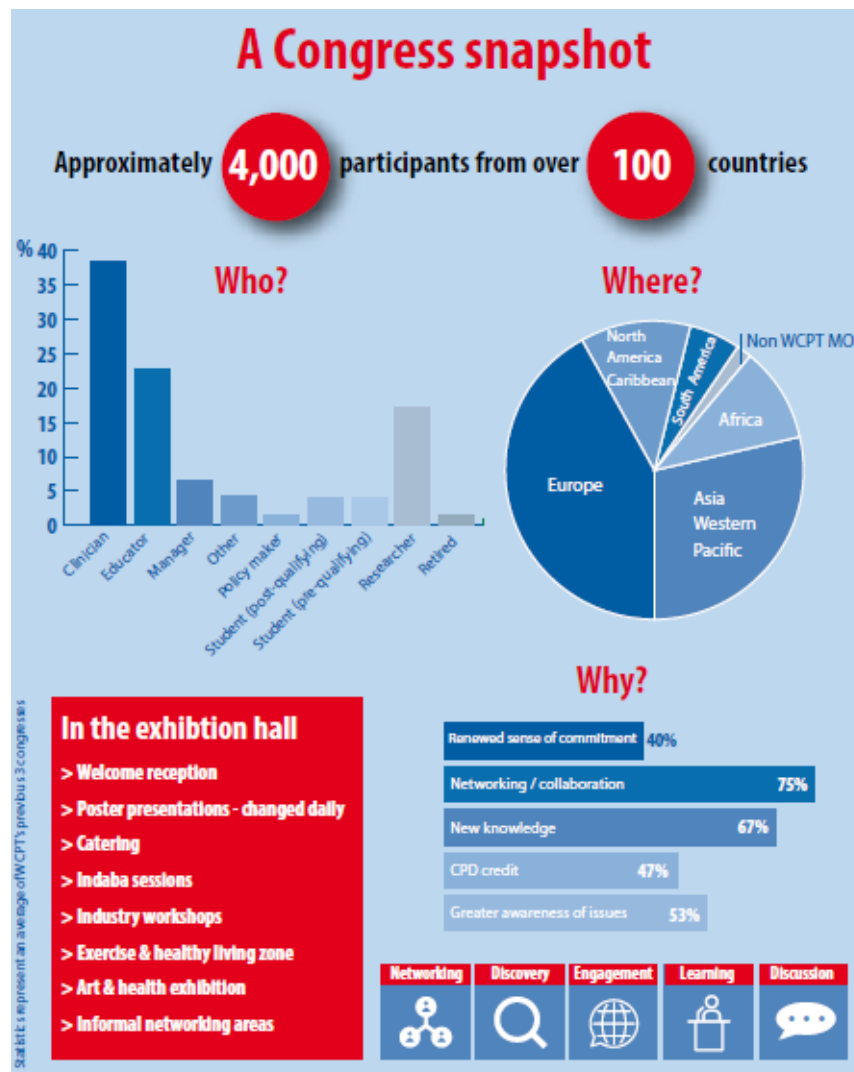


## CPD Educational Bursary Award

### Report from the 19th WCPT Congress, Geneva 2019

I would like to take this opportunity to thank the MACP for the financial support that I was fortunate enough to be awarded in order to attend and present my posters at the WCPT Congress in Geneva.

The Congress was attended by approximately 5,000 physical therapy professionals from over 100 countries around the World and was a unique opportunity to further develop the existing network.



The Palexpo conference venue offered great hospitality in an impressive Congress Center nearby the City Centre of Geneva. However, at times the rooms were not big enough to host the number of delegates willing to attend the sessions. In such cases other rooms were offered to attend live streaming.

I really enjoyed a focused symposium regarding Physical therapy in knee-hip osteoarthritis chaired by Martin van der Esch, with distinguished speakers such as Kim Louise Bennell, Marike van der Leeden, Rana Hinman, Skou Soren. The latest advances for practicing physical therapists, encompassing health promotion, treatment and rehabilitation across different service settings in knee- and/or hip osteoarthritis was the symposium's objective. The key message to take home was that exercise and promotion of physical activity is the way forward for these patients but specific adaptations to account for co-morbidities and incorporating psychological strategies to assist patients to deal with pain are needed. Furthermore, effective and cost-effective service delivery models that can be readily implemented in clinical practice are needed to improve access to physical therapy for management of knee and hip osteoarthritis, including in the aging population. These include group-based programs, adapted exercise programs as well as remotely delivered services utilizing mobile and digital technologies.

Another really interesting seminar by the eminent speakers G. Lewis & P. O'Sullivan, unfortunately only accessed by limited number of physical therapists due to limited room space, was one regarding people with persistent non-traumatic musculoskeletal pain. The session challenged healthcare professionals caring for people with persistent non-traumatic MSK pain to shift the focus of care towards providing effective self-management rather than 'offering a cure' a fundamental shift in mindset away from considering persistent MSK pain as a purely structural and/or biomechanical disorder is demanded, and realigns care in a similar manner to the management of other persistent non-communicable conditions.

Poster presentations covered a wide spectrum of research including physiotherapists extended role, cost-effective strategies in health care, the women's health field was highly represented, as well as physiotherapy approaches in health care settings worldwide in sensitive patients with oncological problems. My research's team poster presentation was on the interrelationships of patient-reported measures and objective measures of performance during sensori-motor exercise training in patients following knee replacement. Recommendations from that highlighted the need for inclusion of both performance-based and PROMs of functional performance if time and financial resources are available. If the resources are available then in terms of performance-based measures, muscle

strength and balance performance should be clinicians' primary choice in patients undertaking sensorimotor after total knee replacement.



The WCPT congress was a chance to connect with the world of Orthopaedics, learn more in to depth issues that we come across as physiotherapists. Key message to all clinicians was that promotion of physical activity, communication, trust and up-to date knowledge can benefit in the end of the day patients' progress. Even with the conference having reached the end, the experience, knowledge and network developed can benefit in bringing about change in individual and hopefully global basis.

To my view, the opportunities given by the MACP for us members, towards the direction of continuation in professional development is really fundamental. It shows that it recognizes and supports our challenges and hard work to progress the profession and MACP level. The Benefit of the funding for the MACP, is the recognition offered by the active participation in an International Congress, via the posters presentations, amongst University and University Hospitals around the world.

To me in particular, as I have just finished my PhD it helped me disseminate part of my research findings and fulfill some of the expectations my endeavors so far have created. I am greatly thankful.

Maria Moutzouri, PhD, MSc, MMACP