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Member Organisations actions - Physical exercise 'must become daily routine'

(Source: Times of Malta)

The importance of physical exercise to prevent ill-health was highlighted during the launch of a campaign by the Malta Association of Physiotherapists (MAP) in collaboration with the Health Promotion and Disease Prevention Unit on 13 September 2009.



Aptly titled Movement for Health, the awareness campaign was launched as part of World Physiotherapy Day, celebrated on September 8, and consisted of two fun walks: one in Sliema on 20 September and another in Valletta on 28 September. Another walk, which was scheduled for the 13 September in the Attard area, was cancelled, due to the inclement weather.

The association also published a leaflet entitled *Il-Mixi. Tajjeb Għalik, Tajjeb Għal Saħħ tek* (Walking Is Good For You, Good For



Your Health), containing tips for an improved walking experience.

"New diseases caused by changes in lifestyle have emerged over the years," Social Policy Minister John Dalli said at the launch, held at San Anton Palace, Attard. "We must strike the right balance between our hectic schedules, a proper diet and physical activity."

He appealed to the Maltese to be active for their own well-being and emphasised the importance of having a sustainable health system. Prevention was essential to cut down on expenses in the public health sector, he said. "This is the way forward and we must invest in such campaigns."

Mr Dalli had words of praise for physiotherapists, saying it was a growing profession. In the coming years, the country would need more physiotherapists to work in the community.

MAP president John Xerri de Caro reiterated the importance of prevention as a means of cutting health costs in the future or "at least, be in a better position to cope with them".

He said that, unfortunately, there was an increased incidence of obesity among children. But physical exercise could help in combating this disease together with another common cardiovascular and circulatory illness: diabetes.

"Although simple in concept, the message of this campaign is a very powerful one. Walking is not only an activity that can make you feel good but it also makes you healthy."

Charmaine Gauci, director of the Health Promotion Unit, explained more long-term advantages of physical exercise. "The longer you stay active, the higher the possibility of remaining independent in older years," she said. "You are less likely to develop problems associated with depression and increase your chances of living longer."

Also present for the launch were representatives of the European Region of the World Confederation for Physical Therapy (WPCT), of which MAP is a member. The WCPT is the sole international organisation representing physical therapists worldwide.

"At present, due to many factors, such as climate change, people are spending less time exercising, including walking," said Roland Craps, second vice chairman of the region. He said the European Community was becoming more and more concerned with this problem and wanted to tackle it before it harmed the economy. "And there is no better way to promote movement than through such campaigns," he said.



IV. International Congress of Physiotherapists of the Czech Republic

The IV international Congress of Physiotherapists of the Czech Republic took place on 4 – 5 September 2009, in Brno, the Czech Republic. Among the speakers, the ER-WCPT 1st Vice Chairman, Sarah Bazin, made a presentation about the WCPT and the ER-WCPT.



Quality assurance measures in Physiotherapy education and the involvement of the Member Organisations in quality assurance activities

This report is an opportunity to reflect on the main Quality Assurance (QA) processes in use within the UK. There are two chief types of QA review: those that focus on individual academic disciplines or teaching units (subject level review) and those that address practice and procedures at the level of the institution as a whole. Subject level review tends to emphasise academic standards and quality, whereas institution level review tends to examine the robustness of procedures and the strategic management of quality. As reports are usually made available to the public, both types of review are intended to ensure that an institution is held accountable to its stakeholders; these may include the funders of the course/HEI (who wish to

ensure that public money is being utilised appropriately), prospective students and their sponsors (who want to be satisfied that they will receive a “quality” educational experience before deciding to apply to, or accept a place at, the institution) and current students and employers (who seek confirmation that the institution offers high quality programmes at appropriate standards that deliver employable graduates). Increasingly it may also include competent authorities in other countries who may wish to know what standards are applied to the education of physiotherapists in their home state, when seeking registration abroad.



Two examples of how QA issues have been addressed within member countries follow:

Austria: In one of the Education Working Group Meetings from Austria in 2006 we supported the development of a standardised approach to the Quality Assurance processes in all PT Education Institutes in Austria.

In 2007 we found a “Quality assurance Working Group” with 13 Members, which covers almost all Education Institutes of Austria (Universities of Applied Sciences and Academies for Physiotherapy).

Our first goal was to educate “Quality instructors”. These Quality instructors have to coordinate and rebuild the internal quality procedures, which have been done up to now. These instructors are PTs, who are teaching and educating in their higher institutions.

The education for the “Quality instructors” was planned and realised with AQA (=Austrian Agency for Quality Assurance) (see www.aqa.ac.at) and with the excellent support of the Austrian Member Organisation – Physioaustria (see www.physioaustria.at).

AQA is in close connection to ENQA (European Association for Quality Assurance in Higher Education) and is one of the leading agencies for quality assurance in the field of education in Austria.

The next steps (for 2010) are to follow up the matter of internal quality assurance such as:

- Establish a policy and associated procedures for the quality assurance in all PT Institutions in Austria
- Development and implementing a strategy for the continuous enhancement of quality

UK: Quality Assurance processes are well developed in the UK, and involve both subject level review and Institutional review. Both types of review also involve internal scrutiny processes where academic and administrative colleagues from within the institution undertake a review of a school or departments activity, and external scrutiny processes whereby external bodies or organisations undertake a review of activity. These processes take place on the whole without direct input from the member organisation (CSP) although panels for subject level review frequently include registered members of the member organisation.

More recently the focus of the member organisations activity has been on developing Quality Enhancement (QE) processes to sit alongside, and integrate with the more QA focused activity such as programme approval and annual monitoring. Whereas the QA activity revolves around standard-setting and activity to approve and



monitor educational provision and to ensure it conforms to agreed standards, Quality Enhancement is described as involving activities that are concerned with, identifying, disseminating and promoting good practice within higher education. It also encourages innovation and ongoing improvement. One key element of the process is the provision of an "advisor" from another HEI to provide support and advice on good practice. The process places an emphasis on promoting improvement, innovation and good practice in higher education, and strengthening collaboration and partnership-working between organisations.

The intension is that QE and QA will be strongly linked, with the former adding a more forward-thinking, developmental focus to the latter.

Essentially, the CSP's QE activity will form a rolling programme of activity that is defined by priorities emerging from its quality assurance processes, consultation with key stakeholders and strategic planning. Equally, identified QE themes will form a central focus of the CSP's new QA arrangements, particularly within its annual programme monitoring.

The Education Working group are keen to receive examples of how QA processes are being developed within member states with a view to disseminate good practice across the region. Examples should be forwarded to either Grahame Pope, Education Working Group Member (grahame.pope@nottingham.ac.uk) or David Gorria, General Secretary ER-WCPT (info@physio-europe.org).

59th WHO Regional Committee meeting

The European Region was represented by its regional representative, Emma Stokes, at the Fifty-ninth session of the WHO Regional Committee for Europe in Copenhagen, Denmark, in September 2009. The delegates from the 53 WHO European Member States discussed and agreed on: a declaration on protecting health in times of economic crisis: the role of health systems (including social determinants of health); starting a discussion on the governance of health within the WHO European Region; supporting health workforce policies in the WHO European Region, including the support for a global code of practice for international recruitment of health personnel; and the

implementation of the International Health Regulations (2005) in the WHO European Region.

At the meeting, Ms Zsuzsanna Jakab, from Hungary, was nominated as the new WHO Regional Director for Europe. Mrs Jakab is currently Director of the European Centre for Disease Prevention and Control.

The Regional Representative presented two statements at the meeting on the theme of health in a time of global crisis and health workforce policies. The statements are available on the ER-WCPT website

<http://www.physio-europe.org/index.php?action=14&newsId=85>



EU Healthy Eating Campaign - a new initiative in the fight against child obesity

Eat it, Drink it, Move it: the EU's Tasty Bunch. On 28 September 2009, Mariann Fischer Boel, Commissioner for Agriculture and Rural Development, fired the starting gun for a new Healthy Eating Campaign. The campaign consists of three roadshows that will set off from EU headquarters, the Berlaymont building in Brussels, giving children across Europe a chance to take part in on the spot activities and games. The European Commission also launched an interactive website, competitions and other events with one key goal in mind – to change children's eating habits for the better.

The **Healthy Eating Campaign**, which is financed entirely by the EU agricultural budget, will run alongside the EU's **School Fruit Scheme** and **School Milk Scheme** – important initiatives for a more balanced diet and healthier eating habits amongst children.

The Healthy Eating Campaign takes the message: **Eat it, Drink it, Move it** right into schools. Over the course of eight weeks, the amazing characters of the Tasty bunch will travel through Belgium, northern France, the UK, Ireland, Estonia, Lithuania and Poland. The roadshow will visit two schools a day. In total our roadshow will reach 18 000 kids in 180 schools. The message: Eat well, because **it's fun to be fit**.

In parallel with the roadshow, an interactive treasure hunt game will be running over the 8 weeks on the EU's Tasty bunch web site. Schoolchildren aged 8 to 15 from all over the EU will try to win entertaining and sports prizes.

For further information:

http://ec.europa.eu/agriculture/tasty-bunch/index_en.htm

Welcome package on Public Health by the new EP Committee on the Environment, Public Health and Food Safety

The aim of this Welcome Package is to provide a comprehensive overview of EU policies in the field of public health and serve as an ongoing reference tool for incoming Members of European Parliament for the legislative period 2009-2014. The Package opens in chapter 1 with an overview of existing EU policies and legislation in the field of public health. A thematic policy review for the period 2004-2009 is then provided

in chapter 2, with the aim of providing a concise review of the discussions surrounding policy issues and the positions of the different institutional actors. Chapter 3 includes background notes for Commissioners' hearings on public health, together with some possible ideas for questions that might be relevant. A brief review of the status of implementation of key legislation in the field of public health is provided



in chapter 4. Chapter 5 presents key dates for implementation and review clause deadlines in an accessible format. Finally, a list of relevant studies is present by topic in chapter 6.

For further information:

http://www.europarl.europa.eu/meetdocs/2009_2014/documents/envi/dv/publichealth_welcome_package/publichealth_welcome_package_en.pdf

New FP7 Calls for Proposals - Health

The European Commission published new Calls for Proposals in various thematic areas under the Seventh Framework Programme for Research and Technological Development (FP7). Six of these Calls for Proposals have been published under the Health theme: Health-2010, with a total budget of 620.5 million Euros. The deadlines for proposals are in late 2009 and early 2010.

For further information:

<http://cordis.europa.eu/fp7/dc/index.cfm>
<http://cordis.europa.eu/fp7/health/abouthealth.en.html#health2010>

Influenza A (H1N1) 2009

As the pandemic is spreading across Europe, the EU Member States are discussing national plans to develop a vaccination strategy for Influenza A (H1N1) 2009. In this context, the European Commission developed a statement on target and priority groups for influenza A (H1N1) vaccination, but reminds that it is the responsibility and mandate of each Member State to develop a vaccination strategy for Influenza A (H1N1) and to identify their national target groups. The European Medicines Agency

(EMA) has recommended to the European Commission the authorisation of two vaccines against influenza A (H1N1): Focetria & Pandemrix. Decisions on the granting of European Union-wide marketing authorisations for the vaccines by the European Commission are expected shortly. For further information:

For further information:

http://ec.europa.eu/health/ph_threats/com/Influenza/novelflu_en.htm

EU strategy for employment

The European Commission launched a new strategy entitled: "Shared Commitment for Employment" aiming to reduce the effects of the crisis on employment. The EU will make available 19 billion Euros from the European Social Fund (ESF) to help citizens to keep their job or to find another one, thanks to the development of competence and enterprising spirit and the enhancement of public employment services. Together with the European Investment Bank

Group and other partners, a new European loans facility will be set up to provide micro-credits for those who would usually have difficulty accessing the necessary funds to set up a business or micro-enterprise.

For further information:

<http://ec.europa.eu/social/main.jsp?langId=en&catId=89&newsId=514&furtherNews=yes>



President of the European Commission and Health

The President of the European Commission, José Manuel Barroso was re-elected for a second five-year term, by 382 votes in favour, 219 against and 117 abstentions. Mr. Barroso promised changes in the Commission structure, with the appointment of commissioners for justice, fundamental rights and civil liberties, internal affairs and migration, and a “scientific adviser for research and innovation”.

He also presented a manifesto entitled "Political guidelines for the next Commission", with 5 policy priorities: Making a successful exit from the crisis; Leading on climate change; Boosting the new sources of growth and social cohesion; Advancing people's Europe; and Opening a new Era for Global Europe.

The document only includes few references to health: The growth potential for "white jobs" (in health care and social services for children and the elderly); “The changes that are taking place in our society will also bring demand for new

services and thus new jobs. For example, with the ageing of our population there will be a need to give a boost to the overall development of the social and health services' sector, for instance by establishing a quality framework for public and social services, thus recognising their importance in the European model of society". Innovation and e-health are mentioned;

Barroso recognized ageing as a key challenge and insists on "the need to have healthy, fulfilling longer life spans. This also requires a thriving economy to supply sound public finances, so that we can pay for healthcare for the elderly"

The EU's commitment to achieve the Millennium Development Goals is repeated.

For further information:

http://ec.europa.eu/commission_barroso/president/pdf/press_20090903_EN.pdf

Investing in the Future of Jobs and Skills

The European Commission published a report on the “Comprehensive analysis of emerging competences and economic activities in the European Union in the Health and Social Services sector”. This report analyses the recent developments and trends in the sector, and promote the strategic management of human resources, and stronger synergies between innovation, skills and jobs in the medium and longer run, taking into account the global context. It also emphasizes the need to adapt and

modernise education and training systems, to focus on multi-skilling to prepare workers for rapidly changing work situations, to engage in lifelong learning, as well as on the need to improve cooperation between stakeholders in the health and social services sector to anticipate future changes

For further information:

<http://ec.europa.eu/social/main.jsp?catId=568&anId=en>



Economic impacts of post-enlargement labour mobility within the EU

The European Commission DG Employment, Social Affairs and Equal Opportunities published the results of a study entitled "Labour mobility in the EU in the context of enlargement and the functioning of the transitional arrangements" that confirms the positive effects of the transfer of labour towards the EU from Member States in Central and Eastern Europe, notably with regard to economic growth in the EU as a whole. The study looks into the volume and structure of labour mobility east-west since 2004 and 2007 enlargements, both at national and regional levels, and the impact this has had on employment markets, macro-economic data and public finance. It also looks into human capital related issues such as the brain-drain and the decline in competence of mobile workers.

For further information:

<http://ec.europa.eu/social/BlobServlet?docId=2509&langId=en>

A Quantitative Tool for Workforce Planning in Healthcare: Example Simulations

Published by the Skills and Labour Market Research Unit (SLMRU), of FÁS, Ireland, on behalf of the Expert Group on Future Skills Needs, this report describes the models developed by the SLMRU for 12 selected healthcare occupations, identifies specific issues relevant to the workforce planning of each occupation, and develops a number of recommendations designed to improve workforce planning in the future. These findings will allow policy makers to make informed decisions in relation to the supply of suitably qualified human resources in the healthcare sector resulting from policy and demographic changes (e.g. ageing population).

For further information:

http://www.skillsireland.com/media/egfsn090617_healthcare_report.pdf

FREE online resource for Healthcare Practitioners

A new free online source of information has been launched, providing Healthcare Practitioners actively involved in wound-dressing changes with the latest research, therapies, protocols and best practices. The goal of the initiative is to aid professionals in improving the quality of life for their patients by raising the awareness of dressing-related pain and presenting tools to

achieve changes in practice, and to give students' worldwide insight into best practices and knowledge directly from the world's leading experts.

For further information:

http://www.less-pain.com/wound_knowledge.html

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