



# EPT AGENDA 2023

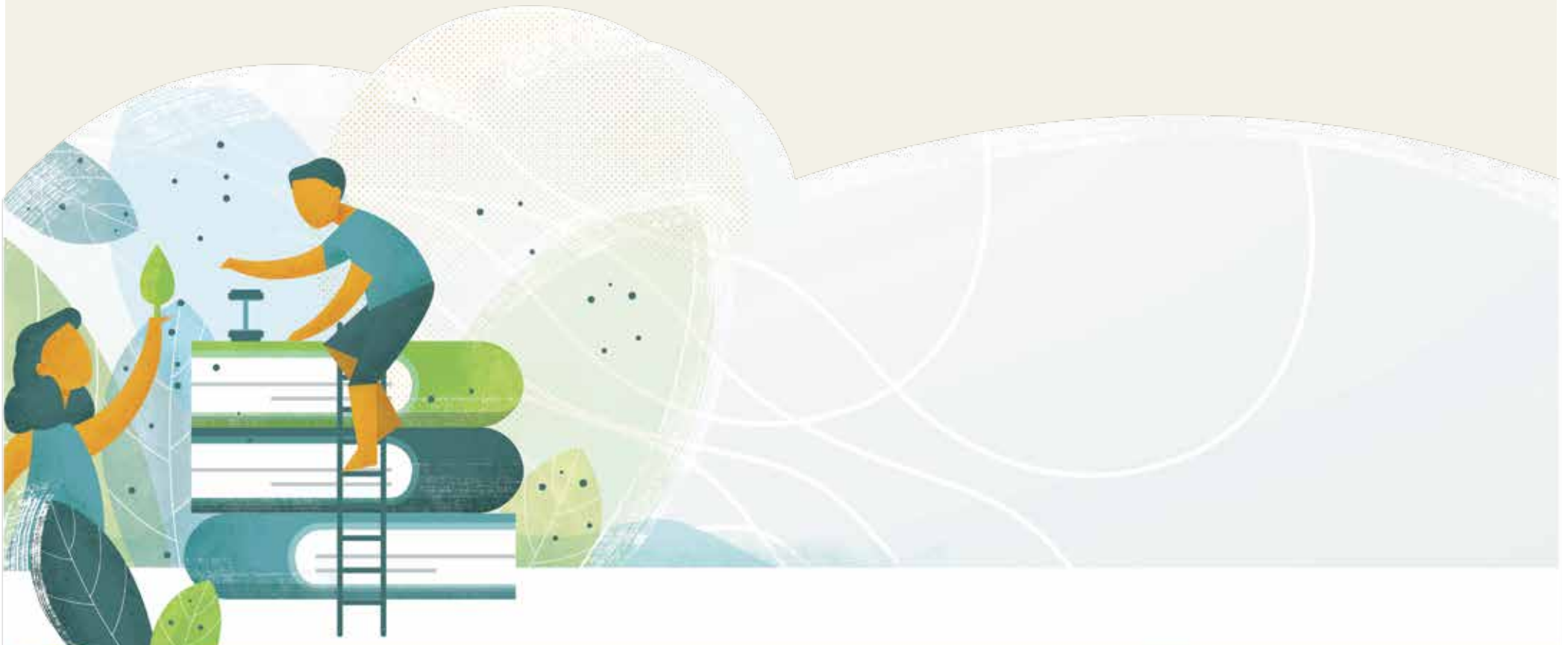
*The time is now!*

Official presentation slides

**#EPTAgenda2023**

**Full PDF publication:**

Maric, F., Nicholls, D., Mostert, K., Culpan, J., Stone, O., van Wijchen, J., Kennedy, M., Long, I., Bundtzen, T. (2020). The Environmental Physiotherapy Agenda 2023. Oslo: Environmental Physiotherapy Association (EPA). ISBN: 978-82-303-4491-0



## **A global call to action:**

To ensure that every student beginning entry-level physiotherapy education from 2020 onwards will have education regarding the relationship between the environment and human health and functioning, and how this pertains to physiotherapy, as part of their programme.

In light of entry-level programmes around the world commonly taking around four years, the EPT Agenda 2023 is set out as a four-year plan. The hope is that this would provide physiotherapy education institutions enough time to reach all students that have begun their training in 2020.

# Content and Methods

Each school or university is free to decide what content they want to work with and what teaching approaches they might want to take.

Several possibilities are pointed to in the Agenda, yet the hope is that the Agenda will draw out **a diversity of content and approaches that will reflect the different schools' political, professional, cultural, social, and environmental contexts.**

**Examples for content:** Positive contributions of the environment to health; negative impacts of climate change and environmental degradation on human health; philosophical, historical, social, political and economic issues; SDGs and similar policies addressing health and environmental issues in conjunction; planetary health, sustainable healthcare, etc.

**Examples for methods:** Face-to-face, digital, clinical, participatory, standalone content, interweaving with existing content, etc.

# Examples for curriculum integration

## Example 1) Physical activity and active transport

Combining physical activity prescription with active transport vs passive transport recommendations.

Being able to differentiate when active transport recommendations are clinically feasible.

Understanding and being able to explain co-benefits to colleagues and clients.



# Examples for curriculum integration

## Example 2) Social determinants, health and SDGs

Understanding how social determinants link to environmental degradation and health, e.g. via the effects of clean water and sanitation that are often lacking behind in poor areas (SDG 6), and the resultant health effects of the social gradient (SDG 10).

Identifying ways that healthcare professional work can have a direct impact on people's health and wellbeing via impact on social determinants like poverty and access to services.



# More on the rationale

- Environmental degradation is threatening human health (air pollution, climate change, biodiversity loss, land-systems change, natural disasters, etc.)
- Health impacts includes increases in: NCDs, malnutrition, obesity, infectious and vector-borne disease, trauma and injury, climate migration, displacement and conflict, and associated mental health problems.
- Key insight: Human health depends on environmental integrity. This must be recognised in healthcare research, theory, practice and education.
- Young people, healthcare and PT students from around the world are calling for us to act on it. Other healthcare professions are already working on this integration.
- It is also happening in international strategies and policies like the SDGs, WHO Global Strategy on Health, Environment and Climate Change, and others.
- PT has a strong historical link to the environmental that can be built on with confidence (e.g. low-carbon modalities like movement and touch).
- It is time to develop all this further with care, criticality, and creativity.



# Challenges and reservations

Turn challenges into opportunities by acknowledging and discussing them with students, thus making them the focus content of collaborative learning, research and development.

Exemplary challenges featured in the Agenda:

- Crowded curricula
- Legal restraints
- Relative shortage of content and expertise
  - build on the work of our colleagues across other healthcare professions, and reframe and draw more on and what is already available within PT.
- De/colonialising curricula
  - Minimise specification of content and methods to encourage diversity.





# Lists of signatories

## Individual signatories:

Grassroots petition for individual clinicians, academics, professional representatives and students.

## Supporting organisations:

A show of support by small and large professional physiotherapy and other healthcare organisations backing the EPT Agenda 2023.

## Participating Institutions:

Institutions expressing their commitment to achieving the aim of the EPT Agenda 2023 and participate in a proposed collaborative project.

# Project proposal



**Part 1:** Collaborative refinement of EPT Agenda 2023.



**Part 2:** Development of an online, open-access inspiration-base for EPT education. Feedback provided from participating schools and universities will be collated and made available online in an exciting, novel manner that will facilitate further research, development of education on environmental and sustainability perspectives in PT and other healthcare professions.



**Part 3:** Production of summary report.

# Final words

Achieving the aim of the EPT Agenda 2023 will enable us to make a greater contribution to planetary health than ever before, especially as we collaborate to achieve the Agenda aim. This includes **working together internationally, as a global profession, as well as interdisciplinary, cross-cultural and cross-generational collaboration.**

In the final instance, the purpose of the EPT Agenda 2023 is for us to contribute to health, wellbeing and flourishing in a manner that respects and thrives on the inseparable relationship between human health and our planetary environment.



# Resources and references

An indicative range of existing resources and references that could inspire environmental physiotherapy education are provided on the EPT Agenda 2023 website and pdf publication. These are especially those currently less endemic to physiotherapy so far, including sustainable healthcare, planetary health and the UN SDGs:

- Sustainable healthcare and planetary health centres and networks.
- Sustainable Healthcare training tools.
- Inspiration from indigenous knowledges, philosophy, social sciences and humanities.
- Articles on sustainable healthcare education.
- SDG teaching tools and resources.
- Other references cited in the EPT Agenda 2023.





#EPTAgenda2023



[www.eptagenda2023.com](http://www.eptagenda2023.com)