

### **Opening ceremony and welcome reception - Monday 20 June, 18:30 – 22:00**

Full registrants attending all 3 days of the congress receive an exclusive complimentary ticket to join WCPT at the grand Opening Ceremony and Reception of World Physical Therapy 2011. A spectacular blend of dance, music and special effects will welcome the world of physical therapy to the Netherlands. Ticket includes 2 drinks and canapés.

To ensure that we have an accurate count of the number of attendees, please confirm whether you will attend these events. Please note; if you indicate you will not attend either of these events you will not receive a ticket.

**Delegates attending 1 or 2 days of the congress** may purchase tickets for the Welcome Reception @ 49 Euros, providing an opportunity to catch up with colleagues from around the world. Ticket includes 2 drinks and canapés. The Welcome Reception will follow the Opening Ceremony which is only open to delegates registering for all 3 days of the congress.

Satellite programme education sessions are an optional element **only open to delegates who register to attend at least one day of the main congress**. These sessions carry a separate fee. Additional fee for **IFOMPT/IFSP satellite programme on Clinical Reasoning** on Wednesday morning, 22<sup>th</sup> of June: 95 Euros. Location still to be decided upon.

**Networking sessions as well as panel debates** fall under the scientific congress programme and don't carry an extra fee, provided that registration congress fee has been paid for the day on which the session of your choice takes place.

**The IFSP networking session and IFSP Panel Debate are both scheduled for Tuesday 21<sup>th</sup> of June in the morning** (previous to the IFSP registration meeting and committee members meeting. These are 'private IFSP meetings' that will be organised by IFSP at a venue in Amstelveen (5 km from the RAI congress centre). The same applies to the GM of IFSP. Further details to be followed).

**Clinical visits are only available to full congress registrants @ 25 Euros per visit.**

Delegates may only register for **one** clinical visit per day. For further details on clinical visits please visit the congress website at [http://www.wcpt.org/congress/clinical\\_visits](http://www.wcpt.org/congress/clinical_visits).

On behalf of IFSP 2 clinical visits will be offered:

#### **Older people: physical fitness testing:**

*Date:* Wednesday 22<sup>th</sup> of June, afternoon

*Location:* PACA (Para Medical Advice Centre) ([www.paca.nu](http://www.paca.nu)).

*Address:* Lakenblekerstraat 2 in Aalsmeer (15 km from RAI Conference Centre. Transport will be arranged)

#### **More information:**

PACA has very advanced VO2 max testing equipment and is the testing centre for elite speed skaters from the Netherlands, including the Olympic Gold Medallist on 1500 m speed skating for man in Vancouver 2010 and other silver and bronze medallists. The sports physician (Mrs. Zilla Fokke) of PACA works closely together with the sports physiotherapist/movement scientist Nico Hofman, who is one of the 3 owners of the practise. Nico plus another sports physiotherapist of the PACA team, guide the professional Controll speed skating team, led by coach Jac Orie, who is a former well known sprinter in speed skating.

## **Older people: physical fitness training:**

*Date:* Thursday 23<sup>th</sup> of June, afternoon

*Location:* Fysiotherapiepraktijk Dekker (Physiotherapy Clinic Dekker)  
([www.fysiotherapiepraktijkdekker.nl](http://www.fysiotherapiepraktijkdekker.nl))

*Address:* Den Bloeyenden Wijngaerd 3D in Amstelveen (5 km from RAI Conference Centre. Transport will be arranged).

*Food/beverage:* We will arrange a cheap but nice lunch before the start of the clinical visit in a centre attached to our clinic. Estimated costs: 10 Euros pp. This includes coffee/tea during the clinic as well.

### More information:

Fysiotherapiepraktijk Dekker is the private practise of Laetitia Dekker, president of IFSP where 10 physiotherapists work including 2 sports physiotherapists. Our core business is health enhancement of people with (multi) chronic morbidity, Sports Physiotherapy and Orofacial Physiotherapy. Our colleagues Sander Perry, Alexander de Tempe, Daan Bredewout, Tim Hillege, Erica Verbeek and myself (see website), are responsible for guiding different training programmes for different chronic diseases.

We work closely together with PACA with respect to health enhancement of people with chronic diseases. We send our patients with cardiac or lung problems, that have a contra indication to do a maximum test (VO2 max), or patients using beta blockers because of which no valid maximum heart rate can be measured, to PACA for testing. We want to provide these patients, of whom the majority is frail and has multi chronic morbidity, safe active physical exercise, either individually or in a group.

From the testing results, we develop tailor made training programmes for these patients. After 3 or 6 months, they will go back to PACA for retesting to evaluate the progress made. From these new testing results, another training programme will be put together.

Our aim is that patients train for a maximum of 6 months under guidance of one of our physiotherapists. In this period they learn self management of their disease and health enhancement or health prevention by being daily physically active at a moderate level (60-80% of maximum heart rate) for at least 30 minutes. Patients are expected to be able to maintain an active lifestyle in accordance to their abilities, after 6 months of training and guidance. Therefore, during this period of 6 months, patients use logbooks to evaluate their daily activities. They also have to make a plan on how to realise this. After this period of 6 months our role is to monitor if they can maintain their physical activity level and still meet their personal aims. We monitor them every 3 month up to the first year and then 2 times during the second year. This way, the patient, insurance company and the health care provider, get good insight in the longer term efficiency and efficacy of the programmes offered. Self management seems to be very important for patients to adopt and remain an active and healthy lifestyle. That is why we put a lot of effort in supporting self management via Motivational Interviewing, Graded Activity and Graded Exposure programmes, Provocative coaching and other techniques.

If they prefer to continue their training in our practise instead of joining regular sports options, they will have to pay themselves from the moment that there is no indication for physiotherapy any more. There will always be a very small group of patients that can't participate in regular sports or organise daily physical activity for 30 minutes for different reasons. These people will remain an indication for physiotherapy on a long term basis.

By developing in- and exclusion criteria for individual and group training and for training paid by the insurance company or by the patient itself, we save a lot of money for the insurance companies. And: training in groups is supportive to most patients because they can share their problems, success with other patients and there is a social control.

We have developed training protocols for many chronic diseases and many insurance companies have approved these protocols. They are multidisciplinary based. This implies that we work closely together in so called 'chains of care' with family doctors, nurse physicians, specialists in the hospitals in our region.

PACA and Fysiotherapiepraktijk Dekker would love to share their knowledge and expertise on training patients with multi of single chronic diseases. This group of patients will become more and more important, because people get older and less physically active, leading to all kinds of chronic diseases that are responsible for very high costs for society in general. Already 60% of the work of the family doctors in the Netherlands. Many chronic diseases lead to musculoskeletal problems and increased inactivity because of these problems.

In our vision, Sports physiotherapists may and should play an important role in health enhancement of people with chronic diseases and physical activity training in general, because they have advanced expertise at the level of both chronic disease in relation to physical training and musculoskeletal pathology.

Both clinical visits are relevant to the competencies 5 (Promotion of a safe active lifestyle) and 9 (Dissemination of best practise) of the IFSP Competencies & Standards document. This document is to be found at the IFSP website.

**NOTE:**

We can only have 25 visitors per visit. So if you are interested, please make sure that you book in time!

If a visit is not listed on the WCPT registration form, it means that it's fully booked. You can send an email to [wcpt2011reg@congrex.com](mailto:wcpt2011reg@congrex.com) if you would like to subscribe to the waiting list.

**The Closing Ceremony** is admission free and will take place after the clinical visit in Amstelveen. There will be enough time to get at the ceremony in time via the organised transport.