

Haemophilia Chartered Physiotherapists Association

The HCPA consists of chartered specialist physiotherapists with an interest in the physiotherapy management of people with Haemophilia and other bleeding disorders. This group was initially established to provide support and networking opportunities for individuals in the field and to help others new to the specialty. Over the years it has developed to become an exciting forum for new ideas and ways of working, enabling research and promotion of physiotherapy as key component in the MDT management of Haemophilia.

HCPA Education/ Continuing Professional Development

After the annual meeting in February 2011, it was decided to trial 2 further meetings of the group – one in the north, and one in the south. This was in an attempt to further cover specific topics of interest to individuals that could not be included in the main annual meeting. The topics included:

- Review of the HJHS tool
- Presentation on the MSK complications of HIV
- Physio standards in Haemophilia
- Discussion of potential research projects

These further meetings were extremely well received and it is hoped this can continue in further years.

The annual Physiotherapy educational meeting and HCPA AGM, funded by an educational grant from Bayer Healthcare, were held in Birmingham in February 2012. Now in its sixth year, it continues to be full and productive meeting with attendee numbers growing each year.

Following feedback from participants from the previous meetings, the theme of this years meeting focused on management of soft tissue bleeds – primarily muscle haematomas. It included:

- Pathobiology, pathophysiology, rehabilitation and complications of muscle haematomas, both in Haemophilia and what we can learn from sports medicine.
- A 'debate' style presentation on the pros and cons of both Electrotherapy and Plyometrics as interventions for muscle haematoma rehabilitation.

The programme for the 2013 meeting has already been formalised. It will focus on a review of the HJHS application in children and how it may be used in the adult

population. It will be a practical training day for all physiotherapists to try and address training needs and any questions arising from using the tool. Physiotherapist members of the WFH prophylaxis study group who helped develop the tool will facilitate the training. It is hoped all Haemophilia Centre Directors will encourage their physiotherapists to attend.

Ongoing from last year is the completion of an update to the current professional standards for Physiotherapists in Haemophilia care. They have been written to compliment the national standards from the Chartered Society of Physiotherapy. These documents have been presented to the MSK working party group for inclusion as a reference tool in the upcoming documents on service provision.

Haemophilia Physiotherapists continue to be represented on a national level in both the UKHCDO Clinical Outcomes Group and Musculoskeletal working party, as well as the Haemophilia Alliance meetings, and advising on patient education information programmes by Industry providers. The HCPA is also a represented member of the National CRG for Haemophilia.

Paul McLaughlin,
Chairman, Haemophilia Chartered Physiotherapists Association
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