

# Component Report 2024



Nova Scotia  
Physiotherapy  
Association

## Table of Contents

---

<b>Introduction</b>	<b>3</b>
<b>Committee Reports:</b>	
Advocacy	4
Member Services	7
Public Relations	8
<b>District Reports:</b>	
Annapolis Valley	10
North Central	11
<b>NS Section Reports:</b>	
NS Ortho Section	12
NS Sport Section	14
<b>Volunteers</b>	<b>16</b>



Nova Scotia  
Physiotherapy  
Association

Hello NSPA Members and Supporters,

It is a privilege to present the 2024 NSPA Component Report. Each year, I am deeply inspired by the dedication and passion of our NSPA members. Your commitment to advancing the physiotherapy profession in Nova Scotia is truly remarkable.

This report offers a comprehensive look at the work of NSPA's Standing Committees, Regional Districts, and the two NS Practice Divisions of the CPA. These sections reflect the dedication of our volunteers, whose contributions are instrumental in driving our mission forward. Despite the inevitable challenges that come with limited resources, their unwavering efforts shine through in every achievement.

We recognize and deeply appreciate the significant time and energy our volunteers have dedicated. Their commitment not only strengthens our association but also enhances the physiotherapy profession as a whole. Every initiative and success detailed in this report is a direct result of their hard work.

On behalf of the entire NSPA community, I extend heartfelt thanks to our volunteers. Your passion and service make a lasting impact. To all NSPA members, thank you for your continued support and engagement. Together, we make a powerful difference.

With gratitude and appreciation,

Sincerely,

Patricia Connors  
NSPA Chief Executive Officer

#### **MISSION**

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



Advocacy continues to be a key strategic priority for the Nova Scotia Physiotherapy Association. Hundreds of hours were put into preparing for and attending meetings in 2024. The NSPA has been recognized nationally for our recent advocacy work, including at the Canadian Physiotherapy Association (CPA) Congress in April 2024 by the CPA's Chief Executive Officer, Krissy Bell.

Specific priorities that we advocated for in 2024:

- **Reducing barriers to allow physiotherapists to work to full scope of practice in all settings**
- **Reducing barriers to allow physiotherapists to refer to specialists**
- **The inclusion of Physiotherapy in Primary Care initiatives**
- **Fair compensation for Physiotherapists working in the public sector**
- **Fair compensation for Physiotherapists by Third Party Payers - Motor Vehicle Act (MVA), Workers' Compensation Board of Nova Scotia (WCB)**

Progress made during the current year:

- **May 2024 – Physiotherapists in private/community practice eligible to become authorized prescribers for plain view radiographs (x-rays)**
- **July 2024 – Fee Increase for PT services within MVA protocols**
- **Sept 2024 – New contract signed for public practice PTs, although no reclassification to masters' level job description**
- **Raised at Health Partners meeting: fair compensation, ability to refer to specialists, ability to discharge from hospital setting, inclusion of PTs in primary care initiatives**

See below for a detailed list of Advocacy Objectives and Tasks completed in 2024. The NSPA board and staff will continue to work hard into 2025 on behalf of our members and the profession of physiotherapy in Nova Scotia.

Respectfully Submitted,

Monica MacDonald  
NSPA President

**Strategic Priorities:**  
**ADVOCACY | PROMOTION | EXCELLENCE**

**POSITION PHYSIOTHERAPY IN RELATION TO FUTURE HEALTH TRENDS AND POPULATION NEEDS**

**Contribute to National initiatives in defining and advancing Physiotherapy Scope of Practice (SOP)**

- Monica MacDonald, NSPA President, sat on CPA's Scope of Practice Project Steering Committee. This committee helped in the creation of the [National Scope of Practice definition](#), based off feedback from cross-country surveys and focus groups. The document was shared at the end of April 2024 during the CPA's national physiotherapy month [campaign](#).
- Participated in meetings with colleagues, including the Nova Scotia College of Physiotherapists and the Nova Scotia Physiotherapy Advisory group, to provide insight and feedback on physiotherapy scope of practice as it pertains to the new Regulated Health Professions Act.

**Connect with stakeholders to educate on role physiotherapists can play to reduce strain on the healthcare system.**

- A questionnaire was sent from the NSPA to all three main provincial political parties to seek detail regarding their awareness of and support for physiotherapy services across Nova Scotia. The responses were distributed to members to allow them to advocate for the profession during any door-to-door campaigning and to aid in the decision-making process during the most recent provincial election.
- Letter writing to key players to reinforce the key role that physiotherapists play in reducing strain on the healthcare system, including a letter in response to the new rates for physiotherapy treatments within the Motor Vehicle Act.
- Attended meetings with Government officials, NSHA Leaders, and other key players:
  - 3 Health Partners Summit meetings with Premier Tim Houston, Minister of Health and Wellness Michelle Thompson and other health leaders within the province.
  - Meeting with Cheri Gunn June 2024 to discuss opportunities and barriers for physiotherapists practicing to full scope in the NS Health Authority, including pilot projects within Emergency Departments.
  - Meeting with the Superintendent of Insurance July 2024 to discuss continued concerns regarding MVA protocols and rates of reimbursement.
  - Patricia Connors, NSPA, CEO, attended the Provincial Budget Lockup February 2024 to determine the governments financial plans for 2024 and find areas of alignment with NSPA advocacy strategy.
  - Interviews with the Media: [Halifax Examiner article](#) - Physiotherapists soon to be able to request x-rays
  - Participated in the Allied Collaborative Health Network - this group (PT, OT, Psychology, Social Work, Spiritual Care) was formed in the fall of 2023 and, in 2024, created the Collaborative care education series, which offered professional development and networking opportunities to support allied health professionals in co-creating better outcomes for the people and communities we serve.

### **Influence Funding Models of Third-Party Payers.**

- Patricia Connors, NSPA CEO, was instrumental in the administration of a nation-wide Market Range survey, which will help in our advocacy efforts to Third-Party Payers. The results were made available and we are consulting with a third party to obtain guidance as to how to use this information to guide future meetings with key players such as WCB leadership and the Office of the Superintendent of Insurance.
- The NSPA collaborated with Chiropractors Nova Scotia in writing a letter to the Superintendent of Insurance in response to the MVA Diagnostic and Treatment Protocols fee update. This letter resulted in a follow-up meeting in July 2024 and plans to meet at least twice annually going forward.

### **Support members in self-advocacy efforts.**

- Advocacy survey sent to members November 2024 to help guide discussions at the NSPA board's Semi-annual general meeting held November 2024 and Strategic planning for 2025.
- Created advocacy resources for members to use: Provincial Election Questionnaire.
- Shared resources through [website](#), e-blast and social media channels.

### **Liaise with CPA on national advocacy initiatives that have provincial impacts.**

- Regular communications with CPA by Patricia Connors, CEO and Monica MacDonald, President.
- Patricia Connors and Monica MacDonald attended the CPA components summits in April 2024 and November 2024 to discuss shared national priorities between the branches, the divisions and the CPA board. At the November Summit we also had the opportunity to speak to MP Yasir Naqvi, the Parliamentary Secretary of Health, and discussed how PTs can reduce strain on the healthcare system.

### **Participate in, facilitate, or support appropriate initiatives of stakeholder groups that support the mission of the NSPA.**

- We held monthly meetings with the NSCP to determine alignment in our priorities and prepare for changes or trends in healthcare that could impact the profession, including recent changes in legislation.
- At the inaugural Nova Scotia Physiotherapy Forum, the NSPA hosted a roundtable with NSCP and Dalhousie to discuss provincial topics impacting the profession, including the ability to refer for diagnostic imaging, PTs working in collaborative practice settings and emergency departments, and the Regulated Health Professionals Act.
- Supported Nova Scotia Health in the implementation of Diagnostic imaging referral for private practice physiotherapists. Attended biweekly meetings from January through May 2024 and advocated for our members' ability to work to their full scope of practice.



## Strategic Priority: EXCELLENCE

### EMPOWER PHYSIOTHERAPISTS TO DELIVER EXCEPTIONAL PATIENT-CENTERED CARE

#### Facilitate continuing professional development for our members

- Provided discounts to NSPA members on diagnostic imaging educational material.
- Approximately \$10,000 in funding was granted to NSPA members for Professional Development.
- Hosted a free educational opportunity at the 2024 Nova Scotia Physiotherapy Forum, by Dave Walton, on the topic of AI in the physiotherapy profession.

### NURTURE A SENSE OF COMMUNITY AND PRIDE WITHIN THE PROFESSION

#### Plan networking events to nurture a sense of community within the profession

- Planning was initiated for the 2025 Nova Scotia Physiotherapy Forum which includes networking opportunities for Nova Scotian physiotherapists, assistants, students, researchers and educators.

#### Celebrate outstanding members through awards and events

- NSPA distributed two awards at the NS Physiotherapy Forum in 2024, including the Award of Excellence and the Recent Graduate Award.
  - ❖ This year's recipient of the Award of Excellence was Crystal Cameron.
  - ❖ The recipient of the Recent Graduate Award was Brittany Melanson.
- Two CPA Congress bursaries were awarded to NSPA members Jessica Bergevin & Keltie Cheney.

#### Engage with students to support and foster professional pride.

- Engaged with Dalhousie PT students at the Forum through interactive poster presentations.

Respectfully Submitted by Heather MacAulay, Committee Chair

### Member Services Committee Members 2024

Becky Clark  
Erinn Davidson  
Kyleigh Woods  
Lauren Windsor  
Hillary Yuill  
Janna Sunde



### Strategic Priority: EXCELLENCE

#### NUTURE A SENSE OF COMMUNITY AND PRIDE WITHIN THE PROFESSION

##### Celebrate outstanding physiotherapy members through Awards and Events

- In 2024 we created content to celebrate our NSPA and CPA Award recipients, fostering pride among our members and within the profession.
- Additionally, we invited members to submit short profiles about themselves and their area of practice. Through these submissions, we aimed to showcase the faces of physiotherapy in Nova Scotia. Members were encouraged to share something interesting about their field or their favorite aspect of working in physiotherapy.

#### ENHANCE THE CAPACITY OF THE NSPA TO BETTER SUPPORT ITS MEMBERS

##### Provide board members and committee members with educational opportunities

- Throughout 2024 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 Professional Development Funding model, Member Services Webinar Series, Congress Bursary, etc.
- We had several new volunteers join the PR committee in 2024. We provided onboarding to these new volunteers by reviewing Canva, and Meta Facebook/ Instagram for scheduling posts. We utilized the Canva educational modules completed in 2023 by Jessica Roy.

### Strategic Priority: PROMOTION

#### COMMUNICATE PHYSIOTHERAPY'S ROLE AS AN ESSENTIAL COMPONENT OF THE HEALTHCARE SYSTEM

##### Highlight the role and value of physiotherapy through social media, website and stakeholder engagement

- In 2024, the PR committee focused on regular social media postings using the social media playbook. Using this playbook allows us to utilize a dynamic approach to increase engagement with the NSPA brand and increase the awareness of physiotherapy. We have focused on ensuring that we hit each of the pillars (Physio 101, Physio + Health, 3<sup>rd</sup> Party Content, Member Engagement, and Physio Pride) each month and have ensured that we post a minimum of 5 times, or 1-2 a week.
- Our Facebook followers have increased from 2008 to 2083 and our Instagram followers have increased from 1239 to 1329 as of March 10th, 2025 (from March 1, 2024). That is a 3.74% increase for Facebook and a 7.26% increase for Instagram. Our goal was to grow each account by 5% for 2024, which we succeeded on Instagram platform. In 2025 we will be aiming for a minimum of 5% growth on each platform.



- 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 2025 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 2025.
- We completed our first ad campaign, highlighting physiotherapists are direct access practitioners, which ran from November 20<sup>th</sup>, 2024 to November 27<sup>th</sup>, 2024. This ad had 3,245 views, reached 1,511 people and had 31 post engagements. We also ran an ad highlighting that it is in a physiotherapists scope to order x-rays, from January 19<sup>th</sup> to February 2<sup>nd</sup>, 2025, which received 24,222 views, reached 14,050 people and had 91 post reactions. The PR committee's plan is to continue to run appropriate and informative ads in 2025.

## Strategic Priority: **ADVOCACY**

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

#### Connect with stakeholders to educate on role physiotherapists can play to reduce strain on healthcare system

- We created and shared content that educates stakeholders on roles that physiotherapy can play in reducing strain on the health care system. We have also highlighted ways in which physiotherapy is already helping to do this: physiotherapists as direct access providers, the economic burden of chronic pain and how physiotherapists can help, the early stroke discharge team, Physiotherapy is for everyone CPA campaign, for example.

#### Support members in self-advocacy efforts

- We have created and shared content that is meaningful to members and that supports their self-advocacy efforts that can be re-shared to their own social media platforms
- We have also created an advertisement that shares the advocacy efforts of the NSPA and helps to keep members informed of the NSPA's work (e.g. physiotherapists across NS being able to order x-rays).

Respectfully Submitted by Tara Moore, Committee Co-chair

#### Public Relations Committee Members 2024

Lauren Edwards  
Tara Moore  
Keltie Cheney  
Katie Broussard  
Amy Prescott  
Ella Andrews

After many years of having an active Annapolis Valley Division, unfortunately, the difficult decision has been made to close it. Many thanks are deeply expressed to the volunteers who have helped to run this division over its long history: to our past Presidents, Treasurers and Secretaries. We would like to thank the many educators and lecturers who have shared their knowledge and skills with us. Thank you is also extended for the many contributions made by our lovely members.

The Annapolis Valley Division will provide our final bursary to a student at the Dalhousie School of Physiotherapy for this graduation year. The remainder of our funds will be placed in a professional development fund, which Physiotherapists in the Annapolis Valley region are welcome to apply for in 2025 through the Nova Scotia Physiotherapy Association.

A special thank-you to our current Treasurer and Secretary, Kate Devine and Natalie Connell, for all of the help and support you have given to both myself and our members over the course of your terms. Thank you as well for your support in the process of closing the division.

Thank you all for the experience and privilege of being chair for the years I was here.

Respectfully Submitted by Ashley Hancock, President AVD

**Executive:**

President: Ashley Hancock

Secretary: Natalie Connell

Treasurer: Kate Devine



### Strategic Priority: EXCELLENCE

Continuing professional development in the local area is the primary goal of the district. This past year Rhonda Reardon gave a day long course to members on assessment and treatment of the shoulder. Mike Sangster facilitated a course on pain science and incorporating pain education in the regular physiotherapy practice outside a pain clinic setting. Lectures were also given on the shoulder joint from one of the local orthopedic surgeons, Dr Tim El Tahan and Physiotherapist, Becky Clark on assessment and rehabilitation/ prosthesis training for amputees. In April 2025 we will host a course on pelvic floor physiotherapy from Katie Kelly.

### Strategic Priority: PROMOTION

Physiotherapists in the region continue to promote the profession at their sites and educate on the role and ability for direct access. Physiotherapists have given community-based education sessions on topics such as the role of physiotherapy in treatment of Parkinson's disease and the Lee Silverman Voice Treatment (LSVT)-BIG treatment approach, how physiotherapy can decrease the degree and implications of frailty, fall prevention and palliative care and physiotherapy. Members consistently volunteer at local sporting events and community health fairs. For physiotherapy month activities included quizzes on the role of physiotherapy with a prize and balance, coordination and importance of learning through physical literacy for pre primary students and participation in the Mayfest community health fair in Antigonish.

### Strategic Priority: ADVOCACY

Physiotherapists have advocated for roles in primary health care clinics and increased roles in the emergency departments as part of front-line assessment.

Respectfully Submitted by Crystal Cameron, President, NC NSPA

#### Current Executive:

President: Crystal Cameron

Vice-president: Vacant

Secretary: Jennifer MacIsaac

Treasurer: Tracy Davison

Professional Development: Liz MacDougall



## NS Orthopaedic Section

### Annual Report 2024

---

#### 2024 Review:

- We are continuing to provide AIM courses through a hybrid model (content being delivered in both an online and in-person model).
- NSOS continues to operate financially independent to NOD - discussion with NOD is that within the next 2-3 years NSOS will have to centralize with NOD and then with CPA.
- The Advanced Practical Exam was held in Halifax this past fall.
  - Total of 10 applicants challenged the APE examination process
  - All 10 applicants successfully completed the APE process.
    - 1 Newfoundland
    - 1 New Brunswick
    - 8 Nova Scotia

#### Syllabus Courses:

- Level 2 – Upper
  - Completed
- Level 3 – Lower
  - Completed
- Level 2 - Lower
  - Ongoing
- Level 3 - Upper
  - Awaiting final registration numbers
- Advanced Practical Exam – Fall 2024

#### Non-Syllabus Courses

- None during the 2023/2024 calendar year
- Planning on a pain science course for Spring 2025 - details to come

#### Current courses running:

- Level 2 - Lower

#### Community Connection:

- NSOS Student presentation at Dalhousie conducted for 1<sup>st</sup> and 2<sup>nd</sup> year students, presented by Vice Chair – Ben McCarthy. Pizza lunch also provided.

#### Plans for 2025:

- Continue to help organize AIM courses in Nova Scotia

- Fill positions of Vice Chair and Website/Social Media Coordinator
- Work closer with NSOS to try and provide educational opportunities for Nova Scotian Physiotherapists

### **Syllabus Courses:**

- Level 1 AIM course has changed from an in-person course/exam challenge to an online module framework. Once completed participants can immediately get their level 1 certificate (if successful) and be able to participate in the Level 2 courses.
- Continue with offering Level 2 and 3 courses throughout the year.
- Intermediate Practical Exam - plans for fall 2025
- Level 4 and 5 - dependent on the need from the community

### **Non-Syllabus Courses:**

- Attempting to offer a pain science course - currently planning same

### **Executive: 2023 - 2024**

Chairperson: Michael Monks (Resigning)  
 Vice Chair: Ben McCarthy  
 PODCR1: Joseph Ghosn (Resigning)  
 PODCR2: Hailey West  
 Secretary: Erica Linde (Resigning)

Treasurer: Emily Coolen  
 Website/Social Media: Allison Keller  
 2<sup>nd</sup> Student Representative: Nathan Comeau  
 1<sup>st</sup> Student Representative: Vincent D'Eon  
 Member at Large: Emma Watson

### **Transitions to New Executive 2024 - 2025**

Chairperson: Ben McCarthy  
 Vice Chair: Vacant - search ongoing  
 PODCR1: Hailey West  
 PODCR2: Allison Dorsey (formerly Keller)  
 Secretary: Emma Watson

Treasurer: Emily Coolen  
 Website/Social Media: Vacant - search ongoing  
 2<sup>nd</sup> Student Representative: Vincent D'Eon  
 1<sup>st</sup> Student Representative: search will start in fall

Website: <https://nsorthodiv.ca/>

Instagram: orthodiv\_ns

Chair email: [m.monks92@gmail.com](mailto:m.monks92@gmail.com)

Chair Elect: [benjamin.mccarthy@dal.ca](mailto:benjamin.mccarthy@dal.ca)

#### News from National

The new website is still under construction and continuing to improve- now accessible through CPA. The National Executive is spending many of their meetings in 2024 on policy updates and the operations plans. 2024 was the first year of the core courses being mandatory for the credentialing process and we have seen a small decline in attempts at the exam. This has also been because of the integration of the Western program. Things have now changed and candidates who have gone through the western program may be exempt from the written exam, but then must challenge the practical exam during the regular SPC Exam cycle. There has been mixed feedback. No additional exams will be held for Western. There is also discussion at the higher levels of CPA and changing the structure of divisions, but not much has been passed along to the exec at this time

#### Continuing education

In fall of 2024, the annual Sport First Responder did run 2 successful courses. We will be maintaining the fall schedule and working with NB to provide more opportunity in the spring. We have also included one additional course in the spring every 3 years to help with maintaining credentials to a consistent group at Dalhousie University. The process for training a First responder instructor is on hold as National is reviewing budget and organization structure. National has also launched a yearly calendar for the sport first responder course that will be updated on a regular basis to help members with planning.

#### Communications

Over the past year we have continued to have an increase in our online social media presence with now having 509 Instagram followers. We are trying to increase our social media presence in 2025.

#### Interaction with Students

Our interactions with students have been positive and we will continue to promote the sports community. The SPC NS Executive did a 'sports seminar' with the Dalhousie university students one evening where 5 of us shared our pathways, opportunities and experiences through sport. We then broke out into 2 groups to review emergency field assessment and ankle taping! It was a lot of fun and have heard great feedback from the student reps.

#### Mentorship Program

In the year 2024 the Hockey Nova Scotia (HNS) High Performance Program (HPP) ran a very successful program with 6 mentees and 5 mentors cycling through. This is an opportunity for students or therapists to work with sport and have the ability to work alongside experienced therapists from NS. Due to the dates and timing of the camps, we have changed the format this coming year to give more students an opportunity and then open that opportunity to a select few for the summer / fall portions.

## Member Development

NAIG helped promote sport and sport physiotherapy to the NS community and beyond. 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 2025.

## 2025

- Continue with mentoring of students
- HNS HPP Mentorship in late spring, summer and again in the fall of 2025
- Additional sport first responders' courses to help with recert and timing
- Cheer Expo - March 2025
- Soccer and Tennis events coming to provide more coverage opportunities

## Executive:

Chairperson: Amie Lee

Events: Erin Samchyk

Education: Carter Piercy, Amanda Monk

Mentorship Program with HNS: Cassy MacGillivray

Membership Development: Meredith Waisman

Communication and Marketing: Lisa McCarthy

Secretary/Treasurer: Tara Lind

Student Representatives: Sophie Nicholson, Arielle Aucoin

## 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)

# NSPA Volunteers

---

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  
Stephen Richey  
Katherine Harman  
Alison McDonald  
Rebecca Clark – Board  
Liaison

## **Member Services Committee**

Heather MacAulay - Chair  
Rebecca Clark  
Erinn Davidson  
Hillary Yuill  
Janna Sunde  
Kyleigh Woods  
Lauren Windsor

## **Public Relations Committee**

Tara Moore – Co-Chair  
Lauren Edwards – Co-Chair  
Keltie Cheney  
Katie Broussard  
Amy Prescott  
Ella Andrews

## **Student Representatives on NSPA Board**

Amy Prescott  
Kate Delehanty  
Kayli Strickland

## **North Central District**

Crystal Cameron - President  
Jennifer MacIsaac  
Tracy Davison  
Liz MacDougall

## **Annapolis Valley District**

Ashley Hancock - President  
Natalie Connell  
Kate Devine

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

Amie Lee - Chair  
Erin Samchyk  
Carter Piercy  
Amanda Monk  
Cassy MacGillivray  
Meredith Waisman  
Lisa McCarthy  
Tara Lind  
Sophie Nicholson  
Arielle Aucoin

## **NS Orthopaedic Section**

Michael Monks - Chair  
Ben McCarthy  
Joseph Ghosn  
Hailey West  
Erica Linde  
Emily Coolen  
Allison Keller  
Nathan Comeau  
Vincent D'Eon  
Emma Watson