

APRIL 2022, VOLUME 10

NEWSLETTER

THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION



THANK YOU, KENDRA!

Kendra Cooling, past president, has left the NBKA board of directors and we would like to thank her for her contributions.

Kendra had served on the Board since 2015 as President and also as the CKA representative for the association from 2015 to 2019. The New Brunswick Kinesiology Association is a non-profit organization that relies entirely on volunteerism and its success lies in the involvement of its members. We thank Kendra for her involvement over the years and wish her success in her future endeavors.

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INTERIM PRESIDENT

BY GRANT HANDRIGAN

It is with a great sense of responsibility and interest that I stepped into the role of interim president of the NBKA. I have been involved in the field of kinesiology going back over twenty years. What motivated me to get into this field back then is the same thing that motivates me to work on the promotion of our mission and objectives today. We have many roles and tools, but primarily it is to use the powerful tool of physical activity and exercise to help people. I am convinced more than ever of the benefits of this, and it is what drives me to be engaged today.

Our time is now. Conditions have never been better for kinesiologists to thrive. There is ever increasing recognition in the community and amongst other health professions of the potential contributions of kinesiology. Health care systems are buckling under the weight of systemic issues that will not be corrected using a downstream approach. We need to organize and offer a novel and effective approach for change. In what I hope is a short mandate as interim president of the NBKA, I urge you all to become more engaged in your association. We need your help to take advantage of the changing tides. Join us!



DO YOU KNOW KINESIOLOGISTS WHO ARE NOT YET A MEMBER OF THE NBKA?

TELL THEM TO JOIN US!

To become a certified kinesiologist, members have to maintain a professional Liability covering the scope of practice of kinesiology defined by the CKA and the NBKA. Insurance may be held through:

THE CKA NATIONAL INSURANCE PROGRAM

PROLINK Professional Liability Insurance can be purchased directly from PROLINK during your renewal process.

YOUR EMPLOYER

The policy must covers the full scope of practice for kinesiology as defined by the CKA and the PKAs, and meets the requirements outlined below. You have then to agree that you will exclusively provide kinesiology services in the business operation of your employer.

Learn more about the mandatory professional liability on the [CKA web site](#).

INTERVIEW WITH A KINESIOLOGIST MONIQUE DUFOUR DOIRON

How long have you been a kinesiologist? In a few lines, can you describe your professional background?

I began my studies by doing a preparatory diploma in health sciences at the Université de Moncton - Edmundston Campus. I then completed a bachelor's degree and a master's degree in kinesiology at Université Laval. I arrived in Moncton in January 2001 to do my Master's research project (my co-supervisor was a professor at the Université de Moncton). I was hired by the Université de Moncton as a technician for the Kinesiology Laboratory in the fall of 2001. Among my duties, I ensured the proper functioning of the university's fitness assessment service, worked as a kinesiologist with the Heart Healthy Cardiac Rehabilitation Program ("Cœur en santé") and taught the lab courses for the Bachelor's degree in Kinesiology. In 2004, I became a Certified Clinical Exercise Physiologist with the ACSM and added managing the Healthy Heart program and its staff to my duties. In 2009, I was hired by the Vitalité Health Network to manage and develop the cardiac rehabilitation program.

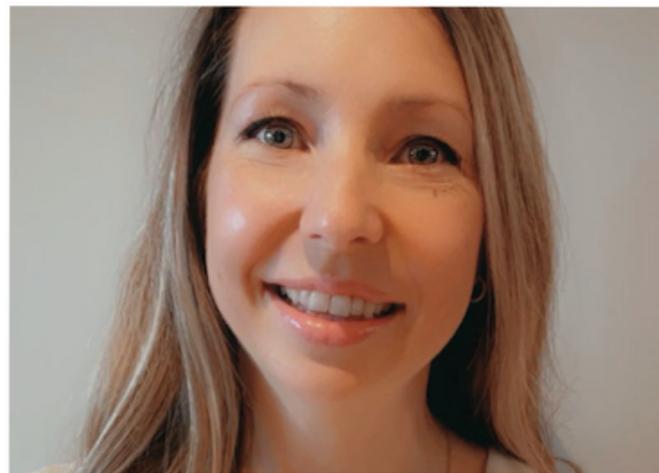
You work in cardiac rehabilitation at the Coeur en Santé program located at the CEPS of the Université de Moncton. What are your responsibilities and what role do you play within the Vitalité Health Network?

I now have a regional role for the vitalité health Network. I am the manager for the eight cardiac rehabilitation programs, the four heart failure clinics, the atrial fibrillation clinic, the mobilization program implemented in all of Vitalité's regional hospitals, and the hypercholesterolemia clinic.

My responsibilities include human resources management (recruitment, hiring, training, performance management, attendance and conflict management), budget management and equipment purchasing, clinic performance analysis and evaluation of competencies, quality indicators and risks. I implement improvement strategies, regionalize policies and procedures and implement best practices and national guidelines.

Can you describe what the cardiac rehabilitation kinesiologist does and how it fits into the cardiac rehabilitation process?

The kinesiologist plays a crucial role in guiding patients through cardiac rehabilitation. The kinesiologist prescribes an exercise program adapted to the patient's health condition, provides supervision during the exercise sessions, ensures safe progress and provides education on the various risk



factors. The kinesiologist takes vital signs and other measurements (blood sugar, saturation, ECG, etc.) to ensure patient safety during exercise sessions. The kinesiologist prepares, demonstrates and teaches the different programs (aerobic, strength training, stretching, relaxation, balance) and adjusts them according to the patient's physiological responses.

The kinesiologist also accompanies the patient in other areas of health during rehabilitation. The kinesiologist helps the patient to set realistic goals, find strategies to achieve them and motivates them throughout the process. Because of their close and constant contact with the patient, they are often the resource person to whom patients confide and can identify the need to refer to other health professionals (psychologist, dietician, health coach, etc.).

The cardiac rehabilitation kinesiologist plays an important role within the multidisciplinary team. As the person who is in close contact with the patient for the longest period of time during the patient's journey, he or she is the one who ensures the transfer of information about the patient to the various health care professionals.

For kinesiology students who would like to work in the field of cardiac rehabilitation, what advice would you give them?

Kinesiology students should take advantage of the resources available to gain experience, right from the beginning of their university career. Students at the Université de Moncton have the opportunity, from their first year, to get involved by volunteering in the cardiac rehabilitation program. This allows them to immediately put into practice what they have learned during their undergraduate studies and gain

confidence in a clinical setting. They have the chance to practice taking vital signs, supervise, demonstrate an exercise program and ensure progression. Volunteering allows them to learn a lot about different chronic diseases and how to adapt interventions accordingly. Students can also do an internship in one of the province's cardiac rehabilitation programs.

I would advise them to try to find a job in a clinical setting. For example, the Vitalité Health Network has several positions during the summer for kinesiology students. The Kinesiology Lab at the Université de Moncton also hires students to do fitness assessments. Experience in assessment is required to obtain a specialized certification in cardiac rehabilitation.

Another tip for a student who wants to work in the field of cardiac rehabilitation would be to become a member of the Canadian Association of Cardiovascular Prevention and Rehabilitation. By being a member, you have access to participate in different trainings and professional development opportunities in the field.

There is additional training following the bachelor's degree in Kinesiology to properly train clinical Kinesiologists who want to work in a hospital setting with other health professionals. How much importance do you place on continued education following an undergraduate degree in kinesiology?

Personally, I don't think you can have too much training. At Vitalité Health Network, the kinesiology students who work in cardiac rehabilitation have all obtained the 'Certified Clinical Exercise Physiologist' certification with the ACSM. This certification is a requirement of the position. If we do not have a candidate who is certified at the time of hiring, the candidate must obtain this certification within their first year of employment. The Canadian Society for Exercise Physiology offers a similar certification, but I prefer the ACSM certification. I would encourage anyone considering a position in cardiac rehabilitation to begin the process of becoming certified before applying for a position.

You are a major contributor to the development of the profession of Kinesiology in the province. What do you see as the future of Kinesiology in New Brunswick and how will it fit into the health care system in 10 years?

Yes, it is true that I am working hard to make the profession of Kinesiology better known in New Brunswick. In my opinion, the presence of Kinesiologists in the health care system is just beginning. The first Kinesiologists were hired 7 years ago to work in cardiac rehabilitation at Vitalité. These same kinesiology students are now also working in pulmonary rehabilita-

The more kinesiology students in the hospitals, the more they will become known. I am confident that we will be successful in communicating our strengths and what we can bring to the users of the health care system.

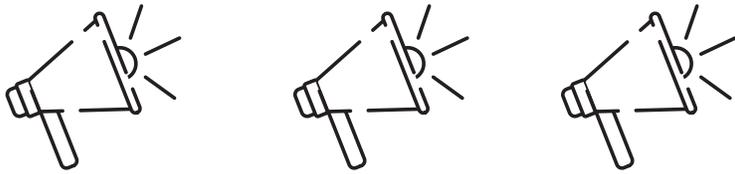
tion. In recent years, some have also been hired to work with the physiotherapy rehabilitation teams. I recently worked with the respiratory therapy team and an exercise program with a kinesiology student is now part of the care plan for all patients hospitalized with chronic obstructive pulmonary disease. This is a big step for kinesiology students.

During the past year, I have also been working to develop a program to engage patients on the acute care units. We chose to hire kinesiology students for this program. To date, a total of 7 kinesiology students have been hired for this program. Within the next year, we plan to hire 8 more for this same program. In early summer, we will be conducting a study to evaluate the impact of the engagement program. If the results are positive, we will plan to expand the program. The more kinesiology students in the hospitals, the more they will become known. I am confident that we will be successful in communicating our strengths and what we can bring to the users of the health care system.

Finally, what should AKNB be focusing on right now and what would it take to convince you to become a board member?

I have thought about joining the board a few times, but lack of time is the big limiting factor. Outside of work, I am also very involved with children's sports. If you need help with a specific project, you can ask me and I will help if I can. But I can't commit to being a member right now.

In my opinion, the promotion of the profession is very important. Too many people do not know what a kinesiology student is. There are even many health professionals who are not familiar with the profession.



GRANTS AND BURSARIES 2022



MEMBER COMMITMENT AWARD

A door prize will now be offered to certified members who attend the Annual General Meeting. This prize is intended to stimulate participation in the society's meetings and the long-term commitment of its members. The contest will be conducted as a draw among the certified members present at the AGM at the time of the meeting. The NBKA will pay the recipient the full provincial and national membership fees for the following year.

PROFESSIONAL DEVELOPMENT BURSARY

A professional development scholarship will be awarded to one of our certified members each year. The purpose of this bursary is to financially support Kinesiologists in the province to remain current and maintain standards in their professional practice. The NBKA will reimburse the recipient for all or up to \$500 of the registration fees for a course, conference or convention for the current year.



PROFESSIONAL SERVICES AWARD OF DISTINCTION

The New Brunswick Kinesiology Association now offers an award of distinction to a New Brunswick Kinesiologist who has demonstrated exemplary service to the profession through active and influential participation in the field of Kinesiology through activities that influence the future and success of the profession in New Brunswick. The recipient will receive a \$300 award and recognition on the association's various publication media.

STUDENT BURSARY

For a 4th consecutive year, the NBKA will once again offer its student scholarship contest for an amount of \$500. The purpose of this scholarship is to financially support university students pursuing studies in Kinesiology in one of the qualifying New Brunswick Universities.

TO LEARN MORE ABOUT OUR CONTESTS

CONSULT OUR 2022 NBKA AWARDS GUIDE AT NBKA-AKNB.CA





NEW BRUNSWICK
KINESIOLOGY ASSOCIATION

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CERTIFIED KINESIOLOGISTS

ACROSS THE PROVINCE



BOARD OF DIRECTORS

OFFICERS

GRANT HANDRIGAN, Intérim President

DIRECTORS

SIMON BOUDREAU

LUCILLE WILSON

ANNIE-PIER FORTIN



NOTRE MISSION

TO PROVIDE LEADERSHIP IN PROMOTING THE PROFESSION OF KINESIOLOGY AND HUMAN KINETICS.

STIMULATE THE EVOLUTION OF THE PROFESSION OF KINESIOLOGY THROUGH THE DEVELOPMENT OF CONTINUING EDUCATION FOR ITS MEMBERS.

TO FOSTER PARTNERSHIPS WITH THE ACADEMIC COMMUNITY BY SUPPORTING RESEARCH AND DEVELOPMENT OF THE KINESIOLOGY PROGRAM.

REINFORCE THE BENEFITS OF MEMBERSHIP TO ITS MEMBERS.

THIS NEWSLETTER WAS PREPARED BY: ANNIE-PIER FORTIN, M.SC
NEXT ISSUE: OCTOBER 2022