

IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS

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FAO: News Editors/Heads of News/Health Correspondents

FROM: Aoife Mac Eoin. Tel: 087 – 239 1984

Ireland's chance to top the global health league

Ireland can show the world the way to better health according to a renowned expert in international healthcare who outlines her views at a public lecture tonight.

Dr Elizabeth Dean a Canadian expert in Physical Therapy who has studied and/or worked in healthcare in countries as diverse as Nigeria, China, Pakistan, Hong Kong, Kuwait and elsewhere says that now is the time for Ireland, working through its Chartered Physiotherapists to lead the way on reversing serious, chronic and often life-threatening conditions caused by poor lifestyles.

“Quite simply, lifestyle-related conditions are largely preventable and are often reversible through health management and exercise,” states Dr Dean.

Commenting on the crisis in healthcare related to the social and economic burdens of lifestyle-related conditions which have spread from wealthier countries here in Europe and North America to the developing world, Dr Dean notes that these conditions include smoking, poor diet, being overweight, lack of exercise, sleeping disorders and stress.

Medicines are not a substitute for healthy living warns Dr Dean who shows that the involvement of physiotherapists can really impact on the crisis and reverse the situation.

“Physiotherapists can impact people's health through the promotion of physical activity in that people who are physically active and exercise tend, to eat and sleep better, manage stress more effectively, and not to smoke” says Dr Dean.

Highlighting the way physiotherapists work with patients over a prolonged period of time, Dr Dean says this uniquely positions physiotherapists to be **“health educators”**.

Dr Dean is in Ireland to address the 28th Annual Conference of the Irish Society of Chartered Physiotherapists starting tomorrow; Dr Dean will outline how physiotherapists in Ireland can **“lead the assault on lifestyle-related conditions in Ireland”**. She will also show how, given the characteristics of this country and its professional community of physiotherapists, such an initiative could serve as a role model for healthy living which other countries could adopt.

Tonight, Dr Dean will share her views with members of the public in advance of the conference. Both tonight's public lecture, starting at 7.30pm (Thursday 10 November), and tomorrow's conference take place at the Mullingar Park Hotel, Mullingar, Co. Westmeath.

“Enriching our Wellbeing”...

The 28th Annual Conference of the Irish Society of Chartered Physiotherapists, organised around the theme “Enriching our Wellbeing” is held in conjunction with the Chartered Society of Physiotherapy, Northern Ireland.

The Official Opening of the conference will be performed tomorrow by Dr Barry White, National Director of Clinical Strategy and Programmes, HSE



Sleep disorders, sport-related injuries, back pain...

The conference itself will see members of the Irish Society of Chartered Physiotherapists gather to learn of advances in physiotherapeutic treatment of many the most commonly-endured ailments including the aforementioned.

Breast Cancer, Stroke-Rehabilitation, Breathing difficulties and Cystic Fibrosis...

Experts at the conference will also demonstrate how patients with more serious conditions, such as these, will benefit from developments and research in terms of physiotherapeutic treatments.

Cystic Fibrosis campaigner and author, Orla Tinsley will outline, in conjunction with physiotherapist Clare Reilly, the benefits of her exercise programme.

Note to Editors

Prof Elizabeth Dean PhD P.T. (Brief Biography)

Dr Elizabeth Dean is a Professor, Dept of Physical Therapy, University of British Columbia; Visiting Professor, Leeds Metropolitan University, UK; and Adjunct Professor, University of Iceland. Her academic and clinical career and experiences have spanned the “corners of the globe” with invitations to Australia, Belgium, Brazil, China, Denmark, Greece, Hong Kong (resident Visiting Professor Hong Kong Polytechnic University), Iceland, Japan, Kuwait (Senior, Cardiovascular/Cardiorespiratory Team, Kuwait Dalhousie Project, and Visiting Professor, Kuwait University), Libya, Monaco, Netherlands, New Zealand, Nigeria, Norway, Pakistan, Poland, Qatar, Saudi Arabia, Singapore, South Africa, Sweden, Switzerland, the UK as well as the USA and Canada.

Because “lifestyle-related conditions” are pandemic not only in high-income countries, her research has increasingly focused on integrating knowledge of cultural diversity in promoting health and wellness worldwide and exploiting non-invasive physical therapy interventions (healthy lifestyles including health education and exercise) to prevent, reverse as well as manage these conditions that are associated with enormous human suffering and societal cost.

Dr Dean believes that now is the time to tackle lifestyle-related conditions (weight problems, sleep disorders, smoking etc) particularly here in Ireland. Furthermore she believes that an “assault” on these conditions here in Ireland could serve as a role model for other less well-off countries where these conditions are emerging as healthcare issues. Finally, Ireland, Dr Dean states, needs to deploy its community of chartered physiotherapists in dealing with this issue because the practice pattern of physiotherapists is one of seeing patients for prolonged periods over time thus, enabling them to be effective health educators.

Availability for interview: Dr Dean will be available for interview in Dublin in advance of the conference by arrangement. Contact Aoife Mac Eoin. Tel: 087 – 239 1984.

ISCP 28th Annual Conference Highlights

The ISCP 28th Annual Conference will be preceded by the Public Lecture on Thursday 7.30pm, given by Prof Elizabeth Dean.

The conference itself which is open to ISCP and CSP (NI) members only, runs from 9.30am Friday 11 – 4.30pm Saturday 12 November next at the Mullingar Park Hotel.

The media is welcome to attend throughout the conference by accreditation available from Aoife Mac Eoin. Tel: 087 – 239 1984.



Highlights on Friday 11 November include:

Friday 9.30am: Opening Address. Dr Barry White, HSE , National Director of Clinical Strategy and Programmes

Friday 9.50am: Conference Address. Dr Emma Stokes, MISCP, Vice-President of the World Confederation of Physical Therapy, followed by Dr Martijn A. Spruit, PhD PT, an expert on the relationship between pulmonary disorders and declining physical activity.

Friday 11.45 – 13:15: Parallel Sessions including well-known Cystic Fibrosis patient and author Orla Tinsley on “Why I run – the benefits of an exercise programme for patients with Cystic Fibrosis” in conjunction with Clare Reilly BSc, MISCP.

Sessions on a number of other topics including paediatrics, strokes and motor control will also take place prior to lunch.

Friday afternoon will see a number of presentations on new treatments and developments to improve the lives of people with Parkinson’s disease, Multiple Sclerosis, Breast Cancer, early onset type 2 Diabetes and Heart Failure.

Stroke and Neurorehabilitation specialist, Prof Dr Gert Kwakkel of the University Medical Centre of Amsterdam, will conclude the conference on Friday with an outline of how early and intensive therapies, in some cases with the aid of robotics, can remarkably improve the outcomes for stroke-sufferers.

Highlights on Saturday 12 November include:

On Saturday, sporting matters, among other topics will be looked at.

Australian Professor of Sports Physiotherapy, Bill Vicenzino of the University of Queensland will look at treatments of knee and hip pains and in particular the new research showing the effectiveness of foot orthoses. (Saturday 09.30-10.30).

Sports treatment expert Mark Sexton, BSc MISCP, will reveal the impact of acupuncture and manual therapy based on his experience in practice in Dublin City (Saturday 11.15 – 12.00). This will be followed by an outline of the effectiveness of strength training in hamstring injury by Kieran O’Sullivan SMISCP (Saturday 12.00). While later on in the afternoon, GAA injury expert, John C. Murphy MISCP, will outline what has been learned from analysis of the GAA National Injury Database from 2006 – 2010 (Saturday 15.30 – 16.15).

There will also be a variety of presentations on other areas including pain, Pilates, restoring hand function, Ankylosing Spondylitis (AS) and lower back pain.

In the afternoon, Prof Elizabeth Dean will deliver her keynote address to ISCP and CSP (NI) members at the conference on promoting health in Ireland, while parallel sessions following her address will cover a variety of topics including sleep disorders, posture, and arthritis among other areas of research.

The conference concludes with a prize-giving ceremony at 4.15pm.

A full copy of the conference brochure including abstracts and biographies of the speakers is available on request to Aoife Mac Eoin. Tel: 087 – 239 1984.

Ends.

