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International Organization of Physical Therapists in Mental Health (IOPTMH)

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SUBGROUP OF WCPT

**World Confederation
for Physical Therapy**

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Introduction

This fourth newsletter contains a lot of information about the developments in the field of physiotherapy in mental health.

Our Fifth ICPPMH Conference in Utrecht (February 2014) was a success. All 130 participants were unanimously satisfied with the content, opportunities for networking, the location and the organization done by the University of Applied Sciences Utrecht, The Netherlands.

New Challenges are forthcoming. We focus on the WCPT-Conference in Singapore and the next ICPPMH Conference in Madrid 2016.

Another challenge is the realization of a IOPTMH Book-Project with the Title:

Physiotherapy in Mental Health and Psychiatry: a Scientific and Clinical Based Approach "physiotherapy in mental health".

REPORT FROM THE THIRD GENERAL MEETING FEBRUARY 2014

On the 6th of February 2014, the 3rd general meeting of the IOPTMH took place, in Utrecht.

At this meeting, the EC presented the strategic plan for the further development of the organization and proposed the budget for 2014-2015.

The main areas for the strategic plan are clinical practice, research and education and public relations.

The strategic plan and the proposed budget were appro-

ved by the members of the general meeting (Belgium, Denmark, Finland, Iceland, Norway, Sweden, The Netherlands, Spain, United Kingdom).

Rutger Ijntema was elected Secretary of the executive committee of the IOPTMH.

At the general meeting during the Madrid conference in 2016, elections for all positions within the executive committee will be held. The candidate must be endorsed

We look forward meeting you via mail, social media or in person!

Kindest regards,

Prof. Dr. Michel Probst, President IOPTMH

Prof Liv Skjaerven, Vice president of the IOPTMH



130 participants of the ICPPMH conference Utrecht 2014

by respective National Mental Health subsection of their National Member.

The term office for the elected members of the Executive Committee will be a four year period. The candidates will be eligible for re-election for one further term.

The minutes and the presentation will be published on www.icppmh.org/

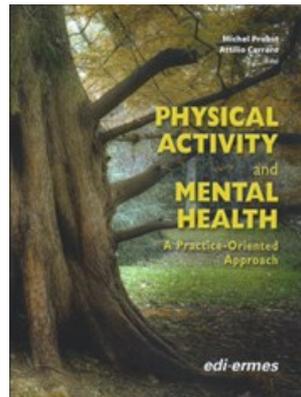
Interesting Publications

Van Campfort, D. & Probst, M (2014) Editorial. The importance of physiotherapy within the multidisciplinary treatment of eating disorders. *Fisioterapia. Revista de salud discapacidad y terapeutica fisica*, 36, 2, 55-57.

Slootweg, L. (2014) "IC-PPMH presence of the world of today" / *fysiopraxis, specialistenkatern*, april, 40, The Netherlands ([22.000 readers](#))

Probst, M., & Carraro, A. (2014). *Physical Activity and Mental Health. A practice-oriented approach*. Milan: ediermes. ISBN paper edition: 978-88-7051-386-8. ISBN electronic edition: 978-88-7051-387-5. (Pages 213; price 27 euro). <http://www.ediermes.it/index.php>

Skjaerven, L.H (2013). *Basic body awareness therapy. Promoting movement quality and health for daily life*. Bergen (N): University college. (Price 50 euro, 44 pages including tutorial film)



Healthy Active Lives, Padua conference 2014.

Lene Nyboe, Davy Vancampfort and Michel Probst attended the Padua iphYs meeting on the 4th and 5th April 2014

A group of clinicians, service users, family members and researchers from eleven countries have joined forces to develop an international consensus statement on improving the physical health of young people with psychosis.

The statement, called Healthy Active Lives (HeAL), aims to reverse the trend of people with severe mental illness dying early by tackling risks for future physical illnesses proactively and much earlier. Compared to their peers who have not experienced psychosis, young people with psychosis face a number of preventable health inequalities.

The HeAL statement reflects international consensus on a set of key principles, processes and standards. It aims to combat the stigma, discrimination and prejudice that prevent young people experiencing psychosis from leading healthy active lives, and confront the perception that poor physical health is inevitable. <http://www.iphys.org.au>

Donation

The IOPTMH received a very generous donation from Marie Louise Majewski, one of the funding members of our organization. The IOPTMH is very grateful to her and will find it extremely helpful for the further development of the IOPTMH and its work.

Social media

Some interesting information about our website.

In May 2014 235 visitors consulted our website. 70 % were new visitors. The visitors stay during 2.30 minutes.

The most visitors came from USA (45%), Great Britain (8%), Brazil (7%), Portugal (5%) and Norway (3%), The Netherlands (3%), Spain (2° and turkey (2%)

Our open LinkedIn group has exploded to over 900 members at this moment. Interesting discussions take place and information is shared between physiotherapist in mental health all over the world.

On the internet you can type: *Physiotherapy in Psychiatry and Mental Health LinkedIn group* and we will welcome you to our group.

The ICPPMH promotion film is ready to be presented on YouTube soon. We will inform you about this film and send you a link



Physical Therapy in Mental health promotion

Brendon Stubbs published an article to promote physiotherapy in mental health. It is published in Frontline, the fortnightly magazine, that goes out to all 52,000 physios in the UK. Great job !

in perspective

Mental health and you



Jed Jones

One in four of us will experience a mental health problem at some point in our lives, whether it is depression, an addiction or a serious mental illness, such as schizophrenia. Mental illness often has a significant impact on an individual's health, creating significant levels of morbidity and mortality. Last autumn the charity Rethink published a report titled *Lethal*

discrimination: why people with mental illness are dying needlessly and what needs to change. This states that individuals with mental illness typically die about 20 years prematurely (Visit: www.rethink.org and search for 'lethal').

In response to growing concerns, the Department of Health recently released a pledge stating that mental health services must have parity with physical healthcare. This elevated mortality level is largely attributable to the high prevalence of physical health problems (particularly cardiovascular disease and obesity) among people with a mental health condition. However, treatment is available and our research has identified

that physiotherapists are key in addressing the physical health needs of these individuals.

In non-mental health settings, physios are widely acknowledged as leading the way in addressing these physical health problems. However, the consideration of our role in academic literature and official reports in reducing such common comorbidities in people with mental illness is scarce, and unjustly so. The reality is that physios have successfully worked in mental health settings for many decades but research has only recently started to 'prove' the extensive benefits we bring. For example, a recent review by Davy Vancampfort and colleagues found

Brendon Stubbs says physio staff can play a key in improving the overall health of those with mental illness :

that physiotherapy interventions lead to a reduction in psychiatric symptoms and psychological distress, and improves quality of life in individuals with schizophrenia. Other research has shown that physios can identify important barriers and avenues to physical activity. Encouraging higher levels of physical activity is an essential component in tackling many of these physical health conditions.

Some colleagues and I are building on this research and defining our role in mental health by drawing on the experience of members of the International Organisation of Physical Therapists in Mental Health (a subgroup of the World Confederation for Physical Therapy). This work shows that physios have a diverse role and act

as a key bridge between physical and mental health while being integral in health promotion efforts. The research also emphasised that working with people with mental illness is a task for all – not just those in mental health settings. It is likely that this month, regardless of the setting in which you work, you will come across a person with a mental illness. The reality is that physiotherapy has much to offer people with mental illness and we can all play a central role in improving the health of people with mental illness.

Visit: www.researchgate.net/profile/Brendon_Stubbs/?ev=hdr_xprf

Brendon Stubbs, physio and PhD candidate, University of Greenwich

ICPPMH conference Utrecht, The Netherlands 2014

Utrecht- From February 5th-7th, 130 colleagues working in the field of physical therapy in psychiatry and mental health gathered in Utrecht for our 5th international conference. 83 abstracts were presented, 20 countries were involved coming from 5 continents.

After the official opening, the first Key note speech was presented by Michel Probst (Belgium). He discussed "Ten years of physiotherapy in mental health: time for a balance. His conclusion was that we do have a positive balance as a profession. Daniel Catalan Matamoros (Spain) presented in his Key note speech,

"Communication and journalism as strategic partners for mental health physiotherapy".

On the 2nd day key note speeches addressed topics like: Illness perceptions in patient centered physiotherapy (Edwin de Raaij, the Netherlands) and Perceptions of psychiatry and clients with mental health comorbidity in general practice physiotherapists in western Australia (Joanne Connaughton, Australia)

The subjects of the 3rd day Key note speeches were: What are the barriers and facilitators to physical activity participation in community dwelling adults with dementia? A system-

atic review of physical activity correlates and implications for physical therapy practice. (Brendon Stubbs, United Kingdom) and Bodily experiences in patients with schizophrenia (Lene Nyboe, Denmark)

During this conference, with the University of Applied Sciences Utrecht, The Netherlands as host, many speeches and presentations were done. Besides, good discussions, poster presentations and interesting workshops were given on the following subjects:

Body Awareness practical implications, Physiotherapy and severe psychiatry, Medically unexplained symptoms,

Psychosocial factors and physiotherapy, Physiotherapy and depression, Research/clinimetrics, Physiotherapy and Anxiety, Education, Physiotherapy and Torture/Violence, Physiotherapy and Schizophrenia and Physiotherapy and eating disorders.

Visitors of the conference rated the conference as "good to excellent"

The next conference will be in 2016 in Madrid, Spain. More info about this can be found on the "international conference for physiotherapy in Psychiatry and Mental Health LinkedIn group".



Extra news from Spain

New postgraduate courses for physiotherapists have been organized in Madrid and Mexico on Physiotherapy in Mental Health and Basic Body Awareness Therapy during May and June 2014.

Prof. Skjaerven, vice-president of the IOPTMH, has visited Spain in order to provide 2 conferences on Physiotherapy in Mental Health and Basic Body Awareness Therapy at the University of Almeria and University of Murcia during the 28 and 29 of April 2014.

The Spanish Association of Physiotherapists in Mental Health have presented comments to the new Health Strategy 2014-2020 in the Region of Navarra (Spain) in order to promote Physiotherapy services in their mental health departments.

Two Spanish physiotherapists, Mr Ismael Romero and Mr Rafael Rueda, have been awarded with the 1st prize for their presentation

"Physiotherapeutic techniques applied to mental health" in the 2nd Symposium on Intellectual Disability and Cognitive Disorders organized in Seville on 4 March 2014.

Physiotherapist Ms Maite Cenoz Huarte was invited to give a presentation on Basic Body Awareness Therapy at the National Conference on Rare Diseases and Caregivers on 14-16 February 2014.

The Spanish Association of Physiotherapists in Mental Health has been interviewed by 4 national media from Latin-American countries: Mexico, Puerto Rico, Colombia and Panama.

Preparations have started for the 6th International Congress on Physiotherapy in Psychiatry and Mental Health that will be hosted by Spain in 2016