



## A Quick Look: Physiotherapy in Nova Scotia

### Supply Versus Demand

- The demand for physiotherapy services in Canada has been steadily increasing. In Nova Scotia, the demand for these services is even greater than the national average.
- Nova Scotia had the second largest proportion of the population who consulted a physiotherapist in 2014. The most commonly seen individuals were between 50-65 years of age.
  - Specifically, there were 2,049.1 consultations performed per physiotherapist in Nova Scotia compared to the national average of 1,681.5 consultations.
- Nova Scotia has been found to have the longest wait time in Canada for admission to rehabilitation in a hospital inpatient setting.
- Data indicates that physiotherapists are only able to meet the demands of their caseload, lacking time for important activities such as professional development and administrative responsibilities.
- Although demand for physiotherapy services continues to increase steadily, the supply of physiotherapists cannot meet that demand.
  - Physiotherapists in Canada have an extremely low unemployment rate (0.3-1% as compared to the Canadian average of 6.9%).
  - The annual growth rate of physiotherapists in Nova Scotia is only 1.7%, nearly half the national average of 3.1%.

### Access

- Recruitment of physiotherapists to certain rural areas in Nova Scotia has proven difficult.
  - Although Nova Scotia is comprised of numerous rural regions, there are only 37.3 physiotherapists per 10,000 rural residents compared to the national average of 40.6.

## **Rehabilitation and Mobility**

- It is well known that Canada has an aging population. Physiotherapists play an important role in the provision of interdisciplinary preventative and rehabilitative health care services to ensure that our seniors remain independent and healthy for as long as possible.

## **Physiotherapy assistants**

- Physiotherapy assistants in Nova Scotia make up only 7.1% of the rehabilitation and mobility market, as compared to the national average of 9.3%.
- In Nova Scotia, physiotherapy assistants are more commonly employed in rural settings than the national average, have the lowest income as compared to the national average and have the highest level of education as compared to the national average.

### **Source:**

Sutherland, Greg. *The Market Profile of Physiotherapists in Canada*. Ottawa: The Conference Board of Canada, 2017.