards. Two 'calls for nominations' were emailed to the membership and, while the response rate was underwhelming considering the number of excellent and deserving physiotherapists in this province, we were very excited to receive some excellent nominations. From this, the committee was able to submit one nomination for National Life Membership, and selected a very deserving recipient for the provincial Silver Award. A second Life Membership nomination was submitted by an individual NSPA member, in consultation with the Branch. We are still waiting to see if the National nominations were successful and the Silver award will be presented at the AGM.

The committee received one application for the Research Bursary and we are happy to report that Dr. Sandra Curwin is the recipient - this award will help fund her presentation of research at the International World Symposium on Low Back and Pelvic Pain in November 2010.

I will be stepping down as Chair of this committee at the AGM but welcome the opportunity to continue to serve as a member. It is one of the most rewarding volunteer activities I've done and I encourage all of you to please take the time to nominate your friends, colleagues, mentors, etc when the call for nominees goes out!

Respectfully submitted,
Carolyn King, Chair
NSPA Awards Committee

Professional Development Committee Report

Purpose:

The Professional Development Committee is responsible for identifying, developing, co-ordinating and promoting relevant educational opportunities for members of the Nova Scotia Physiotherapy Association (NSPA). This includes liaising with the Canadian Physiotherapy Association Business & Professional Development Department on matters related to professional development.

Members:

- Alison M McDonald, Chair
- Gail Creaser
- Christine Drinkwater
- Heather Gillis [resigned fall 2009]
- Daphne London
- Katherine Slate {resigned fall 2009}
- Randall Tressider
- Christine James, ED

Activities:

Over the past year the Professional Development Committee has held one course: "**Diagnosis & Treatment of Movement Impairment Syndromes - Upper Quarter Advanced Applications**, presented by Shirley Sahrman, PhD, PT, FAPTA, in Halifax in October 2009. This course made a profit for NSPA, which helps to underwrite future course offerings

Two other courses have been organised for the AGM: **Developing Personal Leadership: Leading the Self Before Leading Others** (led by Rita Wuebbeler, Program Facilitator, Saint Mary's University Executive & Professional Development) and **Functional Exercise Prescription for Disease Prevention and Management** (presented by Dr. Gail Dechman, Dalhousie University School of Physiotherapy).

Upcoming course: **If You Can't Breathe, You Can't Function**, to be presented by Mary Massery in Halifax, October 1-3, 2010.

In keeping with our goal to provide educational opportunities outside of Halifax, we investigated possible locations to hold the Shirley Sahrman course. Unfortunately, appropriate venues were not available for the Sahrman course but the committee now has a data base of a variety of possible locations for courses throughout Nova Scotia which we will use for future courses.

Current activities: the PD Committee is starting to develop a long-range plan for course for the next 2 years, incorporating course suggestions from previous surveys and feedback gathered through townhalls and the Shirley Sahrman course. The goal is to provide members with the clinical skills required to embrace full scope of practice and provide balanced coverage for a range of scope of practice areas. The Committee is also investigating online education resources.

Respectfully submitted,
Alison M McDonald, Chair
NSPA Professional Development Committee

Public Relations Committee Report

Purpose:

The Public Relations Committee is responsible for identifying, developing, co-ordinating and promoting opportunities that will foster public awareness and understanding of the physiotherapy profession in Nova Scotia, and for liaising with the Canadian Physiotherapy Association Communications Department on matters related to public relations, including membership on the National Communications Committee.

Members:

- Keltie Cheney, Chair
- Krista Adams
- Caroline Mombourquette
- Kate Grosweiner
- Ashley Loder
- Rob MacDoanld
- Shelly Malcolm-Beazley
- Sarah Wight
- Christine James, ED

Activities:

The 2009-10 year was a great time to be involved with the public relations committee as we were a part of many great ways to promote our fantastic profession. The most exciting on the list for this year was the beginning of the closed captioning advertisements on CTV. Finally, we have made it to television!! Some of the other advertising avenues included:

- A transit and bus shelter ad campaign, which ran in several communities in Nova Scotia in the fall of 2009;
- a full-page Chronicle Herald supplement celebrating National Physiotherapy Month;
- support for a team of student runners in the Bluenose Marathon, providing t-shirts for participants;
- sponsorship of the 2009 Heartland Tour, raising awareness of cardiovascular health;
- launch of Facebook fan and member sites;
- an Association ad in the Department of Seniors' 2009 programs guide.

Also, a big thanks goes to the many generous volunteers who were willing to be active participants in raising awareness with the public through hosting an NSPA booth at the 50+ Expo (June 2009) and Optimize Live exhibition (Jan. 2010), which were both well attended.

There are many exciting ideas for 2010-11, including support for the CPA national ad campaign, and we welcome any feedback or suggestions by any member.

Respectfully submitted,
Keltie Cheney
Chair, Public Relations Committee

District Reports



Nova Scotia
Physiotherapy
Association
Annapolis Valley District

The Annapolis Valley District held three general business meetings in 2009. The first meeting of the year was held in April in Berwick. This meeting included an information session provided by Aaron Lake, physiotherapist, on the newly opened multidiscipline Pain Clinic located at the Eastern Kings Memorial Health Centre in Berwick. In June a meeting was held in Kingston. Sarah Bradley, a local physiotherapist, explained her MScPT Dalhousie Research project, which had been selected to be presented at Congress in May 2009. Annapolis Valley District provided \$500 in financial assistance to Sarah. The third meeting was located in Kentville in November. Focus of district activity for 2010 was discussed.

National Physiotherapy Month 2009 was a success in the Annapolis Valley. A Step Challenge was conducted at hospitals and community health centres throughout the valley. Hundreds of participants counted their steps and Annapolis Valley District provided two \$100 prizes. A winning team was selected from each end of the Valley.

In May, Robert Stalker, MD presented a review of Shirley Sahrman's Movement System Imbalances assessment and treatment techniques. Patient participants provided the structure for discussion and problem solving of musculoskeletal complaints.

A Town Hall meeting was held at Valley Regional Hospital in Kentville in early November. Kate Grosweiner and Christine James provided a branch update and encouraged members to provide feedback and ask questions about the activities and priorities of the NSPA.

Activities already underway for 2010 include a telehealth information session, a continuing education course and National Physiotherapy Month plans. The stroke team coordinator and nurse practitioner working at the new Stroke Centre at Valley Regional Hospital will provide a telehealth information session in March on the opening of the centre. In April a Neuro-Proprioceptive Taping course will be hosted at Valley Regional Hospital. The Annapolis Valley District will be promoting National Physiotherapy Month by providing instruction in ACL injury prevention at local schools.

Current executive:

President - Agnes Madsen
Past President - Sarah Leblanc
Treasurer - Natalie Connell
Secretary - Erinn Freeman
Education Committee - Scott McCullough and Renee Downey
National Physiotherapy Month/PR Committee - Amy Lewsaw

Annapolis Valley District volunteer positions were all filled in 2009. I would like to thank the executive and all members who volunteered their time and enthusiasm during the past year.

Respectfully submitted,
Agnes Madsen
President, Annapolis Valley District

District Reports



Nova Scotia
Physiotherapy
Association
Cape Breton Island District

In the spring of 2010, we will be at the end of our four year term as District Co-Presidents. We would welcome nominations for President Elect at this time.

One of the goals established last year was to place more emphasis on National Physiotherapy Month. We, as a district decided to target childhood obesity by promoting physical activity amongst the youth. During National Physiotherapy month the CPA was actively highlighting common mobility problems that are impeding health and preventing Canadians from participating fully in physical pursuits and leisure activities. The Physiotherapy community of Cape Breton was proud to support National Physiotherapy Month and will continue its partnership with the Cape Breton Victoria District School Board to promote physical activity amongst our youth.

A nine day Step Challenge was implemented amongst grade five classes in four local elementary schools (Harbourside Elementary, Bras d'Or Elementary, Glace Bay Elementary, St. Joseph Elementary) from May 19-May 29, 2009. The challenge involved having each student wear a pedometer and track the average number of steps taken daily. At the end of the nine day challenge the school (Bras d'Or Elementary) with the highest average was rewarded with a Nintendo Wii by the Cape Breton District of the CPA. The other schools and the top steppers of each class were also awarded with some prizes and physical education equipment. A formal presentation took place at Bras d'Or Elementary. A press release "Physiotherapists Challenge Youth to Get Moving" was conducted by the Cape Breton District Health Authority and Coast radio provided coverage of the event. The step challenge could not have happened without support from local Community Health Boards. We are very pleased to say that the response from the Health Boards was great. We received \$1400.00 from the Glace Bay Community Health Boards, and \$1334.00 from the Northside the Lakes Community Health Boards. These contributions were greatly appreciated.

We did not receive funding from the Community Health Boards this year. However, we did receive monies from Hip Hip Hooray to continue with the Step Challenge this year. A special thank-you goes out to Hip Hip Hooray and Barb White for this generous donation.

A National Advertising Launch has taken place. The English launch occurred during the Winter Olympic Games. Please encourage members and all other staff to check out the launch by visiting <http://www.physiotherapy.ca>. CPA issued an Olympic news release in January 2010, which led to an excellent response from local, regional, and national media with requests for interviews in both English and French, 30 media reports and involvement with two national programs.

CPA Congress- Phys10: Health Wellness and Innovation, will take place this year from July 22-25, 2009 in St. John's, NL. As always, we encourage any members who are interested to attend.

The Nova Scotia Physiotherapy Association's AGM, Exhibit and Job Fair will take place on March 27, 2009 from 8 until 4:30 at the Conference Center at Four Points by Sheraton Hotel, 1496 Hollis St. (at Salter). Jennifer and Juanita will not be able to make it to the AGM. However, we will be sending our President's Report to the Nova Scotia Physiotherapy Association's AGM.

Current Executive:

Juanita Seymour & Jennifer White- District Co-Presidents
Glenn Brann- Treasurer
Kim LeBlanc- Secretary
President Elect- *Vacant*
Education Committee- *Vacant*

Respectfully submitted,
Juanita Seymour & Jennifer White
Co-Presidents, Cape Breton Island District of NSPA

District Reports



Nova Scotia
Physiotherapy
Association
North Central District

NSPA North Central District continues to rely on the Nova Scotia Health telehealth network to enable reasonable meeting attendance for the four meetings per year given our large geographical area. We have an educational component to each meeting therefore enabling us to have access to this system. Speakers in 2009 presented topics including Conductive Education and Music Therapy. We also hosted a Leukotape Course on April 4, 2009 in New Glasgow and 20 CPA members attended. The course was well received and very clinically relevant.

Over the past 2 years we have been trying to increase our promotion of National Physiotherapy Month. In 2009, the District increased its budget to cover printing of the excellent promotional material from CPA national office and distributed it throughout the district. The use of the provincial display board was effective and was placed in 4 hospitals throughout the district for a week each during NPM. There were facilities within the district that held open houses and competitions with financial support from the district.

In the fall of 2009, the district formed a committee to review and make recommendations to the membership regarding a sustainable and equitable continuing education plan for the district. This will be an important focus into 2010.

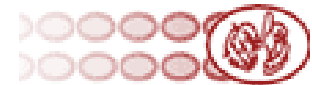
We have a full executive for first time in 4 years and they are:

President: Kathy Anne Woodford
Vice president: Tracey Matthews
Secretary: Jessica Von Kummant
Treasurer: Jennifer Merlin
Education: Pamela McNamara

Tracey Matthews will step into the District Chair role following the District's June 2010 AGM. Thanks to all volunteers for their contributions.

Respectfully submitted,
Kathy Anne Woodford
President, North Central District

Section Reports



Nova Scotia Section of the Orthopaedic Division

The Nova Scotia section of the Orthopaedic Division had a busy year in 2009, both with the usual mandate of curriculum courses, and with this year's motivation of making ourselves more visible to non-members and less-active-members. We have run several courses within the curriculum, but also provided some weekend special interest courses. We brought Jack Miller east again to teach a Mulligan Upper Quadrant course for ortho therapists interested in developing or enhancing a new skill set in orthopaedic treatments. Karen Decker ran a running assessment and treatment course for us again in the spring, to a sell-out crowd. We are arranging to run that course again this year, and we are bringing the Mulligan approach back again in the fall of 2010.

We were pleased to provide support for a number of Physiotherapy committees this year. We were able to make significant contributions to the NS College of Physiotherapists' Post Grad Education Fund, and through a National Ortho Division initiative we provided support to the Alun Morgan Fund (through the Physiotherapy Research Fund) for research in Physiotherapy.

In response to feedback from the Town Hall meetings that were held by the NSPA across the province in late 2008, we also ran a Level 1 Manual Therapy course in 2009, which sold out quite quickly. We have a waiting list from that, and so are likely to try to run it again as well in the next year. It is a great 2-weekend refresher for those who have been practising in ortho for a while and want to review the basics, as well as for those rotating into an orthopaedic position after some time away. There were several new graduates interested in the manual therapy curriculum attending the course, so it was a great mix of interests and backgrounds.

The NSOS is very proud to announce our new website: www.nsorthosection.com. In addition to providing a central repository for ortho courses and news, it will also allow the Section to go paperless. Each member and clinic on our list now receives an email directing them to the website as registration for each batch of courses opens. PDF files or Word documents are available for download, printing and mailing in, for those interested in registering for courses. If you would like to be on this email list, and have not received emails from that address in the past month, please email PODCR1@nsorthosection.com to have your address added.

We have had some recent changes to our volunteers. We are bidding farewell to our two co-education representatives, Carole Poirier and Candace MacCurdy. They have been a fantastic part of our team for the last 2 years, but both have new adventures coming up which will keep them from the NSOS executive table. We are happy to welcome Jennifer Cantwell and Alison Beaton into the education roles. Liz vanZutphen (secretary) and Andrea McAllister (chair) remain with the executive.

We were very saddened in early 2010 at the passing of Sarah Gordon, who was our Treasurer. She will be missed by all.

Respectfully submitted,
Andrea McAllister, PT
BScPT, MCISc, FCAMT
Chair, NS Ortho Section
Vice-Chair, Orthopaedic Division of CPA

Section Reports



Nova Scotia Section of the Private Practice Division

Current Executive:

Dan Purcell, Chair
Rob Cameron, Secretary
Liz van Zutphen, Treasurer
Linda Langley
Todd Lewin

Rob MacDonald
Joy Moore
Shaun Sangster
Collette Smith
Brian Tomie

Recent Activities

Leadership

- The Executive meets approximately every six weeks to discuss progress on our priority areas: Membership, Marketing and Political Action.
- NSPPD, represented by myself and Linda Langley, participates at the Nova Scotia Physiotherapy Advisory Group table.
- Through our Memorandum of Agreement with NSPA, we have a liaison, Shaun Sangster, who participates on both the Branch board and the Section executive to facilitate communication. The MOA also provides for joint strategic planning which this year has focused on a payor advocacy strategy stemming from the Cost of Business survey.
- I also sit on the executive of the Private Practice Division nationally

Membership

- NSPPD hosted a Special Meeting on November 6, 2009, to update members on recent activities, and approve 2010 Levy and Budget.
- NSPPD will still host an AGM on May 15, 2010 at which time elections will be held. We are looking for a President-Elect for 2010, and at least one member at large to replace Linda Langley who stepped down from the Executive in early 2010.

Marketing

- NSPPD Executive Member Rob MacDonald sits on the Branch Public Relations Committee, ensuring that our public awareness resources are used in a manner that maximizes reach and prevents duplication.
- The Section identified two priorities for spending the 2009 marketing budget (about \$2,000): Print and on-line ads with Doctors Nova Scotia, to promote the find-a-physiotherapist database to doctors, and Google ads

Political Action

- The most significant project for 2009 was the Cost of Business Survey, which the Section and the Nova Scotia Physiotherapy Association worked on jointly. The information collected in the survey led to a Fee Guideline for Nova Scotia—our first ever. The fee guideline was released to survey participants in August, and to all members in September.
- NSPPD is working with NSPA to *develop a strategy for approaching Nova Scotia's largest employers and educating them regarding the benefits of (A) direct access to physiotherapy, and (B) the provision of appropriate insurance coverage to optimize employee access to rehabilitation.* This project will be a significant priority for the Section in 2010.

Respectfully Submitted,
Dan Purcell, Chair, NSPPD

Section Reports



Sport Physiotherapy Canada
Physiothérapie sportive du Canada

**Nova Scotia Section of Sport
Physiotherapy Canada**

Chairperson	Laura Lundquist
Treasurer	Jodie Terrio
Secretary	Martha Purdy
Education Co-Chairs	Amie Malcolm, Genvieve Renaud
Student Representatives	Tamara Conrod, Justin Grundy

Recent Activities:

Contact Information

SPC-NS chairperson can now be reached for any questions/concerns/suggestions at the central email for SPC-NS at: spcnovascotia@gmail.com; specific questions regarding courses can be directed to spcns_education@hotmail.com and responses will be from Amie Malcolm & Genvieve Renaud.

First Responder Courses

There were three courses held in 2009 (June, September and October); the October course was primarily attended by physiotherapy students from Dal. The goal going forward is to offer the sport-specific first responder course twice yearly (spring/fall); it will be open to all physiotherapists and physiotherapy students.

Sport Certificate Prep Course

This 2-day course was offered in October 2009 and covered basic principles of emergency response, protective equipment, functional testing, taping and exercise physiology. There were 5 participants in this course. To enhance participation in these exam preparatory courses, it was decided at the AGM in September that the prep course (s) will only be held in the years coinciding with the "East" Sport Exams (odd years).

Interaction with Students

SPC-NS is hoping to foster better ties with students and offer opportunities for mentorship in event coverage. Several students took part in event coverage "shadowing" in the spring/summer with registered physiotherapists. A pizza lunch was also held during Sports Week at Dal to answer questions etc re: sport physiotherapy and SPC; SPC-NS hopes to make this an annual event.

Mentorship program

SPC-NS has had final approval of a mentorship program matching experienced physiotherapists with novice therapists during the Hockey Nova Scotia (HNS) High Performance Program in 2010. Two to three therapists will act as mentors for the five trainers associated with the teams; the program will be evaluated annually by SPC-NS and HNS for its viability.

Elections

Elections 2010 will take place during the September 2010 meeting. The current Chairperson, Laura Lundquist, will stay on as an active member of the executive for the first 3 months of the new term to mentor the new Chair.

Treasurer's Report: 2009 Financial Statement

Treasurer's Report to the NSPA Membership Financial Period ending Dec. 31, 2009 - REVIEWED

Income NSPA's conversion from a Cash to an Accrual accounting method at the time of our financial review resulted in some small adjustments to member fee calculations. This did not significantly affect total dues revenue, but is an important accounting practice improvement. The 2009 budget for revenue was \$81,000. Actual income exceeded budget by just over \$18,000 due to revenues from education and sponsorships.

Expenses Total expenses for the year were \$91,650, compared to budgeted total expenditures of \$81,150. The most significant area of over-expenditure was in the area of public relations, where the board deliberately dipped into surplus to fund several significant public awareness initiatives including TV advertising. Office & Staffing and Meetings & Stakeholder Relations are also areas of significant expenditure for the Association, however both lines were within budget for 2009.

Net Surplus/Loss Despite our expenditures exceeding budget by just over \$10,000 for 2009, we ended the year with a surplus of \$8,159, thanks to our higher-than-budgeted revenues.

Investments At December 31, 2009, NSPA had one GIC of \$12,000 with ING Canada. As well, the Association maintains a Business Savings Account with ING, which pays interest on excess cash without tying it up in longer-term investments. With interest rates at extremely low levels in 2009, the Board opted to maintain funds in the interest-bearing account, with plans to purchase additional GICs as interest rates start their anticipated improvement in mid-2010.

Balance Sheet The Nova Scotia Physiotherapy Association has assets totalling just over \$120,000.00. \$45,000 of this surplus has been allocated to a sinking fund and a new Strategic Initiatives fund. Just under \$40,000 of the surplus consisted of deferred membership dues which will be recognized as income in 2010. The funds remaining in the website development reserve fund (just over \$5,000) will be released to general reserves for 2010 as the website project is now complete.

The NSPA is projecting a \$20,500.00 deficit for the 2010 Fiscal Year. This also will reduce the unallocated surplus significantly. The board's intention with this decision is to reduce the cash surplus of the Association, while maintaining incremental fee increases that will enable the Association to maintain expenditure levels without incurring deficit budgets, by 2012/13.

In keeping with CPA's financial requirements for components, the NSPA's 2009 financial statements were reviewed by a BDO Canada in February 2010. While not an audit, the review included an examination of bank statements, invoices, receipts, financial instruments, and reasonability testing of the statements of income and expenditures. The reviewed financial statement appears on the following pages.

Respectfully submitted,

Shaun Sangster, Treasurer

Kristin Taylor, President



BDO Canada LLP
Chartered Accountants
And Advisors

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Halifax, NS B3J 3N6
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Toll Free: (800) 337-5764
www.bdo.ca

Notice to Reader

On the basis of information provided by management, we have compiled the balance sheet of the Nova Scotia Physiotherapy Association as at December 31, 2009 and the statement of operations and surplus for the year then ended.

We have not performed an audit or a review engagement in respect of these financial statements and, accordingly, we express no assurance thereon.

Readers are cautioned that these statements may not be appropriate for their purposes.

BDO Canada LLP

Chartered Accountants

Halifax, Nova Scotia
February 23, 2010

Treasurer's Report: 2009 Financial Statement, continued

Nova Scotia Physiotherapy Association Balance Sheet

December 31	2009	2008
Assets:		
Cash	\$ 87,955	\$ 72,935
Accounts Receivable	19,636	14,686
Short Term Investments	12,605	29,343
	<u>\$ 120,196</u>	<u>\$ 116,964</u>
Liabilities:		
Accounts Payable and Accruals	\$ 2,399	\$ 2,167
Deferred Membership Revenue	36,468	37,361
	<u>38,867</u>	<u>39,528</u>
Members' Equity:		
Special Purpose Fund - Website Development	5,734	10,000
Special Purpose Fund - Strategic Initiatives	20,000	-
Sinking Fund	25,000	25,000
Unrestricted Surplus	30,595	42,436
	<u>81,329</u>	<u>77,436</u>
	<u>\$ 120,196</u>	<u>\$ 116,964</u>

Nova Scotia Physiotherapy Association Statement of Operations and Surplus

December 31	2009	2008
Revenue		
Membership Dues	\$ 68,702	\$ 51,010
NSPPD Contribution	11,550	5,950
Sponsorship	8,450	400
Miscellaneous Income	9,358	14,707
Interest Income	1,749	1,137
	<u>99,809</u>	<u>73,204</u>
Expenses		
Banking, Insurance & Legal	3,237	739
Meetings & Stakeholder Relations	19,277	16,967
Member Recruitment & Retention	3,657	2,816
Office & Staffing	40,128	29,998
Public Relations & Marketing	25,351	11,084
	<u>91,650</u>	<u>61,604</u>
Excess of Revenue over Expenses	8,159	11,600
Transfer to Special Fund - Website Development	-	(10,000)
Transfer to Special Fund - Strategic Initiatives	(20,000)	-
	<u>(11,841)</u>	<u>1,600</u>
(Decrease)/Increase in Surplus	(11,841)	1,600
Unrestricted surplus, beginning of year	42,436	50,836
Unrestricted surplus, end of year	<u>\$ 30,595</u>	<u>\$ 42,436</u>

Treasurer's Report: 2009 Financial Statement, continued

Nova Scotia Physiotherapy Association Schedule of Special Purpose Fund - Website Development

December 31	2009	2008
Balance, Beginning of Year	\$ 10,000	\$ -
Transfer from Unrestricted Surplus	-	10,000
Disbursements	<u>(4,266)</u>	<u>-</u>
Balance, End of Year	<u>\$ 5,734</u>	<u>\$ 10,000</u>

Nova Scotia Physiotherapy Association Schedule of Special Purpose Fund - Strategic Initiatives

December 31	2009	2008
Balance, Beginning of Year	\$ -	\$ -
Transfer from Unrestricted Surplus	20,000	-
Disbursements	<u>-</u>	<u>-</u>
Balance, End of Year	<u>\$ 20,000</u>	<u>\$ -</u>

Board & Committee Volunteers

Sincere thanks to our 2009 Association Volunteers!

Board of Directors

Kristin Taylor, President
Kate Grosweiner, President-Elect
Carolyn King, Secretary
Shaun Sangster, Treasurer
Dan Boland
Keltie Cheney

Alissa Decker
Garry Keough
Aaron Lake
Sarah Manley
Alison McDonald

Awards Committee

Carolyn King, Chair
Amy Hallett
Andrea Marcantonio

Andrea McAllister
Lindsay Reid
Nancy Walker

Professional Development Committee

Alison McDonald, Chair
Gail Creaser
Christine Drinkwater
Heather Gillis

Daphne London
Kathryn Slate
Randall Tressider

Public Relations Committee

Keltie Cheney, Chair
Krista Adams
Caroline Mombourquette
Kate Grosweiner

Ashley Loder
Rob MacDonald
Shelly Malcolm-Beazley
Sarah Wight

... and sincere thanks to the **MANY** other members who volunteered with Districts and Sections, conducted media interviews, provided feedback and ideas, sat on external committees, volunteered at exhibits, and more!



Physiotherapy. It'll move you!

Nova Scotia Physiotherapy Association

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