

Nova Scotia
Physiotherapy
Association

Annual Report 2022

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The Nova Scotia Physiotherapy Association's Report from the President and Executive Director Year of Report: 2022

On behalf of the Board of Directors, we are pleased to present the 2022 Annual Report to members of the Nova Scotia Physiotherapy Association (NSPA).

We thank you for taking the time to read this report. We value the support, feedback and thoughts of every single NSPA member. As you read through this report, please make note of any questions, ideas or feedback you may have. We would love to hear from you!

Over the course of 2022, the NSPA board and staff worked hard to provide value to our members and to advance the profession of physiotherapy. As a board, we have focused on the priorities of Access, Capacity, Value and Excellence, based on our 2018-2023 strategic plan.

Although our board and committees saw low volunteer numbers in 2022, we were able to complete many of our objectives, as demonstrated in the following pages and component reports. We were ecstatic to be able to form the Governance Committee of leaders within the profession to work on building capacity within the NSPA.

Despite limited resources, which resulted in the folding of the Advocacy committee, our Executive and Board was committed to provide high impact Advocacy on behalf of our members. We lobbied government officials, made our voice heard in the media, and have met frequently with various stakeholders, such as the Nova Scotia College of Physiotherapists.

We are very proud of the work that we have accomplished. No matter the obstacles faced, our volunteers pushed forward for the good of the profession. We want to thank the board, committee members, and staff for all their hard work. None of our work would be possible without passionate volunteers.

The Nova Scotia Physiotherapy Association's Report from the President and Executive Director Year of Report: 2022

As a result of the hard work of the volunteers and staff of the NSPA, we saw another increase in membership during our 2022-membership campaign. We want to thank all of the NSPA members for their continued support. Without your support we would not be able to achieve the goals we set each year and promote and advocate for the physiotherapy profession.

Respectfully submitted by:



Monica MacDonald
NSPA President



Patricia Connors
NSPA Executive Director

2018-2023 Strategic Plan Highlights: Year Five



Priority: Capacity

GOAL #1

Strengthen NSPA board governance and business model.

Objectives Met: Implementation of Governance Committee; Supervise By-law review; Finalize investment plan; Implement new staffing model; Create New NSPA Strategic Plan.

Priority: Excellence

GOAL #1

Facilitate continuing Professional Development for our members.

Objectives Met: Provided members with free PD opportunities; Provide NSPA members opportunity for attendance at congress 2022; Implementation of the new PD funding model.

Priority: Value

GOAL #1

Position physiotherapy in relation to future health trends and population needs.

Objectives Met: Highlight the role and value of physiotherapy through social media, website and stakeholder engagement; Identify new and upcoming issues that require lobbying efforts.

GOAL #2

Deliver high impact advocacy and lobbying on behalf of members.

Objectives Met: Implement a government relations plan for the purposes of lobbying NSPA priorities; Create a communications plan to inform membership of advocacy work; Support the efforts MVA Protocol Task Force in advocating for an increase in fees; Liaise with CPA National office on national advocacy initiatives that have provincial component.

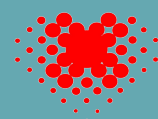
2018

2019

2020

2021

2022
Year 5





The NSPA has been working hard to deliver high impact advocacy and lobbying on behalf of members.

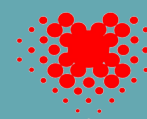
We continue to meet with members of legislature to promote the role of physiotherapy within the healthcare system. Over the past 18 months we have met with the Minister of Health and Wellness, the New Democratic Party Leaders, and the Minister of Seniors and Long-Term Care (The Honourable Barbara Adams, a Nova Scotia Physiotherapist!).

Each meeting provided opportunities to promote different areas of our profession, but all centered on ways that physiotherapists can be better utilized to help support and evolve healthcare in Nova Scotia.

Some areas of advocacy include:

- ▶ Removal of the doctor's referral requirement for access to extended health benefits;
- ▶ Expanding integration of physiotherapists in primary care;
- ▶ Increasing access to community-based physiotherapy programs;
- ▶ Optimizing and advancing physiotherapy scope of practice, specifically looking at direct access roles in Emergency Departments and the ability of physiotherapists to refer for diagnostic imaging.

The NSPA continues to work with special interest groups such as the MVA Task Force, a member-led group advocating for changes in MVA Protocols and fee structures. Monica joined this group in meeting with the Superintendent of Insurance and the NSPA submitted a response ([website](#)) to a Discussion Paper on Proposed Changes to the Nova Scotia Auto Insurance Product. We also shared the discussion paper and encouraged members to submit their own response as well.



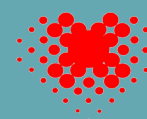


We regularly communicate and meet with the Nova Scotia College of Physiotherapists' Executive team and President to discuss challenges and opportunities arising in the physiotherapy community. We continue to discuss the challenges faced by new graduates in pursuit of full licensing in our province. The goals have always been to strengthen the relationship between the Association and College, and work towards collaborative and timely solutions that support the advancement of the profession.

The NSPA continues to liaise with the Canadian Physiotherapy Association and other provincial branches on national matters that have provincial implications, such as scope of practice and legislative changes.



Keep an eye out for e-blasts and updates on our advocacy page ([website](#)). We plan to continue to work on resources that we can share with our members so that you can engage in self-advocacy efforts.



Member Services



In 2022, a new professional development funding model was introduced. Funding was awarded to **21 NSPA members** for professional development opportunities in 2022!

We will continue with this new funding model into 2023. We are investigating opportunities for additional non-dues revenue streams to cover the cost of this new format.



NSPA was able to provide bursaries for **30 members** to attend CPA's Annual Congress virtually in 2022!

The NSPA hosted a free PD event for members in the Fall of 2022. Dr. Peter Stilwell and Dr. Tim Wideman presented on Person-Centered Pain Management and Dr. David McArthur presented on Concussion Care.

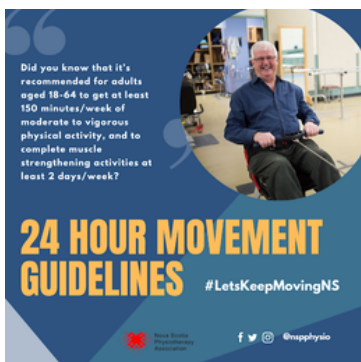
Recordings of these sessions are available on our [website](#) under Professional Development Resources for Members.





Social media is one avenue that we use to promote the value of the physiotherapy profession.

A campaign was held in the spring/summer 2022 based on the theme **“Let’s Keep Moving NS”**, where our Public Relations team shared information such as: Canada’s 24-hour movement, rehabilitation post-hospital discharge, and winter falls prevention.



Another campaign was done in the summer/fall 2022 highlighting the work done by the NSPA and the benefits of being a member. This campaign highlighted benefits such as our **“Find-A-Physio”** database, professional liability insurance, automatically and strengthening the voice of the profession.





One of the goals under the strategic priority capacity was to strengthen NSPA board governance and business model. We worked on building capacity in the following ways:

#1 GOVERNANCE COMMITTEE

In the summer of 2022, the Governance Committee was formed to ensure good governance of the Association and succession of qualified members in leadership positions. The Governance Committee, based on suggestions from the CPA's legal team, did a thorough review of NSPA's Bylaws. Amendments will be presented to membership for approval at the 2023 AGM.

#3 STRATEGIC PLAN

With our 2018-2023 Strategic plan coming to an end this year, the board and executive has put a lot of energy into creating a new Strategic Plan for 2023-2025. This plan is built from the solid foundation of our previous Strategic Plan, identified alignment to strategic priorities from CPA and other provincial branches and member research through Nova Scotia specific responses from CPA's strategic plan 2022 survey, and our own Advocacy Survey results put out to membership at the end of 2021.

#2 STAFFING

We began a new staffing contract in September 2022 – the Project and Communications Coordinator position. We had 110 applications, interviewed 6 qualified applicants and hired the applicant who appeared to fit the role exceptionally. While we are disappointed to say that the role did not work out for the individual who we hired, we are confident that the role itself is important in increasing overall capacity of the board and committees. We will continue to look at staffing options in 2023.





The focus of the next 3 years will be on the following priorities:

Advocacy, Promotion, and Excellence.

An overarching theme that we keep front of mind as we carry out these priorities is to work to strengthen **DIVERSITY & INCLUSION** across all Physiotherapy dimensions to improve **ACCESS** for all Nova Scotians.

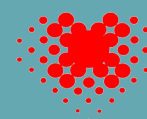
See our Mission and Vision page on our [website](#) for the full 2023-2025 Strategic Plan.

MISSION

The NSPA leads by advancing the profession of physiotherapy through advocacy, promotion, and continued excellence.

VISION

Physiotherapy in Nova Scotia is an essential partner for optimizing health.



NSPA Financial Report

For the financial period ending December 31, 2022



In keeping with the Nova Scotia Physiotherapy Association's Bylaws and Policies pertaining to fiscal accountability and transparency Michael Canavan CPA performed a Review of Accounts in February 2023. Please see the Component Report for the reviewed financial statements prepared by Mr. Canavan.

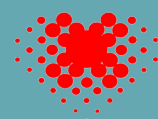
NSPA Finance Committee Explanatory Notes:

Income Statement

Revenue

In 2022, approximately 87% of NSPA's revenue consisted of membership dues compared to 93% in 2021. Advertising generated approximately 6.4% of the Association's revenue which was similar to 6.3% in 2021. Interest and miscellaneous income made up the remainder for 2022 with Interest generating 0.5% and Miscellaneous generating 6.2% of NSPA's total revenue.

Expenses	Percent of Expenses
Banking, Insurance and Legal	2.7%
Meetings & Stakeholder Relations	6.2%
Member Recruitment & Retention	21%
Office & Staffing	65%
Public Relations, Advocacy and Marketing	5.1%
Total	100%



NSPA Financial Report

For the financial period ending December 31, 2022



Balance Sheet

Net Surplus/Loss

The NSPA had a net income of \$6,686 in 2022, even though a deficit budget was proposed. Total assets of \$299,061 and an accumulated unrestricted surplus at end of year was \$152,181.

Investments

In 2021, the NSPA opened an RBC GIC Investment Account with the funds previously in an interest generating Savings Account. As of December 31st 2022, this had earned \$574.44 in accrued interest.

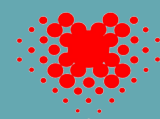
Special Purpose Funds

NSPA continues to set aside and restrict the use of a set amount of surplus funds for the purpose of funding special Strategic Initiatives in future years. The Special Fund contained \$30,000 at the end of 2022.

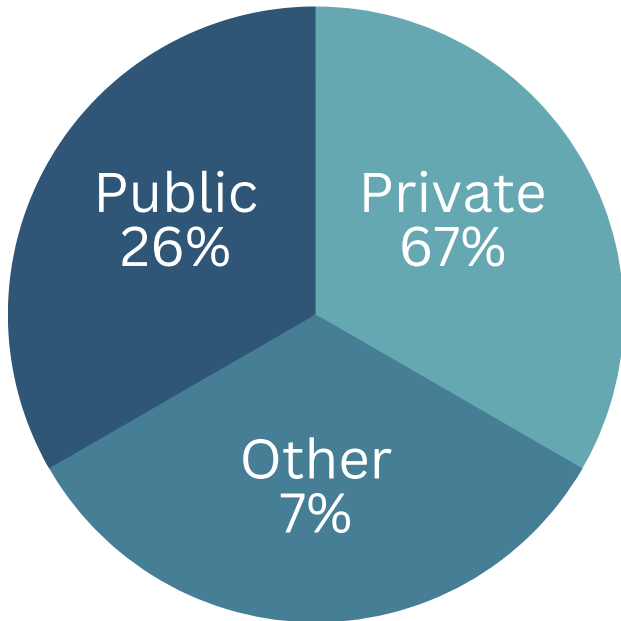
Respectfully submitted by:

Lauren Windsor

NSPA Treasurer



2022 - Membership at a Glance



Total Members
694

Up **8** Paying
Members in 2022

Member by Tier	#
Branch Representative	2
Entry-level Student	98
Life Member	8
New Grad	29
Non-Practising	35
Practising A	474
Practising B	35
PTA Student	9
Retired	4

% Member by District

Cape Breton	North Central	Annapolis Valley	HRM	South Shore
6%	11%	8%	69%	6%





Thank you to our 2022 Board of Directors and Staff!

Board of Directors

Executives:

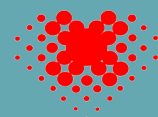
Monica MacDonald, President
Rebecca Clark, Secretary
Lauren Windsor, Treasurer
Stephen Richey, Past-President

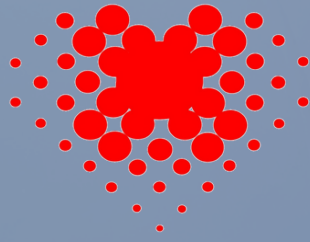
Directors:

Korede Akindoju
Brittany Melanson
Stephanie Cairns, 2 nd yr Dal rep
Emily Parsons, 1 st yr Dal rep

Staff

Patricia Connors, Executive Director
Candice Brewer, Administrative Assistant





Nova Scotia
Physiotherapy
Association

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Become a member: physiotherapyns.ca

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 Facebook: facebook.com/nsphysio

 Instagram: instagram.com/nsphysio

Contact Us

 Website: physiotherapyns.ca

 info@physiotherapyns.ca