

EAST AFRICA PHYSIOTHERAPY SCIENTIFIC CONFERENCE.

11TH -13TH MAY 2022



CONFERENCE SYNOPSIS



EAST AFRICA PHYSIOTHERAPY SCIENTIFIC CONFERENCE

THEME:

Transforming Physiotherapy practice:
Recent trends in Physiotherapy
Techniques and Research.

In partnership with



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ABBREVIATIONS AND ACRONYMS

AMREF	Amref International University
APEFE	Association pour la Promotion de l'Education et de la Formation à l'Etranger
COPEDE	Council for Education and Development
EAC	East African Community
EAPSC	East Africa Physiotherapy Scientific Conference
JKUAT	Jomo Kenyatta University of Agriculture and Technology
KMTC	Kenya Medical Training College
KSP	Kenya Society of Physiotherapists
LOC	Local Organizing Committee
MOH	Ministry of Health
OMT	Orthopedic Manual Therapy
PCK	Physiotherapy Council of Kenya
rATA	Rapid Assistive Technology Assessment
WHO	World Health Organization
WPEA	World Physiotherapy East Africa Sub-region.

ACKNOWLEDGEMENTS



I am grateful to all of those with whom I have had the pleasure to work with during the just concluded ended East Africa Scientific Congress held in Mombasa from 11th 13th May 2022 at Sai Rock Hotel.

I would like to express my thanks to all who helped make this congress a success. We have much pleasure in thanking several organizations in particular the Ministry of Health and the Physiotherapy Council of Kenya for their support and the very efficient help during the congress.

I would also like to express our very special thanks to all hospital from counties, private, faith based organizations and all institutions (Universities), who contributed through their participation in the congress.

I would also like to thank our sponsors for your contribution toward the event. We were thrilled to work with you. Your contribution is vital and we cannot succeed without the generosity of supporters like you.

Am also grateful to the staff of the Sai Rock Beach Hotel for creating hospitable atmosphere during the whole conference and very good services and excellent guidance all through.

I further wish to appreciate and express our highest gratitude to the East Africa Member organizations that came in particular Uganda, Tanzania, Burundi and Somali for active participation and inputs and also for bringing expertise and experience.

Last but not least, my deepest appreciation goes to all KSP Executive Members, All Regional Chairpersons and the Local Organizing Committee in particular Mr. Samuel Muema for their tireless efforts toward the congress and all delegates who made this event a success.

This endeavor would not have been possible without your input toward this congress. Words cannot express my gratitude to all of you.

Thank you,

A handwritten signature in black ink, appearing to read 'H. Opondo', with a horizontal line drawn through the middle of the letters.

Henry Opondo

President

Kenya Society of Physiotherapists



The East Africa Physiotherapy Scientific conference held in the port city of Mombasa Kenya on the 11th – 13th May 2022 was a resounding success which went beyond the organizer's expectations.

The well selected training courses were fully subscribed, and the facilitators were apt with the content. They went through their sessions meticulously holding both theoretical and practical session up to late in the evening. They truly went beyond the call of duty.

The program of events ran seamlessly from day one to day three with no hiccups at all. The limelight of the program was on Friday, the scientific paper presentation day. It was in no doubt that the Burundians were well prepared with a bigger number of papers than any other country present.

Looking forward to a similar experience in future.

Samuel K. Muema

LOC Chairman.



Kenya Society of physiotherapist (KSP) commits to stand with its members and the society they serve, in continued support and efforts to achieve the mission of KSP which is work towards the development of national health by: representing the kenya physiotherapy profession nationally and internationally; promoting high standards of physiotherapy education, practice and research; supporting communication and exchange of information among its members and the general public; and collaborating with other international and national professional organizations.

KSP has and continues to collaborate with the Ministry of health, its professional regulator Physiotherapy Council of Kenya, the World Physiotherapy, the Kenya Health Professional Association, Physiotherapy associations across the region and other stakeholders in pursuit of enhancement of training, promotion and welfare of its members and deliverance of quality and value-based physiotherapy service to the population.

We recognize that the physiotherapy profession is continually evolving in both clinical practice and access and KSP is working to assure that that the clinicians are recognized in as the providers of choice and leaders in the prevention of impairment, wellness and restorative care which is safe, effective, patient/client-centered, timely, and efficient.

In addition KSP recognizes professional accountability which includes member's commitment to lifelong dedication to learning in order to provide evidence-based practice.

KSP appreciates all partners that support these efforts.

Dr. Catherine Wambua
Hon. Secretary General.

INTRODUCTION

The Kenya Society of Physiotherapists (KSP) is a member welfare body for all Physiotherapy stakeholders and is registered under the Societies Act

(Cap. 108, section 2158) and an affiliate member of the world governing body for Physiotherapists, The World Physiotherapy and World Physiotherapy Africa Region. This year, KSP hosted the Inaugural East Africa Physiotherapy Scientific Conference (EAPSC) from 11th-13th May 2022 in Mombasa, Kenya at the Sai Rock Beach Hotel.

The goal of the EAPSC was to conceptualize the need for integration of the East African Community (EAC) to address policies, regulations, labour costs, consumer confidence and increase attention to healthcare. It presented a unique opportunity for Physiotherapists to comparatively analyze the evolving trends in Physiotherapy practice while highlighting the new technologies being utilized to improve standardization and patient outcomes. The main theme of the conference was, **“Transforming Physiotherapy Practice: Recent trends in Physiotherapy Techniques and Research”** with the following sub-themes:

- Current trends and innovations in Physiotherapy.
- Excellence in Physiotherapy and Sports Rehabilitation.

The conference leadership included the following committee members:



KSP president introduces the committee members.

1. Mr. Henry Opondo – President
2. Mr. Samuel Muema – LOC Chairman
3. Dr. Catherine Wambua – Hon. Secretary General
4. Mr. Onesmus Ngungua – Co-LOC Secretary
5. Mr. Raphael Owako - Member
6. Mr. Daniel Kangutu – Scientific Committee Chairman
7. Ms. Joanne Kibet – Vice Chair Scientific Committee
8. Mr. Suleiman Kweyu – Chairman Publicity
9. Ms. Jessica Shiraku - Member
10. Mr. Kennedy Mogire - Member
11. Ms. Victoria Musyoka – Editor General
12. Ms. Martha Mmasi – Chief Physiotherapist- MOH
13. Mr. Douglas Kotut – PCK Registrar
14. Mr. Dickson Okumu – Member
15. Maj. Minah Guantai – Member
16. Ms. Anne Muinde – Secretary
17. Ms. Margaret Mbogo – Member
18. Ms. Wilfrida Otieno – Member
19. Mr. Maurice Ogolla – Member
20. Ms. Elizabeth Mwikali - Member

CONFERENCE SYNOPSIS

The conference was held for three days between 11th May 2022 and 13th May 2022 at the Sai Rock Beach Hotel in Mombasa, Kenya. It featured keynote addresses from national and international dignitaries, platform presentations of research papers, short courses, and exhibitions from key actors and stakeholders in Physiotherapy. The conference participation included representation from the 47 county heads in Kenya. Physiotherapists drawn from the 8 regions the country (Coast, South Rift, North Rift, Central, Western, Eastern, Nyanza and Nairobi), and representatives from USA, Burundi, Uganda, Somalia, and Tanzania. The last day featured the re-launch of the World Physiotherapy East Africa Sub-region that was graced by Dr. Peter Nato, Ag. Minister for Health, Mombasa County.

1. Preliminary session.

On the first day, the LOC Chairman, Mr. Muema welcomed all the participants to the first East Africa Physiotherapy Scientific Conference. In his address, he gave a brief history of the conference location and indicated that the intention was to offer participants the “feel” of being in one of the best beach hotels. He went on to give the conference synopsis and indicated that the keynote speakers had been selected from a pool of world class Physiotherapists with solid knowledge of Physiotherapy science and other eminent Kenyan leaders from County and National Government authorities.

He informed the participants that the conference would feature breakaway sessions for different training modules from which participants would choose during registration. He added that on the last day, there would be scientific paper presentations. Mr. Muema informed the participants that the second day would feature a visit to the Aga Khan Hospital Rehabilitation Centre for the international delegates and some of the Kenyan delegates.

He urged the participants to actively engage, make conference resolutions for posterity and advance physiotherapy practice within the country and beyond.



Mr. Muema, the LOC Chairman giving the opening address.

2. Keynote addresses

The EAPSC featured keynote addresses selected from a pool of world class Physiotherapists within Kenya and across the boards. These included Mr. Henry Opondo, Mr. Julius Nyaga, Mr. Onesmus Ngungua, Mr. Raphael Owako, Mr. Gerard Ndacayisaba, Mr. Alex Kisyang'a, Mr. Douglas Kotut, Ms. Martha Mmasi, Dr. Richard Jackson, and Mr. Joseph Martial CAPO-CHICHI.

a) Address by Mr. Henry Opondo

Mr. Henry Opondo is the President of the Kenya Society of Physiotherapists and is the Head of Physical Medicine and Rehabilitation at the Karen Hospital.

Mr. Opondo started his address by welcoming all the participants to the EAPSC and applauding them for honoring the invitation. He thanked the conference sponsors who made it possible for the conference to take place.

In his address, Mr. Opondo noted that KSP is a member welfare body for all Physiotherapy stakeholders registered under the societies act (Cap.108, section 2158). He indicated that the KSP leadership decided to host the first EAPSC during the last annual general meeting held in Kisumu in December 2021. He

introduced the KSP leadership which included the National Executive Committee, the Regional Office, and the LOC.

“As one of the fastest growing regional economic blocs in the world, the EAC is widening and deepening co-operation among the Partner States in various key spheres for their mutual benefit. These spheres include political, economic, and social. Of the three spheres mentioned, they are key health determinants in our globe, leave alone the East African block We should therefore conceptualize the need for integration to address policies, regulations, labour costs, consumer confidence and increasing attention in healthcare among others. These factors revolve under the three spheres our East African Nations creating mutual benefits. Starting today, we have unique opportunity for us to comparatively analyze the evolving trends in physiotherapy practice while highlighting the new technologies being utilized to improve standardization and patient outcomes”
Mr. Henry Opondo, 2022.

Mr. Opondo wished the delegates a successful conference as they learn and advance the East Africa Physiotherapy sub region agenda.



Mr. Henry Opondo, KSP president, giving his keynote address.

b) Address by Mr. Julius Nyaga.

Mr. Nyaga gave his keynote address on “Entrepreneurship in Physiotherapy” which was in tandem with the first sub-theme. Mr. Nyaga is the former KSP

president and is the C.E.O Mullighan Rehab that was one of the conference sponsors.

Mr. Nyaga noted that a culture of entrepreneurship is the foundation to any thriving economy and society through employment creation, value & innovation, and product & service delivery. He listed some of the qualities of an entrepreneur which include but are not limited to dedication, creativity, passion, determination, leadership, flexibility, self-confidence, and experience.

In his address, he indicated that the Covid-19 pandemic impacted physiotherapists at a personal level. He indicated that to survive future pandemics, physiotherapists needed to be averse of the available technology as in other economic sectors and adapt to the current trends. However, he noted that Physiotherapy technology was insufficient and listed some of the possible innovation areas:

- Academic programs
- Clinical apps for assessment, clinical reporting, treatment protocols, exercise programs and patient education.
- Editorial online apps (life coaches and podcasts, proof reading for researchers, professional journal publishing, transcribing.)
- Product innovation.

Mr. Nyaga, in his address, recommended that Physiotherapists could venture into entrepreneurship through several ways including sole proprietorship, partnerships, shareholding, manufacturing, setting up of new facilities, or purchasing of existing facilities.

In his conclusion, he advised the delegates to exploit change as an opportunity and therefore, search and respond to it since it is a necessary ingredient for stimulating economic growth and employment opportunities in all societies.



Mr. Nyaga, C.E.O Mulligan Rehab clinic giving his keynote address.

c) Address by Mr. Alex Kisyanga

Mr. Alex Kisyanga is an orthopedic technologist and is the Ag. Head of Rehabilitative services at the Ministry of Health (MOH).

Mr. Kisyanga began his address by applauding the KSP leadership for the strides they had made in progressing the rehabilitation agenda in the society. He indicated that all other cadres are looking up to KSP as they are the pioneers in the rehab fraternity within the country.

He indicated that MOH was working together with partner institutions to develop policy documents that would be launched soon. He echoed that all the pending policy documents were in the final approval stages and implementation would begin soon.



Mr. Alex Kisyanga, Ag. Head Rehabilitative services MOH giving his keynote address.

d) Address by Mr. Onesmus Ngungua

Mr. Ngugua gave a keynote address on code of conduct and ethics for Physiotherapists in Kenya. Mr. Ngugua is the current KSP – LOC secretary. He begun his address by outlining the vision, mission, and core values of the Kenya Society of Physiotherapists.

Mr. Ngugua noted that training institutions are putting effort to ensure Physiotherapists acquire the right knowledge and skills. However, he noted that to supplement the knowledge acquired, the public office ethics act, EACC, developed the code of conduct which should be observed by all physiotherapists in the execution of all aspects of the practice. The objectives of the code of conduct include:

- To establish a general standard of professionalism and ethical behavior for all physiotherapists in the public, non-governmental organizations, or private practice.
- To sustain dignity and integrity of all physiotherapists
- Assist physiotherapists in ensuring that their conduct is always based on obligations to clients, fellow physiotherapists, health workers and other professionals.

In his address, he noted that in all professional activities, a physiotherapist represents the profession and is expected to behave in a manner that enhances the honor of the profession, whose ideal is embodied in the following ethics:

- Respect the rights and decorum of all individuals.
- Recognize responsibility for the exercise of sound judgement.
- Provide honest and competent professional services.
- Be entitled to a just and fair level of remuneration of services.

Mr. Ngungua went ahead and explained the rights of the clients, physiotherapists, and the profession. He insisted that the rights of all individuals needed to be upheld in service delivery. He indicated that gifts & other benefits offered by the client after a service are against the ethics code and the right channels need to be followed to have them in place. He urged the physiotherapists to offer quality service at reasonable set charges available which exist in public and recognized private institutions.

Mr. Ngugua said that he understood the need for private practice to complement official employment. He, however reminded the delegates that in the code of ethics, "a physiotherapist shall not engage in any other business or part-time employment during the employer's official working hours that may be in conflict with his/her employment." Therefore, he urged them to only practice outside their official working hours.

To enforce the ethical standards, a physiotherapist shall:

- i. Respect the rights and dignity of all individuals.
- ii. Help all those who seek his/ her professional service, without discrimination, fear or favor.
- iii. Give honest, competent and accountable professional service.
- iv. Recognize the extent and limitation of his / her professional expertise and undertake only those activities that are within his / her professional competence.
- v. Hold in confidence all personal information entrusted to him / her except where disclosure is in the best interest of his/her patient / client / colleague(s) community.
- vi. At all times maintain the highest standard of professional competence and continually update and extend his / her professional knowledge and skills.
- vii. Contribute to the planning and development of services which enables individuals within the community to achieve optimum health; unless there is a proper reason to act otherwise in a particular instance.

As he concluded, Mr. Ngugua said that the code shall be reviewed periodically as deemed appropriate. "This code has made an attempt to address what is expected of physiotherapists practicing in Kenya. It is not meant to be punitive but rather to maintain high standards of physiotherapy practice. The enforcement of this Code requires the commitment of all parties, it is hoped that all physiotherapists will be sensitized accordingly regarding this Code for ease of implementation." Onesmus Ngugua, 2022.

In his parting shot, Mr. Ngugua quoted Warren Buffet, "Look for 3 things in a person; intelligence, energy, and integrity. If they do not have the last one, don't even bother with the first two."



Mr. Ngugua, LOC secretary giving his keynote address.

e) Address by Mr. Raphael Owako.

Mr. Owako is a consultant expert in disability & rehabilitation and child health rights. He gave his keynote address on the World Physiotherapy East Africa Sub Region Cooperation. He began his address by highlighting the goals of the cooperation which included:

- Continuous physiotherapy education,
- Enhancement of research initiatives
- Provision of quality PT services in East Africa,

- Provision of new and adequate insights that will generate positive development in the field of physiotherapy across the region and internationally

In addition, the cooperation would aim to:

- Address the needs, wishes and priorities of the member states by providing informed advice that helps to shape those priorities in the direction of advancing physiotherapy Education in East Africa.
- Provide a range of platforms for the exchange of experiences and ideas between member countries and institutions and for the identification and sharing of best practice in the Physiotherapy platform.
- Connect member countries and institutions with other individuals, organizations, institutions who are active in areas relevant for the advancement of Physiotherapy service provision both in E. Africa and internationally.
- Represent and advance the interests of the Physiotherapy as a sector at country, regional and international levels.

In his address, Mr. Owako mentioned that the cooperation would give a common vision and goal to the profession, which when understood, will motivate members to feel responsible for accomplishing their responsibilities. Through the cooperation, the existence of the Physiotherapists shall become visible across East Africa and beyond.

Mr. Owako stressed the importance of the sub-region because without one, there is no focal point for the profession to conduct business and advance. He said that it is also difficult for member countries to contribute to policy and decision making that affect them.

As a first step, Mr. Owako advised that member countries would provide two nominees to the executive in the World Physiotherapy East Africa Sub-region ahead of the launch of the regional chapter on the last day of the conference. The interim committee's tasks would include:

- i. Official re-formation & reorganization of the sub - regional cooperation.
- ii. Come up with an appropriate name for the sub -region cooperation.
- iii. Developing a regional organization framework.
- iv. Developing a strategic plan of action for the region – 2022 -2027 (with a clear vision, mission, and goal).
- v. Develop a work plan – 2022, 2023 (projection), 2024 (projection).
- vi. Development of a regional constitution acceptable to all member countries.

He concluded his address by urging all the countries to be receptive to the idea as it was in everyone's best interest to have the structure in place.



Mr. Owako, disability, and rehabilitation expert giving his keynote address.

f) Address by Mr. Gérard NDACAYISABA

The KSP President introduced the delegation from Burundi. He appreciated the team for honoring the invitation and their concerted efforts in developing the physiotherapy profession in their country. The president noted that they were a multidisciplinary team that consists of a medical doctor, director of non-communicable diseases, director general, health and a lecturer who worked together at the National Reference Centre in Bujumbura. He advised that Kenya should also adopt the multidisciplinary approach in an effort to offer extensive service delivery to clients. He welcomed Mr. Ndacayisaba who gave his keynote address on Implementation and results of the physical medicine and rehabilitation development program in Burundi.

Mr. Ndacayisaba's presentation was a documentary that highlighted the development of physical medicine and rehabilitation in Burundi. The documentary highlighted the essence of rehabilitation as a component in the healthcare system along with preventive care, curative care and health promotive care. Physical medicine and rehabilitation care cover a wide variety of problems that everyone can experience daily.

Burundi began to see developments in physical medicine and rehabilitation in 2011 after the Ministry of Public Health and Fight against AIDS integrated it into the priorities of its national health policy. In the same year, the ministry launched

a program that is being implemented in collaboration with its partners (APEFE, COPED) to promote and build capacity for development of physical medicine and rehabilitation in Burundi. Some of its goals include:

- i. Strengthen the governance of physical medicine and rehabilitation development by the Ministry.
- ii. Train the human resource on physical Medicine and rehabilitation care.
- iii. Develop capacity for care by creating/ strengthening the department of physical medicine and rehabilitation care in several hospitals across the country.
- iv. Develop the production and use of digital information in physical medicine and rehabilitation care.

COPED noticed the lack of staff, training facilities and treatment center in Burundi and sent some of its young population and medical doctors to study and specialize in Benin. Burundi has since had a pool of learned physical medicine and rehabilitation care experts and doctors with qualifications attained from all over the world. As a result, a National physical medicine and rehabilitation care center was set up at the University hospital in Bujumbura and consequently a National Reference Center for Physical medicine and rehabilitation care was built in 2014.

The Ministry created a physical medicine and rehabilitation care department within the program to fight against chronic diseases. The role of the department is to enable effective coordination of the physical medicine and rehabilitation care in Burundi.

Mr. Ndacayisaba noted that there has been tremendous progress, but much remains to be done. He indicated that he was hopeful that through the association, Burundi could be able to achieve more.



Mr. Ndacayisaba, Burundi, giving his keynote address.

g) Address by Mr. Douglas Kotut.

Mr. Douglas Kotut is the C.E.O and registrar of the Physiotherapy Council of Kenya (PCK). Mr. Kotut gave his keynote address on the work of the physiotherapy council since its establishment.

Mr. Kotut begun his address by informing the delegates that formal physiotherapy training begun in 1966 after which KSP lobbied the parliament for enactment of the physiotherapy bill which led to the establishment of PCK under the Physiotherapy act (Act 20, 2014). The mandate of the act is to **make provision for the training, registration, and licensing of physiotherapists, to regulate their practice, to provide for the establishment, powers, and functions of the Physiotherapy Council of Kenya and for connected purposes.**

Since its establishment, PCK has been tasked with:

- Registration and licensing of physiotherapists.
- Handling professional misconduct.
- Inspecting and licensing physiotherapists.
- Taking action on clinics that do not comply with provisions of the physiotherapy act.
- Inspecting and accrediting physiotherapy training.

Mr. Kotut urged the delegates to take advantage of the specialization areas available in the accredited institutions of higher learning which include:

- i. KMTC – Higher diplomas in orthopedic manual therapy, neurorehabilitation, women health and pelvic rehabilitation.
- ii. JKUAT – Msc. Orthopedic and sports physiotherapy, Msc. Neurorehabilitation
- iii. AMREF – Upcoming Masters programs.

In his address, Mr. Kotut indicated that the council was facing several challenges some of which were cross cutting through various health professions like availability and procurement of health equipment and products, conflicting laws and financing the council's activities.

He noted that it was important to establish an umbrella body to regulate all health workers, another to regulate all rehabilitation cadres and finally a special body to regulate services, health products and all existing bodies.

In his conclusion, he mentioned that the establishment of the World Physiotherapy East African Sub-region provided an opportunity for mutual recognition of training programs for the different countries involved and therefore facilitate free movement of labor in the spirit of East African integration.



Mr. Douglas Kotut, C.E.O & registrar, PCK giving his keynote address.

h) Address by Ms. Martha Mmasi

Ms. Martha Mmasi is the Chief physiotherapist at the Ministry of Health (MOH). She gave an address on the efforts MOH have put for the benefits of the physiotherapy profession and service.

She reported that the ministry has partners with different organizations that are working together to improve rehabilitation in Kenya. She echoed that the MOH has also partnered with the World Health Organization (WHO) in many ways including offering support to the rehab council to conduct a survey for the assessment, pending the report which would be written soon. The WHO has helped in the planning phase in the establishment of the Assistive Technology (AT) Centre of excellence that will upscale rehabilitation services in Kenya and the African region. She noted that the envisioned AT centre has four components, one of them being for rehab personnel. Other components include service delivery unit and manufacturing unit for all the disability domains. It will also be a research centre for the rehab professionals.

Ms. Mmasi said that the disability categorization guideline is awaiting approval by the ministry of health. She reported that the ministry had already done the national rehabilitation and strategic plan which is also on waiting approval. She reported that the country had just concluded the rapid assistive technology assessment (rATA) and the report would be published soon. The rATA report would help the country to know the immediate needs as they respond to the WHO call to action in this rehabilitation decade.

In her conclusion, Ms. Martha urged the delegates to update themselves with the current trends in physiotherapy for the betterment of the profession.



Mrs. Martha Mmasi, Chief physiotherapist, MOH giving her keynote address.

i) Address by Dr. Richard Jackson

Dr. Richard Jackson is the president of The Jacksons Clinic Foundation. He is the pioneer teacher of physiotherapy training in KMTC- Higher Diploma Specialization Courses. Dr. Jackson gave a keynote address on Advances in Education – The Hybrid model.

He began his address by informing the delegates that in September of 2012, The Jackson Clinics Foundation launched an Orthopedic Manual Therapy Residency Program (OMT), in Kenya in partnership with KMTC, in Nairobi. The first cohort of physiotherapists graduated in March 2014. He reported that there has been enormous interest in the program by graduate physical therapists in Kenya. In 2017 a Neurorehabilitation program was launched at KMTC designed to teach the non-orthopedic courses in physical therapy, including neurology, pediatrics, cardiopulmonary, Integumentary, and Geriatrics.

Dr. Jackson reported that there have been numerous advancements in the education sector that have pivoted from the traditional models of teaching which involved a teacher teaching student who in turn takes notes. He noted that most of these advancements occurred in 2020 when the world was hit by the COVID – 19 pandemic. “The shift to virtual and hybrid education was important since research shows that people learn at different rates and different ways. Group learning is very effective. Students learn better when they become part of the process and the internet is a tremendous resource.” Dr. Richard Jackson, 2022.

He noted that when they introduced the OMT program in KMTC, they used the traditional approach because internet connectivity was very low then. This approach was time consuming and expensive for everyone. Dr. Jackson reported that hybrid education is accessible to everyone and more affordable. It is online didactic since it is self-paced with interactive assignments and lab videos. Hybrid learning is also lab intensive, an essential part for clinical practice with case studies and group problem solving. The students also have an opportunity to engage with expert mentors through interactive debriefs.

In his address, Dr. Jackson reported that physiotherapy revolution begun in 1980 and there has been 40 years of progress since. This was made possible because of communication, personal resources, access to courses, mobility and educational upgrade to master's and higher diplomas. “We are genuinely excited by the enthusiasm of the new students and pleased to facilitate the advancement of orthopedic clinical standards in Kenya. The Jackson clinic in partnership with KMTC is now offering hybrid specialization courses in women's health, orthopedic manual therapy, neurorehabilitation, pediatrics,

cardiopulmonary, sports, geriatrics, integumentary and radiology/diagnostics."
Dr. Richard Jackson, 2022

In his conclusion, Dr. Jackson noted that physiotherapy is a huge field and urged all delegates to attempt to raise the level of practice across the board by taking part in this specialization courses.

Dr. Jackson's address led to an interactive session that had Uganda present a request to Dr. Jackson to introduce/insist on the hybrid mode of education. It was also suggested that the East African association lead the efforts in streamlining education within the region.



Dr. Richard Jackson, President, The Jacksons Clinic Foundation gives his keynote address.

j) Address by Joseph Martial CAPO - CHICHI

Mr. Joseph Martial is the President of the Africa Region of World Physiotherapy. Mr. Opondo read his keynote address on his behalf as he was not able to attend the conference physically.

“Dear colleagues from our East African sub-region.

It is with great pleasure that I send you this warm message for your Scientific conference. Since the establishment of the east African sub-region, it has not ceased to positively impact the development of our profession, physiotherapy, throughout Africa. It has materialised through the active participation of East African physiotherapists in the life of the region. This scientific conference whose theme is “Transforming Physiotherapy Practice: Recent trends in Physiotherapy

Techniques and Research" demonstrates once again the manifest will that you have to work harder so that the profession can grow, be at the service of our compatriots and be solidly implanted within our health systems. In the few past years Covid-19 has impacted our recent trends and we have all had to make adjustments to new technologies such as telehealth, virtual treatments etc... I congratulate the various leaders of the physio associations in East Africa, the management team of the East African sub-region for the vision and dynamism they are bringing to our profession. I would like to reassure you of the commitment of the African region to work with you as together we can achieve our common goals. Since the beginning of the pandemic, we have been going through a very difficult period. Some countries are already experiencing a gradual return to normal life. I would like to ask us not to give up, because it is now more than ever that we must stay united to go further and make it clear that we are essential partners for a better health system in Africa.

I would like to ask us to have our eyes turned towards the congress of the African region which will be held in Cotonou in Benin from 27 to 29 October 2022. Let us come and share our experiences for the betterment of our brothers and sisters of the continent and to raise our noble profession even higher.

Let's stay united, better days are ahead.

Long life to East Africa Sub-region

Long life to WP-A

Thank you."

3. Breakaway sessions.

The EAPSC featured breakaway sessions where different experts presented short courses. Each of the course was geared towards achieving the conference theme. Delegates had an opportunity to select at most two of the available courses that were being offered on the first and second day of the conference. The sessions included:

- i. Neurorehabilitation in brain injury by Dr. Catherine Wambua, Sullivan & Sarah Vaughan.
- ii. Examination, evaluation and treatment of low back pain, an evidence-based approach by Shadrack Okumu and Martin Ongwen
- iii. Outline basic lymphoedema management by Victoria Choi.
- iv. Demystifying pelvic health: what every physiotherapist needs to know about treating pelvic dysfunctions by Sarah Peacock, Wilfrida Otieno and Victoria Choi.
- v. Temporomandibular joint by Erastus Osewe and Gerald Omondi

- vi. Physiotherapy management of vestibular disorders – benign paroxysmal positional vertigo by Ms. Emily Nyanumba

4. Scientific paper presentations.

The conference featured scientific paper presentations that were offered both physically and virtually. The paper presentations were research papers from qualified submissions that had been reviewed by the scientific committee. The presentations included:

- i. Can prophylactic use of compression sleeves reduce the incidence of arm swelling in women at high-risk of breast cancer-related lymphoedema randomized control trial by Vincent Singh Paramanandam
- ii. Prevalence of musculoskeletal disorders among flower farm workers in Kenya by Jotham Munala
- iii. Global and leisure-time physical activity levels among people living with HIV on antiretroviral therapy in Burundi: A cross-sectional study by Eric Havyarimana.
- iv. Effects of supervised exercises' effects on pain and functional disability in hip and knee osteoarthritis: A systematic review with meta-analysis by Jean Mapinduzi, Gerard Ndacayisaba, Bruno Bonnechere and Kossi Oyene.
- v. Effectiveness of motor control exercises versus other musculoskeletal therapies in patients with pelvic girdle pain of sacroiliac joint origin: A systematic review with meta-analysis of randomized controls by Gerard Ndacayisaba.
- vi. Influence of socio-demographic factors on self-reported disability in low back pain patients by Eric Munezero.
- vii. Work related risk levels associated with musculoskeletal disorders amongst flower farm workers in Kenya by Jotham Munala.
- viii. Effects of prescribed low intensity resistance exercise on biochemical data and blood pressure by Moses Konje.
- ix. Levels of participation in core activities and health-related quality of life among spinal code injury survivors in selected counties in Kenya by Col. Minah Guantai.

5. Visit to the Aga Khan Hospital, Mombasa.

A section of the EAPSC delegates which included delegates from outside the country paid a visit to the state-of-the-art rehabilitation center of the Aga Khan Hospital, Mombasa. The team was welcomed by Ms. Fatma K. Said, the physical medicine and rehabilitation manager.

Ms. Fatma informed the delegates that the center was opened in 2020. She went through the client's admission process that includes a thorough assessment (1hour) after signing a consent form. The client then undergoes continuous assessment using progress forms and they are given a discharge summary during discharge.

She led the team on a tour within the facility that had 8 departments; occupational therapy with a separate sensory integration area, aqua therapy pool, cardiac rehab gym, neurorehabilitation department, physiotherapy department, group therapy unit (sensory), speech – language therapy unit and the dental implant centre.

Ms. Fatma informed the delegates that all practitioners in the facility work together to ensure wholesome treatment for all the clients. She encouraged the team to adopt the same approach when offering treatment.

The team were able to visit some parts of Mombasa town including the Mama Ngina waterfront, floating bridge and the famous Mombasa elephant tusks.



A section of the delegates visits the state-of-the-art rehabilitation facility in Aga Khan Hospital, Mombasa.

6. Re-Launch of the World Physiotherapy East African Sub-region.

The re-launch of the World Physiotherapy East African Sub-region was led by Mr. Raphael Owako. He informed the delegates that after talking to the various

countries, they had presented their nominees who would form the interim committee for the sub-region.

- Kenya
 - Dr. Catherine Wambua
 - Henry Opondo
- Burundi
 - Jean Mapinduzi
 - Gerard Ndacayisaba
- Uganda
 - Nakaziba Mwajuma
 - Akori Caroline Susan
- Tanzania
 - Dorice Mgayane
 - Artha Shonde
- Somalia
 - Yurub Mohammed Dakane



World Physiotherapy East Africa sub – region executive nominees pose for a photo.

The representatives were given time to give remarks. Ms. Yurub noted that in Somalia, there is still no physiotherapy association, and she was glad for this

opportunity because it would ask as a steppingstone for an association back home.

The Uganda team stated that they were glad about the launch and the vision for physiotherapy it presented within the region. "We hope to collaborate within East Africa to have programs in Uganda to improve our services." Ms. Nakazima Mwajuma, 2022

The Tanzanian representative, Arthur Shonde, indicated that the team was proud to be part of the initiation process and represent their colleagues in Tanzania. He echoed the previous speaker by saying that indeed the association would help escalate the development of physiotherapy within the region and increase cooperation in other areas.

Finally, the hosts, represented by the president gave their remarks. The president thanked the participants for gracing the event. He indicated, that at the moment the country had 2500 registered physiotherapists, and this was below the WHO standards. He indicated that the association would advocate for affordable education to increase knowledge and skills to fill the gaps. "Through the association, researchers will be able to carry out their research and data collection jointly. It is also our mission to promote interventional studies for the benefit of our profession." Henry Opondo, 2022

Mr. Owako led the interim committee to go through their tasks which include:

- i. Naming of the regional association/organization
- ii. Re-organization of the operations of a regional physiotherapy association
- iii. Development of an organization framework
- iv. Development of a strategic plan 2022-2027
- v. Development of a workplan 2022, 2023 & 2024 (projection)
- vi. Development of a regional constitution for the East Africa region.

The re-launch was culminated by the joint cutting of the ribbon led by Ms. Victoria Choi that marked the beginning of the sub-region.

7. Conference closure

On the last day of the conference, the conference was graced by the presence of the Ag. Minister for health, Dr. Peter Nato who was representing Mr. Hassan Ali Joho, the governor, Mombasa County. Dr. Nato welcomed the guests to Mombasa County although it was the last day. He began his address by registering apologies from the governor who was on other official duties. He recounted his first interaction with physiotherapy after a family member was involved in an accident. He expressed that he thought it was cruel service

because of the pain involved but overtime, he appreciated the results of the process.



Dr. Nato giving the closing remarks

He went on to explain the growth in health services in Kenya since the service was devolved in 2013. He reported that there is presence of high technology in level 5 hospitals. He mentioned that in the Coast General Teaching & Referral Hospital, the regional centre for radiology management was established. Dr. Nato recounted that due to the popularity of the referral hospital, citizens of Mombasa still opted to visit the hospital despite having level 4 hospitals within the region. This forced them to build 4 outreach centres to provide services in the sub-counties and only have referral cases sent to the main hospital.

Dr. Nato mentioned that the level of understanding of Physiotherapy within the government is limited hence the lack of state-of-the-art services. He mentioned that physiotherapy services were only available in level 5 and 4 hospitals. He encouraged the KSP leadership to start discussions to ensure representation of physiotherapists in all levels. He indicated that human resource management is a challenge, but training and capacity development is being talked about at the county government level. He challenged the leadership to be proactive in making sure capacity development is there for physiotherapist, and financing & provision of rehabilitation technology be included in the government.

Dr. Nato concluded his address by mentioning that he would work to ensure the government streamlines the referral system to have ways for physiotherapists to access the grassroots. He would also champion for tax exemptions for physical

assessment in the strategic plan. He urged the leadership to partner with the county government to ensure physiotherapy needs are catered to. Dr. Nato was then invited to present certificates to the conference sponsors, facilitators and delegates and declared the conference officially closed.

8. Media feature.

The EAPSC featured media interviews by KBC and the Star magazine. The KSP president and the Registrar PCK attended interviews at the KBC station in Mombasa. Below is an excerpt of the interview as featured in the Star magazine by the Coast region correspondent, Brian Otieno.

Physiotherapists want profession given more focus

There are slightly over 2,500 physiotherapists in the country registered by the Physiotherapy Council of Kenya.

In Summary

- The KSP chair said physiotherapists across the EAC must collaborate to enhance the best evidence-based scientific approach to managing different conditions that exist within the EAC region.
- “We must look at physiotherapy not only as for sick people but also as a preventive modality,” Opondo said.



THE THERAPY A client goes through a demo physiotherapy screening session at Sai Rock Hotel on Friday.
Image: BRIAN OTIENO

Physiotherapists in the country are now pushing to have their professional services placed at primary levels of health care.

Kenya Society of Physiotherapists chairman Henry Opondo on Friday said most people ignore the physiotherapy aspect of health care and only tend to pay attention to it when in crutches.

He said in the concept of Universal Health Coverage and primary health, which is still aligned to the Sustainable Development Goals, physiotherapy must be put at the forefront.

“We must look at physiotherapy not only as for sick people but also as a preventive modality,” Opondo said.

He spoke on the last day of a three-day East Africa Conference on Physiotherapy at Sai Rock Hotel in Mombasa.

Opondo said since the government is making efforts towards bringing collaboration of the East African Economic Bloc, physiotherapists need to take the initiative and take advantage of the EAC.

He said the three spheres of political, economic and social factors, can affect health, making physiotherapy a crucial need.

The KSP chair said physiotherapists across the EAC must collaborate to enhance the best evidence-based scientific approach to managing different conditions that exist within the EAC region.

“We are trying to understand the uniqueness of each country in terms of health needs specific to physiotherapy,” Opondo said.

Martha Mmasi, the Physiotherapy CEO at the Health ministry, said the treatment is a core component in the healthcare service, and cuts across the board.

“We do promotive, preventive, rehabilitative and curative treatment,” she said.

She, however, noted that there is need to upscale physiotherapy services so as to align with the current global trend.

To start this, she said, the numbers of physiotherapists in the country must be increased. There are slightly over 2,500 physiotherapists in the country registered by the Physiotherapy Council of Kenya.

This means one for every 1,000 physiotherapy patients, there is only one physiotherapist, a paltry ratio.

“These are the only physiotherapists licensed to operate anywhere in the country and beyond.”

Mmasi said the biggest challenge facing the physiotherapy profession is the human resource, occasioned by lack of finances.

She lamented that health rehabilitation has been put at the back seat by stakeholders.

“We have to tackle issues health in the preventive way by early identification because Universal Health Coverage is also about community-based rehabilitation where we have to meet the person at the community level not the person looking for the service at the facilities,” Mmasi stated.

She said focus is now more on preventive therapy than curative therapy, which she said is expensive.

“That’s why we would call upon NHIF to support this venture. Preventive is cheaper than cure because it comes before the person gets sick so as to warrant curative treatment.”

According to Daniel Kangutu, Head of Physiotherapy Training at the Kenya Medical Training College, formal physiotherapy training started at KMTC in 1966 and for a long time it was the only place one would get professional training.

It is only until the mid-2000s that University education on physiotherapy started in Kenya.

“So, all this time, KMTC has trained over 90 per cent of physiotherapists in this country,” Kangutu said.

He noted that KMTC also leads in specialisation training of physiotherapy.



HERE WE GO A client prepares to go through a demo physiotherapy screening session at Sai Rock Hotel on Friday.

Image: BRIAN OTIENO

There are three major specializations of physiotherapy, including; musculoskeletal physiotherapy, neurorehabilitation, and pelvic health.

Musculoskeletal physiotherapy includes orthopedic manual therapists who deal with muscles.

Neurorehabilitation is a complex medical process which aims to aid recovery from a nervous system injury, and to minimize and/or compensate for any functional alterations resulting from it.

Pelvic health is the best possible functioning and management of the bladder, bowel, and reproductive organs, according to Kangutu.

He said other specialization courses are coming up including specialization in sports physiotherapy, pediatric rehabilitation and cardiopulmonary rehabilitation.

“You can remember during the height of Covid-19 pandemic, almost all the hospital ICUs were full. Physiotherapy played a key role,” Kangutu said.

“So we have decided to come up with a specialization training that will cater for pulmonary rehabilitation.”

Christine Muya of Amref International University said there was need to enlighten communities on importance of training in physiotherapy.

Stroke, she said, is a global problem that physiotherapist can manage.

“We can work in ICU, wards and even at home... There is need to spread the message looking also at the global market,” Muya said.

Physiotherapy training is offered at KMTC, Amref International University, Jomo Kenyatta University of Agriculture and Technology, among other institutions.

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9. Conference evaluation

At the end of the three days, the delegates participated in a conference evaluation with 10 sections namely i) In terms of a percentage, how would you rate the overall organization of the conference? ii) During the break away sessions, what specialty did you attend? iii) In percentage, please rate the quality of the presentation you attended above iv) In percentage, please rate the value of the scientific papers presented in contribution to your clinical practice v) Please write a short description of the quality of the machines/devices/equipment showcased by the vendors and your preferred company vi) What would you like to be done different or improved on in the

next scientific conference? vii) What did you like most during the entire conference? viii) What would be your advice on strengthening your professional association/Society in your various countries? ix) What's your highest level of education in line with physiotherapy practice? x) Are you currently pursuing further studies in line with your career as a PT? If yes, kindly elaborate, if no kindly give us reasons to enable us help where we can.

Overall, the delegates were happy with the organization of the conference, the break-away sessions, presentation of scientific papers and the opportunities for further education presented in the conference. It was worth noting that the hospitality of Sai Rock Beach Hotel was most liked by a section of the delegates. In the areas of improvement, the main theme was time management, where delegates suggested that they would appreciate more time for the scientific presentations and breakaway sessions.

10. The Association of Physiotherapy students.

In a bid to ensure representation of the students both within the institution and externally, KSP is privileged to host the Association of Physiotherapy Students (APS). APS has been in operation since 1970. KSP endeavors to support these students as they are the future workforce.

In this next section, we get to learn about its leadership and activities throughout 2022:



Motto:

We act, you learn

Mission:

Ensure quality of education for all physiotherapy students

Vision:

To unify all students in physiotherapy department not only in KMTC but other institutions

DEPARTMENTAL REPORT

The department is under the leadership of our able head of department Dr Daniel Muli Kang'utu. The department has five lecturers and 138 students distributed in the three classes i.e. course 56, 57 and 58. The department aims at

delivering knowledge and skills to the students and finally producing competent medical personnel.

LEADERSHIP

The association is led by the Association of Physiotherapy Students elected annually through secret ballot. The leaders work together towards the achievement of our roles as stipulated in the constitution.

Below are the current leaders;

Kelvin Barasa- Chairperson

Abdulrahman Aziz- Vice chairpersson

James Ouma- Secretary General

Orin Kiende- Treasurer

John Maina- Organizing Secretary

Secondina kiende- Academics Commissioner

Belinda Roseline- Auditor

Fortune – Sports Commissioner





PHYSIOTHERAPY DEPARTMENT ACTIVITIES

1. SPORTS REPORT.

Under the leadership of 2022 /2023 APS, the Physiotherapy department was privileged to launch the very first departmental sports day. This is to be done each semester to enhance fitness and unity among the physiotherapy students and lecturers as well.

This year, the sports day was held on 10th June 2022 at the campus graduation square, featuring all classes. Both field and track events were undertaken including:

i. Soccer

Course 58 was hammered by course 57 which then proceeded to the finals.

Course 58 had a second chance by playing against Course 56 where they lost and were eliminated in the soccer. The final match was between Course 57 and

Course 56 which was a great match where the Course 56 carried the day and crowned champions of the physiotherapy league.

ii. Athletics

Course 58 were untouchable on the track events as they did wonders on the 4×100 relays.

The class was crowned champions in short races.

The fastest man in the department is also from the 1.2 class.

“Thanks all for making this day successful and full of fun. Let’s meet next time for the same” (Fortune: sports captain)

2. DEPARTMENTAL PARTY

As a norm, the department through the leadership of APS host a party to welcome first years and a farewell party for a class sitting for their final qualifying exams. Under the current leadership, the department has hosted two parties, one for the farewell of course 55 and the other welcoming of course 58 students. Both the parties were graced by Mr. Opondo Henry the president of Kenya Society of Physiotherapy and Mr. Kang’utu Daniel HOD physiotherapy department among many other guests from KSP, PCK and Kenyatta hospital.



3. CHARITABLE ACTIVITY

Among the many activities that have been organized by APS is a charitable visit. The physiotherapy students had a chance to visit Outreach community children's home in Kariobangi. This home hosts street children who are undergoing reforms and children who have been abandoned by their families. Currently, the home has 55 children some of whom are physically or mentally challenged. During this visit, we offered free physiotherapy services and donations to the children's home. This was a motivating activity which aimed at giving back to the society.



Pictorials







TECNO CAMON







