Inside this issue...
- Uganda Update
- ISCP Conference 2012
- Annual Reports: Part 2
Daytime and Nighttime Relief for Plantar Fasciitis

**Aircast Airheel/DNS Care Kit**

For daytime, the unique Aircast AirHeel is a clinically-proven solution that provides comfort and massaging relief for Plantar Fasciitis. Two interconnected aircells located under the foot arch and at the back of the heel apply pulsating compression with every step, help reduce swelling and discomfort, and enhance circulation. The AirHeel is made of lightweight, breathable fabric, and is simple to apply and to adjust with one strap.

For nighttime, the Aircast Dorsal Night Splint delivers both tailored flexion and optimal comfort for pain relief for Plantar Fasciitis. Thermoformed shell liner and anatomically designed footpad provide optimal comfort. The dorsiflexion strap allows for a custom stretch. Shipped with optional toe strap that secures fit within forefoot area for ease-of-use.

The Aircast AirHeel brace is used to treat or prevent the following injuries:
- Plantar fasciitis
- Achilles tendonitis
- Heel pain

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- Maximum comfort for enhanced compliance
- Easy to use - flexible hinge design and soft, pliable softgood
- Optional toe assist strap secures toes within forefoot area

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Small | Up to 6.5 | Up to 6
Medium | 6.5-9 | 7-9
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Editorial
Welcome to the September edition of Firsthand.
After the highs and lows of the fabulous London Olympic Games and our coverage of Team ISCP, we hope you will enjoy our opening article where we bring you feedback from the Games and some fantastic images that will recreate some of the magic moments.
We at Firsthand also want to take this opportunity to wish Fintan O’Donnell, MISCP, Lead Physiotherapist for the Irish Paralympic Team (pictured left), and all the Team Ireland Paralympians the very best of luck. We hope that they are every bit as successful as our Olympic cohort, and know they will make the nation proud.
Remember little Anthony from Kisiizi Hospital in Uganda? On page 6, Stuart Garrett, MISCP, shares an update on events in Africa. Thanks to the generous support of the ISCP membership in response to his call for help back in March, a fantastic amount of funds were raised and put to good use. Other donations of equipment as well as volunteer activity were greatly appreciated. We at Firsthand are so proud to have been a part of making this appeal so successful, and sincerely thank our readers for their generosity.
Eamonn O’Muircheartaigh, MISCP, brings you an update on Race the Ras and Adrian Copeland, MISCP, calls for support for this year’s Dublin Marathon.
In ISCP news as the Annual Conference draws closer we have included a special insert giving a preview of the schedule of events and speaker biographies. It is shaping up to be a fantastic programme, so make sure to take advantage of the Early Bird Rate which is open until 7th September and get your conference registration filled out.
See Part 2 of the Annual Reports which includes the remaining Clinical Interest Groups, Branches and Employment Groups. Just to remind members that the annual reports will replace all regular CIG reports for September and October.
There is no CEO Report in this issue, but Ruaidhri O’Connor will have updates in the next issue. On page 11, Esther-Mary D’Arcy returns with her Professional Advisor’s Column.
As you will have noted from the advert in the August issue and reprinted here, after a year in service I will be stepping down as Honorary Editor of the Society. I would strongly encourage all of you who are interested in a great opportunity to network and play your part in the Society to put yourself forward for this role. It is extremely rewarding. Please feel free to email me at editor@iscp.ie for any further information about the role.
As always, we welcome all submissions to Firsthand, so please email firsthand@iscp.ie with any articles, comments, queries or suggestions.

Regards,
Kerry McLaverty

“Annual Conference…shaping up to be a fantastic programme”

Fintan O’Donnell, Lead Physiotherapist for the Irish Paralympic Team

Honorary Editor
Kerry McLaverty

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All submissions for the newsletter, including advertisements, are accepted at the discretion of the Publications Committee of the Society which has the right to amend and/or refuse to publish any item it receives. Publication of an article or an advertisement does not necessarily imply that it reflects the views of or the approval of the Society.

While every effort is made to ensure the correctness of advertisements, readers are advised that the Society cannot be held responsible for the accuracy of statements made or the quality of the goods, services and courses advertised.

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Olympic Mem

Dr Johnson McEvoy MISCP, Head Physiotherapist for Irish Boxing, based at the High Performance Boxing Programme at the National Stadium, Dublin takes a moment out of his busy schedule to acknowledge the phenomenal achievement of Ireland’s Olympic boxers and recognises the invaluable work of the Chartered Physiotherapists at this year’s London Olympics and throughout the years with the HP Boxing Programme.

It has been a successful London 2012 Olympic Games for the Irish team. The six Irish boxers performed well: Katie Taylor (Womens lightweight – 60kg); Paddy Barnes (Light fly weight – 49kg); Michael Conlon (Flyweight – 52kg); John Joe Nevin (Bantam weight – 56kg); Adam Nolan (Welter weight – 69kg); Darren O’Neill (Middleweight – 75kg).

Katie Taylor’s gold medal win brought our country to life. Her exceptional performance will have a very positive impact on the advancement of women’s sport worldwide. Further medals by John Joe Nevin (silver medal), Paddy Barnes and Michael Conlon (bronze medals) made it the most successful Irish Olympics for boxing since Melbourne 1956. Paddy Barnes becomes the first Irish boxer to win two Olympic medals. At the London Olympics, in boxing medal count, Ireland ranks joint third with Cuba and Kazakhstan.

“Katie Taylor’s gold medal win brought our country to life”

The development of the High Performance (HP) Boxing Programme in 2002/2003 was led by Gary Keegan with the aim of bringing consistent world class performance in Boxing. Gary is now director of the Irish Institute of Sport. The HP team consists of: coaching (Billy Walsh and Zauri Antia), strength and conditioning (John Cleary), medical (Dr Eanna Falvey), nutrition (Dr Sharon Madigan), psychological (Gerry Hussey) and physiotherapy. The HP programme is supported by the IABA, Irish Sports Council and the Irish Institute of Sport. According to Keegan, “One of the core aims of the high performance boxing programme is to surround the boxers with high performing support professionals. In this regard physiotherapy support has been a hugely successful part of the system.”

From a physiotherapy perspective I would like to take the opportunity to acknowledge and thank all the Chartered Physiotherapists who have worked with HP boxing since its inception in 2003. A special mention needs to go to the accredited London Olympic physiotherapists Conor McCarthy, MISCP and Scott Murphy, MISCP for their exceptional work at the Olympics and in the four year cycle leading into London. Marie-Louise Ryan has travelled extensively with the women’s team in the four-year Olympic Cycle. They often work late into the night, always upbeat and supportive to the boxers. Orlagh Sampson, MISCP, in Dublin, has delivered services to boxing and has always been available since the start of HP boxing. Boxing has been fortunate to have Chartered Physiotherapists of such world class calibre.
“The confidence the boxer derives from working with a physiotherapist, who can deliver a high performing support, in the context of major championship pressure, is critical.” – Gary Keegan, Director Irish Institute of Sport.

A special mention needs to go to John Murphy MISCP, who has worked with Katie Taylor for many years in a professional capacity and is an exceptional physiotherapist.

Last but not least, thank you to Aidan Woods MISCP, head physiotherapist with the Olympic Council of Ireland for his management, professional and personal support to the Irish boxing team, his impact cannot be overestimated.

MANUAL CONCEPTS
EDUCATION FOR HEALTH PROFESSIONALS
SPINAL MANUAL THERAPY
*ISCP APPROVED COURSE*

Cork: March 2nd–5th & 7th–10th 2013

This intensive 8 day programme (64 CPD points) gives Chartered Physiotherapists the opportunity to advance their knowledge and clinical expertise in the area of spinal manual therapy.

Highly respected clinician and international teacher of manual therapy Kim Robinson will deliver a programme that covers examination and treatment techniques for the pelvis, lumbar, cervical and thoracic regions as well as the shoulder girdle. Kim will present a multi-factorial approach to the management of spinal disorders, which brings together in a logical manner the neural, joint and muscle systems.

Course fee – €1,300

For more information: jeremywalsh2010@gmail.com
Uganda Update

ISCP members huge helping hand to Kisiizi Hospital

Stuart Garrett MISCP, who reported on his experience working in the small but essential Kisiizi Hospital for our March edition sought funds and volunteers for a return visit this summer. Here, Stuart who has just returned to Ireland from Uganda, reports on the progress made with the funds and help he received.

Volunteer Physiotherapist
I graduated as a physiotherapist from University College Dublin (UCD) in June 2011. I completed my elective placement in 2010 at Kisiizi Hospital and returned there to work for three months before Christmas in 2011.

I returned home for four months and was fortunate to volunteer as a physiotherapist in the Incorporated Orthopaedic Hospital of Ireland in Clontarf two days per week while working several other jobs and raising funds for the Rehabilitation Department at Kisiizi Hospital. The hospital serves a large catchment area and consists of 235 beds, 6 wards, a theatre, out-patients department, rehabilitation department, long term rehabilitation patient wards and large community based rehab/health care programmes among many other services.

Kim Ging
The Rehabilitation Department was built in 2000 by Kim Ging, a paediatric physiotherapist from Enable Ireland in Bray, with the assistance of Irish Aid. Kim and her husband, Matthew Hickmott, have continued to support the Hospital, Rehabilitation Department and a local school in Uganda.

Some funding for my food etc was provided by my former secondary school St Andrew’s College and their Transition Year Uganda project which is coordinated by Matthew Hickmott.

Difference Made by Financial Support
My experience on my return to Kisiizi Hospital this time was different. I had greater financial support, more equipment and resources, more Irish colleagues to boost the Rehab team, more experience and confidence on my part and the addition of a Ugandan Physiotherapist, Atowongire Night, who was finally secured after almost two years without a Ugandan therapist working at the department.

ISCO Members’ Generosity
ISCP members contributed over €2,000 in donations and equipment with €1,200 from individual members and €800 from organisations. On behalf of Kisiizi Hospital Rehabilitation Team and patients I would like to thank all the members that made donations. Special thanks must go to a member and her husband, who wish to remain anonymous, who paid for a brand new Pneumatic Post-Amputation Mobility Aid (PPAM Aid) set for amputee patients.

PPAM Aid
The PPAM Aid was used successfully for three patients and the Ugandan physiotherapist, Atowongire Night, and the therapy assistants have been trained in its use. This will continue to benefit amputee patients in the future.

Two patients that used the PPAM aid were successfully provided with

Particular thanks also to Joanne Harford (senior physiotherapist) and St James Hospital physiotherapy and Burns Unit for the equipment kindly donated, Dolores Grogan (senior physiotherapist) and Mater Misericordiae Physiotherapy Department for equipment and resources, Dr. Catriona Cunningham and staff at UCD School of Physiotherapy and Grainne O’Hara (physiotherapy manager) and staff from Incorporated Orthopaedic Hospital of Ireland for your coffee mornings that raised in excess of €600 and finally to Physio Needs (www.physioneeds.ie) for providing equipment at cost price and also donating some other equipment.
Prosthetic limbs from the orthopaedic work shop at MBarara Hospital 180 km away at a cost of only €130 each. These prostheses were funded with the money raised by UCD School of Physiotherapy and the Orthopaedic Hospital of Ireland. The two patients, featured with me, (see picture on right/left) are Jacqueline and Deogratious.

Deogratious was so grateful for his prosthetic and the return of his independence that he gave me gifts of a pot of homemade honey and a cockerel (Pictured).

I am sure the UCD school of Physio and the Orthopaedic Hospital will be disappointed to learn that I could not get the cockerel home and the pot of honey was donated to a needy family. Money donated by the ISCP was also used to help paint the Rehabilitation Department wards and to have old equipment repaired.

Mark McGowan
Extra and invaluable support was provided by Mark McGowan, from SJH and former Trinity College Dublin graduate, and the 3 physiotherapy students from UCD.

Many chance and random events seem to surround Kisizi Hospital. How I met Mark is one such event. While on my elective placement in Kisizi I encountered many burns patients. I knew this was an area I needed more experience in prior to travelling back to work in Uganda.

In August 2011 I was fortunate enough to be given two days experience in the Burns unit in SJH. While I was there I met Mark who informed me he would be travelling through Africa the following year and planned to volunteer at a hospital we exchanged details and then everything just fell into place! It was fantastic having Mark working at the Rehabilitation Department for 5 weeks. Four of these weeks coincided with the elective placement of the three UCD physiotherapy students.

5 year old Anthony: Sad Update on March Report

Some of the money donated by ISCP members was to be used specifically to help 5 year old Anthony, featured in my previous article, to attend school. Money donated by the ISCP was also used to help paint the Rehabilitation Department wards and to have old equipment repaired.

Anthony’s mother had also fallen ill, his father was working in a local town and Anthony and his siblings were living with their grandmother several kilometers away. His mother had been his main care giver and advocate but was now suffering from a mental illness and was admitted to the psychiatric ward at the hospital.

We explored all the possible options for Anthony’s education but they were not viable. The money that I had received for Anthony from the ISCP could not be given directly to his family due to their social circumstances.

It was used however to assist some other children at the Rehabilitation department. There is a proposal to employ special needs teachers at the Rehabilitation department and at the local Kisiizi Hospital Primary school to provide rehabilitation and education for children in the surrounding community, such as Anthony, but this will require considerable funding, plans and proposals to both hospital management and board of management of the primary school.

Who knows what the future holds? But I think sadly it will be too late for Anthony.
What a difference a year makes! We spent most of last year’s charity cycle battling storm-force winds and rain for 8 days with boxes of free Le Roche Posay sunscreen which we gave out to schoolchildren along the route. This year we were fried for the 8 days with temperatures hitting 29 degrees centigrade as we struggled to climb the awesome Glengesh Pass in Donegal. We had all developed a severe dose of “farmer’s tan” by the end of the week!

This year’s route was far harder than the 2011 edition with 28 categorised climbs along the route. However, the hardest stage of all was stage 7 from Donegal town to Cootehill in Cavan which didn’t include any categorised climbs (I never want to see another drumlin in my life!).

We started off in Dunboyne on Sunday 20th May with 25 intrepid cyclists attempting to complete all 8 stages. Unfortunately we lost one cyclist to a high speed crash on stage 3, resulting in a fractured elbow, and yet another cyclist to a fractured elbow on stage 8 when he touched wheels with someone in the peloton and was thrown over his handlebars bringing down three more riders. The crashes happen in the blink of an eye and there isn’t much you can do to avoid them when you are travelling at 30-35 kilometres per hour in a peloton.

There were also some cases of “road rash” which is where you skid along the road surface without any protection except for your lycra shorts and jersey. Hence, the need to wax or shave your legs, as it is a lot easier to pick bits of gravel and dirt out of your road rash without hair follicles getting in the way and trapping the dirt. However, our injuries were nothing in comparison to some of the injuries sustained by the professionals in the An Post Rás with one cyclist suffering a pneumothorax when he crashed at speed into freshly cut hedgerows along the roadside, with the freshly cut branches being as sharp as spears puncturing through his ribcage.

This year we were expertly looked after by Clint Wilkie and Willie Power, both Chartered Physiotherapists from Carlow who spent the week travelling with us. I have to say it was a pleasure being on the receiving end of a massage for a change. Many thanks also to Ronan Carolan, Chartered Physiotherapist, who cycled the 161km of stage 7 and then proceeded to massage us for three hours in the sunshine outside the hotel in Cootehill (much to the amusement of guests attending a wedding at the hotel!). John Murphy, Chartered Physiotherapist, completed stage 8 and has promised to do a few more stages next year (I have it in print now John so you can’t back out!).

At the end of 8 gruelling stages on Race the Rás, I am glad to report that we raised over €130,000 for Aware and the National Breast Cancer Research Institute in Galway.

We hope to run the charity cycle again next year but for now it’s back to playing golf!
Dublin Marathon 2012 – Be a part of it!

For over a decade ISCP members have ensured that people who take part in the Dublin Marathon have access to quality physiotherapy services on-site on an entirely voluntary basis. Here Adrian Copeland MISCP thanks all those who have volunteered in the past and requests help with this year’s big event.

The DUBLIN Marathon continues to go from strength to strength – notwithstanding the tightening bite of austerity times.

Marathon-organiser, Jim Aughney in a meeting with ISCP CEO, Ruaidhrí O’Connor attributes the ongoing success not only to the fact that more people are taking to the highways and byways as a reasonably inexpensive and healthy form of exercise, but also to the highly successful race programme which has seen organisers cleverly develop a series of races and marathons throughout the year. These provide entry-level events for debutante runners and also enable a phased basis for people to build up a level of fitness and set realisable targets to participate in full-scale marathons.

So come the Dublin Marathon, and participants are often at the cusp of realising an important goal for themselves – and this is where the support of Chartered Physiotherapists comes in.

Last weekend in October: Sign-up Now!

Each year, Chartered Physiotherapists are needed to run the ISCP Stand over the course of the two days of the October Bank Holiday weekend (27 and 28 October) at the Marathon Expo and to provide physiotherapy on-site at the event itself on the Bank Holiday Monday 29 October.

The 2012 Marathon marks the ISCP’s 14th consecutive year of involvement. This is a major achievement by the organisation and is really a great tribute to those members who commit to the event.

Each year I ask for help and I know that many of us have commitments, but while many students, whom I welcome, sign-up, I am finding it harder to meet the requisite number of fully-qualified Chartered Physiotherapists to come on board.

Once again, there will be an ISCP marquee located at the finish area on the southside of Merrion Square. Like last year the marquee will be open along one side to make the activities more visible to passing athletes, where the emphasis will be on group dynamic stretching/cool down and there will be a small triage area in the marquee to cope with injuries.

A Marathon Committee is in the process of being finalised consisting of members of CPSEM, CPPP, CPCC and CPMT.

Your help would be invaluable in either or both of the following roles:

   Sat 27 & Sun 28 October

Where there is the option of doing a shift on Saturday 27th or Sunday 28th. The Expo shifts are 11am-3pm and 3pm-6pm on Saturday and 12 Noon-3pm and 3pm-6pm on Sunday.

2. The Dublin Marathon on Monday 29 October
   Please do consider joining us at the marathon. I need to hear from you on, or preferably before Friday 28 September 2012 by email please to marathon@iscp.ie and include the following details:
   - Name • ISCP Member Number
   - Telephone Number • Email Address
   - Event you would like to volunteer for. Please note I have a real need for people to agree to sign up for duty at the Expo so if you are flexible please indicate in your email.

3. The pay-off! We organise a dinner on the last night when it’s a great chance for everyone to get together. It’s a lovely way to meet up with your fellow professionals, classmates etc. and a great way for us all to have our own “cool down” period. So please do join us.

And Thank You!

Are you looking for a new challenge this year?

Would you like to gain experience in editing and publishing?

firsthand is currently seeking applications for the post of Honorary Editor.

Applicants must be current practising members of the ISCP.

Applications/Expressions of interest by 12 September next to:

firsthand@iscp.ie
Professional Advisor’s Corner
By Esther-Mary D’Arcy, Professional Advisor

Firstly I want to add my congratulations to all our members who were involved the London Olympics 2012. I thought the coverage in the July edition was fantastic and I really enjoyed reading about what each member was doing and how they got involved. I look forward to hearing about their experiences. Good luck now to all members working at the Paralympics.

Responses
I am back at the desk after the exciting Volvo Ocean Yacht race finish in Galway and a few weeks surfing, sailing and paddle boarding. This is the time of the year when the requests for responses appear! HSE National Consent policy, Incident Management policy and Clinical Guideline Development were completed early in the summer. Responses to HSE Your Service Your Say, Discharge Planning Code of Practice, Prosthetics, Orthotics and Specialised Footwear services are being drafted at the moment. The requirements for the input vary and the contributions of the relevant clinical interest and employment groups are vital for many of these.

Tackling Obesity
I attended the all-Ireland Obesity conference in Belfast, run by SafeFood the all-Ireland body for food health, at which the ISCP and CSP Northern Ireland were the presenters. I represent the Society on the Nutrition and Health Foundation Council which is also working to address obesity in Ireland. The Foundation sought the Society’s advice with a Frequently Asked Questions document for the Camogie Association. The expert input came from CPSEM and our members on the GAA Medical Council.

Working Group Activity
I worked with a Working Group of the Board to review the Board Manual after its first two years in existence. The Scope of Practice Working Group is forging ahead under the leadership of Marian Johnson. I also attended a meeting in the Department of Health regarding the Society’s proposal on a government assisted employment scheme.

Esther-Mary D’Arcy
Professional Advisor
advisor@iscp.ie

30th Anniversary
Can you help?

The Board of the ISCP has approved the establishment of a Working Group to get come up with ideas and actions to mark the 30th anniversary of the ISCP. This Working Group will be chaired by Communications Officer, Seán Flynn and members of the Society are urgently requested to offer themselves for membership of this Working Group as there is little time to lose between now and the start of the anniversary year.

Do you have ideas on how to celebrate the year? Would you be willing to follow-up these ideas as part of a committee? Are you willing to attend monthly or bi-monthly meetings for the next six months? If so, please email communicationsofficer@iscp.ie. Ideally we need to hear from you before 12 September.

Please note that right now what we need are people who are willing to action, as well as come-up with ideas. Please only nominate yourself or someone who has already agreed to allow their name to go forward as time constraints mean that suggested names for service and/or ideas cannot be followed up at this point. If you have an idea, please make yourself available to serve on the Working Group.

Masters Degree in Medical Science (Sport and Exercise Medicine) 2012 - 2014

This two year programme commencing in October 2012 is held on Friday evenings and Saturday mornings (24 weekends in all) and is aimed to accommodate the busy doctor and physiotherapist interested in sports medicine.

This is the first year that Physiotherapists are invited to apply for this programme.

The course comprises the following modules:
Sports Injuries; Exercise, General Health & Sports Medicine; Sport & Exercise Medicine; Scientific Principles; Research Project.

At the completion of the programme participants will be qualified in needling techniques.

The Academic Director is:
Dr Michael Molloy, FRCP, FRCPI, FFSEM. Cork University Hospital, Tel; (021)4546400

Senior Lecturer:
Dr Fionnuala Quigley, MB, MRCGP, FFSEM, Dip, Sports Med (Lond), Tel. (023)8847106

Doctors applying will be required to have attained a medical qualification of the NUI or an equivalent institution and full registration with the Medical Council. Physiotherapists applying must have a Physiotherapy degree with a minimum 2H1, membership of the Irish Society of Chartered Physiotherapists and experience of sports service provision, as evidenced by references and a statement detailing experience.

Closing date for receipt of applications is Friday 21st September 2012

How to apply:
Applications can be made online at http://www.pac.ie using the course code CKX02 for this MMedSc degree.

For further information on the application process please contact the Graduate Studies Office, University College Cork.

University College Cork – National University of Ireland, Cork.
What’s new from WCPT?

A summary of the WCPT e-update for August 2012

Catherine McLaughlin, MISCP on behalf of International Affairs Standing Committee

First PT’s to prescribe

The UK government has recently announced that physiotherapists in the UK will be able to prescribe medicines independently. This is a worldwide first. This extension to the role of UK physiotherapists, once suitably trained, allows them to prescribe any licensed medicine without a doctor authorising their decision. Read more at www.csp.org.uk/news/2012/07/23/landmark-decision-gives-uk-physios-world-first-prescribing-rights.

New WCPT Pain Network

WCPT has set up a new international network for physical therapists interested in pain. Through network membership you will be linked with colleagues who share the same background and interests, both in your own country and internationally. Find out more about the WCPT Physical Therapy Pain Network at www.wcpt.org/ptp. To read about other WCPT networks go to www.wcpt.org/networks.

Profiling Physical Therapy Around the World

As part of WCPT’s goal to profile the profession around the world, a collection of key pieces of information from WCPT member organisations has now been completed for the year 2011. Country profiles for those organisations that have completed their entries are available on individual member organisation pages www.wcpt.org/members.

A report will be published later this year highlighting key findings on the profession globally, including:

- regulation of the profession
- entry level education requirements
- population to physical therapist ratios
- representation of specialist interest groups

WCPT Partners with new CPD Provider

WCPT has recently partnered with a new online education provider. MedBridge Education provides video-based online continuing education taught by industry experts in a convenient, easy-to-use format. MedBridge Education is offering members of WCPT member organisations 25% off a subscription throughout August. Go to www.medbridgeeducation.com/wcpt and enter promo code: WCPTAUGUST.

Fit for Life! World Physical Therapy Day:

new message, new logo, new materials

By Aoife Mac Eoin, Communications and Events Co-ordinator

An all-new range of materials to help you organise activities and campaigns for World Physical Therapy Day 2012, has been developed by our conferees in the World Confederation of Physical Therapy (WCPT) – the body representing 350,000 Physical Therapists (Chartered Physiotherapists) in 106 countries around the world.

Never has the need for intervention by physical therapists been so great, according to WCPT President Marilyn Moffat, who highlights the real and looming health disaster of Non-Communicable Diseases (NCDs including cardiovascular diseases, chronic respiratory diseases, diabetes and cancer). Just last year, the UN recognised the threat posed to humanity with 35 million lives a year lost – around 60 per cent of deaths annually.

8th September: World PT Day

Marilyn’s message is one of a number of outlines in, in a specially-commissioned and very useful and user-friendly booklet on the profession available on the website dedicated to the day www.wcpt.org/wptday which also contains a range of other materials to help you organise awareness campaigns locally to mark the contribution of Chartered Physiotherapists on World Physical Therapy Day 8 September next.

Fit for Life!

As in previous years, WCPT’s suggested theme is Movement for Health and this year they have also produced materials with a specific message: Fit for life. They are encouraging physical therapists/chartered physiotherapists around the world to highlight the importance of physical activity throughout the lifespan.

The following materials are now freely available for download from the WCPT website at www.wcpt.org/wptday:

- World Physical Therapy Day logo, including web ads and banners for you to promote the day via your own websites
- ready-to-print posters and flyers/leaflets (aimed at patients and the public)
- ready-to-print banners
- World Physical Therapy Day booklet with all the information you need about what to do, how to do it and how to get noticed
- booklet of clinical resources for physical therapists with information and references about the profession’s impact on non-communicable diseases (NCDs). Also includes an article by the WCPT President as well as general facts and figures about the profession
- e-card for you to send with a personalised message to your friends and colleagues to promote your own events
- stickers to print on standard printer labels
- ready-made tweets and Facebook postings
- t-shirt design
- press release template and guide to writing a press release.

Why World Physical Therapy Day matters

In 1996, WCPT designated 8th September as World Physical Therapy Day. This is the date WCPT was founded in 1951.

The day marks the unity and solidarity of the global physical therapy community. It is an opportunity to recognise the work that physical therapists do for their patients and community. Using World Physical Therapy Day as a focus, WCPT aims to support member organisations in their efforts to promote the profession and advance their expertise.

Reports from around the world indicate that World Physical Therapy Day activities have a positive impact on the profession’s profile and standing with both the public and policy makers.

If you have any questions regarding the use of any of the materials available please email mlockner@wcpt.org.
Summary of ER-WCPT Newsletter no 37 July 2012

Following elections at the 2012 General Meeting, the ER-WCPT is led by the following:

Chairman of the ER-WCPT: Sarah Bazin, U.K.  
1st Vice Chairman of the ER-WCPT: Roland Craps, Belgium  
2nd Vice Chairman of the ER-WCPT: Sonia Souto, Spain

The next general meeting of ER-WCPT will be held in Copenhagen on 8 – 10 May 2014.

The ER-WCPT and Physio Austria will host the 3rd Education Congress on Physiotherapy Education (8 - 10 November 2012). Jill Long, Vice President, will attend on behalf of ISCP.

For quick reference, the following sets out some of the key objectives of the ER-WCPT Work Programs for 2012-2014:

1. Education Matters
   • To develop the European vision for CPD.
   • To review the topic of Specialisation and the 2006 Specialisation report.
   • To review the topic of quality assurance procedures in physiotherapy education.
   • To collaborate with the EU WG in the modernisation of the Directive for professional Qualifications 2005/36/EU.

2. Professional Issues
   • To continue to collaborate in Clinical Guideline development.
   • To promote the Briefing paper - Active and Healthy, the role of the Physical Therapist in Physical Activity.
   • To explore the feasibility and impact of holding an Advancing scope of practice conference.

3. EU Matters
   • In the area of EU legislation, to monitor the development of the Directive on Patient Rights in Cross Border Health Care and the related developments of eHealth and data protection.
   • To be proactive in the field of health issues in the EU related to the 2020 Heath Strategy, looking at issues around the European Health Workforce and migration of Physiotherapist across Europe.
   • To liaise with health professionals and organisations at EU level e.g European Health Policy Forum – Membership renewal 2013 and EPHA European Public Health Alliance.

4. ER-WCPT Foundation Working Group
   The Foundation Working Group has just been established following approval at the General Meeting in May. It comprises one member from each of the above three Working Groups and two physiotherapists working in research.

   Of note, Esther-Mary D’Arcy, Professional Advisor, is a member of the Professional Issues Working Group and the Foundation Working Group.

Stated Health Priorities of the Cyprus Presidency of EU (1 July until 31 December 2012):

Cyprus currently hosts the Presidency of the EU, and will focus on preparedness for and response to serious cross-border threats to health need. It will pursue the 3rd Multiannual Programme of EU action (2014 – 2020), which is named the ‘Health for Growth Programme’. Also, the issue of chronic diseases will be prioritised, highlighting the essential role of disease prevention, early diagnosis and health promotion programmes.

Other EU initiatives which ER WCPT wants physiotherapists to be informed of:
EU Platform on Action, Diet, Physical Activity and Health is a forum for European-level organisations, ranging from the food industry to consumer protection NGOs, willing to commit to tackling current trends in diet and physical activity.

For further information: http://ec.europa.eu/health-nutrition_physical_activity/events/ev_20120524_en.htm

EU Action Plan on Health Workforce

Healthcare is highly labour intensive and is one of the largest employment sectors, accounting for about 17 million or 8% of all jobs in the EU. Despite the economic downturn, the sector continues to grow and, with an ageing population and rising demand for healthcare; it will remain a key driver for jobs with an estimated 8 million job openings between 2010-2020.

Read more: http://ec.europa.eu/dgs/health_consumer/docs/swd_ap_eu_healthcare_workforce_en.pdf


New Health EU Portal

The official EU public health portal has been revamped, to be more attractive so that more people will be aware of public health issues.

For further information: http://ec.europa.eu/health-eu/index_en.htm

World Confederation for Physical Therapy Congress 2015 - Call for Chair and members of the International Scientific Committee

By: Catherine Sykes, Professional Policy Consultant at World Confederation for Physical Therapy (WCPT)

Dear WCPT colleagues,

The time has come to start recruiting the International Scientific Committee (ISC) for WCPT Congress 2015. If you believe that you meet the person specification your application would be welcome. Please follow the process outlined below and in the attached documents, noting that applications must be supported by a WCPT member organisation, region or subgroup.

Call for Chair

Individuals and WCPT member organisations are eligible to make submissions. Each application for the position of Chair of the ISC must include:
- a letter of application from the individual addressing the person specification;
- a current curriculum vitae; and
- a letter of support from the applicant’s WCPT member organisation.

Call for members

WCPT member organisations, regions and subgroups are eligible to make suggestions. There is value in submitting more than one nomination as this will allow the WCPT Executive Committee to review the full composition of the ISC to ensure complementary skills and knowledge are available. Individual physical therapists wishing to serve may also apply, with the support of their member organisation. Each suggestion for a position on the ISC must include:
- a letter setting out the support for the individual and addressing the person specification;
- a current curriculum vitae; and
- a letter of consent/application from the individual.

Please use your communication channels to bring the call for Chair and members of the ISC to anyone you think would make a valuable contribution to the ISC.

All submissions must be sent to Catherine Sykes csykes@wcpt.org by 14 September 2012. No late submissions will be accepted. If you have any questions regarding the submission process please send an email to the aforementioned address.
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Previous Visitors to the ISCP Annual Conferences include:

Mary McAleese, former President of Ireland
Marilyn Moffat, President WCPT
Emily Logan, Ombudsman for Children

PREVIEW: ISCP Annual Conference Programme 2012
in conjunction with the Chartered Society of Physiotherapy, Northern Ireland

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www.csp.org.uk
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CONFERENCE PROGRAMME
FRIDAY 16TH NOVEMBER 2012

8.00am | Registration
9.00am | Official Opening: Dr. James Reilly, Minister for Health
9.30am | Keynote Address: Julia RA Taylor and Daljit Shokur
         Session Title: Building widespread commitment to change
10.30am | Coffee and Trade Exhibition
11.15am | Parallel Sessions

Workshop: Leading Change

Following on from the keynote address, this workshop will explore strategies for implementing and instigating change

Symposium: Differential Diagnosis in Musculoskeletal Physiotherapy

This workshop will address key issues in:
- Inflammatory versus Mechanical Musculoskeletal Pathology
- Psychosocial Screening
- Visceral Pain
- Pain Mechanisms

Hosted by Chartered Physiotherapists in Manipulative Therapy & Chartered Physiotherapists in Rheumatology.

Workshop: Research Presentations

Oral research presentations from physiotherapy research in Ireland

1.00pm | Lunch, Parallel Sessions and Trade Exhibition

*Programme may be subject to change*
## Innovation: Ideas into Action
### Physiotherapy in a challenging environment

**CONFERENCE PROGRAMME**
**FRIDAY 16TH NOVEMBER 2012**
**CONTINUED...**

### MEET THE RESEARCHERS
A unique opportunity to meet and chat with current and recently completed PhD students, many of whom are HRB fellowship recipients.

The session will be opened by Dr. Teresa Maguire from the Health Research Board who will speak about the fellowships and applications.

You’ll then be able to meet and chat informally with PhD students about their experiences of full and part-time PhD research.

### TECHNOLOGY IN PHYSIOTHERAPY RESEARCH
An interactive demonstration of current research studies in physiotherapy using the latest motion analysis equipment, Nintendo Wii and new smartphone applications for patients.

### 2.15pm
**KEYNOTE ADDRESS:** Dr. Katie Lundon
**Session Title:** Extended Role Practitioners: Can They Fill the Gap in Arthritis Care?

### 3.15pm
**PARALLEL SESSIONS**

<table>
<thead>
<tr>
<th>WORKSHOP: PHYSIOTHERAPY IN PRIMARY CARE</th>
<th>FOCUSED SYMPOSIUM - EDUCATION</th>
<th>WORKSHOP: ACUPUNCTURE IN PHYSIOTHERAPY</th>
<th>FACILITATED POSTER WALK</th>
</tr>
</thead>
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| A two-part workshop for clinicians:    | **Professor Áine Hyland**, former Professor of Education and Vice-President of UCC will discuss the changing landscape of higher education in Ireland and the impact of these changes for the education of health professions | **How Helpful is it?**
This workshop will focus on:
- Understanding of the diversity of Acupuncture in physiotherapy practice
- Review point location and functions of the points to aid treatment plans
| A structured ‘poster walk’ facilitated by experienced researchers, in which poster authors will present their work for 3-5mins |

### Hosted by Chartered Physiotherapists in primary care.

### 5.15pm
**TRADE EXHIBITION & WINE RECEPTION**

### 7.30pm
**RECEPTION & CONFERENCE DINNER**

*Programme may be subject to change*
Innovation: Ideas into Action
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CONFERENCE PROGRAMME
SATURDAY 17TH NOVEMBER 2012

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<tr>
<td>8.00am</td>
<td>Networking Breakfasts</td>
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<tr>
<td>9.00am</td>
<td>Keynote Address: Dr. Lesley Holdsworth</td>
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<td></td>
<td>Session Title: Technology: a positive force for better patient experience and outcomes of physiotherapy?</td>
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<tr>
<td>10.00am</td>
<td>Coffee and Trade Exhibition</td>
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<td>10.45am</td>
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<td></td>
<td>STUDENT AGM</td>
</tr>
<tr>
<td>11.45am</td>
<td>Parallel Sessions</td>
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</tbody>
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**RETYING SKILLS**

An interactive session on understanding how to retain physiotherapy skills in the current healthcare climate where there are challenges in both employment and in career development

Hosted by Chartered Physiotherapists in Management

**WORKSHOP: EXERCISE PRESCRIPTION**

This session will focus on exercise prescription for both adults and children and will draw on the research and clinical expertise of the presenters, Declan O’Hanlon (diabetes, obesity and cardiac) and Sean Ledger (children with CF, adult population)

**WORKSHOP: RESEARCH PRESENTATIONS**

Oral research presentations from physiotherapy research in Ireland

1.15pm | Lunch, Parallel Sessions and Trade Exhibition

**MEET THE BOARD**

This is an opportunity for members to meet and chat informally with members of our ISCP Board.

**ADVANCED PRACTICE GROUP**

A chance for extended and advanced scope practitioners to meet and discuss the new posts and their roll-out.

2.30pm | CONFERENCE DEBATE: Debate Chair: Sara Burke, journalist, broadcaster and health policy analyst

3.30pm | Parallel Sessions

**FUTURES FORUM**

A session for students and recent graduates with a focus on presenting yourself in your CV and at interview and travelling abroad for work.

**WOMEN’S HEALTH**

The Benefits of Classes Women’s Health & Continence:  
- Antenatal Education
- Postnatal Education
- Pelvic Girdle Pain
- Bladder Information
- Post Prostatectomy Surgery

**PAEDIATRICS AND OBESITY**

- Normal orthopaedic variance in children: Cliona Blake & Marie O’Mir
- Innovations in optimising behavioural change: Colin Dunleavy & Grace O’Malley

**FACILITATED POSTER WALK**

A structured ‘poster walk’ facilitated by experienced researchers, in which poster authors will present their work for 3-5mins.

5.30pm | Closing Remarks

*Programme may be subject to change*
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SPEAKER BIOGRAPHIES

COLIN DUNLEVY, PhD, MISCP
Senior Physiotherapist at the
Weight Management Service, St.
Columcille’s Hospital, Loughlinstown,
Co.Dublin.

Colin graduated as a physiotherapist
from Trinity College,Dublin, in 2000
having had a previous career in
information technology.

Postgraduate research was continued
at Trinity and a PhD (Physio) was
awarded in 2005. He has worked as
a senior physiotherapist in weight
management since 2008. Previously
he worked in AMNCH Tallaght and
the Central Remedial Clinic (CRC) in
Clontarf. He continues to work with
underage international football and in
private practice.

LESLEY HOLDSWORTH
PhD, FCSP, DIPT
Currently AHP Director at NHS 24 on
secondment from her substantive
role as Head of Health Services
Research & Effectiveness , NHS
Quality Improvement Scotland. Her
current role is to develop and integrate
AHPs into NHS 24, developing new
service approaches and delivery of
care through the use of technology.

Lesley trained as a physiotherapist in
the 1970’s but worked in a wider
capacity with all healthcare
professions for the last fifteen years
before recently returning to AHP land.
Her interest and career to date has
focused on improving patient care
and assuring high quality clinical practice.
During the last ten years she has also
undertaken a number of fixed term
national seconmdents and led national
level initiatives throughout the UK. She
has acted as consultant to UK and
international governments advising
on national initiatives and evaluations.

Key academic/professional
achievements:
Seven major national awards, over 65
peer reviewed presentations at
conferences (160 in total), 37 scientific
publications, two books and reviewer
for eight journals. Co-initiated and
established the NHS QIS National
Physiotherapy and AHP Clinical
Effectiveness Networks 1998-2004;
Member of the Advisory Group: National
Framework for Service Change in
Scotland (The Kerr Group) and led the
older peoples and self care work streams
(2005-07). Contributed and contributing
to numerous national strategic initiatives

LESLEY HOLDSWORTH
continued....

and member of a range of national
level groups.

A previous chair of the Alliance
for Self Care and first AHP member of
SIGN Council. Major personal research
interest in patient self referral to
physiotherapy since 1996 undertaking
national and international trials,
establishing and evaluating the self
referral pilots in England with further
information available
Her self referral work has received
numerous awards: the Innovation in
Service Improvement Award
(Scottish Executive, 2003), the UK
Allied Health Professions Award for
Research into Practice, 2005 and a
Health Services Journal Award for
with Valerie Webster, this work has
been used by the DoH in England
and Wales and by other worldwide
countries. Recently finalised an
international exploration of
physiotherapy practice and access
involving seven worldwide countries
and funded by International
Physiotherapy Practitioners
Association.

Her talk will outline ways technology
can and is being used to positively
disrupt to achieve better patient
outcomes, experience and more
efficient physiotherapy service delivery.
It will draw on the work being taken
forward nationally in Scotland in relation
to redesigning MSK services, falls
management, COPD provision as a
few examples. Wider international
perspectives will also be included.
It aims to challenge the audience to
examine their own practice and
approach to care delivery and
reassess how they could make better
use of a range of available technologies
including the use of social media.

Prepare to enter the imaginarius!
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SPEAKER BIOGRAPHIES

ÁINE HYLAND
Currently Emeritus Professor of Education, University College Cork and was Vice-President of UCC from 1999 until her retirement in 2006. Prof Hyland is the current Chair of the International Advisory Board of the National Academy for the Integration of Research, Teaching and Learning (NAIRTL) and is a member of the Medical and Health Sciences Board of the RCSI.

She has worked on a number of high profile reports for the Department of Education and the Higher Education Authority; these include her chairmanship of the Commission on the Points System which reported in 1999 and the (Statutory) Educational Disadvantage Committee which reported in 2005.

She is particularly interested in higher education policy and has authored various reports on higher education including the report on Transition from Second to Third Level (Sep. 2011) and the background report on the structure of Teacher Education in Ireland (June 2012).

The focused symposium will discuss and debate the current challenges and prospects for professional degrees within the changing landscape of higher education in Ireland.

Prof Hyland is a member of the European Universities Association Institutional Evaluation Team and since 2006, she has been involved in university evaluations in Portugal, Italy, Turkey, Slovakia, Bosnia-Herzegovina, and Romania.

SEAN LEDGER, BSc, MSc
Senior Research Physiotherapist and Exercise Specialist at Great Ormond Street Hospital for Children NHS Foundation Trust (GOSH) and a PhD candidate at University College London (UCL).

He graduated from Trinity College Dublin with a BSc (Hons) Physiotherapy in 2009, following which he completed an MSc Advanced Cardiorespiratory Physiotherapy at UCL in 2010.

His specialist interest areas are clinical exercise testing, prescription and training in children with respiratory disease. Since August 2010, Sean has been the lead physiotherapist on the Frequent Flyer Programme, a quality improvement initiative focused on intensive outpatient physiotherapy, exercise and dietetic support, for children with moderate to severe Cystic Fibrosis.

He has recently been awarded a GOSH Children’s Charity Grant that will fund a 3-year randomised controlled trial, called the INSPIRE-CF Trial, investigating the clinical and economic benefits of an alternative model of physiotherapy care for children with Cystic Fibrosis. Sean was the first Student President of the ISCP and winner of the 2009 ISCP Anne O’Brien Prize. He is a member of the UK Health Professions Council, Chartered Society of Physiotherapy, British Association of Sport and Exercise Science and American College of Sports Medicine.

EMMA STOKES, BSc, MSc, PhD
Dr. Emma Stokes works as a lecturer and researcher in Trinity College Dublin.

Her research interests include the design and evaluation of novel exercise programme for people with stroke as well as professional practice issues such as evidence-based practice, outcomes evaluation, patient self-referral and advance physiotherapy practitioners. Elsevier Churchill Livingstone published her recent book ‘Rehabilitation Outcome Measures’.

She has represented the profession nationally and internationally for 12 years and in June 2011, she was elected as Vice-President of the World Confederation for Physical Therapy.
Dr. Teresa Maguire is Head of Population Health and Health Services Research at the Health Research Board (HRB).

The HRB supports research that will create new knowledge and evidence to benefit people’s health through clinical research, patient-oriented research, population health sciences research and health services research. The HRB supports researchers and health professionals through career development awards, project and programme awards, and infrastructure initiatives supporting health research.

Dr. Maguire will present an overview of the funding programme and members will then have an opportunity to informally meet and chat with current and former HRB research fellows and others currently in the process of completing PhD or who have recently completed their research.

Declan O’Hanlon is a physiotherapist from St. James’s Hospital, having graduated from Trinity College Dublin, and worked as a senior in cardiac rehab and as cardiac rehabilitation coordinator.

He has recently been awarded specialist membership of the ISCP in the field of Cardio/Respiratory, for work in the area of type 2 diabetes, obesity and cardiac rehabilitation. He is the Therapy Lead on the HSE Chronic Disease Prevention Programme.

His PhD research, through the Department of Clinical Medicine in Trinity College, examined mitochondrial function in early-onset type 2 diabetes in young people. He has a postgraduate diploma in Exercise Physiology from the Department of Physiology in Trinity, and a certificate in gym instruction and personal training. He has made oral presentations of his research at the conferences of the ISCP, RTRS, WCPT (Amsterdam), the American Diabetes Association (Philadelphia), and the European Association for the Study of Diabetes (Berlin). He is a guest lecturer at the Royal College of Surgeons since 2008, and is a member of the DEXLIFE group, a European funded international consortium which is working to identify new diagnostic and predictive biomarkers of diabetes.

Mary Pender was born in Dublin and qualified as a physiotherapist with a diploma of the National University of Ireland in 1979.

She worked as a Basic Grade Physiotherapist in St. Mary’s Hospital (Phoenix Park), St. Laurence’s Hospital and later, Cherry Orchard Hospital. In 1982 she completed the Licentiate course of the British College of Acupuncture and went into private practice. At the same time, she took up a post as part-time clinical tutor in The UCD School of Physiotherapy where she remained for five years.

Mary felt acupuncture had a practical place in the treatment of problems such as sinusitis, low back pain and general musculoskeletal problems apart from its uses in so many other conditions. She pursued a dietary therapy course in Bristol and further studies of acupuncture leading to a Bachelor of Acupuncture and later a Doctor of Acupuncture.

In 1986 she opened the National College of Acupuncture which is affiliated with the British College and the Anglo Dutch College. She now works in private practice where student physiotherapists come to observe as part of their training. In 2000 she became involved in the UCD course, Higher Diploma in Healthcare (Acupuncture), and is presently teaching modules of that course. She continues in private practice.
SPEAKER BIOGRAPHIES

DR. JAMES REILLY, MINISTER FOR HEALTH

The Minister for Health is politically accountable for developing and articulating Government policy on health and personal social services, and for the overall performance of the health service.

Areas of responsibility include support for children and families, primary care, cancer control, acute hospitals, disability and mental health, care of older people.

In 2007 Dr. Reilly was elected to Dáil Éireann (Irish parliament) for the Fine Gael Party, and was appointed his party’s spokesperson on Health. In July 2010 he became Deputy Leader of his party. In March 2011 Fine Gael party formed a new coalition government with the Labour party.

Dr Reilly has worked as a General Practitioner in the Dublin area for the past 25 years; there are seven doctors in his family, three generations. He is married and has five children. Dr Reilly is a former President of the Irish Medical Organisation (IMO) and has also served as Chairman of the General Practitioner Committee. He was the IMO representative for the World Medical Association.

KATIE LUNDON, MSc, PhD
BSc (Physical Therapy)

Dr. Katie Lundon is the program co-ordinator for the ACPAC (Advanced Clinician Practitioner in Arthritis Care) Program. The ACPAC Program is an innovative, interprofessional academic and clinical-education training program in advanced musculoskeletal/arthritis care currently offered to experienced physical and occupational therapists. The program is hosted by St. Michael's Hospital, in collaboration with The Hospital for Sick Children in Toronto, Ontario, Canada.

The ACPAC program was developed in response to the well-recognized need for an inter-professional patient-centred collaborative approach to better manage patients presenting with osteoarthritis (OA) as well as in the early detection of rheumatoid arthritis (RA) by improving access to (shortened wait times) and efficiency of care.

The ACPAC program provides the mechanism for training extended role practitioners to assume vital roles of triage, education and in select cases, management of patients with osteoarthritis and inflammatory arthritis.

Katie’s expertise and interests have included clinical, and academic-both in education and research fields-relating to bone and connective tissue pathophysiology. In addition to having published many journal articles in the field, she is the author of two internationally acclaimed scholarly texts entitled

KATIE LUNDON continued...

“Orthopaedic Rehabilitation Science: Principles for Clinical Management of Bone” and Principles for Clinical Management of Non-Mineralized Connective Tissues.

Katie was integral to the development of the first physical therapy practitioner educational training program in rheumatology at the Hospital for Sick Children in 1995 and she has since been involved in the development and evolution of the Advanced Clinician Practitioner in Arthritis Care (ACPAC) training program over the past several years, working closely with Dr. Rayfelf Schneider, a rheumatologist at the Hospital for Sick Children and Dr. Rachel Shupak, a rheumatologist at St. Michael's Hospital, to bring the ACPAC program to its current form as an Ontario Ministry of Health supported initiative. This effort has allowed her to be an active participant in the broad sweeping changes in human health resource utilization in Ontario and has ensured the promotion of physiotherapists as integral members of primary health care teams.

Bringing the advanced practice practitioner training program into fruition is counted by Dr. Lundon as one of her most enduring and rewarding career achievements.
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SPEAKER BIOGRAPHIES

CLIONA BLAKE,
BSc (Sports Science & Health),
BSc (Physio), MISCP

Cliona Blake is a staff grade physiotherapist working in Children’s University Hospital Temple Street.

She graduated from Dublin City University with an honours degree in Sports Science & Health in 2006. She then went on to complete an honours degree in Physiotherapy at the Royal College of Surgeons in Ireland. While at RCSI she completed an undergraduate thesis investigating the validity and reliability of the Lumber Multifidus Activation Test, the results of which were presented at the ISCP Conference in 2009 and have been accepted to the International Federation of Physical Therapy Conference in Quebec City in October 2012.

Cliona currently works on the in-patient team in CUH having recently completed a two-year post in musculoskeletal out-patients, during which she initiated and delivered a new pilot Normal Variant Assessment and Treatment Service.

GRACE O’MALLEY,
BSc (Physiotherapy)

Grace is a senior physiotherapist working as part of the obesity management team at The Children’s University Hospital. She graduated with a BSc Physiotherapy in 2004 and MSc 2006 from the University of Dublin, Trinity College.

Her clinical interests include: paediatric obesity assessment, treatment strategies and the impact of obesity on the neuro-musculoskeletal and cardio-metabolic health of the developing child.

Her research interests include balance and coordination in paediatric obesity, the impact of sleep disorders, the pathophysiology of Type 2 Diabetes and the use of remote technologies and telemedicine in obesity prevention and management.

Grace was awarded a Health Research Board Health Professionals Fellowship in 2011 to undertake a PhD in Epidemiology and Public Health at University College Cork.

JULIA RA TAYLOR,
MSc

Currently Director of Learning and Development at the NHS Institute for Innovation and Improvement. She has worked in the field of healthcare improvement at local, national and international level. Her specialist interests are in service improvement science, large-scale change approaches to improvement and mobilising and organising for improvement (studying with Harvard Kennedy School Executive Education) with underpinning facilitation skills for change. Julia has an extensive knowledge and understanding of the NHS and the healthcare field, which she has gained through both academic study and hands-on management experience. Prior to joining the NHS Institute, Julia was National Programme Director of the Improvement Partnership for the Ambulance Service charged with delivering large scale change. Previously she has supporting challenged NHS Trusts and before that, been a director of an NHS Trust (healthcare provider) delivering large scale change for children’s services at a health economy level.

Julia is a results-driven leader with a history of success in turning around financially or clinically challenged services in the NHS.

Julia’s work on reducing delays for patients is internationally recognised. She holds a master’s degree with distinction in ‘Leading Innovation and Change’, is an international speaker, a regular contributor to healthcare publications and sits on a number of national forums. She is currently undertaking a doctorate in large scale change.
Daljit has worked for the NHS for 19 years both nationally and locally in a variety of roles including PCT director of primary care. Prior to this she worked in the voluntary sector. Her current work with the NHS Institute has included design, delivery and coaching for the Call to Action mobilisation training based on social movement theory which has been underpinned by her successful completion of the ‘Leadership Organising and Action’ programme led by Marshall Ganz at the Harvard Kennedy School Executive Education.

She is a proficient trainer and coach in delivering public narrative to enable leaders to inspire commitment for change.

Daljit’s interest is in building organisational and individual capability and she has supported organisations and individuals at all levels both locally nationally where organisations have been challenged in delivery by working with these communities to diagnose barriers and facilitate the resolution of these.

She has worked at the Department of Health on national programmes, and contributed to the development of the DoH’s, Framework for Commissioning External Suppliers

and she has worked with prisons to commission prison healthcare and identified ways organisations with very different cultures can be encouraged to work together effectively to achieve agreed outcomes. She led a highly successful project to assist women to return to work through support and targeted training initiatives which won a national “Business in the Community” award in the training category.

Daljit has a solid track record of delivering complex and demanding projects on time and budget. She is adept at identifying enablers and barriers to change and developing strategies to mitigate risk.
Ways to Book your place at this years Annual Conference

For your convenience we offer a number of payment options and ways to book in order to make it as easy as possible for you to book your place on the ISCP Annual Conference.

Option 1:
Simply log onto www.iscp.ie/conference and fill in the online booking form.

Option 2:
Fill in the Delegate Booking Form opposite this page, tear it out and post or fax it to the below address:

The Irish Society of Chartered Physiotherapists, 123 St.Stephen’s Green, Dublin 2

or Fax Number: (00353) 1 402 21 60.
DELEGATE BOOKING FORM

CONFERENCE RATES

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*The Early Bird rate is available until September 7th 2012

REGISTRATION DETAILS: (NB: Please note these details will be printed on your Delegate Badge, so please ensure to print position and organisation in full)

Name: ___________________________ Position: ___________________________ Organisation: ___________________________

Membership Number (if applicable): __________ Branch (if applicable): __________

CIG/Emp.Group (if applicable): __________________________________________________________

Address for correspondence: ____________________________________________________________

Contact phone no: ___________________________ Mobile no: ___________________________ Email: ___________________________

Special dietary or other requirements: ______________________________________________________

NB: Please ensure contact details are provided.
Registration is also available online at www.iscp.ie/conference

METHOD OF PAYMENT (PLEASE SELECT A PAYMENT OPTION)
1. Cheque □  2. Credit Card □  3. Debit Card □
(payable to ISCP) (NB: Card payments subject to 2.5% surcharge)

Card Information

Card No: ___________________________ Expiry Date: __________ CVC No: __________

Signature: ___________________________ Date: ___________________________

Cancellation/Substitution Policy:
- Less than 48 hours notice or non attendance - no refund
- Within 1 week - no refund unless place is filled
- 1-3 weeks - 50% refund/ full refund if place is filled
- More than 3 weeks - full refund

Please send completed form to:
The Irish Society of Chartered Physiotherapists (ISCP), 123 St.Stephen’s Green, Dublin 2
ISCP Board Elections Update

By the closing date of 3rd August 2012 a total of 7 nominations across 3 of the 4 work categories had been received in the office. These are summarised as follows:

<table>
<thead>
<tr>
<th>Work Category and number of positions</th>
<th>Current status of nominations</th>
<th>Required MINIMUM number of additional nominations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Health service (5)</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Private Practice (4)</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Private/Voluntary sector(2)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Education (1)</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>TOTAL 12</td>
<td>7</td>
<td>5</td>
</tr>
</tbody>
</table>

Profiles of each of the 7 candidates are featured in September Firsthand.

The Board has subsequently approved the extension of the closing date to facilitate more members to seek a nomination until the 7th September, when each nominee must also submit a standard profile and photograph for publication in Firsthand in October. This decision was taken because the numbers nominated are less than the proportional number allocated to each work category (as per the above table) and therefore are insufficient to meet the Board requirements.

In light of the above, on behalf of the Board, I am appealing to members to re-consider and come forward for nomination. If you are unsure but have an interest please feel free to directly contact any of the current Board members or CEO (listed below) to discuss the role and responsibilities. The commitment is for Board meetings every two months on set dates (e.g. a regular day/week of every second month) and the new Board will decide these dates at its first meeting after ratification in November.

Current ISCP Board Members:

**Officers**
- President: Sheelagh McNeill
- First Vice-President/President-Elect: Jill Long
- Second Vice-President: Margaret Hanlon
- Honorary Secretary: Marie O’Donnell
- Honorary Treasurer: Damian Rice
- Communications Officer: Sean Flynn
- Education and Research Officer: Dervilla Danaher

**Ordinary Board Members**
- Honorary Editor: Kerry McLaverty
- Achmat Issacs
- Anne Horgan
- Marian Johnson
- Roisin O’Hanlon
- Riana Clune
- Margaret McMahon
- Phyllis Dolan
- Aileen Murphy
- Gillian Walker

Thank you for taking the time to read and consider the above.

Yours sincerely,

Dr. Sheelagh McNeill
President

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ISCP Election Profiles

**PUBLIC HEALTH SERVICE**

Emma McGrane, MISCP

**Current or most recent occupation:**
Physiotherapy Manager, Naas General Hospital (NGH)

**Brief CV details relevant to nomination:**
- BSc Physiotherapy University of Ulster
- Physiotherapy Manager NGH since May 2010 and prior to this worked in Tallaght Hospital as an acting physiotherapy manager, acting physiotherapy deputy manager and senior physiotherapist musculoskeletal OPD (2000 -2010)
- CPM rep to Educational and Professional Development Committee
- Chair of the Specialist Member Panel for SMISCP Applications 2012
- AHP rep to NGH Quality and Patient Safety & Risk Committee
- AHP rep to NGH Service User Involvement Committee.
- Chair ISCP Conference Committee 2008
- Completed further education in relation to management, leadership, project management, meeting facilitation and supervision while as a senior and manager within the public health service.

**Aims and Objectives if elected to the board:**
- Ensure ISCP / physiotherapy professionals are thought leaders in developing policies and practices to provide the best affordable service in public health care.
- Develop career enhancement structures to assist physiotherapist in plotting out a career profile that allows them to reach their full potential.
- Assist the profession in highlighting the ongoing impact upon physiotherapy public health services, graduate unemployment and restricted career progression due to the moratorium on recruitment.
- Ensure a voice and representation at the board for all members of the ISCP.
- Represent the ISCP’s best interest at this time of Statutory Registration and the challenging healthcare environment.

**PUBLIC HEALTH SERVICE**

Róisín Máire O’Hanlon, MISCP

**Current or most recent Occupation:**
Physiotherapy Manager, Portiuncula Hospital, Ballinasloe, Co.

**Brief CV details relevant to nomination:**
- Graduate of University of Dublin 1989, and received an MA in Healthcare Management from the IPA in 1999. Worked for 3 years in Camberwell Health Care, London (including King’s College, Dulwich and Maudsley Hospitals). Worked in Beaumont Hospital for 7 weeks prior to spending a year travelling and working in Australia. Worked in St. Brendan’s Hospital, Loughrea; Tullamore General Hospital and Fionnuala Dowling’s private practice in Athlone over the course of 2 years.
- Manager, Portiuncula Hospital, Ballinasloe since 2001. Have been involved in the ISCP for many years both as Western Branch Rep to Council and in CPM. Hon Sec, Communications Officer and Vice-Chairperson of CPM.

**Aims & Objectives if elected to the Board:**
- To be an advocate for all staff, not just the managers of the public health service in this time of demanding change.
- To represent the view of working in the HSE from the aspect of the smaller, more rural hospital.
- To be involved in the next generation of the ISCP as it changes to meet the needs of the 21st Century.
- Established electronic communication for the group which evolved into weekly mailshots.

**PUBLIC HEALTH SERVICE**

Achmat Isaacs, MISCP

**Current or most recent Occupation:**
Physiotherapy Manager

**Brief CV details relevant to nomination:**
- ISCP Board Member, November 2011 to present
- Community Care since 2003.
- MBA Health Service Management UCD 2006
- Physiotherapy Manager since 2007
- Health Stats Committee 2008
- CPCC since 2009

**Aims & Objectives if elected to the Board:**
- Strategic development of Physiotherapy in a changing environment
Margaret Hanlon, MISCP

Current or Most Recent Occupation:
Founding Partner CityPhysio

Brief CV Details Relevant to Nomination:
• MSc Musculoskeletal Physiotherapy University College London 1993. BSc (Hons) Physiotherapy Trinity College Dublin 1991.
• Established CityPhysio in 1997 providing Physiotherapy services in corporate and private hospital settings along with operating a large clinic in Lucan.
• Lectured extensively in Musculoskeletal Physiotherapy at postgraduate level including MSc Sports Medicine (TCD) and MSc Neuromusculoskeletal Physiotherapy UCD.
• Vice President ISCP 2010 - 2012: Chaired Board meetings. Stat Reg committee member. Liaised with clinical interest groups including establishing CIG forum. Liaised with Aviva to set up new “Back-Up” service which is referring patients exclusively to ISCP members. Assisted in writing and production of musculoskeletal articles for Irish Medical Times and GP booklet. Assisted in establishing business relationship between CPPP and Physiofirst in the UK.

Aims and Objectives if Elected to the Board
• Continue to contribute to the ongoing development of an efficient society delivering an optimal service to its members.
• Continue to increase the professional standing of physiotherapy among medical practitioners and healthcare professionals.
• Continue to develop and promote the ISCP “brand”.
• Continue to encourage and facilitate the educational development of chartered physiotherapists through the clinical interest groups.

Gillian Walker, MISCP

Current or Most Recent Occupation:
• Lead clinician and owner of Physio4U in Oranmore, Co. Galway. Work part-time in the area of Occupational Health since 2007.

Brief CV Details Relevant to Nomination:
• Graduated with an Honours Degree from King’s College London in 1994 and worked in London at Guy’s & St. Thomas’ Hospital Trust; King’s College Hospital, London and part-time at London Irish Rugby Football Club & Harlequins RFC before heading off to complete her Masters in Manipulative Physiotherapy at the University of Melbourne in 2001.
• On return to Ireland in early 2002, worked as an associate in private practice at both Dublin Sports & Spinal Physiotherapy and Milltown Physiotherapy Clinics respectively before moving to Galway in 2004. Completed the Ergonomics Essential Module with the British Occupational Hygiene Society (BOHS) in 2010.

Aims and Objectives if Elected to the Board:
• Having worked in private practice for the past 10 years Ruth is committed to promoting chartered physiotherapy within the public domain and ensuring that service users are aware of the expertise and skills that chartered physiotherapists can offer in a variety of settings and with a variety of conditions.
Current or Most Recent Occupation:
- Currently employed as Physiotherapy Manager in Peamount Healthcare, Newcastle, Co. Dublin since January 2000. Involved in the strategic development of the Age Related and Respiratory Rehabilitation Units including the building. Provision of a physiotherapy service to the Continuing Care Units for Older Persons and Persons with Intellectual Disability, both on campus and in the community. Within the campus also there is a non-acute unit for people with Traumatic and Acquired Brain Injury. In response to the needs of G.P’s in the local community we provide a physiotherapy outpatient service in the following areas, orthopaedics, musculoskeletal and for neurological conditions.
- Oversaw great development and staff recruitment, allowing for adequate staff allocation to the five specialities. Thanks to the emphasis placed on case management and prioritization taught at undergraduate level, with great physiotherapists working as a team, we have weathered the current stressful situation following embargos and fewer staff appointments.
- The physiotherapy department provides student placements to undergraduate students to RCSI, UCD and UL. This is managed with the co-operation and co-ordination of the Clinical Tutors and physiotherapy staff.

Brief CV Details Relevant to Nomination:
- I am a Chartered Physiotherapist of many years standing and have worked in most areas and situations. My main areas of interests include respiratory medicine, neurology and paediatrics.
- Between 1986 and 2006, I was involved in a number of the ISCP committees. I have served as Chair of the Paediatric Group, then as Eastern Branch representative to Council and Board Member. In my capacity as Council of the day member I served two terms as Honorary Treasurer and was Chair of the Accreditation Board during the inception of the undergraduate courses at RCSI and UL. For a number of years I was on the Statutory Registration Committee.
- In recent years as a Manager, I have facilitated Periods of Adaptation for non-national physiotherapy graduates requiring further clinical placement hours to qualify for membership with the ISCP. This has been both interesting, educational and time consuming.

Aims and Objectives if Elected to the Board
- This, for me, will be one of the challenges as while I have personal views on how we might proceed, I realize that it is the strategic aims and objectives of the Society. However as my nomination is from the voluntary and private sector I see it, as an aim/objective to represent that body of physiotherapists at the Board table to the best of my ability.
- I have given thought and consideration to allowing my name to go forward for nomination and feel that I can contribute to the on-going development of our Society in a positive manner, this is with the support of my Manager and staff and family.
- I would aim to support the President, the Board and the Society Membership in whatever matters arise and in a fitting manner.

Deirdre Burrell
M.C.S.P, Dip. U.C.D., M.I.S.C.P.
Chartered Physiotherapist
Phone : 01-8393730  2 Main Street, Howth, Co. Dublin

MYOFASCIAL RELEASE TECHNIQUES COURSE

By Deirdre Burrell

Venue: St James’s Hospital Dublin
Dates: October 12th  1.00pm - 8.00pm
       October 13th  9.00am - 5.00pm
       October 14th  9.00am - 5.00pm

This course comprises an overview of fascial anatomy and physiology and a review of recent research in this field. Practically the course entails the assessment of fascial restriction throughout the body and the application of techniques to treat these restrictions. Techniques include muscle belly, scar tissue and articular fascia release as well as diaphragmatic, lumbosacral, atlantooccipital and dural tube releases.

Course Fee : €350.00

For further details and to register for the course, please contact Nicola at Howth Physiotherapy Clinic between 9.00am - 1.00pm on 01-393730 or email howthphysio@gmail.com

www.iscp.ie
Annual Reports of the Clinical Interest Groups of the Irish Society of Chartered Physiotherapists 2011-2012: Part Two
and CPID will work to develop and promote research in the Unfortu-
nately, the position of research and innovation was involved a research project aimed at increasing physical Sandra Healy Andrea McGealy

These courses provided practical ideas for treatment and addressed common problems in this area.

I ssues Faced by Members

There were no formal issues raised with the committee during the year. However, there were discussions on caseload management and prioritisation. The committee is hoping to establish a group within the membership so that CPID will be able to respond to questions raised by members.

Bursaries Awar ded:

This year’s bursary was shared between Sandra Healy and Andrea McGealy.

Sandra Healy is currently completing a MSc course which involved a research project aimed at increasing physical activity among adults with intellectual disability to positively impact health. Andrea McGealy attended the CRC Conference and gave feedback at our AGM Study Day.

New Research

Unfortunately, the position of research and innovation was not filled for 2011-2012. However, the position is now filled and CPID will work to develop and promote research in the area of intellectual disability.

CPPP Website

The CPPP website redesign is now complete. The work will hopefully ensure greater use of www.cppp.ie. CPPP members can now access the members’ area by using the “Members login” button on the left of the home page home page of the members’ area of the CPPP website and to promote “Find a Physio” among the public.

CPPP Courses and Mandatory Training

Our committee were also aware of the need to establish mandatory training courses for members this year. CPPP courses commenced throughout the country in September 2011. The CPR courses are being run by Pulse Medical Pulse Medical are accredited by the Irish Heart Foundation and are also Pre-Hospital Emergency Care Council (PHECC) approved Occupational First Aid instructors.

The CPPP also held their Autumn Seminar on 25th November 2011 in Bewley’s Hotel, Leopardstown. Speakers included John Marks ISCP Accountants, Esther- Mary D’Arcy MISCP and Dr. Sheelagh McNeill, SMISCP. The areas covered were setting up a limited company, buying and selling a practice, dealing with complaints and the area of contracts and employment law.

The Business Strategy Day and A.G.M. were held on Friday 20th April 2012 in the Fitzpatrick Castle Hotel Killiney. The theme of the day was “Meeting the Challenges of the Current Economic Climate.” The opening address by Senator Mary Ann O’Brien, Managing Director of Lily O’Brien’s Chocolates. The day hosted a fantastic line up of both International and Irish Speakers speaking on various business topics.

The CPPP Committee were also delighted to bring over to Ireland, Assistant Professor Craig Allingham, Chartered Physiotherapist/Conference speaker from Queensland, Australia to run his Business Course titled “Building a Red Hot Business” and his clinical course “The Everyday Foot and Ankle” in Dublin May 2012.

ISME (Irish Small and Medium Enterprises Association Ltd)

The CPPP committee have agreed for the CPPP as a group to join ISME. ISME is the only independent business organisation in Ireland that represents Small & Medium businesses which means that we are owned and run by owner/managers, like you. It will be hoped that all CPPP members can access the 24 hour Business Advice helpline for all queries or questions through the CPPP designated contact. This includes HR, Employment Law and Business Advice. All correspondence, newsletters, training schedules, briefing details, networking events etc from ISME will be sent directly to CPPP committee for circulation to our members.

Impact of Works Undertaken

As a result from the strategic relationship with Physio First, CPPP members will be able to attend Physio First Business courses without having to exist an existing member of Physio First. The first is to run a Business Planning Course in Dublin this Autumn for CPPP and Physio First members. The course and venue have still to be confirmed. Further details will be posted under Up Coming Courses on the CPPP Website. CPPP Members will be sent “In Touch” journal – physio first’s quarterly publication. The Summer edition of this journal was delivered to members in June. CPPP Members will also be able to attend Physio First Annual Conference at similar rates to those paid by Physio First members.

The publication of the Management of Peripheral Joint Problems – a physiotherapy perspective was launched at this year’s Business Strategy Day. The booklet has been a great success among GPs and Physios who have seen the booklet and have been very impressed by the quality of the publication. One thousand Booklets were printed in April and to date most of these have been distributed via CPPP (members to GPs). 200 were delivered to the ICGP Office for distribution to GPs at their conference in May. Booklets have also been delivered to GP Trainers.

The redesign of the CPPP website will provide members with the ability to access more detailed and professional appearance that is easy to navigate and will promote Find a Physio”. The “Find a Physio” button is more prominent on the top of the page and will link to the Find a Physio webpage for members of the public to find a chartered physiotherapist working in private practice in their area.

The Business Strategy Day, Autumn Seminar and Craig Allingham classes provided members with an opportunity to update their business planning, marketing and employment areas/ skills to run their practice and the lectures/ courses were given by high quality Irish and international speakers.

Issues Faced by Members:

The CPPP have been flagging the Revenue issue for a couple of years and the ISP have been monitoring what has been going on with the Revenue and other Healthcare Professionals. Some members have had Revenue Audits and Aspect Inquiries especially in the Kerry region in the last year. In a recent update from Hugh Casement, ISP Tax Consultant, there has been no general edict from Revenue on physiotherapists and self-employment. The Revenue position at present is that each case is judged on its own merits.

The Revenue Commissioners have issued an Information Leaflet on VAT and Medical Services in November 2011. John Marks ISCP Accountants and Auditors highlighted the new information leaflet on the VAT to the ISP. As some of the composite supply of services may be liable for VAT. The ISP information has been placed on the members section of the CPPP website and has been circulated to all members.
CPR

By Angela Reid Hon. Chairperson CPR

Main Work Undertaken in 2011-12

We continued with our Education Programme as planned in June 2011. This was a particularly busy year for the CPR on an education front, with the delivery of several informative and well attended evening lectures.

In October, Aisling Brennan, Rheumatologist Physiotherapist delivered a lecture titled “Identification of Inflammatory versus Mechanical Peripheral Joint Pathology” in St Vincent’s University Hospital. This was followed by Dr. Eamonn Molloy, Consultant Rheumatologist speaking on the “Medical Management of Inflammatory Pathology.”

Following on this theme, a talk on “Identification of Inflammatory versus Mechanical Spinal Joint Pathology” given by Caroline Treanor, Clinical Specialist Physiotherapist, took place in St James’s Hospital in November. Dr. Barry O’Shea, Consultant Rheumatologist, also spoke about the “Medical Management of Inflammatory Spinal Pathology.” This peripheral and spinal joint series was very well received with very positive feedback.

We held three further lectures in our Spring education series.

In February, Dr. Helen French, Lecturer in Physiotherapy, RCSi spoke about “The Differential Diagnoses of Hip Pathology – Assessment and Management” in the Rheumatology Rehabilitation Unit, Our Lady’s Hospice.

Clare Gilsenan, Clinical Specialist Physiotherapist gave a lecture on “The Shoulder, Steps to Successful Treatment” in St James’s Hospital in March.

In April, Emma Carr, Senior Physiotherapist delivered a talk in St Vincent's University Hospital on ‘Hand Rehabilitation’ in various rheumatological conditions.

The Spring lecture series was also well attended and well received, with very positive feedback.

All of these lectures were free for CPR members.

In other educational activities, CPR committee members were involved with Arthritis Ireland and their ‘Moving is the Best Medicine’ exercise and walking events in Cork and Dublin in March and April. Many thanks to Karen Quinn and Aisling Brennan for lending their rheumatology expertise and providing a CPR presence at these popular events.

AGM

Our AGM was held on the 30th of May 2012 in the Physiotherapy Department of the Rheumatology Rehabilitation Unit, Our Lady’s Hospice and Care Services, Harold’s Cross. It was preceded by a lecture on Osteoporosis delivered by Dr. Malachi McKenna, Consultant Endocrinologist at St Vincent’s University Hospital. A new committee was elected and will be effective from the 1st July 2012.

Links with other groups/committees

We continue to maintain strong links with the IRHPS and Arthritis Ireland. The CPR had a strong presence at the ISR/RHPS Autumn Scientific meeting with several members invited to present posters and oral presentations.

Committee members continue to be involved in the QQCD rheumatology group as physiotherapy reps to the working group developing national, multidisciplinary care pathways for people with rheumatological conditions.

We were asked to nominate a CPR member to the committee of the Fit to Work group.

CPR Bursary

We are delighted to be in a position to launch the CPR Education Bursary this year. The aim of the bursary is to enable CPR members to attend a courseconference which will enhance physiotherapy skills in the rheumatology field. Applicants may apply for a courseconference at a local, national or international level. The maximum amount of the bursary is €250.

CPRC

By Author Eimear Malone, Communications

Main Work Undertaken in 2011-12

The CPRC ran a number of courses during 2011 / 2012. There was a great response to the ‘Back to Basics’ respiratory course, held in November 2011, which was aimed at those who wanted to gain basic skill in respiratory physiotherapy.

Brenda Deering spoke at the ITS annual conference on COPD Outreach in November 2011. In January 2012 we ran a free course with International speakers on the topic of respiratory management of neuromuscular conditions. This course was extremely well received and an article outlining the day was published in Firsthand.

In March we undertook a more advanced course suited to those wishing to extend their skill base in critical care. In May 2012 the annual Advanced CPRC course was held and given the current climate and the difficulty in getting study leave this was held on a Saturday only instead of the usual two day format.

The CPRC also facilitated a number of community courses aimed at providing training in respiratory care for those therapist working in primary care.

Many members of the CPRC were involved in an Advanced Practice for Respiratory Physiotherapists which was run in conjunction with the HSE.

As well as courses the CPRC developed a welcome pack for all new CPRC members and compiled a booklet of current Irish research to allow our members to stay up to date.

Impact of Works Undertaken

The broad range of courses facilitated by CPRC ensured that our members had access to interesting topics and continued professional development throughout the year.

Issues Faced by Members

Difficulty in attaining study leave or funding given the current climate.

Bursaries Awarded

Bursaries were offered for member for equipment, education and research, there were no applications for bursaries this year.

The CPRC committee offered bursaries to attend the ITS Annual Conference, this facilitated 8 CPRC members to attend the conference.

New Research:

The CPRC produced a research booklet highlighting the work of our members in recent years. This included 24 posters, 6 poster/oral presentations and 3 publications.

CPVP

By Author Clara O’Connor

Main Work Undertaken in 2011-12

CPVP AGM:

Our AGM was held on Monday evening 18th of June 2012 in Buxley’s hotel Newlands cross. Following this we have had a number of changes to our committee and would like to thank all those members whose roles have changed for all the hard work in recent years. CPVP wish to welcome Emma Moran as our chairperson and Suzanne Costello as our secretary.

The next committee meeting is scheduled for 10/9/2012 at 19.00. Location will be finalised closer to meeting.

Veterinary Practice (Amendment) Bill

CPVP have replied to the Department of Agriculture regarding the above bill and are hopeful that changes will be made by the end of the year.

Continued Professional Development:

Please keep a close eye on diary of events for upcoming CPD days.

Recent events

CPVP have been in attendance at the following events the Cork Agricultural show and the Charleville show in the last year.

Emma Moran attended the open day in the Canine Hydrotherapy & Rehabilitation Clinic in Sallins, Co. Kildare on June 7th. This proved a great opportunity to demonstrate the benefits of hydrotherapy & physiotherapy.

Suzanne Costello recently attended Petworld open day, this proved excellent in establishing contacts with pet owners.

Southern Branch

By Spencer Turvey

Main Work Undertaken in 2011-12:

The Southern Branch undertook a number of lecture evenings during 2011 – 12 that covered varying topics and were very well attended. The free evening lectures provided members with good, local CPD opportunities.

The branch hosted a NAGs and SNAGs course in Kerry for branch members that we again well received.

The branch worked on promoting the profession this year with good attendance at the cork City Marathon in Issues Faced by Members:

The Southern branch was relatively poorly supported in 2011 – 2012 and the committee struggled in its activities. This needs to rectified for 2012 – 2013 in order for the branch to continue to support members locally.

Other frequent agenda issues were the HSE panels and graduate unemployment.

Bursaries Awarded:

The southern branch awarded 2 bursaries this year – Louise Crowley was the recipient of the education bursary to attend an acupuncture course and Fiona O’Connor the research bursary for her 2 year project on anal sphincter injuries following childbirth.

New Research:

Ruth McCullagh, bursary winner 2011 presented her research on prescribed exercise and frailty which demonstrated that an augmented prescribed exercise improves quality of life as measured in elderly and has a trend towards reducing length of hospital stay.
Midlands Branch

By Claire Donnelly, Chairperson, Midlands Branch

Main Work Undertaken in 2011-12:

The Midland Branch hosted the 28th ISCP Annual Conference; Physiotherapy Enriching our Wellbeing, at the Mullingar Park Hotel in November.

The branch organized a Public Lecture and two workshops in conjunction with the conference.

The branch organized a number of study evenings throughout the year including topics on legal issues and communications.

Impact of Works Undertaken:

The Conference raised the profile of Chartered Physiotherapists and the Midlands branch in the region. There was a great response from branch members who volunteered to organise the conference or help out on the day.

The branch was able to capitalise on the availability of two global names: Elizabeth Dean and Bill Vicenzino to bring top class workshops to members at reasonable costs.

The study evenings provided members with a good CPD opportunity to update knowledge and changes to physiotherapy practice as well as the broader issues of legal reports and communication.

Issues Faced by Members:

As there is a strong emphasis on education in the branch, the fact that we have failed to elect an Education Officer this year is a severe disadvantage in terms of being able to carry out branch activity. We are still hopeful of attracting a volunteer.

Bursaries Awarded:

The branch introduced an Educational Bursary for members to the value of 5 x €150. Five branch members were subsidised to attend educational courses. The learning from these will be shared at future meetings. Recipients were:

- Mary Connell
- Teresa Costello
- Siobhán Gilligan
- Michelle Heraughty
- Grainne Yeates

Branch Member

Title of Course

Mary Connell

Advanced Vestibular Rehabilitation

Teresa Costello

APPI Matwork Level 3

Siobhán Gilligan

The Everyday Foot & Ankle

Michelle Heraughty

Acupuncture Foundation Course

Grainne Yeates

Introduction to Lymphoedema

CPA

By Erica McMullen

Main Work Undertaken in 2011-12:

The main activity of the CPA clinical interest group continues to be organising courses to continually up-skill all interested in the area of Acupuncture.

Courses/Study Days:

CPA members invited to IMAS Spring Study Day on Low Back Pain on 10th March 2012.

Christmas Lecture:

- Introduction to Japanese Acupuncture Course was led by Andy Harrob at Manor Street in lieu of a lecture. It had very positive feedback. Many thanks to Sheelagh McNeill, Mary Pender and Paddy Pender for organising.

Women’s Health Update:

- Many thanks to Dr Ac Mary Pender for leading study weekends and evenings, in the Autumn and the Spring. They were highly enjoyable and very informative.

ISCP Conference 2012:

DrAc Mary Pender has agreed to lead a workshop on the ‘Clinical Picture in Acupuncture Terms’. This is currently in the process of being finalised.

The committee has met three times this year, but there is always difficulty in getting a quantum of members required to reach decisions.

The Chairperson Jennifer Doheny has migrated to Hong Kong for three years. We wish her all the best on her family’s new endeavour.

Email address: cpa.secretary@yahoio.ie continues to be ongoing contact address for members. Problems with emails bouncing back/incorrect addresses/not having email addresses should hopefully now be solved as contacting directly from ISCP website.

Members of IAAP that have renewed have access to IAAP section of WCPT website. Members attending WCPT congress were invited to the IAAP subgroup meeting.

Congratulations to Dr Ac Mary Pender, who is now the Education Officer.

ISCP Acupuncture Working Party has now published Guidelines which have been approved by Council. These are now on the ISCP website, under the Inventory of Documents.

Issues Faced by Members

Tiering of membership:

This was recommended by Working Party in the Guidelines, but the tiering of membership has to be approved by Council. This was taking place by membership forms sent out over the last year. We decided it would be of benefit to look at the number of hours of training of the members, so as to direct training where it was required. Many thanks to Debbie Jobling for collating the information.

There was some confusion regarding hours of training in the forms:

- Graduate Certificate = 180 hours
- Graduate Diploma = 300 hours
- LicAc with BAC = 518 hours

Informing members re: Insurance

As ‘Scope of Practice’ is under review for the entire profession, top up insurance with Baleni, as well as O’Driscoll O’Neill, is recommended to those practicing Acupuncture for more than just musculoskeletal conditions.

Queries:

Majority of queries were regarding insurance cover while undertaking 80 hour courses run by the AACP. Some ISCP members appear to assume that as these courses are run by the AACP they are covered by ISCP/O’Driscoll O’Neill insurance for the duration of the course. This is not the case. They must have completed the 80 hours before they covered.

Eastern Branch

By Anthea Seager, Chairperson

Main Work Undertaken in 2011-12:

A suggestion was made at the 2011 AGM for the committee to organise educational activities for new graduates. A series of three evening lectures was held in September, October and November 2011 – covering the lumbar spine, respiratory physiotherapy and neurological physiotherapy. These were very well supported with 27 to 46 people attending. Our thanks to The Mater Physiotherapy Department for the use of their gym for these lectures.

It is still planned to host a fund-raising event – most likely an evening lecture - for the ISCP Benevolent Fund. This will hopefully take place in Autumn 2012.

The Eastern Branch does not traditionally organise study days, apart from hosting the ISCP Annual Conference every three years. The 2012 ISCP Conference will be held in Croke Park Conference Centre, 16th-17th November 2012. The conference organising committee is made up of the Eastern Branch committee along with representatives from the ISCP Research & Innovation Committee; the ISCP Education & Professional Development Committee; the ISCP CEO and Communications & Events Co-ordinator; a student representative and a number of other volunteers – totalling 14 people. We are also liaising with Tom Sullivan of CSP Northern Ireland and hope to get a number of delegates from NI attending the conference.

The Eastern Branch AGM / open lecture was held on 22nd May 2012 at the Camden Court Hotel, Dublin 2 – with an attendance of 14 members.

Impact of Works Undertaken:

The free evening lectures provided a CPD opportunity for new graduates and those wishing to update their knowledge.

Issues Faced by Members:

No new issues faced by members highlighted this year.

Bursaries Awarded:

A motion was approved by membership at the 2009 Eastern Branch AGM to have two €500 bursaries – one for education and one for research - and at the 2011 Eastern Branch AGM to add a further €500 bursary for presenting at a conference, with four bursaries being awarded every fourth year for WCPT.

The successful recipients of the 2011/12 Eastern Branch bursaries were Colm Daly (Research) towards completion of a MSc in Sports & Exercise Medicine, Queen Mary University, London entitled ‘Previous hamstring injury: associated lumbopelvic neuromotor activation levels and sagittal postural characteristics of running’ and Paul McDermott (Education) towards an MSc in Advanced Paediatrics, University College London.

An overview of their work was given at the open meeting on 22nd May 2012 with further feedback being planned for the future.

There were no applicants for the ‘presenting at a conference’ bursary and it was decided at the AGM that should this happen in the future, the bursary will be divided between those applicants who come second place for the other bursaries.
Main Work Undertaken in 2011-12
It has been a busy year with a steep learning curve for the first year of the newest ISCP Clinical Interest Group (CIG). The formation of the CIG was the result of a lot of background work and collaboration with ISCP A group of physiotherapists with a clinical interest in orthopaedics known as the Inpatient Orthopaedic Network Group (IPONG) had been meeting regularly for networking, information sharing and clinical updates for over 10 years previous to this. A number of physiotherapists in this group decided to try to formalise the group as a CIG and received board approval for same in early 2011. The stated objectives of the group are:
1. To further improve knowledge and practice in the area of orthopaedics
2. To establish a support network and be a source of information for physiotherapists working in orthopaedics
3. To promote evidence based treatments and identify and disseminate evidence based guidelines in the field of orthopaedics nationally
4. To increase level of education through post graduate courses and research

The committee had five meetings this year and much unseen background work was carried out.

Aims for 2011-12
Our aims for 2011 and 2012 were to run a series of lecture evenings, a study day and to develop a web based resource for orthopaedics. We are currently on target to achieve our goals.

Thanks to all our members for their subscriptions in the current financial climate. We will be reducing our subscription fees for 2012-2013 from €20 to €18, in excess of the ISCP subscription reduction of 7%.

Impact of Works Undertaken:
The study days provided opportunities for physiotherapists with an interest in women’s health and continence to develop their skill set. The Autumn course was the first course in Ireland focusing solely on the physiotherapy management of male incontinence following prostatectomy.

The national guideline on the management of obstetric anal sphincter injury is a reference for all physiotherapists working in obstetrics. This will be a useful tool in developing pathways for women with third/fourth degree tears.

Issues Faced by Members:
Members fed back to the Committee that advertising for courses could be improved, some reported difficulty in obtaining places. Demand for places on the Spring and Autumn courses was high, both courses had waiting lists. The committee plans to discuss how best to inform the membership with regard to upcoming courses.

Bursaries Awarded:
Ten education bursaries of €150 were awarded this year. The winners of the bursaries are required to write a summary for the CPWHC section on the ISCP website. The bursaries are to facilitate members to attend courses that they otherwise would not be in a position to.

New Research:
Work is currently underway on the development of a national clinical guideline on the management of pregnancy related pelvic girdle pain in conjunction with the National Clinical Programme.

Thanks to Mary Kilkenny who is retiring from her role as Honorary Secretary. Her committed and tireless work in keeping all members updated is much appreciated.

Links with other groups
The group has been working to form better links with other CIGs with an overlapping common clinical interest. We have represented the group at ISCP level on numerous standing committees. We also have a presence at the CIG Forum which has held numerous workshops endeavouring towards standardising functions across all CIGs and improve networks.

Web developments
The group has been leading an ISCP project emanating from the CIG Forum involving developing a web based resource for CIGs. This is an advanced stage and the web address is http://iscpgroupscipo.wordpress.com/. This is currently inaccessible but it is hoped that we will be going ‘live’ in the near future. When running we hope that this will become a comprehensive resource for all with an interest in Orthopaedics. If successful it is the template to be adopted for all groups in the ISCP. Thanks to Michelle Fitzgerald for her long hours in developing this, and also to Aofie McEoin, Communications and Events Co-Ordinator for her help.

Aims for 2012-2013
We are hoping to run another series of lectures from experts in the orthopaedic field between September 2012 and January 2013. These will continue to be free to CPO members.

We hope to run another CPO Study Day probably in June 2013. CPO members will receive a discounted rate equivalent to their membership subscription fee.

We will continue to develop the web based http://iscpgroupscipo.wordpress.com/ to have an easily accessible and comprehensive resource for those in the field of orthopaedics.

We hope to further links with other CIGs with an overlapping common clinical interest to ensure ISCP members get optimal benefit from their CIG memberships.
## Classifieds

**North Wexford**
Physio required for part time /full time work in expanding private practice to include rehabilitation gym and Pilates. Interest in Manual therapy, core conditioning, and Pilates essential. Minimum 2 years post Musculoskeletal experience required. **Contact email:** info@physiosolutions.ie

**Galway**
Physiotherapy manager required for fully computerised, busy, dynamic private practice clinic, with adjoining private gym and studio on premises. Must have previous experience managing own case load and other physiotherapists. Case load includes manual therapy and sports injuries. Website: www.charteredphysiotherapy.com. **Contact email:** Feargal Geraghty feargal@thera-fitnessltd.com

**Masterton, New Zealand, Oceania**
We require an enthusiastic, energetic Physiotherapist who will enjoy working with a variety of sports, spinal and work related injuries. We also provide stay at work programmes as part of a New Zealand network offering this service. We are an accredited practice with a fully equipped rehab facility including an on-site gym. You will be working in a two physiotherapist practice with a part-time Occupational Therapist. You will receive support from our Senior Physiotherapists in our Palmerston North practice along with on-going professional development. Masterton is a bustling small town, one and a half hours from Wellington, set among forests, farmland and wineries. The Wairarapa is a popular area for those who work in Wellington but want to escape the city. Masterton is 40 minutes from some of the nicest shoreline in New Zealand - great for swimming, surfing and fishing. Visit http://www.wairarapanz.com to find out more about the region. **Contact email:** harnetti@clear.net.nz  **Closing Date:** 27 Sep, 2012

**Dublin**
Part time senior musculoskeletal Chartered physiotherapist required. A minimum of three years musculoskeletal experience is required. A Masters in manipulative therapy and Pilates would also be an advantage. This is a newly renovated and fully computerised clinic in South Dublin. **Contact email:** martina@southsidephysio.com  **Closing Date:** 26 Sep, 2012

**Dublin**
Chartered Physiotherapist required for maternity cover from mid October 2012 to April 2013 in city centre Sports Physio and Pilates Clinic. A minimum of 3 years clinical experience and post graduate qualification in Manual/Sports Physiotherapy required. Pilates qualification desirable. A second position is available to a Chartered Physiotherapist interested in teaching Pilates classes only. **Contact email:** info@physiofusion.ie  **Closing Date:** 18 Sep, 2012

**Cork**
Experienced physiotherapist required for busy Cork City practice. **Contact email:** rachelormond@iol.ie  **Closing Date:** 18 Sep, 2012

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### DIARY OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Title</th>
<th>Venue</th>
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<tr>
<td>7, 8</td>
<td>Myofascial Trigger Point Therapy with reference to Travell and Simons approach</td>
<td>Limerick</td>
<td>€125.00</td>
<td>7</td>
<td><a href="mailto:eohiphysio@hotmail.com">eohiphysio@hotmail.com</a>, further info at - <a href="http://www.peakhealthphysio.com">www.peakhealthphysio.com</a></td>
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<td>8</td>
<td>Foot and Ankle Masterclass: Expert examination and treatment Posterior ankle and plantar foot</td>
<td>UCHG Physio department, Galway</td>
<td>€125.00</td>
<td>7</td>
<td><a href="mailto:eohiphysio@hotmail.com">eohiphysio@hotmail.com</a>, further info at - <a href="http://www.peakhealthphysio.com">www.peakhealthphysio.com</a></td>
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<tr>
<td>9</td>
<td>9th Foot and Ankle Masterclass: Expert examination and treatment - Medial and lateral foot and ankle</td>
<td>UCHG Physio department, Galway</td>
<td>€125.00</td>
<td>7</td>
<td><a href="mailto:eohiphysio@hotmail.com">eohiphysio@hotmail.com</a>, further info at - <a href="http://www.peakhealthphysio.com">www.peakhealthphysio.com</a></td>
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<tr>
<td>8, 9</td>
<td>APPI Matwork Level 2 - Physiotherapy Dept, St James Hospital</td>
<td>Dublin</td>
<td>€500.00</td>
<td></td>
<td><a href="mailto:philip@littonlanetraining.com">philip@littonlanetraining.com</a></td>
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<tr>
<td>12, 13, 14, 28, 27, 28, 11, 12 &amp; 25 Oct</td>
<td>FELIC Level 6 - People Handling Instructor Course, Organisers - OCCUPATIONAL PHYSIOTHERAPY SOLUTIONS LTD</td>
<td>Dublin</td>
<td>€350 CPRG/ISCPCSP Members €450 NON-ISCPCSP Members €80 *Concession rate for physio graduates (2010/11)</td>
<td></td>
<td>Trish Moore, 01-2885855, <a href="mailto:trish@loops.ie">trish@loops.ie</a></td>
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<td>15, 16</td>
<td>INWA Nordic Walking Instructors Course</td>
<td>Royal Hospital</td>
<td>€395</td>
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<td>joy@nordicwalkingie</td>
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<td>Stott Pilates Intensive Mat Instructor Course</td>
<td>Dublin</td>
<td>€1,550</td>
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<td><a href="mailto:philip@littonlanetraining.com">philip@littonlanetraining.com</a></td>
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<td>15, 16</td>
<td>New Advances in Hip Rehabilitation Performance Physiotherapy</td>
<td>Cork</td>
<td>€275</td>
<td></td>
<td>performancephysio <a href="mailto:cork@gmail.com">cork@gmail.com</a></td>
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<tr>
<td>20</td>
<td>ISOM Module 8 (covering the Lumbar Spine and Lower Limb)</td>
<td>Dublin, Trinity College</td>
<td>€450</td>
<td></td>
<td>Joan Oakes, 0868223911, <a href="mailto:joanoakes@isom.ie">joanoakes@isom.ie</a></td>
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<td>22, 23</td>
<td>Spinal Series; Thoracic; Spine</td>
<td>Limerick</td>
<td>€160/175/270, 12</td>
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<td><a href="mailto:cpmteducation@iscp.ie">cpmteducation@iscp.ie</a></td>
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<td>28, 29</td>
<td>Stage 2 Biomechanics</td>
<td>Dublin</td>
<td>€245</td>
<td></td>
<td>Sam Wright, +44(0)845 670 8182, <a href="mailto:education@rangegrp.com">education@rangegrp.com</a></td>
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<td>28, 29, 30</td>
<td>Dry Needling Modules 1-3</td>
<td>Belfast</td>
<td>€495</td>
<td>7</td>
<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, +44(0)7748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<tr>
<td>29, 30, 1, 2</td>
<td>Certificate in Health &amp; Wellness Coaching for healthcare professionals</td>
<td>Dublin</td>
<td><a href="http://www.instituteofhealthsciences.com">www.instituteofhealthsciences.com</a>, <a href="mailto:info@instituteofhealthsciences.com">info@instituteofhealthsciences.com</a>, 076 603 0746</td>
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<td>1, 2, 3, 4, 5</td>
<td>Physiotherapy for babies with cerebral palsy and</td>
<td>€375</td>
<td>TBC</td>
<td>Ann Kennedy <a href="mailto:akennedy@ccc.ie">akennedy@ccc.ie</a></td>
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<td>developmental delay</td>
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<td>3</td>
<td>Cognitive Rehabilitation Therapy</td>
<td>€150</td>
<td></td>
<td>Cillin Condon 01 8962123, <a href="mailto:cillin.condon@ccc.ie">cillin.condon@ccc.ie</a></td>
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<td>3, 6, 7, 27, 28, 29</td>
<td>Pilates Mat Level 1 &amp; 2 Intensive Training</td>
<td>€350</td>
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<td><a href="http://www.pilatesteachertrainingireland.com">www.pilatesteachertrainingireland.com</a>, <a href="mailto:info9@pilatesteachertrainingireland.com">info9@pilatesteachertrainingireland.com</a>, 087 621 0402</td>
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<td>6, 7</td>
<td>Medical Exercise Therapy (MET) for geriatric population and</td>
<td>€300</td>
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<td>Cillin Condon 01 8962123, <a href="mailto:cillin.condon@ccc.ie">cillin.condon@ccc.ie</a></td>
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<td>the healthy elderly population</td>
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<td>Dry Needling Modules 4 &amp; 5</td>
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<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<td>Stott Pilates Intensive Mat Instructor Course</td>
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<td>18, 19</td>
<td>Biomechanical Assessment &amp; Prescription Writing (Intermediate</td>
<td>€295 - €325</td>
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<td>19, 20</td>
<td>Stage 2 Biomechanics</td>
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<td>Sam Wright +44(0)845 6780182, <a href="mailto:education@langergrp.com">education@langergrp.com</a></td>
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<td>Dry Needling Modules 1-3</td>
<td>€495</td>
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<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<td>8</td>
<td>Dry Needling Module 6 (Anatomy Update Course)</td>
<td>€130 (50% discount if you do all 6 modules at once)</td>
<td>7 CPD Hours per day</td>
<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<td>8, 9, 10; 12, 23</td>
<td>Trigger Point Dry Needling, Davey G Simons Academy of Switzerland - Dry Needling 1 'Introduction, Safety &amp; Extremities', Dry Needling 2 'Safety, Spine, Head, Neck &amp; Trunk'</td>
<td>Limerick</td>
<td>Contact for more info</td>
<td><a href="http://www.unitedphysiocourses.com">www.unitedphysiocourses.com</a>, (061) 339991</td>
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<td>9, 10, 11</td>
<td>Dry Needling Modules 1-3</td>
<td>€495</td>
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<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<td>10</td>
<td>Sports taping - Dr. Unik McCarthy</td>
<td>€110 euro ISCP member, €175 euro non ISCP member</td>
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<td><a href="mailto:francesmulcahy@gmail.com">francesmulcahy@gmail.com</a></td>
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<td>9, 10, 11</td>
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<td><a href="http://www.club-physio.net">www.club-physio.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<tr>
<td>10</td>
<td>&quot;Work fit” with tutor Jacqui Smith</td>
<td>TBC</td>
<td></td>
<td><a href="mailto:christiansen.kari@gmail.com">christiansen.kari@gmail.com</a></td>
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<tr>
<td>17, 18</td>
<td>Whiplash Masterclass, Part 1 &amp; Part 2</td>
<td>€130 / £1260 (Sterling)</td>
<td></td>
<td><a href="mailto:info@heseminars.com">info@heseminars.com</a>, tel:00 44 1202 568898, <a href="http://www.heseminars.com/courses">http://www.heseminars.com/courses</a></td>
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<td>Dry Needling Modules 4 &amp; 5</td>
<td>€375</td>
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<td><a href="http://www.thedryneedlinginstitute.net">www.thedryneedlinginstitute.net</a>, (+44) 07748 3333 72, <a href="mailto:craig@club-physio.net">craig@club-physio.net</a></td>
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<td>Dec-12</td>
<td>Stott Pilates Intensive Mat Instructor Course</td>
<td>£550</td>
<td>(€600 to reserve a place)</td>
<td><a href="mailto:philip@fitationtraininetraining.com">philip@fitationtraininetraining.com</a></td>
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<td>Stott Pilates Intensive Mat Instructor Course</td>
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<td><a href="mailto:philip@fitationtraininetraining.com">philip@fitationtraininetraining.com</a></td>
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<td>17, 18</td>
<td>Spinal Manual Therapy <em>ISCP APPROVED COURSE</em></td>
<td>€1,300</td>
<td></td>
<td>Jeremy Walsh <a href="mailto:2010@gmail.com">2010@gmail.com</a></td>
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<td>Stott Pilates Intensive Mat Instructor Course</td>
<td>£550</td>
<td>(€600 to reserve a place)</td>
<td><a href="mailto:philip@fitationtraininetraining.com">philip@fitationtraininetraining.com</a></td>
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</table>
Ultrasound, Interferential, Lasers, Combination Units, Plinths, Exercise Equipment, Consumable items

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