



Pain Science Division

Canadian Physiotherapy Association

PSD: Annual Members Meeting
October 19th, 2022

Welcome!

Thanks for joining us this evening.





AGENDA

1. Ground rules
2. What brings us together (vision, mission, values)
3. PSD volunteers
4. What we've done this past year
5. What we're planning to do this upcoming year
6. Treasurer's report
7. Q&A and hang out



Ground rules

- Be “present” for the meeting (e.g., take 3 breaths to ground yourself)
- Stay on topic, stay on time.
- Feel safe and respected.
- Ideas are debated, not the person.

PSD: Mission, Vision, & Values





PSD: Who we are

The Pain Science Division is a special interest group of the Canadian Physiotherapy Association **that serves physiotherapists** who have an interest in better understanding and managing pain and in connecting with like-minded clinicians, educators, and researchers.



PSD: Mission

The mission of the Pain Science Division is to

- (1) Foster connections and collaborations between clinicians, educators and researchers interested in pain and physiotherapy,
- (2) Facilitate the bidirectional translation of knowledge between pain research and clinical practice,
- (3) Integrate the professional interests of Canadian physiotherapists within national and international pain networks



PSD: Vision

The PSD's Vision is to support physiotherapists to help Canadians with pain to live better with the help of physiotherapy.

PSD: Statement of Values

Inclusivity

Evidence-
informed

Advocacy

Collaboration

Respect

Humility

Accessible

A group of stylized human figures, possibly made of felt or paper, are holding hands in a line. They are arranged in a slightly curved formation, with some figures in the foreground and others in the background. The figures are a light, neutral color, and the background is a solid, muted green. The overall image has a soft, slightly blurred quality, emphasizing the sense of community and unity.

Volunteers

2022-2023

Volunteers at the PSD 2022-23: *Thank you!!*


- Chair: Arthur Woznowski-Vu
- Chair-Elect: Dominique Gilbert
 - Exiting Past Chair: Janet Holly
- Secretary: Alexandra Chisholm
 - Exiting: Patrick Ippersiel
- Treasurer: Roshni Ravi
 - Exiting: Vanitha Arumugam
- Knowledge Translation rep: Brandyn Powelske
- Communications: Rochelle Furtado
 - Subcommittee members:
Julia Verhelst
Joanna Myers
- Newsletter: Nathan Augeard
- French rep:
Ariel Desjardins Charbonneau



Student Volunteers at the PSD 2022-23: *Thank you!!*

- Past Student Leader & Lead facilitator:
 - Roshni Ravi
- Current Student Voluneers:
 - Reina Stewart (Co-Chair)
 - Tiffany Tiu (Co-Chair)
 - Alyssa Benitez
 - Carly Peterson
 - Kyle McComb
 - Steven Diebel
- There are two more students joining this week





What we've done
this past year
2021-2022

Making more content VS. addressing poor uptake

Poor uptake

KT4PSD project:
investigate KT barriers

★ Nov 2022 issue of PT Canada

- UBC KT grant (Alison Hoens)
- Hired research assistant
- 2x patient partners
- Publication in *Physiotherapy Canada (advanced access)*
- Presentation at CPA Congress 2021
- **Memory + Awareness**

Hired expert consultant
in Communications &
Media

★ Streamlining emails, social
media, initiate revamp website

- Poor “memory + awareness” of our resources = improve outward communications?
- Expert audit & survey feedback re: our outward communication platforms
- **Recommendations**

Strategic priorities for 2021-2022

Foster Canadian physiotherapist pain community

- virtual hangouts
- recognitions of achievement

Update website with support of a professional communications and media

- hired part-time
- web developer skillset

Mobilize membership to advocate for Canadian Pain Task Force Recommendations

- virtual hangout
- *Physiotherapy Practice* magazine special issue Jan/Feb 2022 April, 2022
- social media campaigns and eblasts

CPA/DCC working group (n=19)

Complete existing knowledge translation activities

- complete development of course: PSD/ortho collaboration for "Intro to pain science" Oct 29-30, 2022 (Ottawa)
- regularly occurring outputs (webinars, newsletter, mentorship, PSP groups, etc.)

New PSD advertisement policy

Student Forum (new)

- lead by our student subcommittee
- Spring 2022 May 19, 2022

Prompt CPA to revive programs "frozen" during pandemic

- PSD grant (administered by PFC)
- Clinical Specialty Program for PSD




Alignment with CPTF

- The Action Plan for Pain.....
- ✓ **GOAL #1:** Pain is recognized as a public health priority and coordination of action across jurisdictions spurs collaboration, leadership, and support to ensure a consistent approach to pain throughout Canada
 - GOAL #2:** People have equitable and consistent access to a continuum of timely, evidence-informed, and person-centred pain care and supports across jurisdictions
 - ✓ **GOAL #3:** People living with pain and health professionals have the knowledge, skills, and educational supports to appropriately assess and manage pain based on population needs. The broader community understands pain as a legitimate, biopsychosocial condition and stigma is reduced.....
 - ✓ **GOAL #4:** Pain research and related infrastructure enables discovery, catalyzes innovation, and results in the translation of knowledge into real world impact.....
 - GOAL #5:** Data enables effective monitoring of pain and facilitates improvement of health system quality
 - GOAL #6:** There is improved and equitable access to services for populations disproportionately impacted by pain ..

Regularly occurring outputs

- Newsletter 3-4x/year (included now as part of “The Pain Chronicles”)
- Webinars 1-2x/year
- Professional Development (PD) tool: <https://painscience.ca/pdtool/>
- Mentorship program
- Pain Science to Practice (PSP) discussion groups
- Communications: The Pain Chronicles, emails, social media (Twitter, Facebook, Instagram)
- **Started a PSD student subcommittee**
- **Started French translations of Communications**
- **New exec position: PSD IDEA rep (Inclusion, Diversity, Equity, and Access/Anti-Racism) who will also sit on the CPA’s Advisory Group on IDEA (pending confirmation from CPA).**



What we're planning to do
this upcoming year

2022-2023

Strategic priorities for 2022-2023

Foster Canadian physiotherapist pain community (awards)

- Virtual hangouts
- Recognitions of achievement /awards

Update website with support of a professional web consultant

- Hired web consultant (UX)
- Collaborate with CPA

Advocacy of physiotherapy in relation to Canadian Pain Task Force Recommendations

- CPA/DCC working group
- Physiotherapy Month (May 2023)
- Government relations
- social media campaigns and eblasts

Continue existing knowledge translation activities

- PSD Student Forum
- PSD/ortho course collaboration for “Integrating Pain Science into Orthopaedic Clinic Practice”: recurring course
- regularly occurring outputs (webinars, newsletter, mentorship, PSP groups, etc.)

Branding

- “What is our pitch?”
- Merchandise

Oldies but goodies: revive and revitalize

- PSD podcast (“PainCasts”)
- Prompt CPA to revive programs “frozen” during pandemic:
- PSD grant (administered by PFC)
- Clinical Specialty Program for PSD



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Regularly occurring outputs

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- Professional Development (PD) tool: <https://painscience.ca/pdtool/>
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- Pain Science to Practice (PSP) discussion groups
- Communications: The Pain Chronicles, emails, social media (Twitter, Facebook, Instagram)
- PSD student subcommittee
- Increase French content availability
- **New exec position: PSD IDEA rep (Inclusion, Diversity, Equity, and Access/Anti-Racism) who will also sit on the CPA’s Advisory Group on IDEA** (pending confirmation from CPA).

Public-facing branding

PSD: Pain Experts

Physiotherapist-facing branding

PSD: Expanding Our Pain Expertise

A magnifying glass is positioned over a bar chart. The chart displays two data series, one in blue and one in green, across four quarters labeled Q1, Q2, Q3, and Q4. The magnifying glass focuses on the Q2, Q3, and Q4 data points. The text 'Treasurer's report' is overlaid in white on the magnified area. A vertical axis label '1,000' is visible in the upper right corner of the chart area.

Treasurer's report

| | |
|----------------------------------|---------------|
| Cash and Cash Equivalents | 90 378 |
| Accounts Receivable | |
| Inventory | |
| Prepays Expenses | |
| TOTAL CURRENT ASSETS | 90 378 |
| Fixed Assets | |
| Accumulated Depreciation | |
| Total Fixed Assets | |
| Investments | |
| TOTAL NON CURRENT ASSETS | |
| TOTAL ASSETS | 90 378 |
| Accounts Payable | |
| Credit Cards | |
| Components Payment | |
| Deferred Revenue | 4 256 |
| GST/HST Collected | (288) |
| GST/HST Paid | 288 |
| GST/HST owed (refund) | |
|) Due to/from related parties | (2 689) |
| Other Current Liabilities | |
| TOTAL CURRENT LIABILITIES | 1 567 |

Claims Payable

TOTAL NON CURRENT LIABILITIES

| | |
|----------------------------------|--------|
| Retained Earnings - Current Year | 14 498 |
| Shareholders Equity | 74 314 |

| | |
|----------------------------------|---------------|
| TOTAL SHAREHOLDERS EQUITY | 88 811 |
|----------------------------------|---------------|

| | |
|--|---------------|
| TOTAL SHAREHOLDERS EQUITY & LIABILITIES | 90 378 |
|--|---------------|

Deferred revenue are membership fees collected in the membership year. The Canadian Physiotherapy Association's (CPA) fiscal year is the calendar year (Jan – Dec), but the membership year is Oct – Sept. The funds received from members who have paid in full to the division at renewal for the Jan – Sept period are “deferred” as it cannot be counted as revenue yet.

Income Statement
Aug-22

ALL

1

CPA FUND>PAIN SCIENCE

| | January | February | March | April | May | June | July | August | Actual YTD August | Budget YTD August | YTD Budget to Actual Variance | Total Budget | Budget Leftover |
|----------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|--------------|----------------------|----------------------|----------------------------------|---------------|------------------|
| Membership revenue | 1 553 | 1 566 | 1 596 | 1 637 | 1 672 | 1 672 | 1 683 | 1 683 | 13 062 | 940 | 12 122 | 21 775 | 8 713 |
| PD revenue | | | | 48 | | | | | 48 | 2 070 | (2 022) | 4 030 | 3 982 |
| Advocacy and KT revenue | | | | | | | | | | | | | |
| Practice Development revenue | | | | | | | | | | | | | |
| Publications revenue | | | | | | | | | | | | | |
| Communications revenue | | | | | | | | | | | | | |
| Finance & Admin revenue | | | | | | | | | | 2 200 | (2 200) | 2 200 | 2 200 |
| Human Resources revenue | | | | | | | | | | | | | |
| Governance & CEO revenue | | | | | | | | | | | | | |
| Marketing & BD revenue | | | | | | | | | | | | | |
| Events revenue | | | | | | | | | | | | | |
| Divisions and Assemblies revenue | | | | | | | | | | | | | |
| PFC revenue | | | | | | | | | | | | | |
| Contribution from Operating fund | | | | | | | | | | | | | |
| Total LoB revenue | 1 553 | 1 566 | 1 596 | 1 685 | 1 672 | 1 672 | 1 683 | 1 683 | 13 110 | 5 210 | 7 900 | 28 005 | 14 895 |
| Membership expense | | | | | | | | | | 1 780 | 1 780 | 3 870 | (3 870) |
| PD expense | 22 | | | | 204 | 600 | (1 450) | | (623) | 12 780 | 13 403 | 17 730 | (18 353) |
| Advocacy expense | | | | | | | | | | | | | |
| Practice Development expense | | | | | | | | | | | | | |
| Career Pathway Expense | | | | | | | | | | | | | |
| Publications expense | | | | | | | | | | | | | |
| Communications expense | | | | | | | | | | | | | |
| Finance & Admin expense | | | | | | | | | | | | | |
| Human Resources expense | | | | | | | | | | | | | |
| Governance & CEO expense | | | | | | | | | | | | 700 | (700) |
| Marketing & BD expense | | | | | | | | | | | | | |
| Events expense | | | | 200 | | (100) | (1 159) | | (1 059) | 4 320 | 5 379 | 4 950 | (6 009) |
| Divisions and Assemblies expense | | | | | | | 294 | | 294 | 294 | () | 294 | |
| PFC expense | | | | | | | | | | | | 5 000 | (5 000) |
| Total LoB expense | 22 | | | 200 | 204 | 500 | (2 315) | | (1 388) | 19 174 | 20 562 | 32 544 | (33 932) |

CANADIAN PHYSIOTHERAPY ASSOCIATION
PAIN SCIENCE DIVISION

BALANCE SHEET

As at Aug 30, 2021

| ASSETS | YEAR – 2019 (Jan to Dec) | YEAR – 2020 (Jan to Dec only) | YEAR – 2021 (Jan to Aug only) |
|--|-----------------------------------|--|---|
| Cash / Account | 68, 697 | 80, 158 | 72, 983 |
| Investments | | | |
| Accounts Receivable | | | |
| Prepaid expense | | | |
| Net capital Assets | | | |
| TOTAL ASSETS | 68, 697 | 80, 158 | 72, 983 |
| LIABILITIES AND MEMBER EQUITY | | | |
| Accounts payable and current liabilities | 556 | 2, 407 | |
| Deferred Revenue | 15, 671 | 14, 398 | |
| TOTAL LIABILITIES AND MEMBERS EQUITY | 16, 226 * | 16, 805 | 5, 670 |
| MEMBERS EQUITY | | | |
| Retained earnings | 5, 294 | 14, 717 | 125 |
| Share holders equity | 47, 177 | 52, 471 | 67, 188 |
| TOTAL EQUITY | 52, 471 | 67, 188 | 67, 313 |
| TOTAL LIABILITIES AND MEMBERS EQUITY | 68, 697 | 80, 158 | 72, 983 |

* Rounded amount to decimals

Expenses of Note

- Website repair and maintenance: \$8,000, employing web developer
- PSD-PFC Awards: \$5,000
- PSD-Events-Awards: \$900

Other Notes

- Membership revenue is calculated in 4 terms for the year January to March, April to June, July to Sep, Oct to Dec
- Professional Development revenue is the revenue by the courses, mentorship program, un conferences.
- Professional development expenditures are any expense occurred towards the knowledge translation initiatives by the PSD
- Office expenditures including accounting fees, bank charges, postage charges.
- Congress expenditure are similar. Congress will occur every year as the executive committee is expected to attend. 2020 congress expense was limited due to Covid -19 and cancellation of congress.
- Governance expenditures include fees related to CPA, including joint initiative and division chair committees
- Communications expenses include all advertising / marketing and IT fees.



The treasurer's report is available upon request

- Simply email us at: painscience@physiotherapy.ca



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Questions? Comments?

