

Nova Scotia  
Physiotherapy  
Association

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Component Report 2022

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Nova Scotia  
Physiotherapy  
Association

Hello NSPA Membership and Stakeholders,

I am honoured to be able to present to you the 2022 NSPA Component Report.

As you read through this report, you will find highlights from NSPA's Standing Committees, Student Representatives, Regional Districts and the 2 NS Practice Divisions of the CPA. These reports demonstrate the countless hours the incredible volunteers of the NSPA and partner Districts have made to promote and support the profession in Nova Scotia. Please read these with pride knowing that despite very limited volunteer resources, there were still dedicated physiotherapists volunteering on behalf of all of the NSPA members. The activities outlined in these reports reflect the work of volunteers who spend significant personal time dedicated to advancing association goals on behalf of all members and the profession at large. We thank them tremendously for their work and for their unwavering commitment to physiotherapy in Nova Scotia.

Please join us in thanking all of the volunteers for their engagement and passion for the profession of physiotherapy here in Nova Scotia. We are grateful to every NSPA member for their continued support and involvement.

We are Stronger Together!!!

Sincerely,

Patricia Connors  
NSPA Executive Director

## **NOTICE TO READER**

To the members of the Nova Scotia Physiotherapy Association:

I have examined the financial records of the Nova Scotia Physiotherapy Association for the 12 month period ended December 31, 2022.

Based upon the information provided, I believe the financial statements accurately reflect the financial position of the Association as of December 31, 2022.

*Michael Canavan*

Michael Canavan

***Nova Scotia Physiotherapy Association***  
**Comparative Balance Sheet**  
**December 31, 2021 / 2022**

	<b>2022</b>	<b>2021</b>
<b><i>CURRENT ASSETS :</i></b>		
Cash and Bank	\$235,608	\$276,079
Investments (note 2)	\$63,453	\$0
	\$299,061	\$276,079
 <b><i>LONG-TERM ASSETS :</i></b>		
<b>Total Assets</b>	<b>\$299,061</b>	<b>\$276,079</b>
 <b><i>CURRENT LIABILITIES :</i></b>		
Accounts Payable and Accrued Liabilities (note 2)	\$9,339	\$6,620
HST Payable	\$9,715	\$7,349
Deferred Revenue (note 2)	\$67,826	\$56,615
	\$86,880	\$70,584
 <b><i>EQUITY :</i></b>		
Sinking Fund	\$30,000	\$30,000
Special Purpose Funds - Strategic Initiatives	\$30,000	\$30,000
Unrestricted Retained Earnings		
- Beginning of year	\$145,495	\$124,891
- Net Income (Loss) for year	\$6,686	\$20,604
- End of year	\$152,181	\$145,495
<b>Total Liabilities and Equity</b>	<b>\$299,061</b>	<b>\$276,079</b>

***Nova Scotia Physiotherapy Association***  
**Comparative Statement of Net Income**  
**For 12 Months Ended December 31, 2021 / 2022**

	<b>2022</b>	<b>2021</b>
<b><i>REVENUE :</i></b>		
Membership Dues (note 2)	\$104,798	\$99,708
Advertising	\$7,711	\$6,769
Interest Income	\$574	\$96
Miscellaneous	\$7,466	\$946
<b>Total Revenue</b>	<b>\$120,549</b>	<b>\$107,519</b>
 <b><i>EXPENSES:</i></b>		
Banking, Insurance, and Legal	\$3,080	\$3,062
Meetings and Stakeholder Relations	\$7,083	\$7,589
Member Recruitment and Retention	\$23,868	\$18,817
Office and Staffing	\$74,077	\$54,761
Public Relations and Marketing	\$5,755	\$2,686
<b>Total Expenses</b>	<b>\$113,863</b>	<b>\$86,915</b>
 <b>Net Income (Loss)</b>	<b>\$6,686</b>	<b>\$20,604</b>

***Nova Scotia Physiotherapy Association***  
**Notes to Financial Statements**  
**December 31, 2022**

**1. Purpose of the Organization**

The Nova Scotia Physiotherapy Association (NSPA) is a provincial organization which serves as the voice and advocate for physiotherapists (PT), physiotherapy assistants (PTA), and PT/PTA students across Nova Scotia.

**2. Significant Accounting Policies**

*Investments*

Investments are recorded at cost with investment certificates adjusted for accrued interest.

*Deferred Revenue*

NSPA records membership dues revenue on an accrual basis so 75% of amounts received for the Oct. 2022 to Sept. 2023 period have been recorded as deferred revenue for 2023.



### Review of 2022 Priorities

At the beginning of 2022 we lost several committee members and, due to lack of numbers, had to fold the Advocacy Committee.

Despite the folding of the committee, our Executive and Board was committed to provide high impact Advocacy on behalf of our members. While we were not able to complete every objective we had planned for the Advocacy Committee, we feel proud of the work that has been done by the NSPA, especially considering the limited resources we had.

### Strategic Priority: ACCESS

#### GOAL 1: PROMOTE AND FACILITATE ACCESS TO PHYSIOTHERAPY SERVICES

- **Objective 1:** Create report and action plan on diversity and inclusion in physiotherapy in Nova Scotia
  - The plan was to find a facilitator and hold a meeting with identified marginalized groups to discuss how we can improve diversity and inclusion in physiotherapy (PT) in Nova Scotia. Meetings were unable to be held due to lack of resources/ folding of Advocacy Committee.

As a board we continue to reiterate that Equity, Diversity & Inclusion needs to be intertwined in everything that we do as a Board and as an Association. This was at the forefront during the current Bylaw review, as we considered how to make the language more inclusive. We highlighted the importance of Equity, Diversity & Inclusion in our 2023-2025 Strategic Planning process. We will continue to try and embed these principles into our thoughts and actions as a Board and Association.

### Strategic Priority: CAPACITY

#### GOAL 2: STRENGTHEN NSPA BOARD GOVERNANCE AND BUSINESS MODEL

- **Objective 1:** Provide board members and committee members with educational opportunities
  - Unable to complete due to folding of the Advocacy Committee.

### Strategic Priority: VALUE

#### GOAL 1: POSITION PHYSIOTHERAPY IN RELATION TO FUTURE HEALTH TRENDS AND POPULATION NEEDS

- **Objective 1:** Identify new and upcoming issues that require lobbying efforts

- An advocacy survey was completed in November 2021. The results were used as a resource to help guide strategic planning in 2022/2023.

A topic of conversation in media lately has been the current state of the healthcare system. This has accelerated changes being made by government to improve the system. We wanted to make sure that the benefit of PT is being highlighted in this context. I did an interview with the Halifax Examiner (<https://www.halifaxexaminer.ca/health/physiotherapists-advocating-to-have-role-in-emergency-departments-in-nova-scotia/>) and Steve Richey, our past-President, did an interview with Global News (<https://globalnews.ca/news/9441992/nova-scotia-physiotherapists-emergency-rooms/>) discussing the role of PTs in the healthcare crisis, specifically how our role can be expanded in Emergency Departments.

## **GOAL 2: DELIVER HIGH IMPACT ADVOCACY AND LOBBYING ON BEHALF OF MEMBERS**

- **Objective 1:** Implement a government relations plan for the purposes of lobbying NSPA priorities
  - Patricia Connors, ED, Monica MacDonald, President, and Steve Richey, Past-President, held meetings in 2022 with the following individuals on behalf of the NSPA Board:
    1. One meeting with the Honourable Michelle Thompson, NS Minister of Health and Wellness, and Tanya Penney, Senior Executive Director, Clinical at Department Health and Wellness
    2. Two meetings with the Honourable Barbara Adams, Minister of Seniors and Long-Term Care

These meetings focused on: improving timely access to PT services across the province, PT's vital role in NS Collaborative Care Clinics and PTs role in Aging, both well at home and in Long-Term Care Facilities.

We have sent letters to the Premier, the Minister of Health, the Minister of Seniors and Long-Term Care and Karen Oldfield, the CEO of Nova Scotia Health, requesting meetings to discuss how PTs can effectively unload some of the burden on Nova Scotia's healthcare system. In these letters we discussed optimizing and advancing PT scope of practice (such as allowing PTs to refer for diagnostic imaging), expanding integration of PTs in primary care/ access to community-based PT programs, and expanding positions/roles for PTs in Emergency Departments across the province. A Nova Scotia specific document highlighting PTs role in Emergency Departments was created and included in these letters. This document will soon be available in the advocacy section on our website.

- **Objective 2:** Create a communications plan to inform membership of advocacy work
  - We have worked on increasing the number of e-blasts/ updates we send to membership. There are plans for the board to continue to work on this in 2023.
  - We added several advocacy highlights to our website (<https://www.physiotherapyns.ca/advocacy>) and have been directing members here through e-blasts and social.
- **Objective 3:** Support the efforts MVA Protocol Task Force in advocating for an increase in fees
  - A member led Take Force has been advocating for changes in MVA Protocols and fee structures for a number of years. As president I attended several meetings with the Task Force to see how the NSPA could support their efforts. I collaborated on a document created by the group to submit to the Superintendent of Insurance in the spring/summer of 2022. This was followed by a meeting with the Superintendent of Insurance to discuss the importance of increasing fees for services, which have not been changed since 2013.

In early 2023 the Office of the Superintendent of Insurance released a Discussion Paper on Proposed Changes to the Nova Scotia Auto Insurance Product and requested feedback from

various groups (including the NSPA) and the public. Steve Richey, our past-President, and Patricia Connors, our ED, organized a meeting with the Task Force to help formulate a response on behalf of the association. The response included comments specific to the questions posed in the discussion paper, as well as recommendations on fee increases, and was shared on our website

([https://www.physiotherapy.ca/images/uploads/NS\\_Physiotherapy\\_Association\\_Auto\\_Insurance\\_Review\\_Submission\\_2023.pdf](https://www.physiotherapy.ca/images/uploads/NS_Physiotherapy_Association_Auto_Insurance_Review_Submission_2023.pdf)) . We also shared the link to the Discussion Paper through e-blast, encouraging members to submit feedback to the Superintendent of Insurance as well.

- **Objective 4:** Liaise with CPA National office on national advocacy initiatives that have provincial component
  - Many meetings, discussions and consultations were had with CPA national and its branches around scope of practice and legislative changes occurring in British Columbia (Bill 36 - Health Professions and Occupations Act), which we believe will have national implications.

The College of Physical Therapists of British Columbia has initiated a *Futures Project Initiative: Exploring Potential Future States for Physical Therapy in British Columbia*. The goal of this work is to describe a range of options for what potential futures lie ahead for how PTs may contribute to the health and wellness of British Columbians (and by extension Canada) in the context of the future of health services. As president I have been a part of a focus group with other branch presidents across the country to contribute to this project.

- **Objective 5:** Support the NSPA Board & Executive in continued advocacy efforts
  - Unable to complete due to the folding of the Advocacy Committee.

Respectfully submitted by Monica MacDonald, NSPA President.



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In the summer of 2022, the Governance Committee was formed.

The purpose (from the Committee's Terms of Reference) is as follows:

"The Governance Committee shall serve as a resource to the Board of Directors and the Executive Director on governance issues of the Nova Scotia Physiotherapy Association. Governance issues include but are not limited to bylaws, resolutions, Board nominations and development, leadership development within the Association and policies related to the processes and procedures associated with each. The purpose is to ensure good governance of the Association and succession of qualified members in leadership positions."

The composition (based on excerpts from the Committee's Terms of Reference) is as follows:

"The committee shall consist of a minimum of five members all in good standing in the profession with experience in board governance and/or leadership development. This will include at least one current Board member and at least one past president of the NSPA. They will be appointed for a 3-year term in office with the opportunity for a one term reappointment."

"As a new committee, the initial Governance Committee members will be appointed by the Board, thereafter the Committee will recommend members to the Board for ratification."

The board would like to sincerely thank Andrea Goldstein, Barbara Kelly, Katherine Harman, and Catherine Crocker for volunteering their time and energy as the inaugural Governance Committee. Rebecca Clark, the board's secretary, is an ex-officio member of the committee and acts as a liaison for communications between the committee and the Board. See below all for all the work that has been done by this group since its formation in June 2022.

Respectfully submitted by,

Monica MacDonald, NSPA President

## Review of 2022 Priorities

### Strategic Priority: CAPACITY

#### GOAL 1: STRENGTHEN THE NSPA MEMBER VALUE PROPOSITION

- **Objective 2: Use social media posts and e-blasts for NSPA board member and committee recruitment (PR/Governance)**
  - We have explored some ideas for Board recruitment, including providing possible nominees and contacting some individuals personally. Staff and the Public Relations Committee promoted recruitment through social media and e-blasts.

#### GOAL 2: STRENGTHEN NSPA BOARD GOVERNANCE AND BUSINESS MODEL

- **Objective 1: Provide board members and committee members with educational opportunities (ALL)**
  - This is on our future work list.
- **Objective 2: Implementation of Governance Committee (Board)**
  - The Governance Committee is up and running (see notes below)
- **Objective 4: Supervise Bylaw review (Board/Governance Committee)**
  - The Governance Committee has submitted recommended Bylaws amendments for Board review and Member approval.

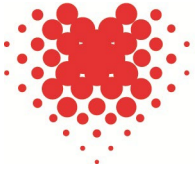
The Governance Committee has met six times since we were constituted as a new committee. After getting our marching orders from Monica and Patricia, we got down to work on the biggest task we tackled... reviewing and updating NSPA Bylaws. Our work strategy used a mix of: how the Association works currently, recommendations from *Sport Law's* Kevin Lawrie (to align with CPA's Bylaws), our own understanding of best practices + a steady dose of quality improvement, and have come up with some revised Bylaws for your approval at this AGM. It was an excellent review of how the Board is created and the work that members ask Directors to do. This has set us up well for the coming year when we'll bring you exciting recommendations about (among other things): Board education, Board nomination process, and Board orientation.

#### Governance Committee Members 2022

Andrea Goldstein, Barbara Kelly, Katherine Harman, Catherine Crocker and Rebecca Clark.

On behalf of the Governance Committee,

Katherine Harman (secretary).



### Strategic Priority: EXCELLENCE

#### GOAL 1: FACILITATE CONTINUING PROFESSIONAL DEVELOPMENT FOR OUR MEMBERS

- **Objective 1: Provide NSPA members opportunity for attendance at Congress**
  - 30 NSPA members were awarded bursaries via random draw to attend Congress 2022 virtually. In 2023, Congress will be held in person. Two bursaries will be awarded for members to attend.
- **Objective 2: Organize and host free professional development opportunities for members**
  - A free full day PD event was hosted in the Fall of 2022. Dr. Peter Stilwell and colleagues presented on physiotherapy management of chronic pain and Dr. David McArthur presented on Concussion Care.
  - Following the virtual 2022 AGM, NSPA hosted Dr. Michelle Kleiner who spoke on the topic of what makes a “good” physiotherapist.
- **Objective 3: Create new funding model for members to access professional development**
  - A total of \$10,000.00 was awarded to NSPA members for professional development in 2022.
  - Allocation of professional development funding for 2023 will take place in March and September.

#### GOAL 2: CELEBRATE EXCELLENCE IN THE NOVA SCOTIA PHYSIOTHERAPY COMMUNITY

- **Objective 1: Present Awards to successful nominees**
  - Andrea Goldstein was awarded the *NSPA Award of Excellence* & Monica MacDonald was awarded the *Recent Graduate Award* at the 2022 NSPA AGM.

#### **Member Services Committee Members 2022**

Rebecca Clark, Erinn Davidson, Lauren Windsor, Kyleigh Woods

Respectfully Submitted,

Rebecca Clark  
Committee Chair



On behalf of the PR committee, we would like to first take the time to reflect on the passing of one of our own, Brian Tomie in 2022. Brian was a volunteer on the NSPA Public Relations Committee. He had a dynamic personality, was filled with contagious positivity, and had a passion for giving back to the profession and promoting the important role physiotherapy has in our health care system. He was a proud and highly respected Physiotherapist, and he is missed by the entire PT community.

We would like to thank longstanding PR committee member Daphne London for all the incredible work she has done for the committee and the NSPA over the past number of years as she has resigned from the committee. We wish Daphne all the best in her future endeavors.

### Strategic Priority: CAPACITY

#### GOAL 2: STRENGTHEN NSPA BOARD GOVERNANCE AND BUSINESS MODEL

- **Objective 6:** Provide board members and committee members with educational opportunities
  - Throughout 2022 we continued to be present on social media to promote events and educational opportunities available for NSPA members. We liaised with the member services committee to advertise opportunities such as the NSPA's new professional development funding model, the Fall 2022 PD day, and more.

### Strategic Priority: EXCELLENCE

#### GOAL 2: BUILD PROFESSIONAL PRIDE

- **Objective 5:** Organize and run promotional advertising campaign for the physiotherapy profession
  - Our winter/spring social media campaign "Let's Keep Moving NS" was a success. Compared to just prior to the campaign (Nov. 1-Dec. 31 2021) to March 1, 2022 (during and after the campaign), Facebook reach increased by 83.1% while Instagram reach increased by 302.8%. Facebook page likes and Instagram followers increased 288.9% and 22.6% respectively.
  - Our summer 2022 social media campaign focused on highlighting the work done by the NSPA and the benefits of being a member. During the campaign, the number of visits to our Facebook page increased by 134% and our Instagram page visits increased by 104.2% compared to the month prior to the campaign.
- **Objective 6:** Determine feasibility of second website for NSPA
  - A considerable amount of foundation work was completed as the committee focused on our goal to revamp the NSPA website, in the second half of 2022. Unfortunately, resources became a limiting factor in achieving the goal of securing a vendor before the end of 2022. This project will be re-visited and re-prioritized when our staffing and committee resources have capacity.

### Strategic Priority: VALUE

## **GOAL 1: POSITION PHYSIOTHERAPY IN RELATION TO FUTURE HEALTH TRENDS AND POPULATION NEEDS**

- **Objective 1:** Highlight the role and value of physiotherapy through social media, website and stakeholder engagement
  - Regular social media posting using the social media playbook continued to be a priority for the PR committee throughout 2022 as highlighted above through our 2022 social media campaigns. Using this playbook allows us to increase engagement with the NSPA brand and increase the awareness of physiotherapy.
  - Our Facebook followers have increased to 1863 and our Instagram followers to 1079 as of March 1st, 2023.
  - We continued to sponsor Sport Nova Scotia and our ad appeared 4 times in Sport Nova Scotia's publication Sport Quarterly. We are sponsoring Sport Nova Scotia again in 2023 and our ad will continue to appear in their publication. We will continue to review our current sponsorships and the opportunity to seek new ones throughout 2023.

Respectfully Submitted by Chair Brittany Melanson

### **Public Relations Committee Members 2022**

Evan Belyea

Brittany Melanson

Daphne London

Brian Tomie

Patrick Mayne



### Strategic Priority: ACCESS

#### GOAL A-1: PROMOTE AND FACILITATE ACCESS TO PHYSIOTHERAPY SERVICES

- As with previous years, the student representatives continuously advocate for the importance of the NSPA in promoting physiotherapy services.

### Strategic Priority: CAPACITY

#### GOAL C-1: STRENGTHEN THE NSPA MEMBER VALUE PROPOSITION

- Student representatives are continuing to increase awareness regarding the importance of being a valued member of the association during school and upon graduation.
- Student representatives will continue to promote opportunities and benefits offered through continued NSPA and CPA membership to fellow students

### Strategic Priority: EXCELLENCE

#### GOAL E-1: FACILITATE CONTINUING PROFESSIONAL DEVELOPMENT FOR OUR MEMBERS

- As student representatives, we are continuing to promote and advocate for the importance of being part of the NSPA and CPA, as students and as licensed professionals. Students continue to be unaware that, upon graduation, those who are members of the NSPA, and CPA, have malpractice insurance with their membership.

### Strategic Priority: VALUE

#### GOAL V-2: DELIVER HIGH IMPACT ADVOCACY AND LOBBYING ON BEHALF OF MEMBERS

- Student representatives have been reminding and updating peers about upcoming NSPA networking events and encouraging students to attend.

Respectfully Submitted,

Stephanie Cairns and Emily Parsons,  
Student Board Representatives



With respect to the goals and strategic initiatives identified by the NSPA for 2018-2023, here is what the Annapolis Valley District has accomplished so far and has planned for the 2022-2023 year.

### **ACCESS: TO HELP NOVA SCOTIANS OBTAIN GREATER ACCESS TO PHYSIOTHERAPY:**

The Annapolis Valley District (AVD) extends from Windsor to Digby. Physiotherapists work in public and private practice in a variety of settings including inpatient and outpatient services, hip and knee arthroplasty clinics, schools, nursing homes, community/in-home, fracture clinics, and less traditional settings such as industry. The AVD provides education evenings to highlight our diversity and provide education to our members. These sessions are popular because we learn about the range of expertise of our practitioners and members, and the types of care we provide in our communities. Polls are done regularly to ensure their needs are being met, and we will continue to offer online attendance after in-person meetings have resumed to improve access to our meetings. Ideas of public promotion and education will be an ongoing piece of our discussions and remain on the agenda each meeting.

### **CAPACITY: TO ENHANCE OUR COLLECTIVE ORGANIZATIONAL VALUE AND CAPACITY:**

In February 2022, Physiotherapist Tom Stanley provided an education session on the process of testifying in court as an expert witness. Explanation of current policy, law, and a framework for how to approach this was presented.

In June 2022, Physiotherapist Danyel Degenhardt provided a presentation called "10 Language Patterns for Client Success." This combined both his work as a Physiotherapist and work with Hypnotherapy New Zealand to blend neuro-linguistic models shown to promote pain reduction. He specializes in persistent pain patients.

In October 2022, Physiotherapist Kate Devine provided a presentation on Diastasis Recti Abdominus related to her Women's Health and Pelvic Floor expertise.

2022 gatherings continue to be impacted by Covid-19 restrictions. Polls continue to be used as a way to gain anonymous insight on the needs of our members, as well as any concerns that may arise.

In February 2023, interested members received a 1 month membership to Embodia to complete self-guided online education in the areas they are interested in.

### **EXCELLENCE: TO CHAMPION EXCELLENCE, INNOVATION AND PROFESSIONALISM IN**

**PHYSIOTHERAPY:** The AVD typically provides a \$500 Student Professionalism Award to a graduating student from the Dalhousie University Physiotherapy Program. During our meetings, there has been some discussion on if this is the best way to promote excellence, and we plan to discuss alternative ways to champion the future Physiotherapists, as well as the profession itself. At this time, our members have continued to want to provide the bursary.

**VALUE: TO PROMOTE THE VALUE OF PHYSIOTHERAPY TO THE PUBLIC AND STAKEHOLDERS TO**

**INFLUENCE THE HEALTH SYSTEM:** Thank you to the Annapolis Valley District members who are engaged in our district. The AVD executive encourages its members to “like”, “share” and comment on NSPA social media posts. A special thank you to Daphne London for her years of service as AVD treasurer and a warm welcome to Kate Devine for taking on this role.

**Current Executive:**

President: Ashley Hancock

Secretary: Natalie Connell

Treasurer: Kate Devine

Respectfully Submitted by Ashley Hancock, President AVD



North central district, like all areas of Nova Scotia, struggled to meet within the constraints of COVID and following the public health recommendations. The executive met virtually or had discussions over group email.

**ACCESS:** Members of the North Central district supported each other in delivering a service within the restraints of health delivery due to COVID. 2022 saw a return to a much greater access to more traditional delivery of physiotherapy services in clinics, schools and in the community.

**CAPACITY:** One way to enhance NSPA's value is to keep members informed of the activities in the NSPA. The AGM and semi-AGM were attended virtually by members of the executive. Plans are in place to resume activities in 2023.

**VALUE:** The district was able to witness physiotherapists as leaders in health care in 2022. Melanie Vosman was recognised from Dalhousie with a Preceptor Recognition Award for her outstanding role as a clinical instructor. The New Glasgow OAC clinic was awarded the Making Waves –Outstanding Contribution Award.

**Education and research support activities:** Continuing professional development in the local area is the primary goal of the district. A member survey was completed to poll what type of educational activity could be planned for spring of 2023. An orthopedic based meeting is being planned for April/ May 2023 with two of the local orthopedic surgeons giving education session along with a tour and update on the new OAC center in New Glasgow. The goal is to sponsor a full day long course in the fall of 2023 to reenergize the district members to a more active district.

### **Current Executive:**

President: Crystal Cameron

Vice-president: Vacant

Secretary: Stuart MacNeil

Treasurer: Tracy Davison

Professional Development: Phillip Ruiz and Crystal Cameron

Respectfully Submitted by Crystal Cameron, President, NC NSPA



# NS Orthopaedic Section Report

Annual Report 2022

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## 2022 Review:

We are continuing to provide AIM courses through a hybrid model (content being delivered in both an online and in-person model). Nova Scotia has even been the site of a pilot project through the NOD (national orthopaedic division) of being part of a geographical course offering (a hybrid model course being run in two separate locations) which included Nova Scotia and London, ON. This pilot project has allowed two different regions to be able to participate in one course offering allowing for a greater participate number than if the two regions were to run courses separately.

Courses that have run in 2022 included: UEL3; UEL2; and LEL3.

The student talk at Dalhousie University resumed in 2022, after not occurring for the past 2/3 years due to covid restrictions. Plans to continue the yearly presentation to the Dalhousie year 1 and year 2 classes are underway.

## Plans for 2023:

Currently, the executive positions are full with no plans on positions being vacant in the foreseeable future. We always encourage any members looking to volunteer to reach out to the division as positions may open within the board.

Level 1 Examination will continue to remain online going forward with no plans to return to in person. Examination dates are posted on the NOD website and there are 4 sittings for the exam per year. Registrants will need to be pre-registered and cut off dates can be found on the NOD website. If there are any questions, members can reach out to the NSOD division at [nsorthosection@gmail.com](mailto:nsorthosection@gmail.com).

The NSOD is currently working on planning a non-syllabus course – we are trying to plan a movement impairment syndrome course in Nova Scotia for late spring/early summer. Be on the watch for further information and registration.

## Executive:

Chairperson: Michael Monks

Vice Chair: Ben McCarthy

PODCR: Joseph Ghosn

PODCR: Hailey West

Secretary: Nathan King

Treasurer: Emily Coolen

Website/Social Media: Allison Keller

2<sup>nd</sup> Student Representative: Carolina Goncalves

1<sup>st</sup> Student Representative: Shauna Foley

#### Executive:

- Chairperson: Amie Lee
- Events: Erin Samchyk
- Education: Lisa McCarthy
- Mentorship Program with HNS: Cassy MacGillivray
- Membership Development: Julie Squarey
- Communication and Marketing: Meredith Waisman
- Secretary/Treasurer: Tara Lind
- Student Representatives: Christopher Pike and Cheryl Butler

#### *Contact Information*

SPC-NS chairperson can always be reached for any questions, concerns or suggestions at the central email for the NS division at: [novascotia@sportphysio.ca](mailto:novascotia@sportphysio.ca)

#### *News from National*

Lots of new things happened over the last 12 months on the National level last year. Sportphysio.ca is revamping the website to be under the CPA umbrella. It is still in the transition stage. Many pages from the previous site are still active with links to the new pages. Sport Physiotherapy Canada has also launched a new program for the Credentialling program, called the Core Competencies Courses. There are 2 levels of this to complement the Certificate and the Diploma pathway, the Fundamentals and the Advanced courses.

#### *Continuing education*

In fall of 2022, the annual Sport First Responder did run 2 successful courses, one recert and one full course. We will be maintaining the fall schedule and working with NB to provide more opportunity in the spring. We are also in the process of training an instructor for SPC First Responder in NS so that we are not reliant on other SPC instructors from across the country. National has also launched a yearly calendar for the sport first responder course that will be updated.

#### *Communications*

Over the past year we have continued to have an increase in our online social media presence with now having 567 Facebook, 376 Instagram, and 358 Twitter followers. We are trying to increase our social media presence in 2023.

#### *Interaction with Students*

Our interactions with the Dalhousie University School of Physiotherapy continue to be limited. We were able to provide an in-person presentation to both the first- and second-year students on Sport Physiotherapy and the Credentialling pathway. This was very well received. This will be the first year in many that we will be awarding the Student Merit award to the graduating class.

#### *Mentorship Program*

In the year 2022 the Hockey Nova Scotia program ran a very successful program with 6 mentees and 5 mentors cycling through. The program ran as scheduled and a few additional camps due to it being the Canada Games year for both the Male U16 and Female U18 teams.

#### *Member Development*

We continue to gather physiotherapists and student names who are interested in shadowing and learning more about on-field and in-clinic treatment of sport related injuries. We have been able to provide a few opportunities and hope for more in 2023.

#### 2023

- Continue with mentoring of students
- HNS HPP Mentorship in late spring, summer and again in the fall of 2022
- SFR in the Fall 2022 and promote the Spring in NB
- Cheer Expo - March 2023
- Final 8 Basketball – March 2023
- North American Indigenous Games – July 2023

## NSPA Volunteers

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Thanks are extended to the Committee, District and Division volunteers who contributed their time and energies to bring value to NSPA members.

### **Governance Committee**

Barbara Kelly - Co Chair  
Andrea Goldstein- Co-  
Chair  
Catherine Crocker  
Katherine Harman

### **Member Services**

Rebecca Clark - Chair  
Lauren Windsor  
Kyleigh Woods  
Erinn Freeman

### **Public Relations**

Brittany Melanson - Chair  
Evan Belyea  
Daphne London  
Patrick Mayne  
Brian Tomie

### **Student Representatives on NSPA Board**

Stephanie Cairns  
Emily Parsons

### **Annapolis Valley District**

Ashley Hancock -  
President  
Natalie Connell  
Katie Devine

### **North Central District**

Crystal Cameron- President  
Tracy Davison  
Stuart MacNeil  
Phillip Ruiz

### **Sport Physiotherapy Canada – NS Section**

Amie Lee – Chair  
Erin Samchyk  
Julie Squarey  
Tara Lind  
Cassy MacGillivray  
Lisa McCarthy  
Meredith Waisman  
Cheryl Butler – Student Rep  
Christopher Pike – Student  
Rep

### **NS Orthopaedic Section**

Michael Monks– Chair  
Emily Coolen  
Joseph Ghosn  
Allison Keller  
Nathan King  
Ben McCarthy  
Hailey West  
Carolina Goncalves – Student  
Rep  
Shauna Foley – Student Rep