

Scope of Practice

A physiotherapist is a health care professional who attempts to prevent or alleviate functional problems arising from physical, psychological and/or social origins. Prevention and treatment of an impairment, disability or handicap is accomplished through the use of physical assessment, education and treatment which is based on ongoing clinical research. The goal of physiotherapy intervention is to promote quality of life, self-responsibility and independence.

Physiotherapy

Professional Practice Leader (Charlton, West 5th, Offsite):
MAGDA MCCAUGHAN PT

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	29	5	26xPTs, 1xErgonomics, 1x Quality Analyst, 1x Manager/PT 5xPTs, 1xErgonomics; (5 Casual PTs not included in count) *please note the Ergonomics positions are currently being adjusted.
West 5th	2.0		1.0 West 5th inpatient; 1.0 WSIB Clinic
Offsite: Satellite Health Facility (SHF)	1	1	One casual PT not included in count

Major Achievements

CARING

Clinical Practice:

- Wendy Galloway – member of Integrated Quality and Operations Committee
- Daana Ajami and Kristy Obrovac – on ICU Quality Council
- Elisa Mayens – on Quality Committee for GIM
- Anne Stotesbury – on Quality Committee for Post-Acute Care
- Frances Garner on the Hospital Falls Committee
- Mary Devcic is on the Kidney Urinary Quality Team
- Mary Devcic is part of the Dialysis Weights Project

LEARNING

Education:

Clinical Education

- 15 PT Student Placements in 2022
- 7 PTA/OTA Student Placements in 2022 (joint partnership with the Occupational Therapy Department)

LEARNING Continued...

Formal Teaching

- Associate Professor – McMaster University
 - Dr. Michelle Kho
- Assistant Clinical Professor (Adjunct)
 - Christina Murphy
 - Lisa Forsyth
 - Diana Hatzoglou
 - Elisa Mayens
 - Magda McCaughan
 - Dianne Vandepas
 - Kristy Obrovac



Internal Education

- Wendy Galloway and Tina Murphy - Esophagectomy Benefits of post-operative Chest physiotherapy – Teach and Tea (SDU/H&N/CHU).
- Diana Hatzoglou - Did present twice to our RRDP peer support group on 1) how to exercise beyond rehab 2) how to navigate health information on internet.

Research

- Number of ICU Studies under Dr. Michelle Kho
- Alternate Stream Study for the Respiratory Rehabilitation Day Program – Lead: Diana Hatzoglou
- Thoracics Troponin study was completed in 2022 – Lead: Wendy Galloway

Publications

- Thomas P, Baldwin C, Beach L, Bissett B, Boden I, Cruz SM, Gosselink R, Granger CL, Hodgson C, Holland AE, Jones AY, Kho ME, van der Lee L, Moses R, Ntoumenopoulos G, Parry SM, Patman S. Physiotherapy management for COVID-19 in the acute hospital setting and beyond: an update to clinical practice recommendations. J Physiother. 2022 Jan;68(1):8-25. doi: 10.1016/j.jphys.2021.12.012. Epub 2021 Dec 23. PMID: 34953756; PMCID: PMC8695547.
- Newman ANL, Kho ME, Harris JE, Fox-Robichaud A, Solomon P. Survey of Physiotherapy Practice in Ontario Cardiac Surgery Intensive Care Units. Physiother Can. 2022 Jan 1;74(1):25-32. doi: 10.3138/ptc-2020-0069. Epub 2021 Jun 7. PMID: 35185244; PMCID: PMC8816362.
- Masse MH, Adhikari NKJ, Thérioux X, Battista MC, D'Aragon F, Pinto R, Cohen A, Mayette M, St-Arnaud C, Kho M, Chassé M, Lebrasseur M, Watpool I, Porteous R, Wilcox ME, Lamontagne F. The evolution of mean arterial pressure in critically ill patients on vasopressors before and during a trial comparing a specific mean arterial pressure target to usual care. BMC Anesthesiol. 2022 Jan 3;22(1):6. doi: 10.1186/s12871-021-01529-w. PMID: 34979938; PMCID: PMC8722048.
- **Kho ME**, Rewa OG, Boyd JG, Choong K, Stewart GCH, Herridge MS. Outcomes of critically ill COVID-19 survivors and caregivers: a case study-centred narrative review. Can J Anaesth. 2022 May;69(5):630-643. doi: 10.1007/s12630-022-02194-4. Epub 2022 Jan 31. PMID: 35102495; PMCID: PMC8802985.
- Fernando SM, Tran A, Cheng W, Sadeghirad B, Arabi YM, Cook DJ, Møller MH, Mehta S, Fowler RA, Burns KEA, Wells PS, Carrier M, Crowther MA, Scales DC, English SW, Kyeremanteng K, Kanji S, **Kho ME**, Rochwerg B. VTE Prophylaxis in Critically Ill Adults: A Systematic Review and Network Meta-analysis. Chest. 2022 Feb;161(2):418-428. doi: 10.1016/j.chest.2021.08.050. Epub 2021 Aug 19. PMID: 34419428.

LEARNING Continued...

Publications

- O'Grady HK, Farley C, Takaoka A, **Mayens E**, Bosch J, Turkstra L, **Kho ME**. Retention in RCTs of physical rehabilitation for adults with frailty: a systematic review and meta-analysis. *Trials*. 2022 Mar 28;23(1):235. doi: 10.1186/s13063-022-06172-5. PMID: 35346320; PMCID: PMC8961921.
- Reyes LF, Murthy S, Garcia-Gallo E, Irvine M, Merson L, Martin-Loeches I, Rello J, Taccone FS, Fowler RA, Docherty AB, Kartsonaki C, Aragao I, Barrett PW, Beane A, Burrell A, Cheng MP, Christian MD, Cidade JP, Citarella BW, Donnelly CA, Fernandes SM, French C, Haniffa R, Harrison EM, Ho AYW, Joseph M, Khan I, **Kho ME**, Kildal AB, Kutsogiannis D, Lamontagne F, Lee TC, Bassi GL, Lopez Revilla JW, Marquis C, Millar J, Neto R, Nichol A, Parke R, Pereira R, Poli S, Pova P, Ramanathan K, Rewa O, Riera J, Shrapnel S, Silva MJ, Udy A, Uyeki T, Webb SA, Wils EJ, Rojek A, Oliaro PL; ISARIC Clinical Characterisation Group. Clinical characteristics, risk factors and outcomes in patients with severe COVID-19 registered in the International Severe Acute Respiratory and Emerging Infection Consortium WHO clinical characterisation protocol: a prospective, multinational, multicentre, observational study. *ERJ Open Res*. 2022 Feb 14;8(1):00552-2021. doi: 10.1183/23120541.00552-2021. PMID: 35169585; PMCID: PMC8669808.
- Fiest KM, Krewulak KD, Hernández LC, Jaworska N, Makuk K, Schalm E, Bagshaw SM, Bernet X, Burns KEA, Couillard P, Doig CJ, Fowler R, **Kho ME**, Kupsch S, Lauzier F, Niven DJ, Oggy T, Rewa OG, Rochwerg B, Spence S, West A, Stelfox HT, Parsons Leigh J; Canadian Critical Care Trials Group. Evidence-informed consensus statements to guide COVID-19 patient visitation policies: results from a national stakeholder meeting. *Can J Anaesth*. 2022 Jul;69(7):868-879. doi: 10.1007/s12630-022-02235-y. Epub 2022 Apr 1. PMID: 35359262; PMCID: PMC8970637.
- Noguchi KS, Nguyen L, Mehdipour A, Wiley E, Saunders S, Moncion K, Reid JC, Bakaa N, Garcia Diaz L, Van Damme J, D'Amore C, Kumureni A, Lu Z, Knobl E, Beauchamp MK, Macedo LG, Vrkljan B, Moll SE, Carlesso LC, Letts LJ, **Kho ME**, Richardson J. Undertaking Rehabilitation Research During the COVID-19 Pandemic: Emergent Strategies From a Trainee-Faculty Workshop. *Front Rehabil Sci*. 2022 May 16;3:881606. doi: 10.3389/fre.2022.881606. PMID: 36188942; PMCID: PMC9397764.
- Ilicic AM, Oliveira A, Habash R, Kang Y, **Kho M**, Goldstein R, Brooks D. Non-pharmacological Management of Non-productive Chronic Cough in Adults: A Systematic Review. *Front Rehabil Sci*. 2022 May 26;3:905257. doi: 10.3389/fre.2022.905257. PMID: 36188925; PMCID: PMC9397766.
- O'Grady HK, Edbrooke L, Farley C, Berney S, Denehy L, Puthuchery Z, **Kho ME**; International METRIC Critical Care Data Group. The sit-to-stand test as a patient-centered functional outcome for critical care research: a pooled analysis of five international rehabilitation studies. *Crit Care*. 2022 Jun 13;26(1):175. doi: 10.1186/s13054-022-04048-3. PMID: 35698237; PMCID: PMC9195216.
- Newman ANL, **Kho ME**, Harris JE, Fox-Robichaud A, Solomon P. The experiences of cardiac surgery critical care clinicians with in-bed cycling in adult patients undergoing complex cardiac surgery. *Disabil Rehabil*. 2022 Sep;44(18):5038-5045. doi: 10.1080/09638288.2021.1922515. Epub 2021 May 23. PMID: 34027750.
- Reid JC, Molloy A, Strong G, **Kelly L**, O'Grady H, Cook D, Archambault PM, Ball I, Berney S, Burns KEA, D'Aragon F, Duan E, English SW, Lamontagne F, Pastva AM, Rochwerg B, Seely AJE, Serri K, Tsang JLY, Verceles AC, Reeve B, Fox-Robichaud A, Muscedere J, Herridge M, Thabane L, **Kho ME**; CYCLE Investigators. Research interrupted: applying the CONSERVE 2021 Statement to a randomized trial of rehabilitation during critical illness affected by the COVID-19 pandemic. *Trials*. 2022 Sep 2;23(1):735. doi: 10.1186/s13063-022-06640-y. PMID: 36056378; PMCID: PMC9438218.
- Baruch J, Rojek A, Kartsonaki C, et al. Symptom-based case definitions for COVID-19: Time and geographical variations for detection at hospital admission among 260,000 patients. *Influenza Other Respi Viruses*. 2022; 16(6): 1040- 1050. doi:10.1111/irv.13039

LEARNING Publications Continued...

- Bronner P Gonçalves, Matthew Hall, Waasila Jassat, Valeria Balan, Srinivas Murthy, Christiana Kartsonaki, Malcolm G Semple, Amanda Rojek, Joaquín Baruch, Luis Felipe Reyes, Abhishek Dasgupta, Jake Dunning, Barbara Wanjiru Citarella, Mark Pritchard, Alejandro Martín-Quiros, Uluhan Sili, J Kenneth Baillie, Diptesh Aryal, Yaseen Arabi, Aasiyah Rshan, Andrea Angheben, Janice Caoili, François Martin Carrier, Ewen M Harrison, Joan Gómez-Junyent, Claudia Figueiredo-Mello, James Joshua Douglas, Mohd Basri Mat Nor, Yock Ping Chow, Xin Ci Wong, Silvia Bertagnolio, Soe Soe Thwin, Anca Streinu-Cercel, Leonardo Salazar, Asgar Rishu, Rajavardhan Rangappa, David SY Ong, Madiha Hashmi, Gail Carson, Janet Diaz, Rob Fowler, Moritz UG Kraemer, Evert-Jan Wils, Peter Horby, Laura Merson, Piero L Olliaro, ISARIC Clinical Characterisation Group (2022) An international observational study to assess the impact of the Omicron variant emergence on the clinical epidemiology of COVID-19 in hospitalised patients eLife 11:e80556 <https://doi.org/10.7554/eLife.80556>
- Ilicic AM, Brooks D, **Kho M**, Goldstein R, Oliveira A. Cough Assessment and Management in Pulmonary Rehabilitation- A Canadian Survey. COPD. 2023 Jan 19:1-9. doi: 10.1080/15412555.2022.2141622. Epub ahead of print. PMID: 36656707.
- Cook DJ, Duan EH, Clarke FJ, Matic K, Culgin S, **Kelly L**, Nelson KS, Wallace CV, Soth MD, Lewis KA, Rudkowski JC, Perri D, Ligor TL, Jaeschke RZ, Chagla Z, Chaudhuri D, Wright AE, Fu ZY, Reeve BK, Lee HM, Overington JD, Rozenberg A, Bloomfield KA, Love K, Gain JL, Zytaruk NL, Cheung JH, Thabane L, **Kho ME**. Multistudy Research Operations in the ICU: An Interprofessional Pandemic-Informed Approach. Crit Care Explor. 2022 Dec 1;4 (12):e0808. doi: 10.1097/CCE.0000000000000808. PMID: 36506834; PMCID: PMC9722625.
- **Kho ME**. Critically appraised paper: In adults receiving intensive care, increased early active mobilisation did not improve clinical outcomes but increased adverse events [commentary]. J Physiother. 2023 Jan;69(1):56. doi: 10.1016/j.jphys.2022.12.006. Epub 2022 Dec 15. PMID: 36528505

BUILDING

Internal Education:

- Kristy Obrovac and Daana Ajami – Monthly Education on Physiotherapy practice in the ICU for new Residents starting in the ICU.

Professional Practice Development:

- Tina Memarzadeh and Ashley Patel are participating in the Emerging Leaders Program
- Entire Physiotherapy Group is working on getting full CPI training.
- A number of staff have already taken Crucial Conversations but additional staff members are looking forward to taking the course as well in 2023 If it is available.
- Number of Physiotherapists formed part of team called “Bad Acetabulum” and raised almost \$5000 for Around the Bay.



LEADING

- We are very involved in the VERTEX project run by Dr. Natya Raghavan. We have worked with the Aetonix team since the beginning through the Respiratory Rehabilitation Day Program and moved to VERTEX in January 2022. 2022 has been a year of learning and growth with technology. VERTEX was the program where CANHealth supported the funding to intergrate Epic and Aetonix technology. This was a successful trial on the technology end.

External Activities:

Presentations

- Magda McCaughan did a panel presentation on Physiotherapists in leadership roles for the McMaster University Physiotherapy program on December 7th, 2022.

Committees

- Magda McCaughan joined the Board of Directors for the Ontario Physiotherapy Association in March 2022. This is a 2-year appointment.
- Monica Columbro – Vice-Chair of the Mohawk College Program Advisory Committee - Rehabilitation Sciences.
- Frances Garner - Falls Prevention Steering Committee at McMaster University (for a research study).
- Lisa Forsyth - Member of the Lung Health Foundation.
- Diana Hatzoglou is part of CNRC timed right certified respiratory educator forum.



Major Initiatives for 2023:

CARING

- Plan to increase team engagement this year and reflect on what matters most'. This will help us strive to enhance our quality of patient care.

LEARNING

- Finishing CPI training for all Physiotherapists across organization
- Supporting staff to take Crucial Conversations if that opportunity is open this year. Our focus is to build communication tools in challenging situations. The past few years have highlighted the very important need to adequate crucial conversations skills and individual's understanding that 'if you don't say it, you will act it out'.

BUILDING

- Collaborating with multiple professions to align our resources more efficiently.

LEADING

- Continue to work with Aetonix through RRDP and Vertex (in collaboration with interdisciplinary team) and decide if this is the best platform to provide patient care.