



Nova Scotia
Physiotherapy
Association

February 2021

William Ngu | Superintendent of Insurance
Nova Scotia Department of Finance and Treasury Board
Financial Institutions Division
Office of the Superintendent of Insurance
PO Box 2271
Halifax, NS, B3J3C8

Dear Mr. Ng,

I am writing to you as the President of the Nova Scotia Physiotherapy Association. Our Association represents over 560 physiotherapists, many of whom work in private practice providing care for individuals that have been involved in a motor vehicle accident.

In 2019, a group of dedicated and knowledgeable members of our Association engaged with your office in the hopes of discussing the Insurance Act, as it pertains to physiotherapists. More specifically this group discussed logistics, fee structure, and reimbursement. While there was progress made in these discussions, they seem to have stalled.

The group was informed that any changes to the insurance act would need to be part of a larger, more involved review^{ed} of the act and policies. However, it is our belief that this is not necessary. While there may be aspects of the act that need updating, the most pressing need is changing the fee structure to reflect the increasing cost of living/business, the expertise that physiotherapists possess, and the quality of care that physiotherapists provide to patients that experience a motor vehicle accident.

The fee structure has remained the same since 2012. During this time there has been a 13.3% increase in the cost of living due to inflation, and a significant increase to the cost of business due to regulatory requirements, real estate costs, and insurance, just to cover a few reasons. These reasons alone are enough to increase the fees paid to physiotherapists; however, there is also the expertise that we provide as professionals, and the high quality of care we provide to Nova Scotians.

There is an enormous amount of research that demonstrates the importance of early mobilization and exercise following a motor vehicle accident in order to reduce claim length, incidence of persistent pain, and cost to the health care system. Physiotherapy stands out as the only regulated health profession that uses exercise as their central form of treatment. We are able to leverage our experience as a regulated primary care profession, and the standards



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to which we are held, to provide evidence-based, high-quality care that is focused on active independent recovery. Through this role, we as physiotherapists, often take the lead on collaborating with other health professions on behalf of the patient and ensuring the best outcomes for everyone involved.

For reference, our system, which closely mirrors the system in Alberta, has not had the same fee changes that the Alberta Government has instituted. During the time period of 2012-2018, physiotherapists in Alberta saw an increase of 17-19% in the fees paid for initial assessments, and protocol treatments.

With this information, I am requesting that you and your office:

1. Continue to work with our group of physiotherapists that are dedicated to ensuring that physiotherapists are recognized and remunerated for the quality of care they provide to Nova Scotians
2. Revise the fee schedule to reflect the needs of physiotherapists in Nova Scotia
3. Pass this legislation in a timely manner, independent of other reviews of the Insurance Act

I want to thank you for your time and should you feel you need more information, please do not hesitate to contact me at president@physiotherapyns.ca.

Sincerely,

Stephen Richey, PT
B. Kin, MSc. PT
Physiotherapist

President
Nova Scotia Physiotherapy Association