



Advocacy continues to be a key strategic priority for the Nova Scotia Physiotherapy Association. Significant time and effort were dedicated throughout 2025 to advancing the profession, supporting members, and strengthening relationships with key partners and health leaders, provincially and nationally.

Throughout the year, the NSPA placed an increased emphasis on timely communication with members, alignment with national partners, and proactive engagement with government and system leaders. This included regular member updates, multiple town halls, and ongoing collaboration with organizations such as the Canadian Physiotherapy Association (CPA), regulators, and industry partners.

Specific priorities that we advocated for in 2025:

- Reducing barriers to allow physiotherapists to work to full scope of practice in all settings
- Advancing the role of physiotherapists within team-based and primary care models
- Supporting appropriate utilization of physiotherapy in emergency and specialist referral pathways
- Addressing workforce challenges, including the integration and utilization of PTAs
- Ensuring fair compensation and transparency with Third Party Payers, including Workers' Compensation Board (WCB) and Motor Vehicle Act (MVA) insurers
- Strengthening regulatory clarity and oversight in evolving care delivery models

Progress and Key Activities in 2025

The NSPA made meaningful progress across its advocacy priorities through the following activities:

- Established and maintained regular engagement with major industry stakeholders, including bi-weekly meetings with Lifemark and meetings with national clinic leaders
- Developed and shared a Primary Care Resource at the request of the Department of Health and Wellness
- Increased frequency and transparency of advocacy communications through member e-blasts
- Conducted multiple member surveys (WCB, MVA, Strategic Planning) to inform advocacy priorities
- Hosted multiple Membership Town Halls to engage and gather feedback directly from members
- Maintained monthly meetings with the Nova Scotia Regulator of Physiotherapy
- Strengthened national alignment through regular meetings with CPA and partners across Canada

See below for a detailed list of Advocacy Activities and Engagements in 2025.

The NSPA Board and staff will continue to build on this work into 2026 to further advance the profession and support members across Nova Scotia.

Respectfully Submitted,

A handwritten signature in black ink, appearing to read 'Tara Moore', with a decorative flourish at the end.

Tara Moore, NSPA President

Strategic Priorities:

ADVOCACY | PROMOTION | EXCELLENCE

POSITION PHYSIOTHERAPY IN RELATION TO FUTURE HEALTH TRENDS AND POPULATION NEEDS

Connect with partners to advance the role of physiotherapy in the healthcare system

The NSPA engaged extensively with government, health system leaders, and sector partners to reinforce the role of physiotherapy in improving access, reducing system strain, and supporting patient outcomes.

Key engagements included:

- Meeting with the Deputy Minister of Health and Wellness and departmental staff to discuss:
 - Role in team-based care
 - Referral pathways to physician specialists
 - Role in emergency settings
 - Health human resources (HHR)
- Participation in the Nova Scotia Premier's Health Summits (May and September), where NSPA advanced priorities related to:
 - Primary care integration
 - Workforce shortages
 - Physiotherapy's role in emergency and community care
 - Concerns regarding WCB Work Connected Recovery Program (WCRP)
- Attendance at the Provincial Budget Stakeholder Lockup to assess alignment with advocacy priorities
- Government outreach following the provincial election, including multiple letters to key decision-makers
- Participation in "Our Eastern Edge: Exploring Atlantic Canada's Health Care Landscape"

Influence Funding Models of Third-Party Payers

The NSPA continued to advocate for fair, transparent, and sustainable funding models.

Key activities included:

- Ongoing engagement with WCB leadership, including formal meetings and ongoing issue management
- Advocacy related to the WCB Work Connected Recovery Program, including:
 - Response to the awarding of the contract
 - Ongoing member communication and issue escalation
- Collaboration with the Canadian Federation of Independent Business (CFIB) regarding the WCB RFP process, including joint advocacy efforts
- Letter to the Nova Scotia Minister of Labour regarding concerns with the RFP process
- Participation in the Nova Scotia Automobile Insurance Review, including interviews and a comprehensive written submission

Support members in self-advocacy efforts

Supporting members remained a central focus in 2025.

Key initiatives included:

- Sharing of key resources, including the 2025 NSPA Fee Information Documents
- Multiple membership surveys to inform advocacy direction
- Two Membership Town Halls to gather feedback and provide updates
- Increased frequency of advocacy updates via e-blast

Liaise with CPA on national advocacy initiatives

The NSPA maintained strong alignment with national priorities through ongoing collaboration with CPA.

Key activities included:

- Regular meetings with CPA and provincial partners to align advocacy efforts
- Participation in:
 - CPA Spring Leadership Summit (Ottawa)
 - CPA Component Summit (Ottawa)
- Engagement with national partners, including meetings with Lifemark and CBI national leadership alongside CPA

Participate in and support partner initiatives

The NSPA continued to collaborate with a wide range of partners to advance shared priorities.

Key activities included:

- Monthly meetings with the Nova Scotia Regulator of Physiotherapy (NSRP)
- Engagement with Nova Scotia Health regarding scope clarity (e.g., CEP vs PT roles)
- Participation in NSCC PTA/OTA Advisory Committee to address workforce challenges
- Meeting with MTANS regarding preferred provider networks (PPNs)
- Hosting and participating in the Nova Scotia Physiotherapy Forum
- Formal letter to the NSRP regarding oversight concerns related to WCB WCRP