

World Physiotherapy Day Ireland 2018

Congratulations and well done to all those who contributed on World Physiotherapy Day. Here is a roundup of all the action:

Following confirmation of the World Physiotherapy Day theme for 2018 – Physiotherapy and Mental Health the ISCP produced leaflets and posters which were printed and distributed to over 60 sites nationwide where ISCP members are holding events and information stands on WPD. ISCP member Donnachadh Walsh was our World Physiotherapy Day Ambassador and alongside Dr Julie Broderick helped us to highlight the major benefits and gains in physical and mental wellbeing through the media



World Physiotherapy Day Ambassador Donnachadh Walsh (centre) launching the ISCP World Physiotherapy Day with participants of his 'Get Strong Live Long' project

Social Media

As part of World Physiotherapy Day the Society launched the campaign '#move4mentalhealth' to encourage patient and public participation on social media by advocating for increased physical activity and encouraging the public to share how they #move4mentalhealth. This campaign was very successful and in the top 5 #worldptday influencers on Twitter globally

Here are some examples of the great activities that took place

St James Hospital

St James's Physiotherapy Department joined in to celebrate World Physiotherapy Day on the 7th of September. Prior to their event, the "Exercise for mental health" campaign was promoted on the hospital's intranet page and social media platforms. In the lead up to the event, hospital staff took part in a physiotherapy quiz in order to be entered into a draw for a hotel weekend getaway.

On the day, there was an information stand in the main physiotherapy department with a number of challenges to promote physical activity including a ring toss, a ladder and a skipping competition. Gym memberships, vouchers and other prizes were later awarded to the winners of each challenge. At the stand, information leaflets and advice was provided to members of the public about the benefits of adhering to the recommended physical activity levels. There was plenty of discussion around this year's theme amongst both staff and patients.

In keeping with the theme, Sonya Collier (Principle Clinical Psychologist) and Julie Broderick (Assistant Professor, Trinity College Dublin) gave a lunchtime presentation on "Move for your mind!". This provided great inspiration to staff with numerous talking points emerging after both presentations.

Overall, the events were a great success in St James's Hospital with excellent feedback from both staff and the general public. The St James's Hospital Physiotherapy Department wish to thank all their sponsors and all who took part in the challenges on the day – Roll on 2019!



Kate O'Brien and Ruth Bevan, Physiotherapists at the World Physiotherapy Stand in St James' Hospital physiotherapy department.



Sonya Collier, Elaine Ross and Julie Broderick at the "Move for your Mind" talk at St James' Hospital on World Physiotherapy Day.

Beaumont Hospital

Events were held in Beaumont Hospital on Thursday September 6th to mark World Physiotherapy Day. Physiotherapy staff and students held a stand outside the staff canteen where staff were asked to take an exercise challenge. Between the less than pleasant wall sits and the energetic step ups everyone got seriously competitive. This may have had something to do with the great prizes from kindly sponsored gym memberships and yoga/pilates courses up for grabs. All were well fuelled with fresh fruit thanks to Keelings Fruit who kindly supported the day.

We spoke to Debbie on the lifeline programme on Near Fm about the benefits of exercise for your mental health. We talked about all things exercise and physio including Parkrun, Dublin City Council passport for leisure and ending PJ paralysis.

There was a public information stand in the main hospital corridor where physiotherapists chatted to staff, visitors and patients highlighting the benefits of exercise for their mental health.

A lunchtime walk was organised where staff were encouraged to bring a buddy and walked the Sli na Slainte route around the hospital grounds. Many thanks to all involved in the organising committee, our colleagues in health promotion and our sponsors who provided raffle prizes.



Physiotherapy Staff in Beaumont Hospital

Milltown Physiotherapy

Milltown Physiotherapy celebrated World Physical Therapy Day on Friday 7th September with the focus this year on the benefits of exercise for improving mental health. Patients were invited to take part in a ball throwing competition to test their balance, co-ordination and throwing skills! Points were awarded for each successful 'basket' and the prize for the highest pitching score was a complimentary physiotherapy session! There was an enthusiastic response with 43 patients participating, ageing in range from 8 to 75! The challenge looked easier than it was but everyone enjoyed the element of fun to showcase their upper limb skills! Brian Walsh (aged 67), pictured on

his bike, won first prize and his love of exercise is always exemplified by his happy disposition and positive approach to life. Thank you to all patients for taking part and demonstrating that a little exercise is a great mood booster.



Wexford General Hospital

Wexford General Hospital had a stand in the hospital foyer during afternoon visiting hours on Sat 10th Sept. Eimear Hickey, Mags Bolger, Damian and Katrina Rice (supported by their two boys) gave leaflets and advice to members of the public. We tied it in with 'Wexford Healthy Town' information regarding local activities. The advice and information was well received by all.



Celebrating World Physiotherapy Day in Wexford General Hospital

Tallaght University Hospital

To celebrate World Physiotherapy Day 2018 the Physiotherapy Department in Tallaght University Hospital carried out a number of events on Friday 7th September 2018.

Events included a physiotherapy led exercise class in the Psychiatric Unit and an educational poster was created to facilitate and promote ongoing physical activity.

An educational campaign for patients, staff and the public was held on the day around the benefits of exercise for mental health and how physiotherapy can support this.

Information on how exercise can prevent work burnout and stress was also provided for staff. Weekly exercise classes for staff are provided weekly by the Physiotherapy Department.

There were also some fun exercise challenges on the day with lots of health related prizes.



Tallaght University Hospital Staff participating in World Physiotherapy Day exercise challenges

Connolly Hospital

Staff, patients and the general public helped the Physiotherapy Dept. of Connolly Hospital, Blanchardstown, celebrate World Physiotherapy Day on Friday, 7th September, 2018 and highlight the importance of “Physical Activity and Mental Health”.

This year’s theme was “Physical Activity and Mental Health” and the department aimed to highlight the importance of remaining physically active for all members of society and also specifically for people who are hospitalised, recovering from illness or injury or managing their chronic disease. A variety of information stands where physiotherapists provided advice and information to members of the public, staff and patients on the benefits of being physically active, how it will benefit your mental health and how to increase your “Physical Activity and Mental Health proved very popular.

The celebrations kicked off early with staff Pilates and Zumba exercise classes followed by a healthy breakfast sponsored by Glenisk, Wicked Wholefoods and the Connolly Hospital Catering Dept. Throughout the day patients were encouraged to mobilise and get active through an “active ward initiative”. “Mindful Moments” were facilitated through Physiotherapy led mindfulness classes. Much needed funds for Pieta House and Jigsaw were raised through the staff “School Sports Day” style pentathlon challenge and a raffle which took place on the day.



Physiotherapy Staff at Connolly Hospital



St Vincent's University Hospital

SVUH Physiotherapy Department created a stand to fulfil three objectives:

To discuss the benefits of exercise for mental health, to advise clinicians on how to access our services, and to advise about the existence of the local register of Activities and Services for Older People in the Dun Laoire Rathdown area.

People attended with a broad variety of questions, which they had thought of when they saw the stand advertised by email. A visit by two community mental health nurses prompted useful information sharing.

The exposure by way of operating the stand raised the profile of physiotherapy within the hospital.



The stand at SVUH is attended by Catherine McLoughlin and Sinead O'Sullivan and two HSE community mental health nurses

South Tipp Physiotherapy

South Tipp Physiotherapy hit Main Street Clonmel with their pull upstand, posters and leaflets and people stopped to chat etc. It worked really well and there was great interest



South Tipp Physiotherapists Ann Bates, Fran Mulcahy & Liz Mulcahy



TD Mattie McGrath and mayor of Clonmel Richie Molloy who gave their support on the day.