



SASP Congress

Thursday 15 September to Sunday 18 September 2022

Platinum Exhibitor



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Message from the President of the SASP



Lonese Jacobs

Dear Colleagues

It is with great pleasure to welcome you to the South African Society of Physiotherapy Congress from the 16th to the 18th of September 2022.

This year, the congress will be held in the fairest of Capes, the heart of the winelands, Stellenbosch. On behalf of the SASP National Executive Committee, the Scientific Committee, and the Local Organising Committee, we invite you to immerse yourself in our congress themed, "Physiotherapy in the 21st Century: a Metamorphosis".

We are excited to have two international speakers, Sarah Wright, and Esther Munalula Nkandu imparting their knowledge. This year, we continue to offer a diverse array of topics within the field of Physiotherapy and Rehabilitation. Presentations on offer will give insight into leadership and clinical perspectives appealing to a wider audience.

Join us and reconnect with old acquaintances, make new acquaintances, extend your networks and walk away enriched with greater knowledge and an experience you will be remembering for many years to come.

Looking forward to meeting you.

Message from the Chairperson of the Scientific Committee

Corlia Brandt



The Scientific Committee of the SASP Congress 2022 would like to welcome you to the South African Society of Physiotherapy Congress 2022, where we will take an in-depth look at the changes in Physiotherapy – especially during the past two years, but also what we might expect over the next few years. We have been forced into new ways of thinking and the congress is an ideal opportunity to explore this further. The committee had two main aims in mind with the structuring of the programme namely, to move a bit ‘outside the box’ to reflect the change, and to be all-inclusive regarding the knowledge that can be shared.

To show the integration between clinical practice, research, and education, we have moved away from the traditional speciality area tracks and instead created overarching themes and tracks that can include any of these topics, and also in any field of practice. The type of abstracts were also expanded to make sure we accommodate all types of knowledge and experiences to be shared; therefore, innovation, reflections, case reports and protocols were included. Although we are driven by evidence-based practice, some of the most meaningful research questions arise from clinical or personal experiences. We would therefore like to invite you to take part in the inspiration sessions where we will share success stories based on challenging circumstances, but at the same time learn from each other.

We are inviting you to come and join us with an open and creative mind. Come and be part of the change!

Scientific Programme

Thursday 15 September 2022: Pre-congress course

Sarah Wright: Neuromuscular disorders in a paediatric population

Thursday 15 September 2022: Pre-congress course

Esther Munalula Nkandu: Ethical leadership and corporate governance in healthcare

Congress Programme Day 1 - 16 September 2022

7.00–09.00	Congress registration. TEA/COFFEE		
	Chair of this session: Thamsanqa Ncube		
09.00–09.45	Opening Ceremony – Welcome and Housekeeping		
	Chair of this session: Corlia Brandt		
09.45–10.45	Keynote Speaker: Esther Munalula Nkandu: The world is moving – Vision 2030		
10.50–11.00	Poster Session discussion : Prevalence of developmental delay and associated risk factors among ARSS children at UBH Zimbabwe – Madzimbe P		
11.00–11.30	Tea and Poster viewing		
11.30–12.35	Breakaway session 1: Rehabilitation	Breakaway session 2: Early intervention	Breakaway session 3: Education
	Venue: Plenary Hall	Venue: Omega	Venue: Magnifica 1–3
	Chair: Heleen van Aswegen	Chair: Alison Lupton-Smith	Chair: Veronica Ntsiea
11.30–11.45	Disability and fatigue intensity in adolescents with perinatal HIV – Comley-White NE	A comparison of the Ages and Stages questionnaire ³ (ASQ-3) with the gold standard– Bayley Scales of Infant Development III in South Africa – Omar Z	Transformative learning and the development of social accountability: A case study from Physiotherapy (at Stellenbosch University) – Unger M
11.45–12.00	Participation in educational, leisure and play activities of children living with cerebral palsy – Africa L	Preoperative physical activity and functional performance levels are predictors of acute postoperative outcomes in a private South African colorectal cancer cohort – Whelan M	Exploring the perceptions of physiotherapy students on their preparedness to include exercise in the treatment of cancer patients – Williams LG

Congress Programme Day 1 - 16 September 2022

12:00-12:15	Prism adaptation therapy improves rehabilitation outcomes in stroke survivors with unilateral spatial neglect at the sub-acute phase of recovery: A single-blinded randomized control trial - Umeonwuka C	Every breath counts! Inspiratory muscle training in children with neuromuscular disease: a cross-over randomised controlled trial - Human A	Addressing the Blind Spot: The Development of an Assessment Tool to Evaluate a Physiotherapy Clinical Education Programme - Naidoo V
12:15-12:30	Physical function impairments and activity limitations experienced by people infected with or recently cured from tuberculosis: a scoping review - Roos R	Pre-op physiotherapy following unilateral ankle fractures at a tertiary hospital in SA: perceptions of nurses and patients - Dangor S	Factors that influence the physiotherapy management of patients with acute exacerbation of COPD in private healthcare - Motheo Phalatse-Taban
12:30-13:20			
	Chair of this session: Marianne Unger		
13:20-14:00	Invited Speaker: Heleen van Aswegen: Acute care in the time of COVID: cardiorespiratory recovery and exercise		
14:05-14:15	Poster Session discussion – Pelvic floor dysfunction in female patients post-pelvic fracture - Chopdat N		
14:15-14:55	Invited Speaker: Mary-Lou Galantino: Palliative care – Changes and innovation		
15.00-18:15	SASP AGM		
19:00 to late	Congress Dinner at Skilpadsvlei Wine Farm - PLEASE NOTE: Only for those delegates who paid for the dinner		

Congress Programme Day 2 - 17 September 2022

07:00-08:20	Congress Daily Registration		
08:20-08:30	Welcome and Housekeeping – Rogier van Bever Donker		
	Chair of this session: Joanne Potterton		
08:30-09:30	Keynote Speaker: Sarah Wright: The importance of clinical decision-making in cardiorespiratory care. Asking the WHY?		
09:35-11:00	Focus Symposium: Tried and tested interprofessional Education and Practice Panellists: Brenda Morrow, Romy Parker, Cameron Reardon & Mr George Scola		
11:00-11:30	TEA/COFFEE and Poster viewing		
	Chair of this session: Hellen Myezwa		
11:30-12:10	Invited Speaker: Dr Martin Heine: Exercise-based Rehabilitation for NCD: The complexity of implementing this model of care in low-resource settings		
12:20-13:10	Innovation/Inspiration session 1: Student innovation: What worked and what did not work during the COVID pandemic?	Innovation/Inspiration session 2: Community Service and Public health	Innovation/Inspiration session 3: Advocacy
	Venue: Plenary Hall	Venue: Omega	Venue: Magnifica 1-3
	Chair: Cameron Reardon	Chair: Douglas Maleka	Chair: Desmond Mathye Laws and ethics of care in the Cloud's era: jurisdictional implications for physiotherapy in South Africa –Useh U
13:10-14:00	LUNCH – Exhibition & Posters		
	Chair of this session: Corlia Brandt		
14:00-15:00	Student presentations: Rapid five		
15:00-15:30	TEA/COFFEE		

Congress Programme Day 2 - 17 September 2022

15:35-16:50	Breakaway session 1: Rehabilitation	Breakaway session 2: Early intervention	Breakaway session 3: Education
	Venue: Plenary Hall	Venue: Omega	Venue: Magnifica 1-3
	Chair: Douglas Maleka	Chair: Natalie Benjamin-Damons	Chair: Vaneshveri Naidoo
15:35-15:50	Ventilation kinematics of adult patients with a median sternotomy incision following cardiothoracic surgery at one South African hospital - Roos R	Prevalence of Paediatric Acute Respiratory Distress Syndrome (pARDS) in a tertiary academic paediatric intensive care unit (PICU) in South Africa - Lozano E	COVID-19: Keele University (UK) academics' reflections on the impact, challenges and innovations with physiotherapy placement education - Edwards H
15:50-16:05	The effects of pelvic floor rehabilitation in treating post-robotic-assisted laparoscopic prostatectomy urinary incontinence: a systematic review - Masutha V	Knowledge, attitude, and practice among Gauteng Physiotherapists in Neonatal Intensive Care - Naidoo P	Widening the cultural conversation: decolonising the Keele University physiotherapy degree curriculum in the UK - let's get global! - Nichol C
16:05-16:20	Long-COVID in children: Is there a role for physiotherapy? - Alves M	Designing interventions that are responsive to identified barriers to early mobilisation of critically ill patients in Zimbabwean and South African public sector hospitals: A Delphi study - Tadyanemhandu C	Breakaway session 3: Interprofessional management and collaboration
			The development and implementation of a model of care for athletes living with disabilities in South Africa: a mixed-methods study protocol - Kunene S
16:20-16:35	The effect of physical activity on gross motor development in children ages 4-6 years old living in Cape Town, South Africa - May A	The effect of a single pre-operative physiotherapy session on physical function in elderly patients following abdominal surgery: a pilot randomised control trial - Labuschagne R	The development of an implementation guide for the FIFA11+ injury prevention programme amongst female football players in SA - Bakare U
16:35-16:50	Short term effects of a structured physical activity program in the prevention of sleep insufficiency and musculoskeletal pain among adolescents in Kano, Nigeria: A randomised controlled trial - Bello B	Recommendations on preoperative education content provided by physiotherapists to patients undergoing abdominal surgery for colorectal cancer: an international Delphi study - Whelan M	The influence of HIV on return to work in stroke survivors - Naidoo W

Congress Programme Day 3 - 18 September 2022

07.00–08:20	Congress daily registration		
08:20–08:30	Welcome and Housekeeping – Magda Fourie		
	Chair for this session: Hellen Myezwa		
08:30–09:10	Invited Speaker: Susan van Schalkwyk: Physiotherapy education: Moving into the 21st Century		
09:20–10:20	Breakaway session 1: Rehabilitation	Breakaway session 2: Innovation and Health promotion	Breakaway session 3: Debate – Specialisation in Physiotherapy
	Venue: Plenary Hall	Venue: Omega	Venue: Magnifica 1-3
	Chair: Megan Whelan	Chair: Sandy Lord	Chair: Magda Fourie
09:20–09:35	An exploratory study on excess weight gain: Experiences of Postmenopausal Women in Ghana – Mensah-Bonsu I	An integrated approach to pelvic and women's health physiotherapy services in South Africa: what are the facilitators and barriers? – Brandt C	Desmond Mathye, Ina Diener, Marianne Unger
09:35–09:50	An Analysis of the disability framework and strategy for South Africa: implications for access to health care for persons with disabilities – Hussein N	Pelvic and Women's Health physiotherapy services in South Africa: what are the facilitators, barriers and needs? – Brandt C	
09:50–10:05	Comparison of two outcome measures to detect changes in physical function for patients after open abdominal surgery – Fourie M	The use of Tele-health for Paediatric Physiotherapy Services at a Tertiary Academic Hospital during COVID-19: Perceptions of Caregivers and Clinicians – Bulmer T	
10:05–10:20	Sexual dysfunction in stroke patients – Schneider D		

Congress Programme Day 3 - 18 September 2022

	Chair of this session: Rogier van Bever Donker		
10:55-11:55	Focus Symposium: The complexities of pain management Panellists: Ina Diener; Mary-Lou Galantino; Alex Armenis		
12:05-12:50	Breakaway session 1: Inspiration	Breakaway session 2: Inspiration	
	Venue: Plenary Hall	Venue: Omega	
	Chair: Ntsikelelo Pefile	Chair: Sandy Lord	
12:05-12:20	"I am a new person"- The benefits of a pulmonary rehabilitation programme with limited resources: A case study -Lupton-Smith A	The long-term effects of mindfulness based cognitive behavioural therapy (MBCBT) on persisting pain -Fuller-Good S	
12:20-12:35	Pre-habilitation as an adjunct to Recovery post Prostatectomy -Shaw H	Physiotherapy in NCDs: Evolving from therapy to prevention in the 21st century - Akindele M	
12:35-12:50	The external examination process and the perceptions of the examiners at the physiotherapy departments in South Africa - Ntsiea V	Biopsychosocial model of care alongside traditional physiotherapy in the 21st century: the need for an integrated scope of practice -Useh U	
12:55-13:45	LUNCH - Exhibition & Posters		
	Chair of this session: Ntsikelelo Pefile		
13:45-14:25	Invited Speaker: Verusia Chetty: Rehabilitation - the Metamorphosis		
14:30-14:40	Poster Session Discussion The risks and effect of work-related musculoskeletal pain on work performance among physiotherapists in Limpopo province -Hobyai T		
	Chair of this session: Corlia Brandt and Marianne Unger		
14:40-15:10	Feedback from the Inspiration Sessions		
15:10-15:50	Invited Speaker: Benita Olivier: Taking neuromusculoskeletal research into the 21st Century		
15:50-16:45	Closing Ceremony and prize giving - Corlia Brandt & Lonese Jacobs		

Keynote Addresses abstracts



Prof Esther Munalula Nkandu

The world is moving – Vision 2030

While Physiotherapists do focus a lot on movement, i.e movement via joints, this keynote address will focus on taking the SASP on a sensing journey of how we ought to align ourselves to the global “movement” towards Vision 2030. As a profession, are we being left behind from that which our nations have appended their signatures to or are we leaving others behind globally or professionally while providing physiotherapy services?



Mrs Sarah Wright

The Importance of Clinical Decision Making in Cardiorespiratory Care – Asking the Why

For nearly 30 years Sarah has worked in cardiorespiratory physiotherapy, primarily on paediatrics and will be reflecting on the people who influenced her thinking & made her ask why. She will then step through her focus on translating research into practice, and the importance of clinical reasoning in decision making as well as tangible outcomes. She will be discussing the change in education methodology at the bedside to reflect adult learning styles and drive clinical excellence. Finally, how physiotherapists must apply the science but also not forget the art of physiotherapy

Invited Speakers' Abstracts



Prof Verusia Chetty

Rehabilitation: the metamorphosis

The World Health Organisation defines rehabilitation as “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”. While seemingly young, with documented origins in the early twentieth century, the tenets of the field of rehabilitation originate during ancient times. Now, in the 21st century, rehabilitation is viewed as a critical path in healthcare. It includes not only re-integration of individuals back into their communities, but also health promotion, health education and essential elements needed to address the impairments associated with chronic diseases and episodic disability. Unfortunately, in low-middle-income countries such as South Africa the essentiality of rehabilitation has been negated, with gaps in services evident across the poorest of communities. In my presentation I will discuss the evolution of rehabilitation as well as the intersectionality of rehabilitation, ethnicity, class and gender. I will give a voice to the views of global leaders and influences on rehabilitation and the need for the integration of anti-oppressive and anti-racist frameworks into rehabilitative care. I will evoke debate on the work done in the west over the years and how this work has led to the metamorphosis of rehabilitation in Africa. I will also emphasize how rehabilitation has changed in Africa with research leaders emerging from the continent. Finally, the presentation will suggest a more inclusive and socially just rehabilitation approach for Africa. There are philosophies that are well-known in Africa and central to the way people live here. These philosophies are not widely known but challenge the biomedical approaches to healthcare and may indeed hold the answers to some of the world's most pressing current issues.

Invited Speakers' Abstracts



Dr Martin Heine

Secondary Prevention for NCDs: Context and Complexity

More than 1.5 million Cardiac Rehabilitation spots annually are needed to address the burden of ischaemic heart disease alone within the sub-Saharan region. Hypertension is one of the biggest silent killers globally. Rheumatic heart disease affects 39 million people globally and is largely under recognised. For all the above, and many other prominent and less advocated for non-communicable disease, there is a part to play for the rehabilitation professional. Yet, the lack of availability and access to quality, evidence-informed, rehabilitation services globally are distressing. In this presentation, we i) zoom into the need for rehabilitation services, with a specific focus on low-resourced settings, ii) we explore the complexity of what makes an rehabilitation program that has reach, is effective, is adopted by stakeholders, and sustainably integrated and implemented; finally, iii) we discuss some of the initiatives that may accelerate the scale-up of rehabilitation services, and challenge some of the prevailing thinking around what rehabilitation for NCDs looks like that you may include in your own practice.



Prof Mary-Lou Galantino

Palliative Care: Person-centered Compassion

This presentation will highlight the importance of palliative care from a global perspective. Palliative care enhances the quality of life of individuals and their families who are facing health challenges associated with life-threatening illness. This can include physical, psychological, social or spiritual constructs for patients through the use of the International Classification of Function. Quality of life for caregivers is essential as well and improves when a total-person-family approach is engendered. Each year, an estimated 40 million people need palliative care; 78% of them people live in low- and middle-income countries. Worldwide, only about 14% of people who need palliative care currently receive it (WHO, 2020).

Participants will appreciate the distinctions of palliative and hospice care and understand concepts within rehabilitation practice to patients across the spectrum of chronic disease and life-threatening illness. Resources and models of integrated continuum of care will be explored. We will identify scenarios where training and administrative support structure and champions are needed to optimize rehabilitation in palliative care and chronic disease management.

Invited Speakers' Abstracts



Prof Benita Olivier

Research in Neuromusculoskeletal Physiotherapy: Act today to make tomorrow better

The ultimate purpose of Physiotherapy is to advance the health and wellbeing of our fellow earth roamers. New research in Neuromusculoskeletal Physiotherapy is being produced daily and has increased exponentially in the last 10 years, yet close to 85% of research never gets implemented in clinical practice, i.e., it never reaches those for whom it's created. This valuable and potentially practice-changing research often gets locked up in scientific journals, and academic conferences whilst research resources remain scarce. Generating new research remains essential, but we cannot continue to blindly add research to the pool without a viable dissemination and translation plan. Clinicians and researchers need to form partnerships to ensure research findings translate to clinical practice. Together, we need to find ways to create impact using existing research, carefully consider the research questions we will answer, share what we learn and create with others, and strengthen our teams through inter-professional collaboration. We need to act today to make tomorrow better.



Prof Heleen van Aswegen

Acute care in the time of COVID-19: cardiorespiratory recovery and exercise

COVID-19 is a viral infection that is very contagious and affects both the upper and lower respiratory tracts. It leads to mild, moderate, or severe illness and adult patients typically present with high fever, shortness of breath, cough, expectoration, fatigue, muscle pain, headaches, gastrointestinal symptoms, and poor endurance. Respiratory failure and acute respiratory distress syndrome develop in approximately 20% and 5% of adults respectively. Physiotherapists play an important role in the management of patients with COVID-19 in acute care settings in South Africa. In this presentation the principles of physiotherapy management of patients with COVID-19 will be shared, as well as a critique of the latest evidence for physiotherapists' involvement in the care of these patients in intensive care units and hospital ward settings. The roles of cardiorespiratory care strategies such as body positioning, chest physiotherapy techniques, breathing exercises, respiratory muscle training, and exercise therapy and functional rehabilitation of patients with COVID-19, their impact on clinical outcomes, and adverse effects experienced by patients will be discussed. Suggestions will be shared regarding further research in our South African context.

Invited Speakers' Abstracts



Prof Susan van Schalkwyk

Physiotherapy Education: Moving into the 21st Century

Moving implies motion, a shift from one position or point to another, but in an ongoing fashion – perpetual motion. In the context of this congress, one might ask to what end is this 'moving', what is the purpose, and where is the position or point that is being sought? An object in motion can be influenced by many different things causing it to change direction, recalibrate, deflect, speed up, slow down. Metamorphosis (the sub-theme of this congress), however, is something very different. It speaks to notions of mutation, transfiguration, conversion, alteration and, of course, transformation. In this talk I hope to share some perspectives on how education in the health professions, and specifically physiotherapy, has journeyed through the first 22 years of this 21st century. We will explore what has influenced and shaped this journey and consider the extent to which we have taken these influences on board in the teaching and training of future physiotherapy professionals. We will then problematize the notion of 'metamorphosis' in the context of physiotherapy education, using transformative learning theory as analytical lens. The talk will draw on recent work conducted across six higher education institutions in South Africa which included three different undergraduate physiotherapy programmes. This research has explored the notion of responsive curricula that lead to graduates who are not only clinically competent, but also critically conscious of the health system within which they will work, and the society which they will serve. The findings of the study suggest an extended remit, a new way of being and doing, not only for students, but for all who are responsible for guiding them into the profession as we continue moving into the 21st century.

Exhibitors

