**Physiotherapy Pain Association: AGM January 20th 2017, Scotland**

**Chairman’s Report 2016**

The pressures on training budgets and time which have increased over the past year have brought challenges, however the PPA has responded to this and the Executive Committee have worked tirelessly to engage the membership and to continue to promote the role of physiotherapists in the management of both acute and chronic pain. My thanks go out to all of the exec and non-exec officers for their contribution and enthusiasm.

A focus of raising the profile and extending the sphere of influence of The PPA has been developing our relationship with The British Pain Society. Having both Heather Cameron and Paul Cameron on BPS council have raised the profile of the physiotherapists and The PPA. I am delighted that although Heather is standing down from her exec role after many years of service and a huge contribution, that she is willing to take on our co-opted link role to The BPS to ensure this relationship is nurtured and continues to be developed.

The introduction of the GoCardless payment system supported by The CSP has made the management of memberships easier for members and has also allowed us to develop online payment systems for training events. Starting with the PPA Conference in Edinburgh this year.

PTE and the PPA have continued to work together to deliver study days introducing the principles of cognitive behavioural pain management and to assist physios in assessing and supporting managing issues around sleep. The feedback from these events continues to be highly positive and Pete Gladwell continues to review and develop the content in response to this.

The Framework Document developed in 2014 had brought suggestions of developing competencies which can be assessed and support professional development. A working group has been formed to start this work drawing on experts in the field as we start this piece of work. We will be looking to get feedback from members during the course of the development and would love to hear ideas from members about how we can engage to membership.

The Journal of Pain and Rehabilitation continues to provide high quality content and to attract a broad range of content. Cormac Ryan and his editorial team also continue to work with those new to publication to support them through the process, this is a great opportunity for those who feel they have something to offer, but who lack confidence in writing.

The PPA continues be be a living, thriving organisation and the time people give up to support our work is of huge value. It is fantastic that we have people willing to stand for re-election, and also that we have new members keen to get involved in the work of the PPA. As a committee we are keen to work for value for all members and welcome feedback on the work we are doing and projects you would like to see the PPA become involved in.

 **Sarah Wilson**

**Honorary Chairman PPA**

**PPA North Chairman’s Report 2016**

This has been a quieter year for PPAN. Last year (2015) we ran the ‘Great Scottish Explain Pain Off’ at QMUC in Edinburgh where we saw Lyndsey Ackerman appointed to PPAN secretary and Claire Campbell join the committee as Executive Committee member.

Over the course of this year Chris Seenan (Education Officer) has been heading up a project on pain education in the undergraduate curriculum that is beginning to bear fruit. The 3 other committee members have all left posts and started in new posts. So congratulations to all those who successfully applied for and started new jobs. It has meant that the focus has been on the day to day business of bedding in to our new roles and a little less on PPAN.

However, it has been with great pleasure that the PPAN committee have liaised with the PPA committee to coordinate and organise ‘Talkin’ ‘bout a revolution’. A massive thanks to everybody who has worked together on that.

Looking into 2017 there are opportunities for an interesting study evening through one of Andy Clark’s PhD students (he of the origin of the term ‘brain bound’ and Mick Thacker’s PhD supervisor) doing a session later in the year.

Thank you every body for your ongoing support as we look forward to 2017.

**Neil Clark**

**Honorary Chairman PPAN**

**Treasurers Report for 2015 PPA Accounts**

Unfortunately, whilst our accounts generated a profit of £919.45 in 2014, I have to report to the PPA membership that as in 2012 & 2013, the PPA accounts ended with a deficit. In 2015 the deficit was to the effect of £2477.04.

The largest expenses for the PPA remain printing of the journal, administration and hosting of the journal on Ingenta. Two issues of the journal were released in 2015, however in contrast to the 2 previous years, printing costs were down slightly in 2015 compared to 2014. The Editorial Board and PPA Executive Committee are investigating options to reduce printing costs but to ensure the quality of the journal remains. Administration costs are again a significant expense, but were down in 2015 compared to 2014 which may reflect an effort on the half of the PPA Exec to use the time of our Membership Secretary Emma Withers judiciously.

In 2015 there was an increase in expense of around a third in relation to the AGM, back towards figures seen in 2013. The PPA Exec are committed to using funding wisely for these events by accessing alternative funding streams where at all possible. There has again been a a significant drop in the cost for conference calls, down from £418 in 2013 to £230 in 2014 and to only £44.18 in 2015 due to the successful pilot and then move to a new provider of the service which is a huge cost reduction.

Income in relation to subscription fees showed a decrease in 2015 of around £1500. This is likely to be due to the change in membership price in 2013 and the grace period following this. However, the number of standing orders paid continued to drop again in 2015/6 reflecting a further drop in PPA membership. The Exec are considering how to respond to this to aim to reverse this trend.

2015 saw continued popularity in the courses run jointly by PTE and PPA. However, fewer courses were run this year, resulting in a decrease in income. However, all courses were run at a profit and a reduction in activity was also reflected by a significant reduction in course expenses.

**In summary,** 2015 has seen reductions in income for the PPA. However, we continue to maintain a strong financial position and have been very successful in endeavours to reduce costs where possible. We, the PPA Executive will endeavour to work within stringent budgeting to continue to provide value for money for our members and respond to the challenges seen in regards to income.

**PPAN**

In 2015, PPAN accounts showed an increase in expenditure in comparison to 2014 due to increased activity relating to course organisation. This also generated an increase in income generated from courses, but also an increase in expenses relating to this, which unfortunately exceeded income by a deficit of £213.00. Learning was gained regarding course organisation which will be taken forward for future years. As with the PPA, costs for teleconferences were significantly reduced in 2014 compared to 2013.

The PPAN remains in a strong financial position for a regional branch with healthy reserves. The PPAN Executive, like PPA endeavours to provide value for money to the members and work within stringent budgeting.

 Elizabeth Bradshaw

 Honorary Treasurer PPA



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**Education Officer’s Report**

Unfortunately, due to other commitments, our two Education Officers; Jo Etherton and Helen Dawson have stood down from this role. It is therefore pleasing to see that the Committee have received several nominations for this role. We thank Jo and Helen for their hard work and trust their efforts will be reflected in whoever takes over this position.

Pete Gladwell has continued to provide study days on behalf of the PPA, looking at the principles of cognitive behavioural pain management and providing advice on the assessment and management of sleep and the challenges that physiotherapist may have when treating patients who struggle with sleep hygiene. Feedback from these events is highly positive and both Pete and Emma continue to review and develop the content in response to feedback received. The PPA Committee are in the process of requesting the slides from the courses to enable them to review the course structure and content as well. They are already looking at courses for 2017.

As a Committee we look forward to the ongoing work of the future PPA Education Officer.

 **Judith Semmons**

**Honorary Secretary PPA**

**REPORT of PPA Research Officer Dr Pat Roche** Hon. Lecturer, College of Medicine & Veterinary Medicine, The University of Edinburgh

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I have enjoyed my role as Research Officer for the PPA, however, given my various other commitments in promoting pain education and management, it is time to let someone else have this opportunity. I am standing down from this role and look forward to the next Research Officer’s contribution to supporting the work of physiotherapy researchers, and to encouraging submission of their work to *Pain and Rehabilitation*.

Before going, I would like to reinforce my comments; written in my report for the 2015 AGM: Scientifically acceptable publications **cannot** be produced and delivered in a physiotherapist’s spare time – or even during an occasional half day allocated for ‘research’. Post graduate research physiotherapists can hardly fail to lose heart, and their right to a post-graduate research path of publication, on-going research and career development can easily get stymied in such a climate. In order to benefit the scientific, health professional and patient communities, clinical and academic managers are asked to ensure sufficient time for post graduate researchers to prepare and submit their work to scientific journals and sources of funding.

I would like to thank the PPA Committee for all their support. I will of course, continue membership of the PPA and I look forward to further participation.

Pat Roche

Honorary Research Officer PPA

**PPA PRO Report**

This year has seen some positive changes and also a bit of a slowing down on PPA PRO activities.

On the positive side Barbara Sharp has moved into one of the iCSP moderator roles and has facilitated content and discussions on iCSP providing even and balanced moderation as and when required. Sadly, Mary Byrne one of the longest standing moderators has taken the decision to stand down from the iCSP role. Over the years Mary has overseen and curated the content and discussions on iCSP and leaves the forum in good position with great discussions and some of the healthiest debate across the iCSP network.

Regards the other aspects of PRO activity things have slowed down due to outside commitments. The number of Happy Friday Links has reduced this year and whilst still enjoyable to put together and hopefully enjoyable to read I have been unable to match previous years’ output.

On social media we have now reached over 1000 followers on twitter and the facebook page gets regular views.

I have used twitter and facebook to promote PPA courses and events from outside groups with mutual interests. It has also allowed us to push out to members’ employment opportunities. The facebook page is set up as business page which doesn’t allow members to post content or comment and this is something I would like to change. It would be ideal to turn it into an area for members to swap ideas and connect with each other.

This year I submitted a motion on behalf of the PPA to ARC regarding promoting pain education in the undergraduate curriculum. Unfortunately at ARC there was not enough time for the motion to be heard or debated. This resulted in the motion going to committee. Unfortunately there was no further communication from the CSP on this. This has not been a satisfactory experience and does not lend itself to utilising ARC to promote issues related and around physiotherapy and pain, in the future.

I will be standing down this AGM following 5 years in the role. I have hugely enjoyed this position and it has meant working with and connecting with many great people in the UK and around the world.

The role has potential to develop the connection between PPA members, particularly through social media. Therefore somebody who has a passion for everything to do with pain and good social media skills would be ideally suited to moving into this position.

**Neil Clark**

**Honorary PRO PPA**