

# IPTOP NEWS E-BLAST

An e-newsletter of International Association for Physical Therapists Working with Older People

## President's Message

### Message from Communications Manager

### News from World Health Organization on post-COVID-19 Rehabilitation

#### A Year-end message from our IPTOP President, Dr. Hans Hobbelen



In my December message of last year, I expressed my admiration and gratitude to all who were working on the frontlines of the pandemic. It was also a message of hope that the pandemic would decline and normal life could be resumed in 2021. Unfortunately, this has not been the case. New waves of infections, new virus variations and new clinical features became apparent like 'long covid'. Measures are ongoing

against spread of the disease and restrictions on meetings. Vaccination campaigns are well under way in middle and high income countries yet in low income countries vaccination levels remain low. The coming year will prove to be of utmost importance in managing this pandemic. If we as IPTOP can make a contribution, we will certainly do so.

Despite all difficulties, I'm pleased with the progress IPTOP has made in 2021. The IPTOP standards are updated and will be translated into the different languages of IPTOP members in 2022. We aimed to gain at least one new member in 2021 and we welcomed three (Portugal, Hong Kong and Taiwan). We are also in consultation with two new potential members who will hopefully join IPTOP in 2022. IPTOP is growing and its impact too.

In 2021 our Vice-President, Dr. Susan Hunter, joined the WHO working group on Rehabilitation in Dementia, and a new group was launched with very enthusiastic researchers in the domain of physiotherapy in dementia, named the RAPID group, (Research and Physiotherapy in Dementia). Next to Dr. Hunter and myself is Kate Lawler, MCR of Australia, actively involved in this group. As IPTOP we absolutely endorse the RAPID initiative.

In 2021 we also further tightened our bonds with the International Psychogeriatric Association (IPA). We endorsed the international week of Mental Health in October and I was asked to participate in their online congress in November. I hope that in 2022 we will further expand these joint activities.

Finally I must mention the successful contribution of IPTOP to the World Physiotherapy Congress in May 2021. Next to a very good session 'Rehabilitation for Balance Disorders' led by Janet Thomas, we had one of the best attended Networking sessions of the Congress. We realized one of the biggest advantages of an online congress as colleagues from low income countries were able to join which was otherwise impossible in a physical Congress somewhere in the world. We embrace these discovered advantages and hope for more hybrid Congresses in the future.

We expect that 2022 will bring ongoing challenges with Covid-19 but we hope that the world will learn to contain the virus and learn to live with it without too many restrictions. As IPTOP we will march into 2022 with a lot of energy, looking forward to continued growth of our network and our influence worldwide on the important topic of physiotherapy of older people.

I'm looking forward to work with all of you in 2022. I wish you all a Merry Christmas and a very happy New Year!

#### Message from Communications Manager, Helen Johnson



This past year has been eventful, with the COVID-19 pandemic continuing to affect the delivery of health care services and economic conditions around the world. There is a growing realization that a large proportion of patients thought to have "recovered" from COVID-19 infection may continue to be affected by a wide spectrum of symptoms. This is leading to efforts to define a "post-COVID condition"

and the types of rehabilitative care services that might be needed to support these patients. Older adults may be among this cohort of people living with post-COVID condition in large numbers.

In this newsletter share a year end message from our IPTOP President, and some of the work of the WHO in defining the post-COVID condition and what we can do in rehabilitation.

In addition, efforts are ongoing to develop the IPOTP website. We appreciate any feedback on our efforts to date. My sincere thanks to our dedicated Communications Committee members, Jan Tessier (Belgium) and Rachael Walton-Mouw (USA) who continue to work hard in supporting our website.

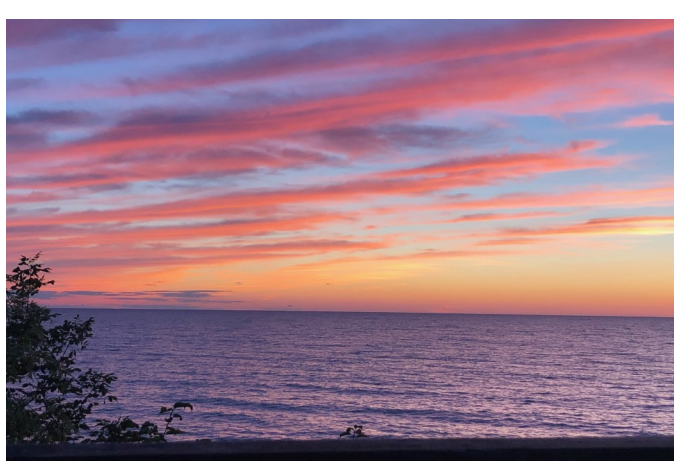
We look forward to a productive year for IPTOP in 2022.

#### IPTOP Website—new items are added regularly

Visit our website [here](#)

#### World Health Organization Releases Brief on post-COVID-19 Rehabilitation

On November 29, 2021, the World Health Organization (WHO) released a scientific brief on the Rehabilitation needs of people recovering from COVID-19. It can be found [here](#)



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