

WCPT mreža za promocijo zdravja v življenju in pri delu

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Uvod: Med fizioterapevti po svetu narašča število tistih, ki jih s strokovnega vidika vedno bolj zanimata promocija zdravja in preventiva. Po drugi strani pa ne vemo, ali fizioterapevti igrajo svojo vlogo pri promociji zdravja in preprečevanju invalidnosti, zato je bila ena od diskusij na prejšnjem kongresu World Confederation for Physical Therapy (WCPT) junija 2011 v Amsterdamu namenjena tej temi (1). Kot posledica omenjene diskusije je tako med fizioterapevti na globalni ravni nastala pobuda za ustanovitev nove mreže WCPT za promocijo zdravja v življenju in pri delu (2). **Namen:** Tovrstna mednarodna WCPT-mreža je osredotočena na promocijo zdravja v vseh pogledih, ki so vitalnega pomena za uspešno življenje in delo. Pokriva vrednote in težave, povezane s promocijo zdravja, wellnessom in preprečevanjem invalidnosti v vseh okoljih skozi vse življenje, vključno s težavami, povezanimi s spremembo vedenja. **Cilji:** Mreža ima pet glavnih ciljev, ki so navedeni v nadaljevanju: 1) spodbujanje fizioterapevtov, da bi promovirali zdravje in dobro počutje v življenju ter pri delu, zdrav življenjski slog in aktivno življenje svojim klientom oziroma pacientom; 2) prepoznavanje in mreženje fizioterapevtov oziroma članov WCPT, ki so tudi strokovnjaki na področjih promocije zdravja v življenju in pri delu, wellnessa, preprečevanja invalidnosti in vedenjskih sprememb; 3) izmenjavanje dokazljivega znanstvenega znanja, najboljših praks, idej, mnenj in promocijskega gradiva, povezanega s promocijo zdravja v življenju in pri delu, z wellnessom, preprečevanjem invalidnosti in vedenjskimi spremembami; 4) spodbujanje znanstvenega dela med fizioterapevti oziroma člani WCPT na področjih promocije zdravja v življenju in pri delu, wellnessu, preprečevanju invalidnosti in vedenjskih sprememb, kar bi posledično ustvarjalo spremembe v sistemu izobraževanja fizioterapevtov in v praksi, zato da bi vse skupaj postalo bolj usmerjeno k tem problemom; 5) promoviranje zdravja in dobrega počutja v življenju in pri delu, spodbujanje zdravega življenjskega sloga in aktivnega življenja med fizioterapevti, člani WCPT. **Članstvo:** V WCPT-mreži za promocijo zdravja v življenju in pri delu je članstvo brezplačno in odprto za vse fizioterapevte, člane WCPT, ki delajo na področjih promocije zdravja, wellnessa, preprečevanja invalidnosti in/ali vedenjskih sprememb, vključno s tistimi, ki se samo zanimajo za omenjena področja. Za članstvo lahko posameznik zaprosi po elektronski pošti tako, da navede svoje ime, državo, e-naslov, pripadnost WCPT-organizaciji, kratek opis svojega profesionalnega ozadja in področja strokovnosti na WCPT.HPLWmembers@workingtowardswellbeing.com. Prek članstva bo povezan s kolegi, ki imajo enako ali podobno ozadje in interese v njegovi državi in tujini. **Zaključki:** Promocija zdravja postaja zelo pomembna tema za WCPT. Zadnji svetovni dan fizioterapevtov je bil na primer osredotočen na gibanje za zdravje, zato se pričakuje, da bo glede na članstvo v prihodnosti mreža postala ena največjih WCPT-mrež.

Ključne besede: WCPT-mreža, promocija zdravja, fizioterapevti.

WCPT Network for Health Promotion in Life and Work

Background: There is an increase among those physical therapists in the world who are getting more and more interested in health promotion and prevention from their point of professional view. On the other hand we do not know if physical therapists play their part at health promotion and disability prevention. That is why one of discussion panels at the last World Confederation for Physical Therapy (WCPT) Congress in June 2011 in Amsterdam was oriented to that topic (1). Consequently an initiative was created among physical therapists on a global level for the establishment of a new WCPT Network for Health Promotion in Life and Work (2). **Purpose:** This international WCPT network is focused on the promotion of all aspects of health vital to successful living and working. This network covers the values and issues concerning health promotion, wellness and disability prevention in all settings across the lifespan, including issues related to behavioural change. **Objectives:** The network has five main objectives, which are quoted here: 1) facilitate physical therapists to promote health and well-being in life and work, healthy lifestyle and active living for their clients/patients; 2) identify and network with physical therapists/WCPT members who are also experts in the fields of health promotion in life and work, wellness, disability prevention and behavioural change; 3) exchange evidence-based/scientific knowledge, best practices, ideas, opinions and promotion materials related to health promotion in life and work, wellness, disability prevention and behavioural change; 4) facilitate scientific work among physical therapists/WCPT members in the fields of health promotion in life and work, wellness, disability prevention and behavioural change, consequently creating changes in physical therapy educational system and practice, so that it becomes more oriented towards these issues; 5) promote health and well-being in life and work; facilitate healthy lifestyle and active living among physical therapists/WCPT members. **Membership:** Membership in WCPT Network for Health Promotion in Life and Work is free and open to physical therapists/WCPT members working in fields of health promotion, wellness, disability prevention and/or behavioural change, including to those only interested in mentioned fields. You can apply for membership by sending an email with your name, country, e-mail address, WCPT member organization he/she belongs to, short professional background and field(s) of expertise to WCPT.HPLWmembers@workingtowardswellbeing.com. Through the membership he/she will be linked with colleagues who share the same or similar background and interests in his/her own country and abroad. **Conclusions:** Health promotion is becoming very important topic for the WCPT. The last World Physical Therapy Day was focused on Movement for Health for example. That is why it is expected that this network will be one of the largest WCPT networks membership wise in the future

Keywords: WCPT Network, Health Promotion, Physical Therapists.

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