

# THE IOPTP NEWSLETTER

THE INTERNATIONAL ORGANISATION OF  
PHYSIOTHERAPISTS IN PAEDIATRICS

## IOPTP PRESIDENT'S MESSAGE

*SHEREE YORK PT, DPT, PCS*

Greetings to you all. I am impressed with all the work the Education Committee has done to provide several zoom sessions on academic education in pediatric physical therapy. The first virtual session was held May 25, 2022, lead by Dr. Donna Cech, Dr. Yasser Salem, and Dr. Nikki Milne and moderated by Dr. Barbara Connolly. This webinar focused on Pediatric Essential and Recommended Content Areas in Entry Level Professional Physical Therapy Education: A Global Perspective. 1.57 CE hours were provided in this webinar.

Additional webinars are planned as well:

- Physiotherapy Services in the School Fact Sheet: Kirsten McDonald and Mary Jane Rapport, moderated by Nikki Milne.
- Physiotherapy for Infants Born Preterm Fact Sheet: Kine Johanssen, moderated by me.
- Statement on Obesity, Fitness and Wellness: Ilias Iliadis, moderated by Dale Scalise-Smith.
- Spinal Muscular Atrophy: Durga Shah, TBD

I am so pleased to list our 21 award winners in the platform/poster presentations from the WPT meeting in May 2021:

- Reem Albeshar (Australia): Gait variables.
- Hajar Almoajil (Saudi Arabia): Orthopaedic interventions.
- Ilias Iliadis (Greece): Cardiorespiratory fitness and strength.
- Nikki Milne (Australia): Paediatric caseloads.
- Jessica Stander (South Africa): Virtual reality with physiotherapy improving motor proficiency in individuals with Down syndrome.
- Rufina Wing Lum Lau (Hong Kong): Early exercise intervention among girls with adolescent idiopathic scoliosis.
- Natalie Trotter (Canada): Physiotherapy digital health assessment tools for children 0-5.



## CONTENTS

- *Presidents message*
- *Feature: How Telepractice is transforming therapy for people with cerebral palsy*
- *Updates from around the globe*
- *World Physiotherapy Congress 2023*
- *IOPTP Committee Updates 2022*

- Pei-Jung Wang (Taiwan): Mastery motivation in young children with global developmental delays.
- Leon N A. van Adrichem (Netherlands): Skull care application for measuring positional cranial deformities.
- Timothy Tsz Ting Yam (Hong Kong): Children with DCD and pes planus.
- Samia Alamrani (Saudi Arabia): Outcome measures and measurement properties for adolescents with idiopathic scoliosis.
- Lieske van der Stam (Germany): Benefits of dynamic joint orthotics.
- Marike Bonzaaijer (Netherlands): Modeling gross motor curve of typically developing infants and parental beliefs on gross motor development of infants.
- Falma Hegazy (UAE): Validity and diagnostic accuracy of Clark's angle for determining paediatric flatfoot.

### **Cerebral Palsy**

- Filipa Militan (Portugal): Interventions for postural control influencing function and participation outcomes.
- Vickie Meade (Australia): Use of Meade movement checklist during community screening.
- Falma Hegazy (UAE): Spasticity and spatiotemporal kinematics during reaching.
- Lisa Kent (UK): Digital toolkit for assessment of movement in children with cerebral palsy.
- Francis Kathleen George (UK): Digital toolkit for assessment of movement in children with cerebral palsy.
- Claire Kerr (UK): Prevalence and clinical profile of adults with cerebral palsy



Thank you to those who attended our IOPTP General Meeting on July 21. Here we presented our new General Rules document as well as updates on the work of each IOPTP committee. In addition we welcomed new member organizations.

I appreciate your input and participation in our webinars and our General Meeting. Wishing you all a healthy, happy season.

*Sheree York*  
PT, DPT, PCS

President, IOPTP

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May 25<sup>th</sup>, 2022

# PAEDIATRIC ESSENTIAL AND RECOMMENDED CONTENT AREAS IN ENTRY-LEVEL PROFESSIONAL PHYSICAL THERAPY EDUCATION: A GLOBAL PERSPECTIVE

**SPEAKERS**

Dr Donna Cech – Chair of IOPTP Education Committee  
 Dr Yasser Salem – Member of IOPTP Education Committee  
 Dr Nikki Milne – IOPTP Executive Committee (Member at Large), Liaison to Education Committee

# HOW TELEPRACTICE IS TRANSFORMING THERAPY FOR PEOPLE WITH CEREBRAL PALSY

WRITTEN BY  
CLAIRE SMART | PHYSIOTHERAPIST  
CEREBRAL PALSY ALLIANCE | AUSTRALIA

Telepractice is transforming the world of therapy for people with cerebral palsy and their families. The Cerebral Palsy Alliance (CPA) Australia provides family centered therapies for people living with cerebral palsy and similar disabilities, and their families. Over the past two years, service delivery via Telepractice has increased exponentially and has become part of a blended model of in person and remote service delivery. Telepractice is empowering our clients and their family to be more involved in their therapy, increasing the range of interventions we can provide, and utilising new and emerging technologies.

## TELEPRACTICE HOLDS POTENTIAL WITH A VARIETY OF INTERVENTIONS

With an open mind and the right set up, telepractice has the potential for success for many ages and interventions. Infants receiving early intervention have benefited from the increased flexibility of telepractice being in their home environment and being able to have multiple therapists in the call. In particular, parents have commented on the decreased stress from not needing to physically travel with their child to so many appointments, and the increased flexibility in timing around their routines. Activities and goals that were previously thought to be impossible via telepractice, such as gait interventions, skipping or bike riding, have been seen to be equally effective through a video call. For example, placing a bike with training wheels on a pair of shoes with a virtual beach ride, turns a stationary bike into a trip to the beach.



**PHYSIOTHERAPIST CLAIRE SMART, COMPLETING A TELEPRACTICE SESSION WITH HER CLIENT, JETT.  
PHOTO SUPPLIED BY CEREBRAL PALSY ALLIANCE**

Where the environment may prove to be challenging in facilitating a video call, an asynchronous approach has been effective. For example, a parent records a video of their child practising stair skills at the local park. The video can then be reviewed during the telepractice session where the therapist and the parent can work together on analysing the activity and building the next strategies. This way of practice is pushing the preconceived boundaries of interventions that can be delivered via telepractice.

## TELEPRACTICE IS EMPOWERING FAMILIES

Telepractice is providing families with a greater sense of empowerment and involvement in their children's therapy from the comfort of their own home. Challenges physiotherapists often face include their 'hands' not being in the room, and movement-based activities being what you can 'see' on the screen. This has prompted therapists to improve their coaching and communication skills. In turn, this puts the parents in the 'driver's seat' and facilitates increased participation and engagement in the session. This changes the mindset of many parents and their perception of therapy as parents become creative in their use of equipment in their home environment. Parents have also reported an increase in confidence in continuing therapy outside of appointments.



PHOTO SUPPLIED BY CEREBRAL PALSY ALLIANCE



PHOTO SUPPLIED BY CEREBRAL PALSY ALLIANCE

Incorporating telepractice sessions into a blended model of delivery has provided parents with a better understanding of the purpose of each session (in person and via telepractice) and how they work together, in helping their child achieve their goals. There is increasing evidence that practicing goals outside the clinical setting and in real life settings such as the home environment, is likely to lead to the child being more confident and capable. Additionally, it ensures enough practice is undertaken for the child to achieve their goal. Telepractice enables the therapist to observe the goal in the real-life setting, the technology allowing increased access to home without the barriers of travel time and costs.

## TECHNOLOGY IS FAST TRACKING TELEPRACTICE

Rapidly evolving technology and resources are fast tracking the future capabilities of telepractice. Improving a therapist's telepractice set up from a laptop only, to a setup that includes a wireless headset, quality webcam and second screen, are simple solutions that enable a higher quality of service delivery. Though client set up is dependent on their access to technology, supporting families to take advantage of what technology they may already have around them can also enhance the session.

This includes wireless headphones or speakers, wide angle lenses and screen casting to TV technology. Tablet mounting devices are now accessible in the mainstream market and enable parents to support their child without focusing on holding their device. High technology solutions are changing the future of telepractice with far end control cameras and telepresence robots on the horizon. Parents of CPA client Jett said, "having the robot in our home kept Jett more engaged in his telepractice sessions and the ability of his physiotherapist to control the robot made sure he was completing his exercises correctly". The ability to model positioning and handling has dramatically improved with the right demonstration dolls in physiotherapy practice. Important features include lifelike size and internal skeletons that can hold certain positions such as sitting or kneeling. Using these resources has the potential to transform a basic telepractice session to a high-quality mode of service delivery equal to an in person offering.

Overall, telepractice delivered in a blended model of therapy is changing the way clients are able to access services and supporting service delivery at the right time and at the right place. It is having great success across a range of interventions, empowering families to feel that they have the skills and knowledge to support their child and harnessing the power of technology.

**WE ARE EXCITED ABOUT THE FUTURE OF TELEPRACTICE AND THE POTENTIAL IT HOLDS FOR PEOPLE WITH CEREBRAL PALSY AND THEIR FAMILIES.**



**Cerebral Palsy  
ALLIANCE**



# UPDATES FROM AROUND THE GLOBE



## PROFESSIONAL GROUP FOR CHILDREN AND YOUTH PHYSIOTHERAPY NORWAY



The pediatric group in Norway has had an active year. They have created a new website that you are welcome to check out here:

<https://www.barneogungdomsfysioterapi.no/aktuelt-ung>.

This year their website will replace the digital magazine, that they traditionally send out three times a year.

Their member mass is increasing- just above 720, up from around 680 in 2021. They have offered two free evening webinars this past year, lasting about two hours each time which were well received.

They are currently working on translating their brochures to English and other languages. Their first brochure on Skull Asymmetry and Side Preference has been completed.

## ITALIAN ASSOCIATION OF PHYSIOTHERAPY PEDIATRIC SPECIALIST INTEREST GROUP



The second European Paediatric Physiotherapy Congress (EUPPT) will take place in Florence, Italy on the 6th-8th October 2022.

The congress will have a focus on three main topic areas:

- Neuroscience in Paediatric Physiotherapy
- Children with Complex Mutli-systemic Care Needs
- Physiotherapy in Adolescents.

For further details, please visit their website: <https://www.euppt2022.com/>

2<sup>nd</sup> European Paediatric

**EUPPT**

Physiotherapy Congress



ITALIAN ASSOCIATION OF PHYSIOTHERAPY  
PEDIATRIC SPECIALIST INTEREST GROUP

Florence, Italy

6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> October 2022

# WORLD PHYSIOTHERAPY CONGRESS 2023

CALL FOR ABSTRACTS OPEN

The World Physiotherapy Congress 2023 is set to take place in Dubai from 2nd - 4th June 2023.

The call for abstracts is now open with submissions to be received by 29th September 2022. Please follow this link to find out more: <https://wp2023.world.physio/#/programme/abstracts>

Registrations will open in September 2022. Please follow this link to register for the congress: [link](#)

The program is being set for a great congress with many focused symposium sessions already on the agenda:

- Identification of serious pathology: The important role of physiotherapists
- Hospital rehabilitation in humanitarian settings - Challenges and tailored solutions
- Leveraging collaborative inter-professional education strategies for context specific workforce development
- Paediatric physiotherapy: Promoting health literacy, physical activity and participation
- Biomarkers enabling precision neuro-musculoskeletal health rehabilitation (Biosphere) - Changing the paradigm
- Transfer of pain neuroscience education interventions by cultural adaptation research
- Implementing planetary health, environment and sustainability in international physiotherapy education
- Addressing patients' needs: Using digital tools to enhance physiotherapy
- Implementing technologies into global stroke rehabilitation: Why, what and how?
- Can evidence from high-income countries be used in low-income countries?
- Indigenous leadership: Reimagining health education for and with indigenous communities
- The injury prevention and implementation landscape: Where are we now?
- International clinical practice guideline recommendations for telerehabilitation: Action and implementation
- Thinking and acting beyond the biopsychosocial model in physiotherapy
- Overcoming barriers to evidence-based clinical practice
- Trauma focused physiotherapy: From practice to education
- Physiotherapy research in cancer care: Moving from research to practice





# IOPTP COMMITTEE UPDATES

## ***EXTRAORDINARY GENERAL MEETING***

An Extraordinary General Meeting of the IOPTP was held on July 21, 2022. We had an overwhelming attendance with 22 of our 27 member organisations attending. Welcome to the Costa Rican Scientific Society of Pediatric Physical Therapy, Cyprus Physiotherapy Group, Ghana Paediatric Physiotherapy Interest Group and The Israeli Pediatric Physiotherapy Group who were all approved for full membership.

A name change was also approved for the IOPTP along with some changes to our governing rules. We are now the International Organization of Physiotherapists in Paediatrics, aligning us with the changes occurring throughout World Physiotherapy. Please see our [website](#) for further information.

## ***EDUCATION COMMITTEE***

In May, the Education Committee hosted it's first webinar of 2022. Conducted over Zoom, Dr. Donna Cech, Dr. Yasser Salem, and Dr. Nikki Milne discussed the topic of Paediatric Essential and Recommended Content Areas in Entry-Level Professional Physical Therapy Education: A Global Perspective. Further details can be found on our website [here](#).

Keep an eye on our website for our upcoming webinars:

- Physiotherapy Services in the School.
- Physiotherapy for Infants Born Preterm.
- Statement on Obesity, Fitness and Wellness
- Spinal Muscular Atrophy



## **RESEARCH COMMITTEE**

The research committee comprises of 21 members across 15 countries. The committee is organized in subgroups, who are each responsible for different areas of pediatric physiotherapy practice. The subgroups run a number of initiatives and activities with a focus on enhancing paediatric physiotherapy practice. In 2021, the research committee published a fact sheet summarizing evidence regarding "[Physiotherapy for infants born preterm](#)". In 2022, the research committee, alongside the education committee, plans to host a webinar presenting this work. Leading international pediatric physiotherapist researchers have also been invited to contribute to this important professional development opportunity to present the latest concerning early intervention for children born preterm. The research committee is involved in organizing the webinar series led by the IOPTP, and are excited to be a part of this new initiative; making the latest research available to physiotherapists all around the world.

The Research Committee have proposed recommendations to the IOPTP Board to develop a process to identify, organize and appraise existing clinical practice guidelines (CPGs) to inform research and practice. A broader task force will form, inclusive of Research and Practice Committee representation, during 2022. The Committee are also submitting a proposal for a focused symposium at the WCT 2023 in Dubai entitled "Pediatric Physiotherapy: Promoting Health Literacy, Physical Activity, and Participation". The research committee has provided the possibility for international collaboration in research, and during the spring of 2022 two papers will be published describing a collaborative tiered school-based physiotherapy service delivery model.

## **COMMUNICATION COMMITTEE**

The communication committee has been busy collating information from paediatric physiotherapists from across the globe. Submissions are now being sourced for our next newsletter. If you have any updates or news stories that you would like to share with our readership, please contact the Chair of the Communications Committee, Cherie Zischke: [czischke@csu.edu.au](mailto:czischke@csu.edu.au).

### **NEWSLETTER COMPILIED BY THE IOPTP COMMUNICATIONS COMMITTEE**

For submissions or questions regarding the newsletter please contact the newsletter editors and Chairs of the IOPTP communication committee:

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