



OUT-PATIENT PHYSIOTHERAPY: RISKS AND SOLUTIONS

It's about fair access.

The Nova Scotia Physiotherapy Association calls on hospitals and the provincial government to work collaboratively with stakeholders to ensure that every Nova Scotian has reasonable access to physiotherapy services regardless of age, geography, or ability to pay.

Limiting access to physiotherapy compromises an already overburdened healthcare system.¹

- Access to physiotherapy reduces healthcare utilization and lessens long-term healthcare costs.
- Less physiotherapy means more emergency room visits, longer hospital stays, and increased demand for expensive drugs.

Limiting access to physiotherapy compromises our health.

- Access to physiotherapy improves health, reduces pain, and promotes functional independence in those suffering from both acute and chronic conditions.
- Barriers to physiotherapy disproportionately impact on the health of Nova Scotians with chronic conditions and those who live in rural or remote regions.

THE NOVA SCOTIAN HEALTHCARE SYSTEM NEEDS TO:

Preserve Existing Capacity.

- Hospitals must recognize that reducing access to physiotherapy will add to their costs, erode the health status of the communities they serve, and is inconsistent with the Canada Health Act.

Commit to Collaborative Solutions.

- Every District Health Authority should work with stakeholders (including the Nova Scotia Physiotherapy Association) to complete an analysis of available publicly funded physiotherapy services in all delivery streams to determine the best, most cost-effective way to deliver physiotherapy before any cuts to physiotherapy are made.

Ensure Publicly-Funded, Cost-Effective Rehabilitation Services in the Community.

- The Government of Nova Scotia must include and expand the role of physiotherapy in primary healthcare, Collaborative Emergency Centres and Community Health Centres.

The availability of publicly funded out-patient physiotherapy ensures that the most vulnerable Nova Scotians have access to care that is either not available, or not affordable, within their communities.

¹ NSPA extends thanks to the Ontario Physiotherapy Association for their assistance with this document. References for all statements in this fact sheet can be obtained through the NSPA, info@physiotherapyns.ca.