

REPORT ON WORLD PHYSIOTHERAPY DAY, 2018 in GHANA By the Ghana Physiotherapy Association

Physiotherapists over the world joined hearts and minds to commemorate the annual World Physical Therapy Day on Friday 8th September, 2018. The theme for this year's celebration is 'Physical Activity for Life' emphasising the fact that all healthy adults need to be physically active. A much needed message in our times due to the damning statistic that globally, 26% of adults aged eighteen and above are just not active enough.

The Ghana Physiotherapy Association, a member association of the World Confederation for Physical Therapy took to many interesting activities, initiatives and drives to adequately celebrate the day in Ghana, West Africa. Physiotherapists all over the country organized several programs and events ranging from presentations and radio talk-shows on physical activity, health walks and fitness exercises, free screening and physiotherapy consultation sessions as well as volunteering drives to commemorate the celebration as well as further raise awareness about the noble profession of Physiotherapy.

1. Media Appearances - Monday, 3rd - Wednesday, 5th September, 2018.

UTV



JOY NEWS TV



Different National Television stations hosting GPA members on their morning show to speak on the role of Physiotherapy in mental health.

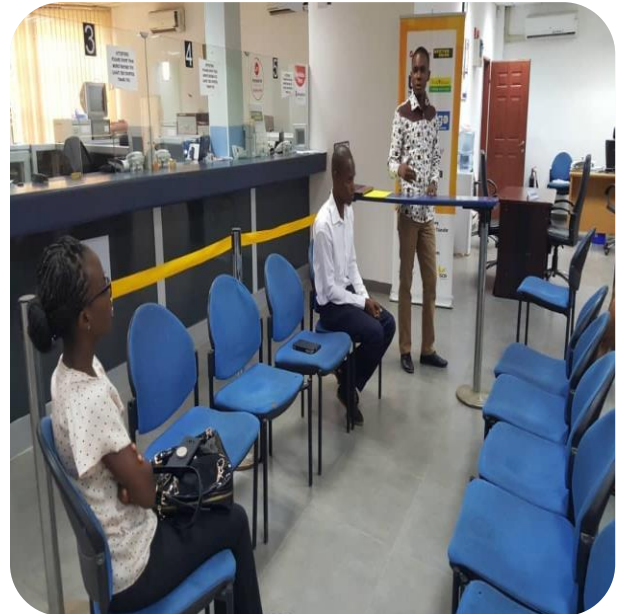
2. Presentations at Various Institutions – National Commission for Civic Education Headquarters at Ridge,Accra



GPA Members at the National Commission for Civic Education (NCCE) having a talk on role of Physiotherapy in mental health by members of GPA

Thursday, 6th September, 2018 at GCB (Korle Bu Branch)

A joint collaboration saw the Ghana Physiotherapy Association teaming up with the Physiotherapy Department of the Korle Bu Teaching Hospital to raise awareness of the role of Physical Therapy in Mental Health. A 30mins presentation was made to the staff of the Bank



A session of the morning shift staff of the bank

GPA In Collaboration With Korle Bu Teaching Hospital, Physiotherapy Department Organise A Visit To Accra Psychiatry Hospital

On the 7th Of September, the Ghana Physiotherapy Association in conjunction with Physiotherapy Department of the Korle Bu Teaching Hospital organised an Outreach to the nations most populated mental health institution, The Accra Psychiatry Hospital.

In line with the message for this year's World Physiotherapy Day celebration, the outreach sought to enlighten the staff, ie , Doctors,nurses and management of the Hospital of the immense contribution Physiotherapy can play in the area of Mental Health.

Representatives from the various units were gathered in the conference room where a very insightful 1hour lecture was given by a Senior Physiotherapist on the topic "Physical Therapy And Mental Health. This was followed by an interactive session where participants asked questions leading to further deliberations. To round of the presentation, the staff was taken through some basic relaxation exercises and stretches.

The Ghana Physiotherapy Association committed to establishing a strong partnership with the Hospital where a Physiotherapy Outpost can be setup in the Hospital to have a more structured and professionally supervised exercise routine/ rehab for both staff and inmates of the Mental Institution.

A Donation was made to the Hospital by the Physiotherapy Team. The Outreach ended with a tour of the facilities of the Psychiatry Hospital.



*Talk organised by the Association and
Physiotherapy Department of Korle Bu
Teaching Hospital at the Accra
Psychiatry Hospital alongside a token
of Donation.*

Saturday, 8th September 2018

A Mammoth Health Walk organised by the Association and the Rima Theratouch, a private physiotherapy Clinic.



RIMA TheraTouch & G
Present

WORLD PHYSIO
DAY 2018

Theme:
Physical Therapy & Mental Health

Activities

Friday - Accra September 7th 2018 (9am to 3pm)	Saturday - Tema September 8th 2018 (6am to 12pm)
<ul style="list-style-type: none">• Short Physio Consultations• Talk on Mental Health (Midday)	<ul style="list-style-type: none">• Warm up Session with the elderly - Health Walk• Health Screenings• Talk on Mental Health & Physical Activity

Free

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Sponsors

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