



Nova Scotia  
Physiotherapy  
Association

## COVID-19 | NSPA Update – April 1st, 2020

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As we continue to move through this unprecedented time, we have certainly learned a lot about our profession and ourselves.

The NSPA is continuing to work hard on providing members with updates regarding COVID-19, resources for telehealth and respiratory care, and to provide support as needed.

However, today I would like to recognize the incredible work that is being done by all physiotherapists across the province.

Many in the private sector are continuing to provide essential care via telehealth. This ensures that patients needing pain management or guidance on exercise programs do not end up in the hospital or emergency rooms, further stressing our system. Others have made the difficult professional, personal, and financial decision to temporarily close their clinics. A decision that, despite its difficulty, puts the health of our communities first.

At Dalhousie, the professors and instructors continue to work hard to get courses online to allow students to graduate and join the profession. Physiotherapy students have shown incredible maturity and commitment to the profession as they complete their studies online, without face to face classes. The dedication and collaboration between the faculty and students demonstrates the level to which they are willing to work in order to educate our future physiotherapists and prepare to join the profession.

In the public system, physiotherapy departments have been through incredible changes. With departments closing or scaling back, staff have been redeployed to areas or units that require the most assistance. In many cases, these are physiotherapists and physiotherapy assistants from musculoskeletal or outpatient departments that are being retrained and redeployed into inpatient care. Staff have been given the formidable task of completely changing their areas of practice, on a moments notice during a crisis, and they have risen to the challenge.

We've been asked to be flexible, available, to go above and beyond, and outside of our comfort zones. So far we have answered that call and continue to provide Nova Scotia with the best health care possible. No one is sure how long this may continue or what lies ahead but I know that, as physiotherapists, we will be there.

I want to thank you on behalf of the NSPA and all Nova Scotians for your hard work. I know this isn't an easy time but you are all demonstrating the importance and value of physiotherapy and I'm as proud as I've ever been to be a physiotherapist.

All the best,

Stephen Richey, PT  
President