**July 2018 |** **info@collegept.org**

# Welcome to the July Issue of Perspectives

Hello,

You may have noticed lately that the College has increased its social media presence and now regularly posts on Facebook and Twitter. Well, this month we're running a fun little contest to encourage you to keep in touch! You'll find more details as you scroll through the newsletter.

While we are on the topic of communications, our Practice Advice team has recently identified that they have been getting lots questions about boundaries and consent.

Since this seems to be concerning to many physiotherapists, I asked Elizabeth Leung, a PT student doing her clinical placement at the College, to take over my blog this month. She addresses some questions by highlighting a real-life scenario that new PTs may encounter as they prepare for practice. Please take time to read the full post as it contains valuable information that every physiotherapist should know.

Finally, we're hoping to have a chance to meet with you face to face this fall. This year our in-person sessions and webinars will focus on boundaries and maintaining a professional and appropriate relationship with patients. Stay tuned for more details.

Shenda Registrar & CEO

# [Read Shenda's Blog](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7F3woKGa-PgyfYyZeGbJ2J5AXyRg-rEuGHiMZ0uMRvijPtfheD2iVGGY8_TzVgIQBBAlAvaWuoNvXkbOPJvK2zvMHdfcBXSUi6bDxanEwf46yHPILmB1r7jSMgxLlOwcBNxKaDhr4pgH3W_XEuzgcEzsgnBmwmal6of2XyulKY0AKhAktue_r7VsF0ZRfCn4RcF9ed89ktKpSvJJvSsX6B9OVKqE1UcpXxYPGw8Q7EW3h8Aol13KUIscReOx98IJ6A%3D%3D&c&ch)

**New Case of the Month: Cryotherapy**

LeBron James may do it, but don't get caught up in the cryotherapy hype... read the latest edition of our Case of the Month.

# [The Case](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7AuQRsuJAWm59B111jRsbhZqELX_DeT4ZWOgFhWhoEMCFo9DHVgIWEW9ra1COT17L3Dp7ETME-IsgNt0lXKJecnjwe0mxQKtSa2wbcjtU74YUnR2acEGFlbRUGx2eSdpgfaoIBDMAmiqIKFZVjFDHMeOOFg9ZqvImWHquAL6vdcjUGi8hWzVg_qMC7fd1NfRFwEgCOFd7UOE2dAHDhLzOhHCwUpAwGp4PqrX8de1swveykSGqh8NRJA%3D&c&ch)

**Keep in Touch with Social Media and You Could Win**

Did you know: the College is active on Facebook and Twitter? If you haven't already be sure to follow our accounts for important updates, reminders and information. From now until August 15 all new followers will be entered in a draw to win a $25 gift card!

# [Like us on Facebook](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7HkaFuOoGK_KJg0rO2s42inPyaBFagu5qGu2PAiHug3uTxVoDU4C_3KagsIuuWi8e8WHIdrWxBlJMNKzmlqcXk6INRSRJaltCV3B2l4uV8uAzJEs6twzejaVVg2gijv3mmnTWMiBpdDX&c&ch) [Follow us on Twitter](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7AuQRsuJAWm5Nh_DKNqCLYMywqZryi3ldAF9J6saRg0QOEjXiw7AxRKLTcC9WHo6P4uOB8Atw79RLREu6VcACPiwwCOpbsrnc75ljwed32HuPipT0WUiNdtSxBqAwcuU0Sgq3SLy9t-JCQAz1ITZxxo%3D&c&ch)

**Myth vs Fact: How Long is a Patient Considered a Patient?**

*According to legislation, an individual ceases to be a patient of their health care provider as soon as they're discharged from care.*

Is this a myth or a fact?

# [Get the Answe](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7AedDjsrmyNGKzeLaeFIj58uidO12cmIxNYcoaDt8Zgsuvr_o9tgBY89mUDDyI7k0cqs7x2BovpF0zuEIyl_oqGatvzx8-BYzHFixJcbENvkFE0wByZNUWhZEZ48dHrT6JwMYbaDI2E2WOARpgq1l_vLS1c86YO7PpDV-ACkg6rGOnsaP-sSuw0%3D&c&ch)r

**Practice Advisor Question - Equipment Safety and Maintenance**

**Question:**

*Who is responsible for ensuring equipment used in patient treatment is safe and maintained - the physiotherapist, the clinic owner or the manufacturer?*

# [The Practice Advisor's Answer](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7E5WA728dFwsPPh3SzTiIKzfnjAYu6Qp03MyiypTG4GxbZZ0RCqbllr1aMfEFkWp-ySEd2ziKhlWuMQg93nH8fWmG3cOcgtC6RTRG_sBwbEunbSKrc0apfwB3xUPfh1GlKBbJLqXnu1JRmZljC-GPSDi_LPvF3qDyg%3D%3D&c&ch)

**Patients, Suicide and Abuse**

Do you know what to do if a patient discloses abuse, self-harm or suicidal thoughts? As a physiotherapist, it's important to notice the red flags, offer information about additional resources and support, and refer the patient to the appropriate professional. Know when the duty to warn supercedes consent and utilize external resources like CAMH crisis lines as needed.

# [Ways to Help](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7AuQRsuJAWm5Ylks443RUVvDPDAilDoBb2i-2vcdmwgEsNXgS_HD8IPx5W0z88LP_YekBtVAlUFpwfTMwAOM0qpp7QxQ-ZQ_jIYdLNxRFLFOsBs8AnmKkCausqQ38OYdLd2aKgp11eZUT-JfouebikmJngNehglwiA%3D%3D&c&ch)

**Where Do You Draw the Line with Professional Advice?**

Let's imagine you work with high-functioning but at-risk elderly patients. Your focus is on falls prevention and maximizing strength, function and balance; but you also have a keen interest in diet and nutrition and understand the impact of both on general health. One of your clients knows this and asks for advice about diet and nutrition.

Before you answer, consider that your patient is likely to assume that if you are giving the advice it's because you're an expert. They can make this assumption because they know that you're a health care professional and they rely on you to take care of them, and to put their well-being ahead of your own interests or concerns. In short, they put total trust in you.

The patient might even think that diet and nutrition are part of the physiotherapy basic competencies. So you need to think about:

Do you have the necessary competence to give this advice? (In this case you would likely need to have had some additional training.)

Can you really call this physiotherapy?

Would another professional be better suited to give advice?

For most physiotherapists in this situation, referring to another professional with specific expertise (such as a dietitian) would be best. Alternatively, if you wanted to expand your practice and provide advice about diet and nutrition, you could ensure that you had the appropriate training and set up a separate practice to offer the service outside your PT role. You would want to make it clear to patients and payers that what you were offering was not physiotherapy and keep separate records.

If you have questions please give the Practice Advisor a call to talk it through.

# [Practice Advice](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7E5WA728dFwsPPh3SzTiIKzfnjAYu6Qp03MyiypTG4GxbZZ0RCqbllr1aMfEFkWp-ySEd2ziKhlWuMQg93nH8fWmG3cOcgtC6RTRG_sBwbEunbSKrc0apfwB3xUPfh1GlKBbJLqXnu1JRmZljC-GPSDi_LPvF3qDyg%3D%3D&c&ch)

**How to Avoid a Complaint and Provide Exceptional Care**

[**Watch the Video**](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7AuQRsuJAWm5aGFgWNrNTakrHnfMHErZfc_8tjcYT5rPtONNRGCZdIwgkOtYJbXyA-NLhF6HQXuxa37DVDsn1oxT-u6RkRp4cq0xc3SN6syeaUJj7Y35ofDhubFl_prolrUCthOi6uS2hdSt1tTwCqc%3D&c&ch)

**Boundaries and Sexual Abuse Standard**

[**Read the Standard**](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7DiNUE3frW4UJYkq2ALDWwv0r3cdcPwFwhyrqo9-wHKGlpBzy5y6h4LNTMdn4-gmrsOLaCoU6qHMbicPQ_a2VX1_UY8N52qc5ROKWYr1Rx80fwphhFC04HX6V4tshFelv_od91yKRfCMge8-wPCSo0i4WatDVfqK1BYMeA6FsPRRFFl-v78ebB5p7Ni5CPN1tQ%3D%3D&c&ch)

Questions, comments or suggestions related to e-Perspectives?

**Get in touch at** **communications@collegept.org** **416-591-3828 ext. 234 or 1-800-583-5885 ext. 234**

[**www.collegept.org**](http://r20.rs6.net/tn.jsp?f=001b7UIXdFsSwQySe0N_KY68mJnyB0AeO-x50s3iumAZl8ScBhPfqwr7DNB2ApiBmQ_rJByMU3nT8bmpmwzNeUURc2WgMli7P4im8leb9Taj7UrffghTAr_AKfmijs0agClY2X5_IzAnOQqnd-AbOBay63jv41GisJ2LZu55BJWCfQ%3D&c&ch)

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