

2018 World Physical Therapy Day - Macau

To celebrate 2018 World Physical Therapy Day, Macau Physical Therapists' Association held a series of activities including: seminars and exercise classes on "Active Aging – Add Life to Years" for the public on Sunday, September 2, 2018 as well as a professional sharing session on "Optimizing Therapeutic Alliance" for our PT members on Sunday, September 9, 2018.

In 2002, the World Health Organization (WHO) defined "active aging" as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. How do we enable the elderly to live a healthy, happy and dignified life? As physiotherapists play an important role in improving physical function and health quality of individuals, this event was hosted to deliver this key message to the general public.

Over 50 participants took part in seminars and exercise classes on "Active Aging – Add Life to Years", with the majority of participants aged from 60 to 80. Under the guidance of our physiotherapists, participants chanted slogans as they exercised, in order to combine exercise and memory training, to reinforce the concept of "To Live is To Move".

With a rapidly changing society, shifts in values, and awareness of personal rights, complaints regarding healthcare professionals have increased over time even in an era of healthcare technological advances. Not only do healthcare professionals need to continually upgrade their knowledge and skills, comply with the code of conduct and practice ethically, they also need to improve their communication skills in order to establish good rapport with patients and avoid complaints.

In the professional sharing session on "Optimizing Therapeutic Alliance" for our PT members, guest speaker Dr. Arran Leung stressed the importance of good communication between therapists and patients. This was illustrated through his previous experiences while on the Hong Kong Physiotherapy Board Investigations Committee dealing with actual malpractice cases. A review of existing legislation and therapists' professional rights and responsibilities was also presented to allow participants to understand that effective communication leads to increased patient satisfaction. The session was well-received by our members.



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9/9/2018 Dr. Arran Leung talks to our PT members about the importance of good communication skills.



9/9/2018 Our Vice President, Mr. Chi Vai Lo, presented a Certificate of Appreciation to Dr. Leung.