

National Student Assembly

January 2019 Newsletter

Happy 2019! With the new year comes a new slate of exciting learning opportunities for PT students across Canada. Whether you're a bright-eyed first-year student eager to continue establishing your PT fundamentals or a battle-scarred second-year ready to buckle down for those Nationals on the horizon, the new year means a fresh slate of potential. Read on to learn more about what the National Student Assembly accomplished this past Fall and the exciting events we have in-store for the new year.

Wishing everyone a fruitful and fulfilling 2019.

Remi Lu, MScPT, University of Toronto, (Student, Year 2)
NSA Communications Executive

NSA PRESIDENT'S ADDRESS

During the holidays I went to see *The Grinch* with my family at our local cinema. We had rushed there in order not to miss the trailers and commercials and thankfully had sat down right before the dimming of the lights. On the screen entered this individual dressed in scrubs and caring for a person who could not be home for the holidays due to their hospitalization. My eyes grew wide and I was filled with a warm feeling. After finishing a clinical placement in the ICU right before the holidays, I really identified with these scrubbed heroes on the screen and proudly turned to my younger sister and said, "This is just like what I was doing!". The ad came to an end and the Ontario Nurses' Association logo featured triumphantly on the screen. Alas, this was not about physiotherapists at all.

I wonder how many people in that theatre realized the importance of physiotherapists in the same scenarios that they had just seen on

that screen. If only physiotherapists could have been showcased on this huge screen just like those nurses. Then would people advocate for more access to physiotherapy services?

I thought to share this story because I believe it highlights the value of having a professional association like CPA. A professional association works on a very large scale to help others advocate on our behalf. Only then will we be able to help more people through the profession we all love and represent.

The NSA is your link to the CPA as a physio student and from all of us at the NSA we wish you a happy new year filled with personal successes and lots of good times!

Zacharie Bergeron, MScPT University of Toronto (Student, Year 2)

President, CPA's National Student Assembly

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OCTOBER FOOD DRIVE

The NSA had its first philanthropic event of the year in October 2018 when NSA representatives from schools across Canada organized local food drives. Students organized intra-school competitions to collect non-perishable goods to donate to local charities. In the spirit of friendly competition, the losing groups got pied with shaving cream!



Pictured: A few second-year PT students at the University of Toronto after being pied in the face



NSA representatives from Queen's University organized a food drive for the Partners in Mission Food Bank

CONGRESS: MONTREAL 2018

This past November the CPA co-hosted, with the AQP and the OPPQ, Congress in Montreal. Nearly 100 PT students from across Canada attended and had the opportunity to attend numerous events, including discussions about the use of manual therapy vs exercise prescription to a physiotherapist's experiences working for MSF in Afghanistan. In addition to the CPA's social events, the NSA funded a student dinner where students from across Canada were able to come together and make connections.



Pictured: PT students from the University of Saskatchewan and the University of Toronto at Congress after a panel on the Opioid Crisis in Canada

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Thank you to our 2018 Student Bursary Program Sponsor!



QUICK HITTERS:

Queen's University:

- First-year students recently completed their OSCEs and will be heading off to their first clinical placements in January.
- Second-year students completed their third placements in December (with some students going as far as Australia and Hong Kong!) and will be returning to the classroom in January.



Pictured: PT students from Queen's University at PT Orientation Week 2018

University of Ottawa:

- The University of Ottawa had some great holiday fun in the lab!



Pictured: PT students at the University of Ottawa taking a break from studying in the lab to have some holiday fun!

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"THE CANADIAN PHYSIO STUDENT" YOUTUBE CHANNEL:

- Second-year Queen's student Anthony Pinto Da Costa recently started a YouTube channel focused on the Canadian PT student experience and all things physio:
https://www.youtube.com/channel/UCenBRut-ps2KYZ16MkPUobHg?fbclid=IwAR0sQlj8GCxC-6Cl6l5b5ayiE_9JxQWSliu4UUz_um6Q2n4JzgX-dKQOF7mKw
- Shout-out to all the entrepreneurial Canadian PT students out there!

UPCOMING NSA EVENTS IN 2019:

- **Jan-Feb 2019: The NSA Recommends:** A new weekly series by the NSA where PT students from across Canada share their recommendations based on a weekly theme (e.g. favourite PT social media follow, most underrated exercise, best way to de-stress after a busy school day, etc.).
- **May 2019: PT 5K Fun Run:** Following last year's NSA success, the PT 5K Fun Run returns for this year's National Physiotherapy Month! Students from across Canada will raise money for the PFC by organizing a 5K event where participants can roll, walk, or run the 5K. Stay tuned for more details!

Thank you to our Ann Collins Whitmore Research Competition Sponsors:



Stay tuned for upcoming NSA events in 2019 by following the NSA on **Instagram** @nsa.ane.canadianphysiotherapy, and **Facebook** (search for "CPA - National Student Assembly"), and watch for more NSA updates in the coming months in the CPA National Rounds.