

Physiotherapy

MAGDA MCCAUGHAN, PT
 Professional Practice Leader (Charlton, West 5th)

Scope of Practice

A physiotherapist is a health care professional who attempts to prevent or alleviate functional problems arising from physical, psychological and/or social origins. Prevention and treatment of an impairment, disability or handicap is accomplished through the use of physical assessment, education and treatment which is based on ongoing clinical research. The goal of physiotherapy intervention is to promote quality of life, self-responsibility and independence.

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	29	5	Physiotherapists
	11	0	Rehabilitation Assistant (Split with OT):
	2	1	Permanent
			Temporary
West 5th	2	0	Physiotherapist (Inpatient and WSIB)
	1	2	Rehabilitation Assistant

Major Achievements

CARING

Clinical Practice:

- Hired full complement of physiotherapists for Admission Avoidance evening and weekends
- Converted second Same Day Joints Physiotherapy position from temporary to full time permanent
- Completed Interdisciplinary work to create a package for patients who were coming from regional surgeons to have hip/knee replacement done
- Shifted focus on weekends in December 2023 and January 2024 to provide additional assistance for patients who were being discharged home over the weekend
- Continued participation in teaching of the hip/knee joint classes for patients who will be having a hip or knee replacement surgery
- Completed a Physiotherapy and Occupational Therapy 6-month initiative on 9 and 10 AMH (Acute Mental Health) to add a 0.6 FTE Rehabilitation Assistant; showed great improvements in therapy consistency, time to referral, time spent with patients, and patient therapy progress
- Undertook development of new programs, groups, integration of best practices, integration of patient feedback, co-design with patients, integration of Health Quality Ontario and Choosing Wisely, outcome evaluations

LEARNING

Education:

Clinical Education

- 18 Student Physiotherapists from McMaster University
- 4 Rehabilitation Assistant Students

Formal Teaching

- Two physiotherapists were McMaster PT clinical skills lab facilitators/content creators for year 2 on Mobility in the ICU
- Tutor and tutor in training involvement for McMaster University Physiotherapy Students
- A number of physiotherapists participate in the Entry Interviews for students applying to the McMaster Physiotherapy Program



Internal Education

- Education sessions with nursing students on the units and job shadowing with high school co-op students on medicine and surgery.

Research:

- One Physiotherapist finishing Master's research project which is in process for publication– topic is around cognition and chronic respiratory disease management
- One Physiotherapist finishing PhD in Rehabilitation. The topic is Virtual Care for Disease Management.
- Many physiotherapists and rehabilitation assistants are involved in physiotherapy-led ICU research
- The ICU CYCLE project (10 year, multicenter project) finished recruiting patients in 2023 and will be presented at a major conference in Belfast in 2024

Publications:

- Rehabilitation Assistant helped with a systematic review, data extraction, and an abstract titled, *In-hospital rehabilitation interventions in critically ill patients with COVID-19: preliminary findings from a systematic review*
- Van Damme, J., Dal Bello-Haas, V., Kuspinar, A., Strachan, P., Peters, N., Nguyen, K. T., & Bolger, G. (2023). Guiding Documents for Engaging with Remote Chronic Disease Management Programs as a Healthcare Provider: A Scoping Review. *International Journal of Telerehabilitation*, 15(2)

BUILDING

Internal Education:

- ICU resident teaching on role of PT and importance of early mobility (each teaching block ~3-4 times yearly)
- Nephrology clinical clerk teaching sessions and recently started PT education sessions to the PSWs hired to the nephrology unit
- A few physiotherapists and rehabilitation assistants are GPA coaches for SJHH and continue to teach the course
- Nursing and PSW orientation on 7 Surgical

BUILDING Continued...

Professional Practice Development

- Two physiotherapists completed and one physiotherapist started the Emerging Leaders program in 2023
- Physiotherapists and rehabilitation assistants have attended courses and webinars relevant to their practice in 2023, such as Crucial Conversations, Palliative Care, PIECES, early mobility in the ICU
- All staff received CPI (Crisis Prevention Intervention) training in 2023
- Many physiotherapists and rehabilitation assistants have taken courses or participated in webinars addressing concepts related to equity, diversity, and inclusion. This is a journey that we have been on as a practice group at SJHH since mid 2023



LEADING

External Activities:

Presentations

- Physiotherapist was panelist at the McMaster Critical Care Conference at Liuna Station on Dec 6, 2023; discussion on rounds in the ICU.
- Physiotherapist presented a 10 minute verbal presentation at the Ontario Physiotherapy Association Conference InterACTION
- 2 physiotherapists presented poster presentations at Canadian Physiotherapy Association Congress in Montreal, Quebec in July 2023

Committees

- A physiotherapist is an examiner for the College Ontario Clinical Exam with the College of Physiotherapists of Ontario (included participating in 2 working groups to help create the exam content)
- A physiotherapist is a Member of the Ontario Physiotherapy Association Board of Directors

Major Initiatives for 2024/25:

CARING

- Advocate for therapy funding in areas not receiving enough to meet patients' needs such as Medicine and Acute Mental Health

LEARNING

- Increase time to orient and understand new student perspectives and encourage physiotherapists and rehabilitation assistants to support more teaching; work has already been initiated with McMaster's Physiotherapy

Program. Some of the learning from there will translate to hiring and orienting of new grads.

BUILDING

- Further journey of equity, diversity, and inclusion from the staff and patient perspective
- Network with external partners, such as primary care and community clinics/programs, to further enhance/ support patient transitions from the physiotherapy lens