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PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOL 16 | OCTOBER 2014 | THE NEWSLETTER FOR THE UBC DEPARTMENT OF PHYSICAL THERAPY



Because even a single short exercise bout immediately prior to practice may facilitate learning, first year MPT students engage in a warm up just outside the Friedman Building



UBC Physical Therapy 2



UBC PHYSICAL THERAPY



FACULTY OF MEDICINE

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UBC PHYSICAL THERAPY VOL16 | OCTOBER 2014

A publication of the University of British Columbia's Department of Physical Therapy in the Faculty of Medicine, providing news and information for and about faculty members, students, staff, alumni and friends.

Letters and suggestions are welcome, or to change your contact information with the Department contact Brenda Wessel at:

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www.physicaltherapy.med.ubc.ca

MESSAGE FROM THE ACTING HEAD



Dr. Janice Eng, PhD, BSc(PT/OT)
*Professor and Acting Head,
 UBC Department of Physical Therapy*

On July 1 Jayne Garland began a well-deserved six month sabbatical so she could concentrate her efforts in her research lab and I took on the role of Acting Head of the Department. In spite of her sabbatical, Jayne, Rebecca Tunnacliffe (CEO, Physiotherapy Association of BC), and Jason Coolen (President, PABC) went to the BC Legislature to address the government regarding the shortage of physical therapists.



They met with several key representatives from the Ministry of Health and Ministry of Advanced Education. The government was impressed with their information and said they were continuing to explore options for the North. They were particularly interested in data from PABC on private practice shortages, as they have no access to this information. Thank you PABC for continuing to build strong relationships with the government on behalf of the physical therapy profession!



[Left to right] Kevin Brown and Rebecca Swan (Ministry of Health), Jason Coolen, Jayne Garland, and flanking Rebecca Tunnacliffe are Tony Loughran and Kevin Perrault (Ministry of Advanced Education).

We, along with our partners, will continue to look for innovative ways to alleviate the shortage of physical therapists which is particularly hard felt in the rural and remote regions of British Columbia. This last July we successfully piloted a three week block of academic education distributed to UNBC (see page 14).

In November we will graduate our first cohort of Northern and Rural students. We are also continuing our efforts to help physiotherapists who were educated outside our province obtain licensure through our Internationally Educated Physiotherapists Exam Preparation Program (IEPEP). This program has undergone considerable growth and continues to be a success; you can read about it on page 11.

News from the MPT1 Class

Priscilla Wong, BSc.
MPT 1 Class Representative

Student
Summary

Physical Therapy is a Way of Life

It's been a boisterous month. Taking part in all of those memorable welcome activities, buried under a pile of anatomy flashcards, stressing about exams, and spending time with friends whom you already feel like you've known forever, I barely remember what life was like before PT. That's the beauty of the program. It's no longer

just "school;" Physical Therapy is a way of life. Other than our classes, some of the MPT1s have attended an icing debate put on by PABC, discussion on business practices, interprofessional mixers, a pain management module, and are starting their shadow placements soon! We already have sports teams for volleyball, basketball, soccer, ultimate, dodgeball, and ball hockey, no doubt to defend our previous championship titles. It really does feel like you've adopted a family of 80. There's always someone to try that new hike with, someone to bank some long study sessions with, or someone to crack a



joke with when you need a laugh. We're just getting started but we are all so excited to take part in the fun, crazy, and unforgettable opportunities that PT has to offer. Already we gathered a mixed team of 24 MPT1s and 2s to participate in the *CIBC Run for the Cure* and raised a grand total of \$5,470 towards breast cancer research, education, and health promotion!



Family hug!

The new family of MPT 1 class members getting some rest and relaxation after our first week of class.

Jenny Lehmann, BSc Kin
MPT 1 class member



Perspectives from a First-year Student

As a brand new MPT student, I was overwhelmed by the thought of learning over 80 new names and faces, and a never-ending list of new muscles and PT-associated acronyms. Fast-forward three weeks - I feel a huge sense of relief knowing that I am amongst 79 other equally intimidated Freidman High freshman, all of whom welcome the transition from competitive undergraduates to collaborative soon-to-be professionals. We quickly learned that there is no shame in sharing an effective mnemonic or myotome dance regardless of how bizarre or humiliating it may be. Although we're still learning names, we're sure to recognize one another by a pronounced latissimus dorsi or natural talent for massage having kicked off Week One with cadavers and manual therapy techniques.



First year Masters of Physical Therapy students
in a Pre-Amazing Race Warm up

We may not have been so quick to find our groove if it weren't for our MPT 2 mentors, who brought us up to speed with the ins and outs of UBC PT. In addition to sharing their coveted study tips, they also made sure we were well informed of, and ready to defend, their long list of intramural championship titles. Not to worry - having taken note of our collective athleticism during orientation activities, I'm confident that we'll be able to keep the tradition alive.

Having spent the past three years focusing on competitive cycling, I was a bit worried that I'd lost my study skills, or rather, desk stamina. Luckily, Rebecca Tunnacliffe and our PABC reps do a fantastic job of reminding us that 'sedentary' is not an option in the Physical Therapy world. If surface anatomy labs alone don't provide enough incentive to stay fit, our inboxes are constantly flooded with invitations to join a Freidman High Honey Badgers team or active fundraising event. It's not all fun and games though - it's "study hard, play hard!"

News from the MPT2 Class

Cynthia Lau, BKin
MPT2 Class Representative

Student Summary

With our second year in the MPT program now in full swing, it's always nice to take a moment to reflect on what we have all been up to as a class over the summer months and to see what the fall and winter have in store for us.

During the summer term, when we were not busy working on our research projects, students were spending lots of time outdoors in the sunshine and staying active. A group of students ran the Lululemon half marathon in August and are already planning on running the race again next year!

The Northern & Rural Cohort got their first taste of what life is like as a physiotherapist in Prince George. Read on below for a feature written by Madison Morrison.

Since the last week of August, we former MPT1s have transitioned into our new roles as MPT2s and have been busy welcoming the incoming first year students with social events such as the welcome potluck, the amazing race, and the Pink Lab Coat – all of which are traditions in the program!

Over the next few weeks, the MPT2 students will be gearing up to write our final exams in November and preparing to embark on our next two clinical placements. Although the course load has been busy so far, we are looking forward to what will inevitably be a fun and exciting year.

Northern & Rural Cohort: Three Weeks in Prince George

Madison Morrison
NRC Student Representative

Midnight hike to the Joe L'Orsa Cabin at the Silver King Basin

[L-R]: Navi Mann, Todd Van Der Star, Dimitri Naef, Matthew Beda, Mary Edwards, Jacob Cramm, Jordan Tufnail, Andrew Burkholder





Delicious moose burger dinner put on for the NRC students by local physiotherapists

[Clockwise from front]: Mary Edwards, Jordan Tufnail, Dimitri Naef, Jennifer Mildon, Nicole Warren, Todd Van Der Star, Josina Rhebergen, Jennifer Waring, Milan Dragutinovic, Andrew Burkholder

Our Northern & Rural Cohort was very excited for our three-week block in Prince George after hearing many great stories from the 2014 grads about their time there. Our classroom environment was intimate and fully equipped, with the best tools and clinical tutors we could ask for to facilitate our learning, and it took very little time for us to adjust to the teleconference classroom setting. But outside the classroom and into the outdoors was where we spent most of our time in the North...



The cosy Joe L'Orsa Cabin in the breathtaking Silver King Basin

We took advantage of the fantastic summer weather with afternoon trips to local lakes, rivers, hiking trails and best of all: backyard gatherings with local physiotherapists. We continued the outdoorsy trend during weekend trips to a cabin in Smithers' Silver King Basin (an 8km hike which half the group completed in the middle of the night by the light of glowsticks!); Jasper's famous rock climbing (through rain and shine); and in canoes on local lakes with fishing rods in hand.

The entire group would agree, during our time in Prince George we were made to feel incredibly welcomed and supported by UBC/UNBC and the entire PT community. We have all returned to join the rest of our cohort with an elevated sense of excitement and confidence regarding the amazing field we will be entering into not too long from now!

Enjoying Research in Spite of Being a Long Way from Home

Bolette Rafn, MSc Student



My name is Bolette Rafn. I am a Danish physiotherapist currently doing a Master in Health Science at the University of Copenhagen. I have a background as a clinical physiotherapist and have previously done research in sports injuries with specific emphasis on hip and groin injuries among elite soccer players.

About a year ago, I contacted Dr. Kristin Campbell at the Department of Physical Therapy at UBC, because of my interest in her work with exercise and rehabilitation for cancer survivors.

Dr. Campbell is one of Canada's leading researchers in physiotherapy for cancer survivors, particularly breast cancer survivors, and I was intrigued by the possibility to be part of this research. In the spring of 2014, I was fortunate to be invited as an international student by UBC. Together with my husband and our little daughter, I moved to Vancouver to join the Clinical Exercise Physiology Lab, led by Dr. Campbell. I am very grateful that Dr. Campbell has given me this opportunity to join her laboratory. Thus far, it has been very exciting and a fruitful experience for me. I have been given the perfect chance to improve my English skills and develop myself in research.

My work at the Clinical Exercise Physiology Lab includes coordination of a randomized controlled trial, where we are testing the effect of a newly developed model of rehabilitation after breast cancer surgery named the *Prospective Surveillance Model*. This model has the potential to improve early detection of arm morbidity after breast cancer surgery and offer an early targeted rehabilitation treatment of women identified to be showing signs of arm morbidity. This is important research, as these women experience a range of different adverse effects that persist several years after treatment, affecting their ability to work and their quality of life. We are primarily investigating if surveillance for arm morbidity and targeted physiotherapy after the first year of breast cancer surgery will reduce the prevalence of women with impairments and improve their quality of life. Secondly, we are exploring the cost-effectiveness of this model with targeted treatment only to women in need. The recruitment process has now ended, but we have ongoing data collection until summer 2015, and are very excited to begin analyzing the results.

Currently, I am looking at the preliminary data of the *Prospective Surveillance Study* and will include these results in my master's thesis as the final part of my degree at the University of Copenhagen in Denmark. In the next couple of years, I hope to continue my work at UBC to improve my skills as a researcher and ultimately pursue a PhD in breast cancer rehabilitation.



Collaborator, Fatima Ingles helping Bolette obtain test-retest reliability with the perometer

Rehabilitation Science Students Discover a Therapy for Rising Tuition

Many students and alumni of Occupational and Physical Therapy know that higher education is an expensive undertaking—one that is growing more expensive each year. As they strive to improve the health of patients, students often make decisions based on their financial strain, from where they live, to the food they eat, to the textbooks they buy.

When the Canadian government stopped allocating monthly stipends to rehabilitation science students in 1979, Nancy Cho, a UBC School of Rehabilitation Medicine graduate of 1982, decided to help her fellow students make ends meet. Together with the student council, Nancy established the *University of BC Rehabilitation Sciences Alumni Bursary*, enabling friends and alumni of the UBC program to give to future generations of physical and occupational therapists and to support the program that inspired their careers.

As a result of the generous support of alumni like Karen van der Hoop and Karol Elliott, the bursary's endowment fund is now able to provide two \$2,250 awards per year. These twin sisters, both Rehabilitation Sciences graduates of 1979, regularly give to the Rehabilitation Alumni Bursary and have provided generously for future students through gifts in their wills. However, with rising tuition costs and the high cost of living in BC, further philanthropic support for dedicated students is needed.



Rehabilitation Sciences twins, Karen and Karol

Bursary inspires life-enhancing research in Occupational Therapy



Bill Miller, his wife, Francine, and their three daughters

One of the bursary's early recipients was Dr. William (Bill) Miller, an Occupational Therapy (OT) graduate of 1989 and current Associate Dean of Health Professions and Professor in the UBC Department of Occupational Science & Occupational Therapy. In 1988, Bill was extremely busy and there was no time to earn money. While he and his wife expected their second child, Bill was coaching an ice hockey team, playing on another team, and completing his third year in OT. Bill's course load was heavy, and his family's budget was stretched. It was a challenging time for Bill, and he recalls, "Every dollar allowed me to continue my OT studies. The bursary probably fed our kids."

The support Bill received from student awards at UBC and later at the University of Western Ontario inspired him to stay in academia and solve critical gaps he noticed in the Occupational Sciences. Now, Bill continues to investigate improved therapeutic methods and expand the care we provide to patients with spinal cord injuries, fatigue and function in neuromuscular and neurologic disorder, and other mobility issues.

Therapy for rising tuition

Physical Therapy grad uses bursary aid to heal hands



Lindsay Farr, a PT graduate of 2013, received the bursary in her final year of schooling and understands first-hand the critical difference this support can make. While at UBC, she was disheartened by the lack of financial assistance available to PT students. With tuition approaching \$13,000 for the program, the high cost of living in Vancouver, and no time to earn money, Lindsay says that her higher education felt like “spending, spending, spending,” and would have been much more stressful without the *UBC Rehabilitation Sciences Alumni Bursary*. “This bursary covered my tuition for a full semester and a little more,” says Lindsay, expressing her relief at receiving substantial financial aid.

At UBC, Lindsay became deeply interested in the diversity of injuries and patients she could help through hand therapy. Now, Lindsay is working at a private clinic with the goal of becoming certified as a hand therapy specialist. She is relieved that she had financial support to get her through the PT program and help her pursue her passion, and Lindsay looks forward to the day she can give back to the *UBC Rehabilitation Sciences Alumni Bursary*.

In 2012, the bursary celebrated its 30th Anniversary, and Nancy Cho set a goal of raising an additional \$30,000 to top-up the bursary fund, in support of the next generation of occupational and physical therapists. This goal is now more than half-way reached, and your support is urgently needed to expand the aid we can provide to our students to reduce their financial burden.



Nancy Cho making her pitch during the inaugural phone-athon to raise money for the bursary



Internationally Educated Physiotherapists Exam Preparation Program



Alison Greig
Senior Instructor, Associate Head, MPT Program,
IEPEP Program Lead



Carissa Dyck
IEPEP Program Manager

The Physiotherapists Exam Preparation Program (IEPEP) was developed in 2008, primarily to assist Internationally Educated Physiotherapists (IEPs) through one of the most difficult of the Canadian physiotherapist licensing requirements: the national *Physiotherapy Competency Examination* (PCE). From 2008-2011, the pilot IEP project was funded by the British Columbia Ministry of Jobs, Tourism and Innovation (previously Ministry of Regional Economic and Skills Development). Now operating as a sustainable, cost-recovery program, the IEP Program has had over 400 IEPs participate, and has seen significant growth from 58 registrants in 2012, to 98 registrants in 2013, and 163 registrants in 2014. With the transition to an online written preparation program, the program has expanded to include registrants who are able to prepare for the written exam prior to coming to Canada. The program has seen participants from throughout BC, across Canada around and the world including Nigeria, the Philippines, India, Iran, Brazil, and the United Kingdom.

The IEP participant success rate on the national PT exams is impressive. Results from 2013 IEP participants demonstrate a 79% pass rate on the written exam and an 83% pass rate on the practical exam; compared with foreign-trained Physiotherapists who did not participate in the program who achieved pass rates of 53% and 58%, respectively. The IEP Program has been rigorously evaluated, and results of the evaluations have been recently published in BMC Medical Education: "Program evaluation of a model to integrate internationally educated health professionals into clinical practice" (doi:10.1186/1472-6920-13-140). The results of the evaluations have informed program improvements and the development of additional resources and learning modules.

To find out more about the program, please go to www.iepbc.ca



MRSc and Pulmonary Rehabilitation

Rehabilitation Science Online Graduate Programs

Now in its 10th year, the online Masters of Rehabilitation Science (MRSc) is designed for working rehabilitation professionals. Positioned in the Departments of Physical Therapy and Occupational Science & Occupational Therapy, the program focuses on developing learner knowledge and skills that are highly relevant and applicable to practice, leadership, and the CPA specialist program. The result is a vast array of knowledge translation outputs that influence clients, programs, services, professionals and populations.

Dr. Pat Camp, a UBC expert in pulmonary rehabilitation, is now offering a unique opportunity for professionals whose career focus is pulmonary rehabilitation. Dr. Camp, UBC Assistant Professor, and Head of St. Paul's Hospital Pulmonary Rehab Clinic has created a multi-level model of professional development for physical therapists, respiratory therapists, kinesiologists, nurses and other specialized professionals. This model, the *UBC Integrated Research and Clinical Pulmonary Rehabilitation Training Unit*, will offer different professional development training opportunities for health care professionals in pulmonary rehabilitation. In a recent interview, Dr. Camp described her vision:



Many BC health care professionals who work in pulmonary rehabilitation, a highly specialized area of practice, work largely in isolation. This was the impetus for launching the [Pulmonary Rehabilitation Network of BC](#) (PRN-BC). PRN-BC identified programs throughout BC and created a network to unite the community and provide a place for connection, sharing and professional development. Working in collaboration, the network addresses quality improvement, helping professionals understand and apply best evidence, and provides a forum for getting questions answered. Being a part of the PRN-BC is **Level 1** of the Training Unit, and newsletters, journal clubs, and Webinars offer forums to promote knowledge and skills.

The next level of the Training Unit is **Level 2** - the [Masters of Rehabilitation Science](#). This degree is for therapists interested in career development and leadership opportunities such as expert practitioner, clinical educator, practice lead, healthcare manager, or consultant in program evaluation who wish to work part or full time on their degree. The MRSc is a combination of courses, or courses and a work- or practice-based research project. While learners can customize their MRSc to different fields in rehabilitation, Dr. Pat Camp is enthusiastic to supervise select learners in their independent research project, or work with the MRSc project coordinator to find potential supervisors either through the PRN-BC or from over 15 MRSc supervisors.

The network provides additional opportunities to a) form a learner group of multiple clinicians from one pulmonary rehab program; or b) use the PRN-BC to approach interested clinicians from multiple programs across BC and collaborate on projects of mutual interest and benefit. The PRN-BC connection will allow learners to have access to additional mentorship and input from professionals at various levels including pulmonary rehabilitation clinical experts, academics and other graduate students. Further, learners gain access to the most relevant forum for knowledge translation, for example, by offering Webinars and evidence reviews for the PRN-BC interdisciplinary network.

For health care professionals who wish advanced research training, **Level 3** offers thesis-based graduate degree opportunities. The UBC Graduate Program in Rehabilitation Sciences offers both MSc and PhD thesis-based degrees, and has over 20 faculty. Dr. Pat Camp also supervises select MSc and PhD graduate students with an interest in pulmonary rehabilitation research.

If you are a pulmonary rehabilitation professional considering advanced education, there is no better time to move forward. For more information contact Pat Camp at pat.camp@hli.ubc.ca or check out the [MRSc Website](#)

MRSc Meets the Needs of Practicing PTs: *Spotlight on RHSC 503 Reasoning & Decision-Making*

The Master of Rehabilitation Science at UBC was designed for practicing professionals to facilitate career development and improve practice. [RHSC 503: Reasoning and Decision-Making](#) is one of the five core MRSc courses, and addresses a need of practicing physiotherapists ([2013 PT Department Community Engagement Survey](#)). This course examines how strategies such as critical reflection, narratives, assessment of the literature, and other evidence can enhance reasoning, decision-making and reflective practice. In recent course evaluations MRSc students spoke of the positive outcomes of this learning:

“The course has added increased awareness about the clinical reasoning process. It has given me the tools to really understand my clinical decisions, evaluate others and help coach novice practitioners.”

“This course will change the way I think about the patient and their involvement in their care. I will try to implement more reflection in my practice as I now understand how it can promote change in my practice.”

Not only critical to practice, clinical reasoning is one of the nine core competencies outlined in the CPA Clinical Specialty Program. A recent comparison of these nine competencies with MRSc program objectives, completed by Kathy Davidson, PT, revealed that RHSC 503 is only one of a number of [MRSc courses](#) that can help build knowledge and skills related to CPA specialist competencies. For more on the UBC Masters of Rehabilitation Science, visit our [website](#).

Congratulations to the 2014 MRSc Fall Graduates

Congratulations to Fall 2014 Graduates, Physical Therapists Stacy Miller and Robyn Vermeulen, and Occupational Therapist James Bardy.

Stacey and Robyn were recently featured in the [UBC Faculty of Medicine Graduate Spotlight](#).

Register for fall [Research Relays](#). They're free! (If you can't attend, listen to the archive.)

It's Time... Your Masters Degree is Just a Click Away!

Check out course-based and research study options at www.mrsc.ubc.ca
or email us at info@mrsc.ubc.ca

MRSc: Apply by April 30 for September entry; September 30 for January entry
GCR: May 15 for September entry; October 15 for January entry

2014: Our 10th Anniversary Year

Northern and Rural Education



Robin Roots, PT, MSc

Instructor,
Coordinator of Clinical Education,
Northern and Rural Cohort

Distributing PT Education

The positive effect that rural training programs have on recruitment of health professionals to rural regions has been well researched with evidence pointing in favour of academic programs in addition to clinical placements. Because the aim of the Northern and Rural Cohort (NRC) of the UBC Masters of Physical Therapy (MPT)

program is to increase recruitment and retention of physiotherapists to northern and rural regions, we endeavored to supplement the clinical education experiences of the NRC with three weeks of distributed academic curriculum delivered at UNBC. We had successfully piloted a one week academic block to the NRC pilot cohort last year, and were confident we could make a three-week term work.

Block C in the MPT curriculum follows 10 weeks of clinical placements and consists of three academic courses that are well-suited to distribution. The same curriculum was delivered synchronously between UBC Vancouver and UNBC Prince George. Lectures were video conferenced and during student presentations, students presented to their fellow students at both sites simultaneously (at the Point Grey campus and the UNBC Physiotherapy Plinth Lab). The first week consisted of a case-based course in which students work together in small tutorial groups with guidance from a tutor. The NRC was divided into three groups and all tutorials were facilitated onsite by NRC Instructors, Kerrie Roberts, and myself. In the second and third weeks students were consumed with their research course (students work in groups to complete a research project or systematic review). We drew upon the expertise of Trina Fyfe, Librarian for the Northern Medical Program, and using resources locally in the UNBC Library, she helped the NRC develop their search strategies. Trina and Robin facilitated all tutorial sessions, and connected students with community and academic experts who could assist students with content specific to their research topic. This offered them an opportunity to network with local experts and enhance their understanding of the content in a rural context.

This trial was a great success as is evidenced by comments from students and our academic evaluation. Students were very positive about their learning experience. They felt that it was equivalent to or better than the experience they felt they would have had if they had remained in Vancouver. They provided constructive feedback on ways we can improve our distributed education module that we will consider for next year. Academically, the average grades for the course/assignments of the NRC were equivalent to those students on the Point Grey campus.



Madison Morrison and Josina Rhebergen work alongside instructor Robin Roots on fellow student, Matthew Beda, during the final week of classes at UNBC

Northern and Rural Education



The Northern and Rural Cohort, 2014 grad class, in the physical therapy plinth lab at UNBC with Robin, Kerrie, and clinical partner Terry Fedorkiw, PT

This academic distribution showcased the terrific results that occur with collaboration. We are grateful to the Northern Medical Program for sharing their experiences in medical education distribution and to UNBC for so warmly welcoming UBC MPT students onto the Campus. 19 out of the 20 students lived in residence on UNBC campus for the three weeks. While the influence that increased time in northern or rural setting has on students' decisions about where they will practice will not be known for many years, the literature and the experience of programs such as the Northern Medical Programs suggest that the longer students spend in rural communities as part of their training, the more likely they are to remain in a rural area. Many of the NRC students commented that this week enhanced their interest in rural practice. The success of this three week academic distribution was an important proof of concept

and we will continue to include it in the curriculum for NRC students each year.



Josina Rhebergen and Matthew Beda demonstrate their skills during their final week of classes held at the University of Northern British Columbia

"Here we get to be a tight-knit community because we live in residence together," said Matthew Beda, a student from Thunder Bay, Ontario. "It's just easier to run across the hall and knock on somebody's door to get help or practice something."

A Fond Farewell



After over a quarter century of service to the UBC Department of Physical Therapy, and the physical therapy community in British Columbia, Darlene Reid is retiring



Darlene obtained her physical therapy degree from the University of Manitoba in 1979 where her interest in research had already been stimulated. She performed her first research project as an undergraduate with supervision from our former Department Head, Brenda Loveridge. This led to her career as an academic where she has impacted basic science research as well as clinical practice. Darlene is a well-respected expert in overuse and training of the inspiratory and limb muscle in people with chronic disease. Her dedication toward training the next generation of researchers is evident; she has served as supervisor or co-supervisor of over 35 research trainees and has served two terms as the Chair of Research Graduate Programs in Rehabilitation Sciences.

Darlene has also made valuable contributions toward improving clinical practice through her participation in journal clubs, in-services and numerous continuing education presentations to clinicians throughout Canada and internationally. She has educated clinicians on the importance of training respiratory muscles in those with lung disease as well as the significance of pain experienced by those with Chronic Obstructive Pulmonary Disease. Darlene has also been involved in many knowledge translation projects aimed at promoting physical activity and improving clinical practice such as the Total Joint Arthroplasty and Outcome Measures project where a "toolkit" for clinicians was developed. She was also involved in SAFEMOB, which resulted in tools that guide physiotherapy clinicians in evidence-informed decision-making relevant to the safe mobilization of patients in acute care settings.

Darlene has provided invaluable service to the Department. In addition to her role of graduate program chair she has provided insight while sitting on or chairing numerous committees over the years that have ranged from community engagement to faculty search and promotion and tenure committees.

In a celebration of her service, a reception was held October 8th in the new Djavad Mowafaghian Centre for Brain Health. We were able to wish Darlene a fond farewell and good luck in the next phase of her life.



Lara Boyd, PT, PhD

Associate Professor, Canada Research Chair &
Michael Smith Foundation for Health Research Career Investigator



I graduated with a Masters in Physical Therapy degree from the University of Southern California in 1992 and began practice at Rancho Los Amigos National Rehabilitation Center. There I was lucky enough to work with Dr. Jacqueline Perry, who was the country's foremost expert on gait analysis. During my practice as a Physical Therapist I was frustrated with the lack of evidence-based treatment options for the neuro population and the limited outcomes I was seeing in my patients. My work with Dr. Perry gave me experience in research and this influence, along with my desire to improve treatment for the neuro population, led to my decision to pursue a PhD.

The questions in my lab are framed by my clinical training as a physical therapist and are focused toward better understanding how can we positively alter patterns of brain activity in conjunction with behavior after the brain is damaged by disease or altered by developmental disability. A career as an academic allows me to pursue the intellectual challenges of my choice and has taken me in directions I would not have predicted early in my training. Currently my lab is involved in an array of interesting projects. While the bulk of my work is focused on studying neuroplasticity in the brains of individuals with stroke, my group is also working with Lululemon Athletica studying how yoga practice influences brain and heart responses to stress. We are also collaborating with a local school to understand how a new focused program alters brain function and structure in children with learning disabilities. I also collaborate extensively with Carlo Menon, a Simon Fraser engineer, to develop robotic rehabilitation devices for people with motor deficits after stroke.

Supervision of research trainees at the Bachelors, Masters, Doctorate and Post-Doctoral is definitely the most rewarding part of my job. My group has discovered the importance of sleep for motor learning as well as the contribution of intact sensation on motor performance and learning. We are looking at what we are calling the 'Goldilocks effect' to see how providing 'just the right difficulty' impacts motor learning. Trainees in my group are investigating the use of exercise as a 'priming' procedure prior to a motor learning task. Not surprisingly we found that even a single short exercise bout immediately prior to practice facilitates motor learning in healthy individuals; a key question that we are now pursuing is whether this effect will extend to people with stroke. I am extremely proud of the trainees in my lab and thoroughly enjoy watching their careers evolve as they make important contributions to brain research.

My career in academia has also provided great non-research related opportunities and interactions with many interesting people. In addition to teaching in the clinical program, where I have been impressed by the caliber of students we have in the program, I worked with the UBC Faculty Association to improve pay equity between male and female faculty members. This endeavor also led to the installation of a senior advisor to the Provost on equity issues. I am currently serving on the executive leadership board for the Centre for Brain Health to assure strong leadership of the Centre where the clinical community, patients and researchers will work together in both research and clinical care. Most recently I took on the role of Health Research Advisor to the Vice President Research at UBC. I look forward to making connections with people in this new position and to the directions this opportunity may take my career.

Congratulations to Staff and Faculty

The Department was well represented at the annual **Faculty of Medicine Awards** Reception, held October 2.



Alison Greig, Associate Head, MPT Program, could not attend, but was the

recipient of the **Distinguished Achievement Award for Excellence in Education** for, among other things, her leadership in the Internationally Educated Physiotherapists Exam Preparation Program (IEPEP) as well as obtaining a grant allowing the development of a Virtual Patient case series on evidence-informed practice.

Associate Professor Lara Boyd was awarded the **Distinguished Achievement Award for Excellence in Clinical or Applied Research** after a very successful year that included 15 publications and grant awards totaling over a million dollars.



Lara with Dean Gavin Stuart

In a first, a team was presented with the **Applegarth Staff Service Award!** Our Clinical Education staff Carolyn Andersson and Ingrid Dill received this award for their innovations in the Clinical Education component of our program that (we think!) has made it the best in Canada.



Carolyn, Dr. Applegarth, Ingrid and Dean Stuart

Rehabilitation Sciences Graduate Program Changes

Michael Hunt New Chair of the Graduate Program

As Darlene Reid steps down, Associate Professor Michael Hunt will take over as Chair of the Graduate program. He was the driving force behind the implementation of the MPT/PhD combined program which has enrolled its first student this year. Michael himself graduated with a combined MPT/PhD from the University of Western Ontario, graduating with his combined degree in 2007.



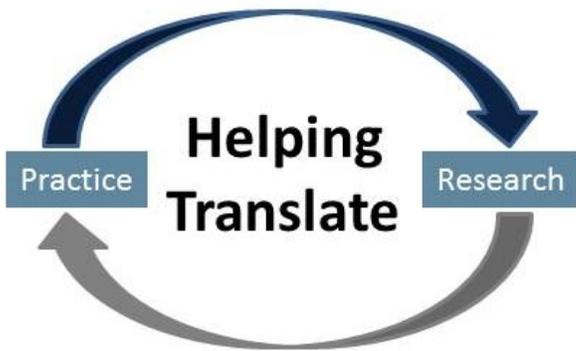
Welcome New Staff



Michael Jenner

Rehabilitation Sciences Graduate Program Assistant

Michael joined our department in May. He worked at UBC Robson Square from 2007 to 2010. A native of Berkeley, California, Michael has held admin positions at the University of California, and the Jewish Community Relations Council in San Francisco. An avid traveller, he has explored from the Middle East, where the food was amazing, to Arctic Alaska, which he found to be a gorgeous but very cold place. When not at work, Michael is busy writing and talking long walks.



Winding up and Winding down



KNOWLEDGE BROKER UPDATE

Alison Hoens
Knowledge Broker

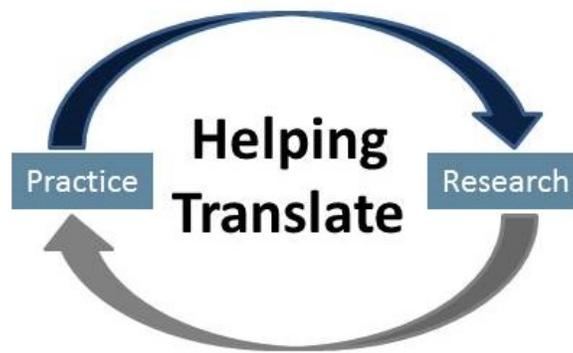
As a result of a tremendous amount of work by a many dedicated physiotherapists, several Physical Therapy Knowledge Broker (PT KB) projects are nearing completion. Here is a quick summary of the status of the projects (further details for each project are available at <http://physicaltherapy.med.ubc.ca/physical-therapy-knowledge-broker/>)

AECOPD project: MPT students have recently completed the analysis of the focus groups informing potential changes to the clinical decision aid for *safe and effective exercise for patients with acute exacerbation of chronic obstructive pulmonary disease*. This resource is targeted for release early in 2015.

Achilles Tendinopathy Toolkit – evaluation of impact: The results of the survey regarding the impact of the Achilles tendinopathy toolkit is in its final stages. The team is preparing a manuscript for publication. Note: the Achilles Tendinopathy and Lateral Epicondyle toolkits are available and have been accessed by thousands of therapists throughout the world.

TJAOM project: The one page summaries and template of the discharge letter for the *recommended outcome measures for patients in all phases of total hip arthroplasty and total knee arthroplasty* are now available. The videos for the online learning modules are in development. The first manuscript was recently published in *Physiotherapy Canada* and a second is in preparation.

C-Spine project: The toolkit (including a copy of the *Canadian Cervical Spine Rule*, frequently asked questions, templates of letters to the physician and a video demonstrating the use of the rule) for guiding when to recommend imaging after trauma to the cervical spine, is complete and available. A manuscript is in preparation. We are looking for someone who may be interested in pursuing an evaluation of the impact of the toolkit as a Master's project – please contact me ASAP if you are interested.



Guideline for the provision of wheelchairs in progressive neuromuscular disease:

Completed and freely available.

FEATHERS project: The social gaming program, supported by upper-limb robotics, to enable and motivate *children with cerebral palsy, and older adults after stroke* to practice their bilateral upper extremity movements, is currently being tested with patients and therapists.

Prospective Surveillance of arm mobility after breast cancer surgery: Data collection is approximately 50% complete.

Electrophysical Agents (EPAs) – Indications for use: This companion document to the EPA contraindications and precautions guide has recently been started by a group of EPA experts across Canada including UBC's own Dr. Joseph Anthony.

ANSWER 2: An online tool for patients with rheumatoid arthritis to inform their decision to start specific medications has now been developed and will be undergoing usability testing.

Use of physical activity monitors in osteoarthritis and rheumatoid arthritis: A series of projects evaluating the use of monitors to encourage physical activity and reduce sedentary behaviours is in the initial stages.

Given that the final touches are underway on a number of these projects, a call for proposals for new projects was shared in May. Members of The PT KB Steering Committee met at the end of June to review the proposals. The project selected was the development of ***a repository of resources to aid clinicians and patients in supporting physical activity for chronic disease***. A core group (comprised of PTs Greg Noonan, Dr. Marie Westby, Dr. Lynne Feehan and Zanisha Vasanji from the Physical Activity Line of BC) and Angela Sealy from Active Choices Program Self Management BC have started the process by identifying the scope and objectives of the project. Next steps involve identifying participants for (1) an advisory group, and (2) disease-specific working groups. If you are interested in learning more about the project and/or have a passion for supporting physical activity for a specific chronic disease (e.g., arthritis, multiple sclerosis, chronic lung disease, diabetes) and wish to participate, please contact Alison at alison.hoens@ubc.ca.

We want to hear from you!

If you have a suggestion for a story, comments, or would like to keep us informed about a change in your contact information, please contact us.

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