



ENVIRONMENTAL PHYSIOTHERAPY

Eva Mengel, Steinunn A. Olafsdottir, Filip Maric, Volcmar Visser

WORKSHOP

AGENDA

Introduction
Discussion
Examples
Collabaration
Putting into practice



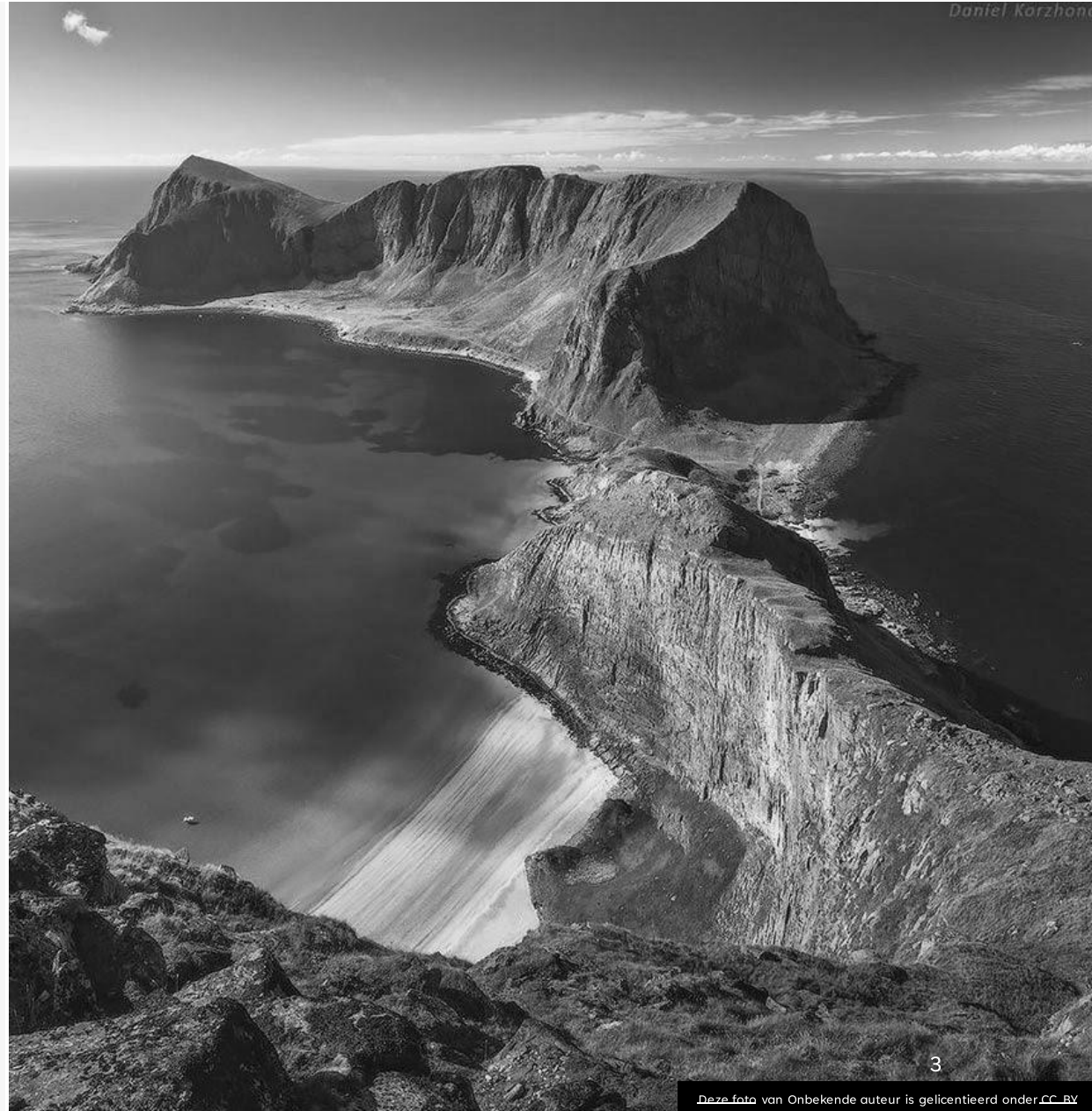
PADLET

<https://padlet.com/visserv/reqlqwc6iwckb5t>

INTRODUCTION

By Filip Maric

2022



Daniel Korzhonov

DISCUSSION

Which part, discipline or practice of physiotherapy is not related to the environment, environmental and sustainability issues in one way or another?

COLLABORATIVE BRAINSTORMING

What do you teach and how could environmental and sustainability elements connect there?

Write idea's on Padlet

EXAMPLE

Steinunn A. Olafsdottir

2022



Students perspectives on Environmental Physiotherapy

- Recorded lecture using the resources from the EPA website:
 - the concept of environmental physiotherapy – and the Environmental Physiotherapy Association
 - the environmental impact of the human activities and the greenhouse gas emissions by the (western) healthcare system
 - change in consumption in last 100 years
 - human activities and effect on health sustainable future
 - human-driven decline of nature
 - Western healthcare and impact on the environment physiotherapy and the environment / environmental physiotherapy
 - green spaces and pain

Students perspectives

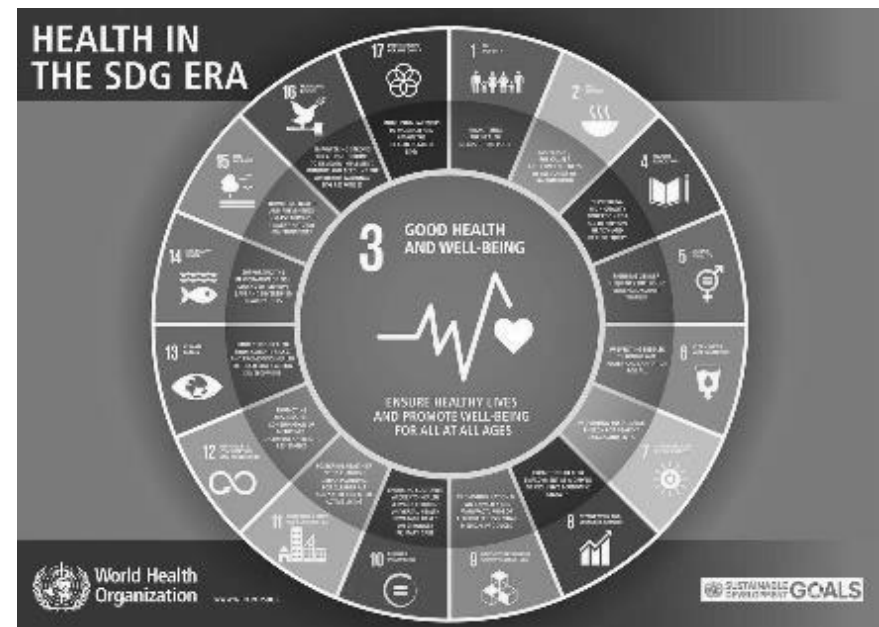
- Written reflection on the lecture (+/- 500 words)
 - Does this knowledge matter to physiotherapists?
 - What do you feel was the most important subject? Why?
 - Was there something that surprised you?
 - How can you relate to the Icelandic community and/or physiotherapy in Iceland?
- No wrong or right answers!

Students perspectives - quotes

- Physiotherapists, along with other healthcare professionals, should participate a lot more when discussing i.e. environmental issues and municipal planning.
- “Environmental mess” is very systematic but the consumers are usually hold responsible for it. Therefore, I think it is highly relevant for the university to take the initiative to try and reduce this mess at it’s very root, including among future healthcare professionals.
- Physiotherapy might not be the most important or obvious area to improve the environment or sustainability. Still, it is important for physiotherapists to be aware of how their job affects the environment and how they can use different ways to avoid negative influences on the environment.
- I want to start by saying that these subjects are highly important and should definitely be discussed a lot more! – I am very glad to see that this discussion has started at the university. Students take this knowledge with them when they start working as physios. This is an important step into the right direction.
- One thing that surprised me was to see how being outside in green spaces, seems to have positive effects on pain experience of individuals.

Workshop on the UN Sustainable Development Goals

- Module/course: Health Promotion I
- 2nd year PT students (BSc) , total of 34 students
- Aims:
 - Improve knowledge of SDGs
 - How can SDGs be related to health and physiotherapy?
 - Prepare short presentation in short time!



Workshop on the UN Sustainable Development Goals

- Each pair of students assigned one goal
- 30 minutes to prepare a three minute presentation
 - What is the aim of the goal?
 - How does this goal relate to the 3rd goal on health and wellbeing? (using the picture from WHO)
 - What are the challenges in Iceland? / How challenging is this goal for Iceland?
 - How can you relate this goal to physiotherapy?



MORE EXAMPLES

a) On the website

b) SDGs

**DISCUSSION
QUESTION:**

Are you integrating SDGs in some way?
How could you link them to the ideas you wrote on the padlet?



WHAT TO DO
WHEN FEELING
GREEN?

PUTTING THINGS INTO PRACTICE / TEACHING

‘What do you teach and how could environmental and sustainability elements connect there?’

Can you write down an example in the Padlet where in your curriculum
EP is already there or where you are going to put it in?

SUMMARY

It's not only urgent to implement these topics into physiotherapy and PT education, but it's actually easy and fun to get started.

