

December 2019 | [**www.collegept.org**](http://www.collegept.org/) | [**info@collegept.org**](mailto:info@collegept.org)

On behalf of everyone at the College, I would like to thank you for your ongoing support over the past year. We wish everyone a happy and healthy holiday season and best wishes for the New Year.

Kindly note our holiday hours: The College is closed from Tuesday, December 24 to Monday, December 30 (inclusive).

We look forward to connecting with you in 2020. Rod Hamilton

Registrar

College of Physiotherapists of Ontario

# Professional Liability Insurance - Are You Covered?

A reminder that all physiotherapists must carry adequate professional liability insurance.

When you renew your registration in February you will be asked to declare that you meet the liability insurance requirements. If you're thinking of changing providers, start the

process now so that your new plan is in place by annual renewal.



To maintain your College registration your liability insurance must have:

a minimum coverage of $5 million dollars for the annual policy period a liability limit of at least $5 million dollars per incident

no additional terms, conditions or exclusions, other than standard no deductible

tail insurance for a minimum of 10 ten years

## Are you covered? Take a minute to double check your policy.

[**Liability Insurance Requirements**](https://www.collegept.org/members/PTaccountabilities/liability-insurance-requirements)

**New Case of the Month: The Truth Always Comes Out**

The message in this month's case is simple... don't lie to your regulator.

Find out what happened when an applicant omitted a number of very pertinent details when applying for registration with the College in a new Case of the Month. A checkered past including criminal charges, history of professional conduct, fleeing a country to avoid the regulator – you don't want to miss this one.

[**Read the Case**](https://www.collegept.org/case-of-the-month)

# Reminder: What to Do if a Patient is Talking About Suicide

Statistics show that many people experience increased stress or mental health challenges around the holidays. Recently, PTs have been asking the Advisors what they should do if a patient mentions or threatens suicide.

## Remember that it is not the role of a physiotherapist to provide counselling or coaching if a patient is talking about suicide, but you can share resources with them or make a referral to a trained professional or service.

So what should you do? **Actions:**

Sit down next to the patient, look at them, and let them know you take their

comments seriously. Tell them you want to help.

Ask the patient if there is anyone they can call for support, such as a Doctor or family member. Offer to make the call or help them make the call. Remember to get their permission to disclose details.

If the patient does not want you to call their Doctor or family member, offer some [additional resources. You can find a list of resources by **visiting the College website** .](https://www.collegept.org/members/pt-resources/patient-support-strategies)

Encourage the patient to call one of the help lines you provided immediately if they have further thoughts about suicide.

Document in the patient’s chart any concerns that you have identified, and any plans that you discussed together.

## Considerations:

Evaluate if the patient is in imminent harm, for example if they have shared details of

a suicide plan.



Ask if physical pain or another issue is contributing to their thoughts of suicide. As a PT you may be able to directly help with the pain.

If the risk of suicide does not seem high and the patient wants the information kept confidential, although difficult, you MUST not disclose their information.

Tell the patient if you think there is a serious risk and you plan to call 911.

[**Strategies to Support Patients at Risk**](https://www.collegept.org/members/pt-resources/patient-support-strategies)

[**Free Mental Health Resource: Big White Wall**](https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%252)

## An online mental health and well being service from the Ontario Telemedicine Network and the Ministry of Health and Long- Term Care.

Big White Wall is an excellent tool to share with patients who are experiencing mental health challenges and don't know where to begin looking for support.

Big White Wall is a free, online support system that offers:

Anonymous peer support

24/7 moderation by clinically trained ‘Wall Guides’ Self-guided courses

Self-improvement tools and resources

Safe space for people to express themselves without judgement

If you have any questions about supporting patients with mental health challenges, contact Practice Advice at [**advice@collegept.org**](mailto:advice@collegept.org)or 1-800-583-5885 (extension 241).

[**Visit Big White Wall**](http://bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f)

# PISA: Coming February 1

Thinking about PISA lately and wondering when you can expect an email? Well, this year PISA will take place from February 1 to March 31, 2020, so it's coming up!

## What is PISA?

PISA stands for Professional Issues Self Assessment and it's a short, online exercise that must be completed annually by all registered physiotherapists (both Independent Practice and Provisional Practice Certificate holders).

PISA is an opportunity for you to assess your awareness of practice issues, reflect on practice-related questions and have a look at resources and Standards on the College’s website. The questions are multiple choice and there is no pass or fail – you just need to complete it!

Stay tuned for more details in the new year and be sure to check out our PISA FAQs if you have further questions.



[**PISA FAQs**](https://www.collegept.org/members/PISA)

# Register for a College Event in the New Year - North York & Toronto

**Everything You Need to Know About the Rules**

The College is travelling across the province to meet with PTs and others for coffee, sandwiches and good conversation.

Senior Physiotherapist Advisor, Fiona Campbell, PT will cover a range of popular topics – from working with physiotherapist assistants, to consent, to privacy, to record keeping and more.

Thanks to everyone who has attended an event so far. We're taking a pause over the holiday season and will be back with events in **Toronto and North York** in the new year. If you can't make it in person, don't worry – we'll be hosting a webinar in March.

Watch your email inbox, read Perspectives e-newsletter and visit [**collegept.org**](http://www.collegept.org/)for more details.

Please be sure to register if you plan on attending so we can ensure there is enough space and food for all.

[**Register Now**](https://www.collegept.org/about/college-events)

**Practice Advice Question**

*I live in Ottawa and many patients who live in Quebec travel to my practice for treatment.*

*I'm registered to practice in Ontario, but do I also need to register with the Quebec regulatory body as I am treating patients who live in*

*Quebec?*

[**Get the Answer**](https://www.collegept.org/members/practice-advice)

**Myth vs Fact**

*A patient has the right to record their interactions with the physiotherapist.*

Is this a myth or a fact?

[**Find Out**](https://www.collegept.org/members/practice-advice/myth-vs.-fact)

# Thank You for Updating Your Employment Information

We would like to thank everyone who took the time to update their employment information in the PT Portal. The Canadian Institute for Health Information provides essential information about Canada's health system, and at the end of each calendar year, the College is required to provide them with statistics about physiotherapists and their practice settings.

Your cooperation in this is sincerely appreciated. Approximately 6,000 PTs were asked to update their information and there are only 19 updates outstanding.



Thank you!

The College would like to welcome our newly registered physiotherapists.

[**View the List**](https://www.collegept.org/rules-and-resources/perspectives-newsletter/welcome)

Comments or questions related to Perspectives?

Get in touch at [communications@collegept.org](mailto:communications@collegept.org) or 1-800-583-5885 ext. 234. [www.collegept.org](http://www.collegept.org/)