



**Stanley Hung**  
MSc Student

Page 6



**Chiara Singh, PT**  
Class of 1998

Page 12



**Kristin Campbell**  
Assistant Professor

Page 14

# PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOLUME14 | OCTOBER 2013

THE NEWSLETTER FOR THE DEPARTMENT OF PHYSICAL THERAPY



Photograph by Nathan Santos

Second year Master of Physical Therapy students display their emotions upon returning to campus in September



# PHYSICAL THERAPY

## *Movement and Function for Life*

<b>A Message from the Head</b>	<b>Page 03</b>
<b>Focus on Students</b>	<b>Page 04</b>
<b>Northern Notes</b>	<b>Page 07</b>
<b>Online Program update</b>	<b>Page 10</b>
<b>Alumni Profiles</b>	<b>Page 12</b>
<b>Faculty Focus</b>	<b>Page 14</b>
<b>Meet New Staff</b>	<b>Page 16</b>
<b>Knowledge Broker update</b>	<b>Page 17</b>



**FACULTY OF MEDICINE**

### VOLUME 14: OCTOBER 2013

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: [brenda.wessel@ubc.ca](mailto:brenda.wessel@ubc.ca)

Online: [www.physicaltherapy.med.ubc.ca](http://www.physicaltherapy.med.ubc.ca)

# MESSAGE FROM THE HEAD

---

## GREETINGS

from the  
Department Head



### **Dr. S. Jayne Garland, PhD, PT**

*Professor and Head, UBC Department of Physical Therapy*

In preparing for our next strategic planning session, December 2013, I have been reflecting on our accomplishments in meeting the goals of the Department's strategic plan for 2010-2014. We have met or made great progress toward many of our goals; one that I am particularly proud of is our headway in increasing practice-informed research. Research has its greatest potential impact when undertaken in conjunction with clinicians. Not only is physiotherapy practice more effective when informed by scientific evidence, but the scientific questions we choose to pursue are more relevant when informed by clinical practice. While some of the research questions pursued by our faculty involve basic science topics, others include clinically relevant topics which have been enriched through participation of clinicians in these research projects. This issue of our newsletter highlights one such project led by Kristin Campbell. You can get the different perspectives of the project through the lens of Kristin, her PhD. Student, Stanley Hung, and two clinicians, who I am proud to say both are graduates of our program, Chiara Singh and Belinda Wagner.

UBC offers many avenues for the pursuit of clinical research, the Online Program is one road and you can read about how this innovative program links research, learning and practice. Our Knowledge Broker Alison Hoens also provides some suggestions for ways in which you can contribute to the body of research knowledge.

Research excellence will remain a central focus for the Department and we will continue to foster rich collaborations with our clinical community to ensure continued practice informed research.

# Canada's most physically active healthcare students!

FOCUS ON:  
**Students**

Michael Lam, MPT 1 Class representative

It didn't take long for the new class of MPT students to take their place among the ranks of previous classes as both MPT1 teams claimed championship titles at Day of the Longboat on September 30th. Not only were they crowned champions, but they also set and broke time records for this year's competition in their heats. First year students also took part in the CIBC Run for the Cure the first weekend of October raising over \$1300 through endless efforts from the 'PHYSIO PHRESH' team and their bake sale! With October upon us now, it's hard to think that it was only a month ago that we started this program. As we begin our journey as MPT's we'll be sure to not only study hard, but play hard as well, to keep us as Canada's most physically active healthcare students!

## TEAM PHYSIO PHRESH



**Top row (left to right):** Michael Lam, Matt Baumeister, Jennifer Waring, Ben MacDonald, Brad Holm, Clarence Wong, Lisette Cheng.

**Bottom row: (left to right):** Mandy Lim, Sarah Lord Ferguson, Krysta Wark, Kym Morrison

# Community minded, activity focused

Jessica Cheng , PT Student Society President



## DAY OF THE LONGBOAT

### Front to back of the boat:

Sijia Lun, Charlene Copeland, Larissa Vassos,  
Tanya McLean, Erin Jang, Amanda Frayne,  
Danielle Boyd, Monica Jochlin, Kayla Forsyth,  
Sol Yoon

As the new incoming MPT 1 students settled in, we former MPT1s moved on to embrace our second year in the program. Since September, both 1st and 2nd years have already been busy! The new semester started off with the annual orientation week, which allowed both years to bond through various social events such as the amazing race, the welcome back BBQ, and of course, the traditional Pink Lab Coat Party.

Although the course work has already begun to rapidly pile on, this did not deter our actively determined students to participate in a number of sports teams and events. The MPT 2s currently have various teams including men's ball hockey, women's and co-ed volleyball, co-ed soccer, and women's dodge ball. Additionally, the women's longboat team dominated in their division and proudly took home first place.

Aside from sports, our students take part in an assortment of interprofessional events. Just recently, Alisha Hahn and Tyler Lawson represented us in the Healthcare debate. Furthermore, a handful of us volunteered for the Aphasia camp in Squamish, which consisted of 30 adults with language difficulties.

However, not only are we busy competing, studying and having a little fun, we are also trying to stay active in the community. To kick off the start of October, both 1st and 2nd years (Physio Phresh and MPT Breasties, respectively) participated in the 5km CIBC Run for the Cure. Though geared up in their running attire, they certainly did not go unnoticed with the bright pink touches added on to their outfits.

Looking forward, our Social Rep, Danielle Boyd is busy planning the annual Fall Ball with our peers in Speech Language Pathology and Occupational Therapy. Needless to say, this is just the beginning of what will be a fun and eventful year!

## CIBC RUN FOR THE CURE

**Top row (left to right):** Larissa Vassos, Alisha Hahn,  
Monica Jochlin, Kayla Forsyth, Lauren Daniels, Mallory  
White, Jessica Cheng

**Middle row (left to right):** Evenna Liu, Mandi Lamanes,  
Kathleen Schmit, Alison Chan, Sol Yoon, Silvana  
Echeverri

**Bottom Row Lying down:** Victor Cheung



# Off to the West Coast

## Experiences of a MSc student

Stanley Hung, MSc Student



My name is Stanley Hung, and I am a second year Master of Science student in the Rehabilitation Sciences Program at the University of British Columbia (UBC) supervised by Dr. Kristin Campbell. I completed a Bachelor of Physical and Health Education at the University of Toronto. During this time, I developed a strong interest in the benefits of physical activity and exercise for mental and physical health from helping with many research projects and through my academic courses. I was particularly interested in how physical activity could benefit the children, specifically those who have or have had a chronic illness. This led me to the Rehabilitation Sciences program at the University of British Columbia so off to the west coast I went.

As a member of Dr. Campbell's research lab, we are intensely interested in the benefits of physical activity and exercise for cancer prevention, rehabilitation, and survivorship. During my first year at UBC, I have had the pleasure to meet, work with, and be mentored by many professors and healthcare providers who share the common goal in improving the lives of those who have been touched by cancer.

I am the graduate student research assistant on the "Pilot study for prospective surveillance program for rehabilitation following surgery for breast cancer"; a joint study with Providence Healthcare and UBC. This pilot randomized controlled trial is testing a program of prospective surveillance and proactive treatment by physiotherapists compared to a patient education only, on arm function in patients who have had surgery for breast cancer at Mount Saint Joseph Hospital. Along with Dr. Campbell and myself, we have a great team of nurses and surgeons who help with participant recruitment, and physiotherapists who do the physical assessments for the study. The project is still in progress, and we are currently recruiting participants for the study.

In developing my own thesis project, Dr. Campbell introduced me to Anne Rankin, who is a Clinical Associate Professor at the Department of Physical Therapy at UBC and a physiotherapist in the oncology program at the British Columbia Children's Hospital (BCCH). Anne is interested in why children who have completed treatment for childhood cancers are not as physically active as their healthy peers. With the guidance and support of Anne, and many oncologists and nurses at BCCH, we were able to develop a pilot project to study the physical factors affecting physical activity levels in children who have finished treatment for leukemia, particularly to see if physical fitness and motor performance is related to physical activity levels. We have just started recruiting participants for the study, and are excited to move forward.

My experiences working with many professors and healthcare providers in research have inspired me to pursue a career in research as a healthcare provider. I am truly grateful and humbled by the guidance and mentorship I have received throughout my time in the Rehabilitation Sciences program at UBC!



Stanley helping research participant into the Bod-Pod, a state of the art system used to determine body composition.

# Northern Notes

Robin Roots, Clinical Coordinator Northern and Rural Cohort



## A Province Wide Needs Assessment for Continuing Professional Development

The impetus for the province wide PT Continuing Professional Development (CPD) Needs Assessment study grew out of the development of the Northern and Rural Cohort. The mandate of the NRC is to increase recruitment and retention of Physiotherapists in northern and rural communities. Access to continuing professional development has been identified in the literature as significant factor in rural practice recruitment and retention. This was substantiated by my own research in a study performed in 2011 looking at the practice of OTs and PTs in Northern BC (Roots RK, Brown H, Bainbridge L, Li LC. *Rural rehabilitation practice: perspectives from occupational therapists and physiotherapists in BC. Rural and Remote Health*. 2013. In press.) While all practitioners regardless of location face cost, travel and time challenges, participants from northern BC noted the additional challenge of travelling longer distances (on average a day on either side of event) and having to maintain competency in a wide range of areas as a specialist generalist. In order to better understand how we could support physiotherapists in northern and rural BC to become involved in clinical education, and new graduates to consider practicing in northern and rural regions, I initiated this Needs Assessment. From the beginning I recognized the importance of partnerships in launching this study. I engaged the UBC Faculty of Medicine CPD Division to conduct the research and partner with the Physiotherapy Association of (PABC), one of the largest providers of CPD, and the College of PT of BC for their role in maintaining competence as part of the quality assurance program.

Little data exists about the attitudes and beliefs of BC PTs on lifelong learning. Work is needed to determine the issues related to the barriers and enablers for participating in CPD activities, with a specific comparison between urban and rural based PTs. This suggests that a comprehensive needs assessment survey approach is warranted in order to fully understand BC PTs' current practices, attitudes, and beliefs towards CPD, including areas of practice interest, practice gaps (knowledge and/or skills), and identification of the barriers and enablers to participating in CPD. In particular, the identification of specific barriers and enablers to participating in CPD amongst urban and rural BC PTs along with CPD needs, areas of interests, gaps in skills, preferred means of learning, and who PTs look to for providing education will be assessed.

The end goal is to develop a strategy to build capacity through faculty development for quality clinical education in the province in order to support recruitment and retention of new graduates and clinical education instructors and ultimately enhance patient care.

This assessment will provide a comprehensive view of the needs of PTs across the province and ways in which we can better support you. I am grateful for the dedication and support of these partners and look forward to sharing the results with all of you.

The Survey will be distributed to all Physiotherapists in British Columbia on October 15th via an email invitation and link to the online survey from the CPTBC. We encourage all physiotherapists to complete the survey. Your participation in this survey will inform UBC, PABC and other providers of CPD on how best respond to your practice needs.

**Please take the survey: <https://ubc.surveyfeedback.ca/surveys/wsb.dll/s/1q2bf2>**

# Northern Notes

Continued...

## Welcome Kerrie Roberts, Instructor-Northern and Rural Cohort

Kerrie will be working half time for us and will be assisting in the development of models of clinical education placements that are responsive to the needs of the NRC and align with northern and rural Rehab priorities. She will provide support to NRC students and assist in the Needs Assessment, help identify and coordinate delivery of CPD opportunities for northern and rural PTs as well as build and maintain relationships with CPD providers to increase interprofessional CPD opportunities in northern and rural communities. We have put a lot on her plate but as you can see from the bio below she is well up to the task.

### *From Kerrie:*

I am originally from Calgary, Alberta with family roots on the east coast. I attended St. Francis Xavier University attaining a B.Sc. in Physical Education with a joint Education degree in 1993. I always wanted to teach, however felt quite inexperienced to commence my career at that time. I was interested in further study in the areas of exercise physiology and motor learning. I subsequently attended the University of Alberta and graduated with a B.Sc. in Physical Therapy in 1997. Early on, I took any professional development and clinical skills courses offered, eager to develop clinical reasoning and manual therapy skills. Once graduating, I moved to Prince George with my husband and worked in private practice. I was very fortunate to have positive mentors who helped hone my skills. I continued to pursue professional development in a blending of orthopaedic, manual therapy and movement analysis. I realized that I wanted to develop more in the area of neuro-rehabilitation and to understand movement dysfunction better. I took a position in outpatients at PGRH in 2000 and enjoyed the exposure to acute care and rehabilitation settings as well as the collaboration of colleagues within the public sector. I worked on a team developing prevention and rehabilitation services for a broad, diverse and ever changing health region. It provided me with great insight into the geographical and service challenges that existed in the north and allowed me to communicate with health care providers to solve problems relating to absent rehabilitation services. In 2006 I returned to private practice gaining new experience as a clinic owner. I continue to work in private practice and am thrilled to bring my knowledge and skills to my community. I continue to dedicate myself to professional development while “attempting” to balance the demands of my husband and three children (age 9, 7 and 5). My other pursuits include music, running, cross country skiing and participating in our great northern outdoors in any season !!!



Throughout my career I have been involved in PABC as a district board member holding positions of Education Coordinator, President and District Director. I have appreciated the experience and awareness of the physiotherapy profession I gained with this involvement, as well as the opportunity to become aware of local professional issues and be a voice for northern physiotherapists.

# Northern Notes

Continued...

## The Annual Dr. Bob Ewert Memorial Lecture set for April 5, 2014

This premier event is held annually to honour Dr. Bob Ewert, the first medical specialist in Prince George, and is a fundraiser for the Northern Medical Programs Trust (NMPT). The NMPT supports students today (including our Northern and Rural Cohort MPT students) who will improve the quality of health care in northern, rural communities tomorrow.

The speaker for 2014 is Chris Hadfield. He recently engaged Canada and the world with his skill with guitar, camera, and social media. He is also the title holder for several aerospace firsts: first Canadian to use the Canadarm, first Canadian to board a Russian spacecraft during his mission to the Russian space station, first Canadian to walk in space and again, first Canadian to command the International Space Station.



In the past, the Department has been well represented at the dinner. Last year Dr. Brenda Loveridge was an honoured guest and Dr. Jayne Garland attended along with Sue Murphy, as well as NRC Pilot student and upcoming graduate (Nov 2013) Regan Daoust. These Department representatives were of course accompanied by a gaggle of other northern PTs!

Please support our students through the Northern Medical Programs Trust and [Reserve a seat](#).

**Left to right:** Regan Daoust, Lesley Schwab, Robin Roots Darlene Reid, Jayne Garland, Sue Murphy and Klari Varallyai

# Online Masters Program

Sue Stanton, Director, Rehabilitation  
Science Online Graduate Programs

## UBC Master of Rehabilitation Science (MRSc) Links Learning and Practice

MRSc studies provide opportunities for you to apply learning directly to practice to benefit patients, clients and students in rehabilitation as well as the organization and delivery of rehabilitation services. Visit our website at [www.mrsc.ubc.ca](http://www.mrsc.ubc.ca) to find out more about how our learners connect learning and rehabilitation practice.

### *It's time to....*

#### Change your thinking...



### Fuel for Practice Change

Physical therapists **Jodi Boucher**, **Heather Robertson** and **Carlie Vidal** are among the November 2013 MRSc grads. Each had different reasons for starting their master's. An injury prompted Carlie to get more education, while the isolation of sole charge practice and a desire for a “*new learning challenge*” motivated Heather and Jodi respectively.

#### Change your view...



Heather says the best part of doing her master's was “*Being challenged by others. At my worksite, I'm the expert in my field. No one ever says you're wrong. I love being told to re-think a position or opinion on a rehabilitation topic.*” Jodi “*enjoyed connecting with rehabilitation professionals from all over the world and discussing course material online*”. For Carlie “*applying projects to clinical situations*” at her workplace was an asset. Linking MRSc study to practice helps both, and saves time.

#### Change practice.



Jodi's assignments led to new options for clients needing pelvic floor physiotherapy, and Calgary TV spots that extended the reach of her MRSc work (see April newsletter). Heather no longer feels isolated. Doing her master's enabled Carlie to improve the quality of her work and “*opened up new opportunities.*” She is now a Physiotherapy Clinical Educator.

**Research Relays are back.** They're free and if you can't attend, listen to the archive.

# Online Masters Program

Continued...

Sue Stanton, Director, Rehabilitation  
Science Online Graduate Programs

## **Congratulations to our Fall Master of Rehabilitation Science Graduates!**

*Abstracts of their research will be posted on our website closer to their November graduation.*

### **Jodi Boucher, Physiotherapist, Calgary, Alberta**

Major Project Supervisor: Dr. Donna MacIntyre

*Survey of a Pelvic Health Physiotherapy Community of Practice*

### **Kim Durlacher, Occupational Therapist, Vancouver, British Columbia**

Major Project Supervisor: Dr. Jill Zwicker

*Parents' Experiences of Splinting Programs for Babies with Congenital Limb Anomalies*

### **Abigail Hayes, Occupational Therapist, Worthing, UK**

Major Project Supervisor: Dr. Chris Carpenter

*Community-Based Neurological Rehabilitation Professionals' Knowledge and Skills Related to Cognitive Rehabilitation*

### **Elizabeth Makepeace, Occupational Therapist, Edmonton, Alberta**

Major Project Supervisor: Dr. Jill Zwicker

*Parent Perspectives of Occupational Therapy Assessment Reports*

### **Nora Kathleen Orsi Riggs, Orthotist, Toronto, Ontario**

Major Project Supervisor: Dr. Lesley Bainbridge

*Prosthetics and Orthotics (P&O): Education For Development of Professional Competencies: Students' Experiences and Reflections*

### **Heather Robertson, Physiotherapist, Courtenay, British Columbia**

Major Project Supervisor: Patricia Mortenson

*The Perceived Physiotherapy-Related Training and Support Needs of Educational Assistants*

### **Caroline Vidal, Physiotherapist, Ottawa, Ontario**

Major Project Supervisor: Dr. Chris Carpenter

*Survey of Physiotherapists: Preparing Physiotherapy Students for Global Health Work*

### **Karin Werther, Occupational Therapist, Edmonton, Alberta**

Major Project Supervisor: Dr. Paula Rushton

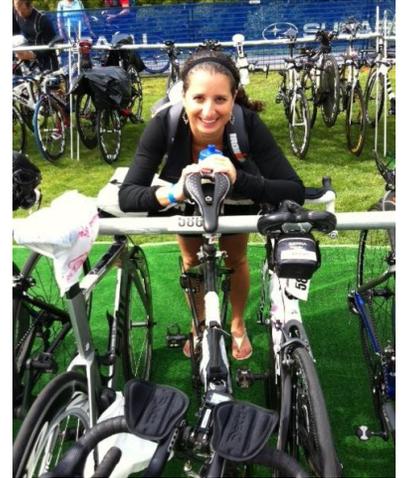
*Student Qualities: Occupational Therapy Preceptors' Perspectives*

***It's time... Your Master's is Just A Link Away!*** From the list of grads above you can see that it fosters professional networks across the country and around the world, that continue long past graduation. View details about course-based and research study options at [www.mrsc.ubc.ca](http://www.mrsc.ubc.ca) or email [info@mrsc.ubc.ca](mailto:info@mrsc.ubc.ca).

## Research Partner & Alumni Profile

# A Clinician Researcher

**Chiara Singh, PT**  
Class of 1998



Since graduating from UBC over 15 years ago, I have been working at Surrey Memorial Hospital in the Fraser Health Authority. I started as a casual physiotherapist and am now the clinical supervisor for the surgical and pediatric programs. Throughout school I was very interested in research (coming from a math background, I was one of those crazy people who actually liked statistics). Once I started working, my priorities were to try and not only translate the results of research into the practice setting but also to carry out research in the clinical setting. One of my areas of interest was the inequity in physiotherapy services for women undergoing breast cancer surgery in our own health authority and in BC. Services vary from having no pre-op education or follow up at all at one hospital, to having pre-op education as well as physiotherapy assessments and treatment post-op in another hospital. I wanted to know what best practice was so I could advocate for the women having surgery. The services you receive really should not be dependent on where you have your surgery! I started with a literature search which showed that pre-op education appeared to have positive results in the prevention of arm morbidity after surgery but there was not much in the literature about post-op physiotherapy. That led me to my research question: Does adding post-op physiotherapy (assessment, monitoring and treatment as needed) to pre-op education decrease arm morbidity in women having breast cancer surgery?



I had a question, but no clear path to an answer. My next step was to work with our research and ethics department to complete a grant application for the Physiotherapy Foundation of Canada. During this process I realized that they required an experienced researcher to be on the team making the application. I had attended some presentations by Kristin Campbell and knew that her areas of research included cancer and exercise. I contacted Kristin to see if she was willing to be a part of my team and she agreed. From this point on we worked together to complete the application and, once we were successful with the funding, complete the study. I had knowledge of the clinical processes and issues and could recruit patients and Kristin is an expert at setting up and carrying out the research as well as applying to journals and writing for publication. I also had the opportunity to recruit four frontline physiotherapists to carry out the data collection, therefore involving them in the research and allowing us to learn from each other. While the study took a lot of hard work and time, it was a very rewarding experience.

We were able to publish our results (***The effect of prospective monitoring and early physiotherapy intervention on arm morbidity following surgery for breast cancer: a pilot study.** Chiara Singh, Mary De Vera, Kristin L. Campbell, Physiotherapy Canada. 2013;65(2):183-191*) and also present them at CPA Congress in 2013. Even more exciting, the results from our study were used to set up a randomized controlled study looking at the same patient population in Providence Health. I really hope that we can continue to use this partnership in the future to bring together clinical and academic sites.

## Research Partner & Alumni Profile

# A reluctant dive into clinical research

**Belinda Wagner, PT**  
Class of 2011

---



After graduating from the UBC MPT Program in 2011 I could not wait to be out in the world as a clinical practitioner. I happily found myself a public practice position at Mount Saint Joseph's (MSJ) Hospital where I have been ever since. I was glad to leave the exams, the long hours of studying, and the school-focused academics behind. We're all life long learners, but I needed sometime to focus on practicing what I'd learned.

Leaving the educational environment meant leaving the research aspect of academics as well, and I was okay with that. My research project from my MPT program has continued to come to fruition over the past two years since I finished off school, with the initial paper being published this year and the second paper and eventual resources to support physiotherapy use of outcome measures for Total Hip and Knee Joint Arthroplasty well underway. I was happy to hear about the progress and felt involved, but that was as far as I wanted to go in continuing with research until another interesting opportunity presented itself.

On the MSJ surgical ward, where I currently practice, we see many women who undergo surgeries for breast cancer. Part of my job is to educate these ladies on what to do and not do post-surgery, including movement and exercises to regain range of motion (ROM) in the months after the surgery. Dr. Kristin Campbell, an Assistant Professor at UBC Department of PT, was initiating a pilot study to assess and measure ROM, strength and girth of the upper extremity of post-mastectomy patients' prior to surgery and at 3, 6, 9 and 12 months post surgery. Kristin needed clinical practicing physiotherapists to be the assessors for the study and since the surgeries were taking place at the hospital I was at, I was asked to join. To be honest, I wasn't a hundred percent ready to dive into research again because I was still working on honing my clinical skills, but this opportunity presented me with the option to do both. My role would be to do assessments and report back on those. That's clinical practice! Great! I'm in!

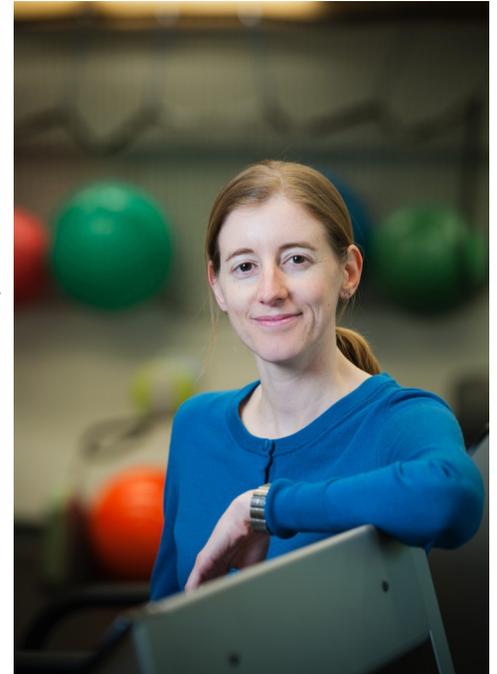
What I didn't expect was how parameters that are outlined for research studies don't always match up with what you'd see in clinical practice. When assessing the strength of one subject 3 months after surgery and comparing it to what it was prior to surgery, there was a >10% difference in strength, which by study parameters, indicated the subject should be referred for outpatient physiotherapy. She was weaker than she was prior to surgery, but clinically this woman was strong and did not need physiotherapy at all. When probing deeper with the patient we discovered she was a previous regular attendee at a gym but wasn't going anymore post-surgery due to weight lifting restrictions, less motivation post-surgery and personal issues. This was the reason for the >10% difference.

After sharing this clinical finding with Kristin and the team, the focus and parameters for PT referral were reconsidered. This was rewarding and gave me a greater sense of contribution to the project than just assessing and providing numbers at various stages of recovery. It was also nice to hear that other clinical Physiotherapists, when asked, concurred with the changes in parameters. I can now better understand it can be difficult for researchers to set up clinically relevant studies, with all the possible unforeseen clinical presentations of patients, and why clinicians are at times reluctant to embrace new research. I think the blend of researchers with clinicians on this pilot study has certainly offered two different perspectives reaching for the same understanding and goal, and I believe the study is better for it! **I know I'm better for it!**

# Faculty Focus

Kristin Campbell, BSc.PT, PhD

An article in *Homemaker* magazine was instrumental to my career path. I had just graduated with a BSc PT from Queen's and moved to Vancouver, with my snowboard. The magazine had arrived free in the mail and while flipping through it, I noticed an article on a dragon boat team from Vancouver comprised entirely of breast cancer survivors. One of the team members interviewed in the article was Dr. Susan Harris, then a Professor in the Physical Therapy Department at UBC. As the role of exercise in reducing the risk of estrogen-related cancers was the topic of my fourth year research project in the Physical Therapy program, I immediately emailed her. She kindly replied to my email and asked if I wanted to help her with a review paper she was writing on that exact topic.



At the time I was working in critical care at Vancouver General Hospital. While I really enjoyed that setting, the need for health promotion to prevent some of the chronic diseases evident in the intensive care unit (along with the thrill from the publication of the review paper in *Physiotherapy Canada*) led me to graduate school. I first completed an MSc in Human Kinetics at UBC under the supervision of Don McKenzie, and then a PhD from the University of Alberta with Kerry Courneya, followed by a Postdoctoral Fellowship at the Fred Hutchinson Cancer Research Centre in Seattle, USA with Anne McTiernan.

Since arriving at UBC, I have established the [Clinical Exercise Physiology Lab](#) (CEPL) where our research is focused on the role of exercise in cancer prevention, rehabilitation during and following cancer treatment, and in promoting health in cancer survivors. The long-term goal of my research program is to better understand the mechanisms for the protective effect of exercise across the cancer experience and to inform the development of cancer rehabilitation and survivorship services in British Columbia.



## Photo from the CEPL

Masters student, Stanley Hung obtaining body composition of research coordinator Tiffany Moore in the Bod Pod.

# Faculty Focus

Continued...

Along with research into the basic mechanisms on the benefits of exercise in cancer, our lab is also heavily involved in clinical research. The success of clinically focused research is reliant on strong relationships with clinician partners and the lab is very fortunate in this regard. We have great support at the BC Cancer Agency from the oncologists and the allied health professionals.

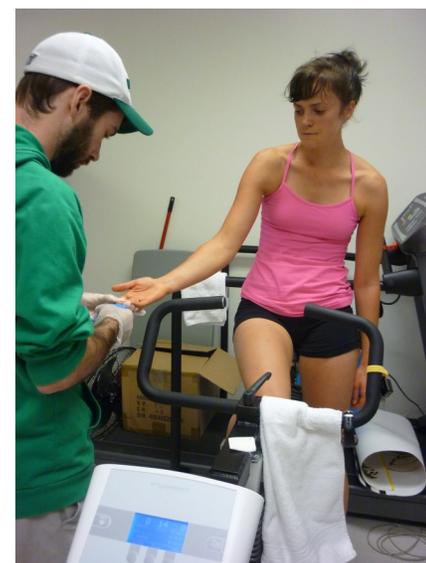
We have also recently developed key relationships with physiotherapists in the community to undertake research projects to meet the rehabilitation needs of cancer survivors. For example, we are currently collaborating with physiotherapists, Pat Lieblich and Penny Wilson, at BC Women’s Hospital on a project “*Pelvic floor muscle exercises for urinary incontinence in gynecological cancer survivors*” (funded by the Physiotherapy Foundation of Canada) and a project in childhood cancer survivors with physiotherapists Anne Rankin and Maria Juricic at BC Children’s Hospital.

Another example of a project where collaboration with clinicians is key is “*Pilot study for prospective surveillance program for rehabilitation following surgery for breast cancer*”. In 2011, I was an invited to serve on a panel organized by the American Cancer Society to propose a prospective model of rehabilitation care for women following breast cancer surgery. Around the same time, I was approached by Chiara Singh, a physiotherapist in the Fraser Health Authority who was interested in a very similar research question and had the ability to recruit women following surgery for breast cancer in her clinical role. The result was a successful collaboration on a research project. After completing the first study, UBC Knowledge Broker, Alison Hoens, assisted Chiara and I with building a strong team of surgeons, oncologists and physiotherapists to undertake a follow-up randomized controlled trial. The project is ongoing and a key element of the project is the physiotherapists who complete the upper extremity assessments, Fatima Inglis, Belinda Wagner and Chelsey Funk.

Not only can clinicians provide unique insight to ensure the research question is clinically relevant, but clinician partners are also key to facilitating recruitment of patients in clinical settings and providing guidance on how to translate research findings to a patient audience.

## Photos from the CEPL

PhD students, Katie Wadden and Cameron Mang performing a study of exercise and genetics

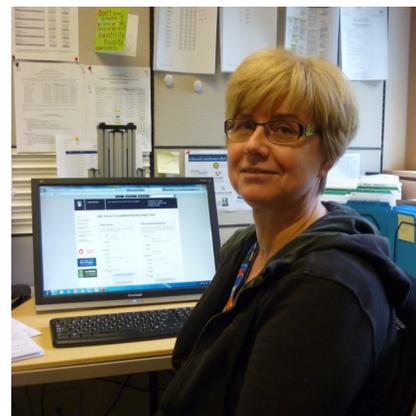


# Welcome new staff

---

## Audrey Dale, Department Secretary

Audrey was born and raised in Winnipeg and always wanted to live on the West Coast. She ended up stopping for a couple of decades in Regina on her way to BC. She is working on a BFA degree (Visual Arts/Psychology), and has certificates in University Management, University and College Administration, and Student Affairs. She has held administrative positions at the Universities of Manitoba and Regina working for faculties and VPs. She even spent a few interesting years working with the Government of Saskatchewan assisting in the education and training of senior and recruit municipal police officers across western Canada. She has three grown children (who work in theatre, sports administration, and accounting) and two grandchildren. When away from work she is busy painting, biking, exercising, volunteering at triathlons, exploring BC, and scrounging free tickets to sporting events.



## Carolyn Bell, Finance Assistant

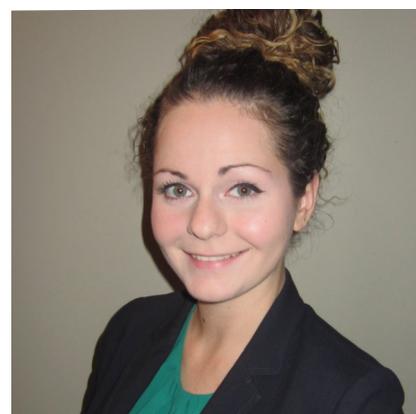
Carolyn joined our department in April. She's been working at UBC since 1999, originally with the Faculty of Land and Food Systems. She spent 5 years with the Centre for Human Settlements and the School of Community and Regional Planning providing administrative and financial assistance and website support. Over the years she also spent time working for Staff Finders which allowed her to experience a variety of roles in a variety of UBC offices. Carolyn brings her extensive UBC experience to her role as Finance Assistant.

Biking and knitting are Carolyn's favorite pastimes these days...though not usually at the same time!



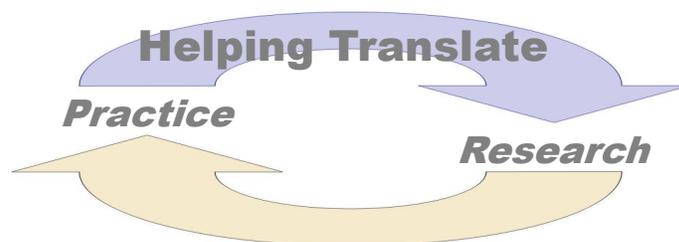
## Cailen Ogley, MPT Program Assistant

As a born and raised Vancouverite, Cailen is thrilled to be joining the Department of Physical Therapy at UBC! Cailen began her undergrad intent on pursuing a degree in Journalism, but switched programs after taking her first PSYC-101 course in first year. She holds a Bachelor of Arts degree in Psychology from the University of British Columbia. Cailen comes from a background working with various non-profit professional and scientific organizations. Prior to joining the Department of Physical Therapy, she worked as an Association Coordinator for the Canadian Association of Nurses in Oncology, and the Canadian Blood and Marrow Transplant Group. Cailen is a sun, sushi, and travel enthusiast whose most recent journey involved a backpacking trip through Japan and Southeast Asia. Next, she hopes to knock Morocco off her bucket list (but would settle for a holiday in the Maldives...).



## KNOWLEDGE BROKER UPDATE

Alison Hoens  
Knowledge Broker



## Everyone has a role – uniting researchers, decision-makers and clinicians in research

### The need

The results of the recent UBC Department of Physical Therapy survey regarding community engagement revealed some fascinating facts – of 274 respondents, 35% reported that they participate in research activities and 60% stated that they wanted to be involved in research activities! Clearly there are a number of PTs in BC who wish to be involved in research. The good news is that opportunities exist to get involved.

### The current reality

One of the objectives of the PT Knowledge Broker (PT KB) is to facilitate partnerships between clinicians, decision-makers and researchers to enable practice-relevant research. To date there are 87 clinicians, 32 researchers, 23 decision-makers and 24 UBC MPT students who have been or are currently involved in PT KB activities – most involving formal research projects (see <http://physicaltherapy.med.ubc.ca/physical-therapy-knowledge-broker/>). Many of these projects have included grant funding and successful publication of findings. Clinicians involved in the projects participate to the extent that they desire – several choosing the opportunity to be involved in the writing of a manuscript and ultimately seeing their name in print alongside their researcher colleagues.

### Your opportunity

If you are interested in getting involved in research activities occurring in conjunction with faculty of the UBC Department of Physical Therapy, there are 2 options:

#### **Participate in an Master of Physical Therapy (MPT) Research Project**

The UBC MPT program enables MPT students to work with faculty and clinicians on a research activity such as undertaking a systematic review (SR) of the literature on a specific topic of interest or in participating in a research project led by a member of faculty. If you have an idea of a topic that is clinically relevant and want to help lead a SR group please send an email to Teresa Liu-Ambrose ([teresa.ambrose@ubc.ca](mailto:teresa.ambrose@ubc.ca)). For a list of topics for the 2013 MPT graduates see <http://physicaltherapy.med.ubc.ca/2013/08/01/phth-572-poster-presentation-research-symposium/>. Your participation with the students and faculty in the project is warmly welcomed.

#### **Register with the BC PT Research Collaboration Registry**

Did you know that you can list yourself on a registry of BC PTs who are interested in participating in research? Over 100 clinicians, decision-makers and researchers have already registered to be contacted if there are potential opportunities for research collaborations! Its easy – to sign up on the website at: <http://physicaltherapy.med.ubc.ca/research/physical-therapy-knowledge-broker/the-bc-pt-research-collaboration-registry2/>. Just enter your name, contact details and the area(s) of practice that you are interested in (eg. Ortho, neuro, arthritis, cardioresp, etc.). You can refer to this when looking for collaborations of your own project and could be contacted by others who are undertaking a project.

Feel free to contact Alison Hoens, PT KB, if you have any questions: [alison.hoens@ubc.ca](mailto:alison.hoens@ubc.ca)

# We want to hear from you!

---

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

**Department of Physical Therapy**  
**University of British Columbia**  
**212 - 2177 Wesbrook Mall**  
**Vancouver, BC V6T 2B5**

or

**[pt.newsletter@ubc.ca](mailto:pt.newsletter@ubc.ca)**



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

**Department of Physical Therapy**  
Faculty of Medicine