

## LEGISLATION of Kinesiology Practice

(adapted by CKA and translated from a FKQ Document “Professionalisation du Kinésologue” - Feb 2018)

### A REPRESENTATIVE AND PROFESSIONAL ASSOCIATION

Provincial Kinesiology Associations (PKAs) are not-for-profit organizations per province that bring together over thousands of members and accredited kinesiologists to total over 3600 affiliated practicing kinesiologists in Canada. Kinesiologists offer services professionals in several fields (physical fitness, rehabilitation, physical preparation, etc.) and its primary means of intervention is human movement. To ensure the quality of professional services, the PKAs require its accredited members to have a university degree, to respect the kinesiologist code of ethics and in some provinces, to have successfully completed a professional examination allowing them to practice their profession under the title of accredited kinesiologist in Quebec, Registered Kinesiologist in Ontario and affiliated kinesiologist in other provinces.

Here is information on how Ontario and Québec undertook the process of legislating the practice of kinesiology in their respective province.

In Quebec:

#### CONTEXT AND HISTORY

Since 2004, and more intensively since 2012, the Federation of kinesiologists in Quebec requested and held meetings with several professional associations and many professional orders, with the aim of raising their awareness of the role of the kinesiologist in the protection of the public with regard to safe practice physical activity. Thus, among other things, the FKQ met with these organisations last years:

- The Professional Order of Physiotherapy of Quebec (2004-2013-2016)
- The College of Occupational Therapists of Quebec (2004-2013)
- The Collège des médecins du Québec (2010-2014)
- The Professional Order of Dietitians of Quebec (2013)
- The College of Podiatrists of Quebec (2014)
- The Order of Chiropractors of Quebec (2014)
- The Ordre des pharmaciens du Québec (2014)
- The College of Nurses of Quebec (2014)
- The Professional Order of Respiratory Therapists of Quebec (2015)
- The Order of Psychologists of Quebec (2015)
- The College of Medical Imaging Technologists, Radiation Oncology and in medical electrophysiology of Quebec (2016)

In addition, more structured exchanges and meetings focusing on the advancement of professionalization of kinesiology between the OPQ (Quebec Profession Standard Board) and the FKQ have been running since February 2005 and more intensively since 2014. Since then, a major restructuring of the profession was done in order to harmonize it with the others professional orders in matters of public protection.

The FKQ submitted an application to obtain the recognition of Kinesiologist as health professionals in Quebec in 2013 to the OPQ. In 2015, the OPQ indicated that in light of the information collected, the situation of the kinesiologists met the criteria justifying the continuation of the process. Since then, two important additions documents have been submitted with the OPQ, Addendum 2015 on the assessment of injuries related to activities in kinesiology and Addendum 2017, on the portrait of the applicant group and on the injury assessment when carrying out certain evaluations, the professional autonomy of the kinesiologist, the interaction with colleagues in the field of health in an interdisciplinary context, and other critical elements of protection public. A decision is to be announced in early 2018.

#### A WORKING COMMITTEE ON INTERDISCIPLINARITY

In June 2015, a working committee on interdisciplinary services and the roles of actors within an interdisciplinary team at a Level 2 Rehabilitation therapist in a private clinic was formed.

The committee reviewed and defined precisely the roles of each of the actors within an interdisciplinary team. It wanted to promote best practice in vocational rehabilitation, as established by scientific evidence, with respect to relating to the care of a clientele presenting a persistent problem of physical health or Mental Health.

From this came a certification offer by the Interdisciplinary Rehabilitation Service currently owned by 48 rehabilitation clinics. This certification is overseen by the Federation of private physiotherapy clinics in Quebec, the Association occupational therapists in Quebec private sector, the Association of psychologists du Québec and the Federation of Kinesiologists of Quebec.

#### RESULTS OF A 2016 SURVEY

In 2016, the FKQ commissioned an independent agency to conduct a survey to kinesiologists, members and non-members of the FKQ. 695 questionnaires were completed, which is a very representative sample. So, out of the 950 members FKQ accredited, 49% of them responded to the survey, an excellent rate of participation! It is indeed exceptional to see a ratio of almost one out of two members had answered a survey, especially since several questions were very specific.

The highlights of the survey were included with the 2013 application, sent to the OPQ in 2017, namely the 2017 Addendum.

#### HIGHLIGHTS

78% of kinesiologists report that they often and very often have to perform evaluations with high risk of prejudices, an indication of the high propensity of their work in clinical activity of their practice. These fitness-related assessments imply accuracy, rigor and skills. They constitute the foundations of the profession for which their practice is usually supervised by professional orders to protect the public. That is to say that 92% of respondents said they make clinical assessments and use their judgment, which proves fertile ground for increase in prejudice.

Moreover, when results obtained after an evaluation do not allow him to sufficiently identify the appropriate follow-up action, the kinesiologist uses his professional judgment and clinical experience in 81% of case. It will therefore be a matter of interpretation as accurately as possible to determine the intervention plan required or the recommendation to a health care team interdisciplinary, to a medical diagnosis, to sports competition, or to a process hiring or returning to work.

Clinical judgment and resulting intervention plans related to physical health and different clientele, sometimes fragile and vulnerable are usual. The influence and impact of respondents on client seems very important, especially since they claim to be (92%) autonomous in their interventions and little supervised (only 13%). To this, add the fact that they do not for the majority (77%) have their their conclusions, impressions or reports approve.

On the notion of confidentiality, 82% have a private and safe place to make their assessment, or exchange with a client and consider that their workplace also support this respect and discretion. The professionalisation of the kinesiologists would surely improve this result since the new Order would highlight possible harm if confidentiality was not ensured.

41% of kinesiologists say they disclose their client's personal information without written authorization. In a context where ethics is rigorously applied, this result should be much lower. Such as stipulated in the code of ethics of the FKQ, professional secrecy is the obligation imposed on a professional to keep secret the information he obtains on his client in the exercise of his profession. However, there must be a need for a management organization, recognized and mandatory, to impose this obligation.

97% of respondents want kinesiologists in Quebec to form a professional order for the purpose of protecting the public. This interest is openly declared and concrete along with a solidarity and rallying movement – all unanimous. Moreover, 96% of respondents consider it important or very important to create a professional order formed exclusively of kinesiologists from Quebec. Again here, this result is an expression clear and firm of their desire to form a group and supervise their practice.

All these aspects are of particular importance since they are directly related to the notion of public protection, an essential mission in the field of health. The fact that there is no organization, formal and mandatory, structured to directing the public to lodge a complaint against a kinesiologist, master of his practice, must motivate the Office to want to put forward quickly a process aimed at supervising and professionalizing kinesiologists.

In Ontario:

To be completed