Report on UWC – MU Linkage Exchange:
Capetown, South Africa, February 20 – March 9, 2009

The purpose of the ongoing linkage between the UWC Dept of Physiotherapy (UWC PT) and University of Missouri Department of Physical Therapy (MU PT) is to enhance internationalization and cross-cultural understanding and enrich the educational environment and professional development of students and staff/faculty. Although this purpose has been updated since 2007, our underlying theme remains the same: To promote a global perspective and cultural competence at both institutions.

The re-statement of shared purpose came about from experiences and discussions resulting from the exchange visits by UWC staff to MU in 2008 and by MU staff to UWC in 2009. During the visits and continuing communications between these two visits, we have come to know each other better. We now have a broader appreciation for our shared values and activities; our differences in terms of curriculum and institutional expectations; our common goals for the future of our departments, as well as the evolving profession of physiotherapy and the contributions of physiotherapists to health and quality of life in the world today. We have expanded our purpose beyond the confines of shared curriculum as we have recognized the strengths and opportunities that exist in the broader context of our common missions of education, research and community service.

The current purpose is supported by clearly defined and prioritized goals and activities that arose from open discussions between our two departments. We have recognized that continuing, productive collaboration and linkage will be successful only if we move forward with an orderly process. To achieve our objectives, this process must be clearly described, agreed upon and integrated into the ongoing work and objectives of both departments, and congruent with the mission of our universities and the UMSAEP.

The following report is divided into two sections: I. Report on the MU to UWC Linkage visit between February 20 and March 9, 2009; and II. Plans for Moving Forward.

I. MU to UWC Linkage visit: February 20 to March 9, 2009

Evan Prost, Clinical Instructor and Department Information Technology liaison and Marian Minor, Professor and Chair of the MU Department of Physical Therapy traveled to the University of Western Cape on a UM/UWC Linkage Program grant from the University of Missouri South African Education Program (UMSAEP). The stated purpose of the visit was to collaboratively develop and evaluate curricular content for students at both universities to further cultural competency and capacity for evidence-based practice. We planned to begin work in January of 2009 and finish the work by May 2010.

Before arriving at UWC, we began communicating in November 2008 regarding training and teaching activities as well as expectations and resources. We explored possibilities for communication via Skype, videoconferencing, open access web sites and use of the MU
Blackboard resource. In January 2009, UWC and MU students were oriented to the program and plans were made for students to communicate via video conferencing on Wednesday, March 4. Additionally, preparations were made between MU and UWC to arrange the student and staff time necessary to conduct PBL sessions at UWC. Additionally, plans were discussed to make efficient use of our time at UWC and a visit schedule was developed and agreed upon in January 2009.

Progress as a result of the visit:

- Identified areas of mutual benefit and resources for continuing collaboration and linkages
- Outlined broad scope of plan to accomplish agreed upon goals and activities
- Increased understanding of the issues and concerns facing the two programs, universities and countries. For example: needs for professional continuing education in SA and USA particularly in the areas of evidence-based practice, ethics and human rights; role of the university in offering relevant continuing education programs; resources for rehabilitation in the SA and USA health care environments; unmet needs in undergraduate and postgraduate curricula; community-based rehabilitation and health promotion in SA; interests in internationalization of staff and students, and need to discover opportunities to support travel between the two countries.
- Orientation of UWC faculty/staff to PBL and experience as PBL tutors with 3rd year UWC students
- Overview of evidence-based practice (EBP) tutorial to UWC staff and clinical supervisors
- Consultation with UWC staff regarding curricular thread for EBP
- UWC-MU student videoconference. Students were prepared and onsite. However, the video conference was not successful due to technological difficulties.

Visit Highlights:

1. Educational Presentations to UWC students, staff and clinical supervisors.
   - **EBP Workshop:** Conducted a demonstration of comparative search results using both PubMed and Google Scholar®. The limited specificity and quality with use of Google Scholar® was emphasized. Demonstrated use of PubMed field tags, e.g. [au], [ta]. It was suggested that the Journal tag, [ta] can be harnessed to search an in-hand collection of print journals, especially when electronic articles are not available as full text.
   - **PBL experience:** Orientation and training was provided to UWC PT staff to serve as PBL small group tutors. Students were introduced to the PBL learning format and participated in two small group PBL sessions in which they assessed the case, posed relevant questions and developed intervention and outcome measurement plans. Students and faculty evaluated the PBL experience. And provided feedback.
   - **Health care in US and South Africa today:** Lecture and discussion session with UWC students.
• Physical Therapy Education and Practice in the U.S. Presentation and discussion with UWC PT students.

2. Discussions/Consultations between UWC-MU faculty
   Discussions will continue with Professors Patricia Struthers, Jose Frantz, Anthea Rhoda, Julie Phillips, and Michael Rowe to identify areas of mutual interest and curricular opportunities.

3. Videoconference with 3rd year UWC and MU PT students: Students prepared for this conference through prior communication via email to ask each other questions and prepare responses that would focus their videoconference conversations. Technical difficulties interfered with the success of this event as MU students could see and hear the UWC site, but UWC could neither see nor hear the MU site. Some communication occurred, but not at a satisfactory level.

4. Travel to clinical and community sites
   Heideveld Community Health Center, Western Cape Rehabilitation Center
   Paarl – C.T. Newman Community Health Clinic, District clinic, Paarl Hospital
   UWC campus Student Physio Clinic

5. Meetings with UWC Administration
   Dr. Ratie Mbofu, Dean Community and Health Sciences
   Dr. Jan Persens, Dean, International Relations

II. MU-UWC: Moving Forward

The purpose of the ongoing linkage between the UWC Dept of Physiotherapy (UWC PT) and University of Missouri Department of Physical Therapy (MU PT) is to enrich the educational environment and professional development of students and staff/faculty and enhance internationalization and cross-cultural understanding.

The current purpose is supported by goals and activities that arose from open discussions between our two departments. We have recognized that continuing, productive collaboration and linkage will be successful only if we move forward with an orderly process. To achieve our objectives, this process must be clearly described, agreed upon and integrated into the ongoing work and objectives of both departments, and congruent with the mission of our universities and the UMSAEP program.

To accomplish our purpose, we must sustain linkages and collaborate in the fields of education, research and outreach. Potential projects are described in each area accompanied by rationale and supporting activities.
Education

- Co-develop and evaluate cross-cultural teaching modules on the topics of: 1) Evidence-based practice, 2) Writing case reports, 3) Development of funding proposals, 4) Ethics and Human Rights, and 5) Health Literacy.

  **Rationale:** Free standing teaching modules are a versatile resource for education for a wide range of audiences and uses. The availability of a teaching module provides a ready resource for a presentation, curriculum addition or self-directed study. UWC and MU have identified needs for the topics listed above for a) required continuing professional development (CPD) in SA and continuing education (CE) in the USA; b) post graduate student training, and c) undergraduate student curriculum

  **Activity:** We have prioritized the module development process to begin with topics 1-2. The actual collaboration for development will be performed by specific staff identified at each institution and integrated into workload duties.

- Co-develop and evaluate a targeted Problem-based Learning (PBL) curriculum for UWC

  **Rationale:** MU uses PBL as a major portion of the semester schedule for students in the last 1 ½ years of the program. The intensity of instruction and time required is not entirely compatible with the UWC program. However, after a PBL experience, UWC staff believe that use of the PBL method could be incorporated meaningfully and efficiently into an applied course in the third or fourth year to foster active learning, teamwork and provide an experience in application of knowledge and skills.

  **Activity:** UWC staff will select the course and identify the areas of knowledge and skills that have been covered and would be appropriate to include in a PBL case. Evan and MU staff will assist with resources and logistical methods to collaboratively build an appropriate PBL case for the UWC application.

- Co-develop and post culturally specific and cross-cultural cases on the Virtual Health Care Team website.

  **Rationale:** The first phase of case study interaction between the two schools began with an introduction to PBL philosophy and method in Feb-Mar 2009. In September 2009, the UWC physiotherapy department will make decisions on how to develop and implement a PBL case into the Applied Physiotherapy coursework. After UWC has integrated a working PBL case, a phase II collaboration would be for the two department to collaborate in developing two "parallel" PBL cases that present a person with the same pathology, impairments, and intervention needs, but that differ in cultural context.

  **Activity:** These “parallel cases would be designed to contrast the patient's experience and also the health care delivery system in respective countries. The platform for delivery could be on the MU School of Health Profession’s Virtual Health Care Team
Research

We will continue to explore opportunities for collaborative research activities. Activities include faculty research study collaborations, co-supervision of research and theses of post UWC graduate students, and faculty pursuing advanced degrees, and continued travel exchanges between UWC and MU faculty and graduate students.

Community Outreach and Service

We will continue to investigate opportunities for faculty and student travel to participate in community-based rehabilitation, community service and professional interactions in our two countries.

Summary

The linkage visit was extremely productive. The planning done prior to the visit allowed efficient use of time while in the country to carry out agreed upon activities and move forward with discussions regarding future cooperation. Being at UWC during the school year allowed the MU faculty to better understand the curricular format of UWC, and the PBL experience informed UWC more fully of the needed resources of time and faculty to conduct PBL learning. UWC faculty will explore the inclusion of modified PBL//case-based learning as a method to integrate knowledge and skills in certain classes. The interest in evidence-based practice both within the PT curriculum and as a continuing education offering was notable and will be pursued. Joint ventures in writing and educational programming are underway. We thank the administrator ion, faculty, staff and students at UWC for their hospitality and genuine commitment to enriching our programs in terms of internationalization. We also thank the UMSAEP for the opportunity to continue and strengthen the UWC-MU link in physiotherapy, and for the guidance and support that made this experience both productive and enjoyable.

Submitted by:

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