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Panhellenic Physiotherapists' Association (PPA), Athens, Greece

Introduction

- Panhellenic Physiotherapists' Association (PPA) is the official organisation for physiotherapy in Greece.
- The development of a new group is an example of planning organisational developments and leadership in specialised fields.
- This is the first scientific group in Cardiorespiratory Physiotherapy in Greece.

Purpose

- To create a Cardiorespiratory group within the PPA.
- To support colleagues, collaborate with international associations, and promote excellence in Cardiorespiratory Physiotherapy within the WCPT framework.



Picture 1.
Cardiovascular
clinical workshop,
Heraklion, Crete,
Greece.



Picture 2. Iron
lung. Visit to the
museum
"Sofia Sliman".

Approach

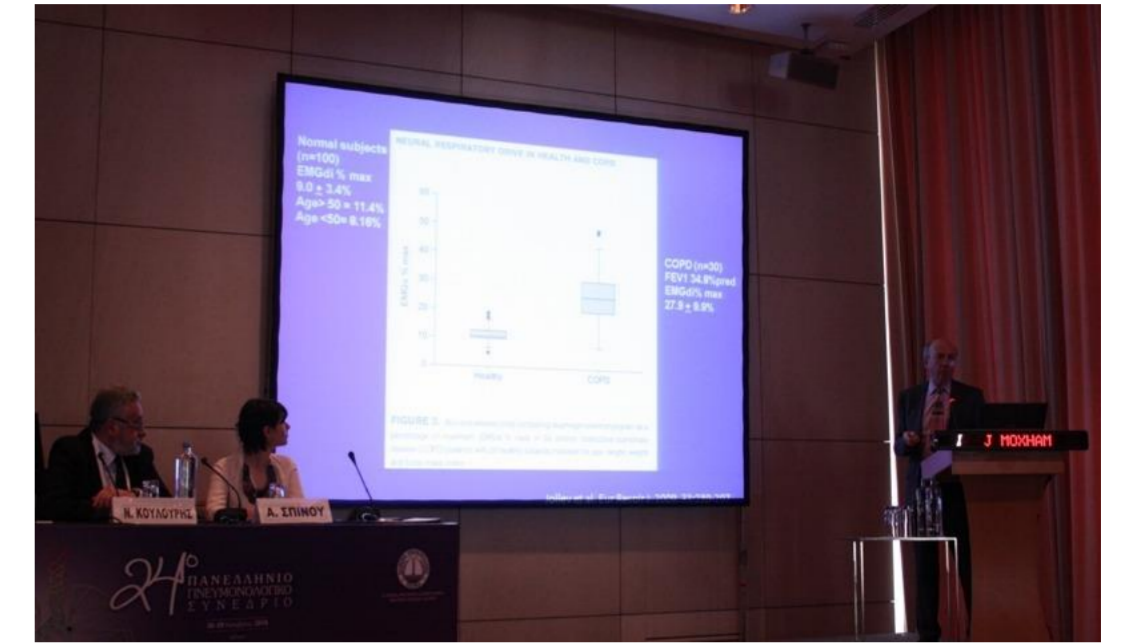
- PPA advertised an announcement for physiotherapists to express interest in developing groups of specialisation.
- PPA facilitated the first meeting of initial planning, with 24 physiotherapists.
- An expert physiotherapists group developed the aims, proposed structure and initial planning.
- The **Association of Cardiovascular and Respiratory Physiotherapy -Rehabilitation (TKAFA)** was designed with cardiovascular, respiratory, and intensive care unit (ICU) directions.
- A second meeting was organised and a 5-member committee was elected.
- The committee organised the nuclei, consisting of one coordinator and six members with postgraduate qualification and/or clinical experience.



Picture 4. ICU seminar, Athens, Greece.

Evaluation & Outcomes

- From March 2014 to October 2016, TKAFA has recruited 269 members.
- Since March 2016, TKAFA is a member of the International Confederation of Cardiorespiratory Physical Therapists (ICCrPT).
- TKAFA has organised, developed and successfully completed or continuous to perform a number of activities and projects, see **Table 1**.



Picture 3. Professor John Moxham
(Director of King's Health Partners, London)
at the respiratory physiotherapy seminar
that was organised in collaboration with the
Greek Thoracic Society, Athens, Greece.

Impact & Implications

- TKAFA was created as a section of PPA to promote the clinical application, recognition, research and education of cardiorespiratory physiotherapy in Greece.
- TKAFA has considerably increased public awareness about physiotherapy.
- The group continuously promotes clinical excellence and research.
- TKAFA has developed and maintains links to national and international organisations.
- Our activities and projects could result in future patient benefits and also to savings for the Greek National Health System.

Table 1. Presentation of TKAFA completed and ongoing activities and projects, along with their aims and outcomes.

Activities & Projects	Aims	Outcomes
Developed the website www.tkafa.gr , a Facebook group, and 3-monthly newsletters	<ul style="list-style-type: none"> • Present aims and activities • Enhance communication • Provide support • Inform on relevant news • Disseminate success and news • Maintain engagement 	<ul style="list-style-type: none"> • >120 website posts • >250 Facebook members • 9 newsletters
Organised small working groups (nuclei): cardiovascular, respiratory and ICU	<ul style="list-style-type: none"> • Facilitate project management • Create effective working groups • Increase accessibility to TKAFA 	<ul style="list-style-type: none"> • 5 patient information leaflets • 2 proposals to the National Health System • 1 audit on ICU physiotherapy responsibilities • 2 clinical guidelines papers in Greek
Organised CPD activities	<ul style="list-style-type: none"> • Promote clinical excellence • Improve networking • Raise our profile 	<ul style="list-style-type: none"> • 5 seminars conducted in Athens, Crete and Central Greece (pictures 1, 3, 4) • 554 seminar participants • national and international experts as speakers • participation in 2 national congresses • finance income (TKAFA, PPA) • collaboration with the Hellenic Thoracic Society and the Greek ICU Association
Organised social and cultural events	<ul style="list-style-type: none"> • Improve networking • Attract members • Have fun whilst learning 	<ul style="list-style-type: none"> • visit to the respiratory medicine museum "Sofia Sliman" (picture 2)

Abbreviations. PPA: Panhellenic Physiotherapists' Association; TKAFA: Association of Cardiovascular and Respiratory Physiotherapy-Rehabilitation; ICU: intensive care unit ; CPD: continuous professional development.

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