



osteopaths who are thinking of practising outside the UK. A popular choice is Canada, so we invited Ed Paget, Secretary of the Canadian Federation of Osteopaths (CFO) to share the following key facts of interest for UK-trained osteopaths.

Ed Paget



O Canada!

1 Healthcare laws are not the same across Canada.

Canada consists of 10 provinces and three territories, all of which have their own healthcare systems. The laws governing osteopathy vary from province to province.

In the provinces of British Columbia, Alberta and Ontario, only Osteopathic Physicians can use the title "osteopath". Therefore, British trained osteopaths must refer to themselves as follows:

British Columbia: Osteopathic Practitioner

Alberta: Osteopathic Manual Therapist

Ontario: Osteopathic Manual Practitioner

2 There is no National Regulator for Osteopathy in Canada.

You do not need to take an entrance exam to work in Canada. As osteopathy becomes more established, provinces may introduce entry exams but at the time of writing there are none.

3 Find out who is setting the standards of practice in the province you want to work in.

As there is currently no regulation, anyone can set up a practice in osteopathy.

There are five provinces in Canada with not-for-profit, voluntary, professional membership organisations, which have created standards for membership similar to those found in regulated countries, e.g.

UK, Australia, New Zealand. They are all members of the Canadian Federation of Osteopaths (CFO) and set standards in their respective provinces. The CFO is also a member of the Osteopathic International Alliance (www.oialliance.org). The five provincial organisations are:

British Columbia – Society for the Promotion of Manual Practice Osteopathy
<http://osteopathybc.ca>

Alberta – Alberta Association of Osteopathic Manual Therapists
<http://osteopathyalberta.com>

Ontario – Ontario Association of Osteopathic Manual Practitioners
<http://osteopathyontario.org>

Quebec – Osteopathy Quebec
www.osteopathiequebec.ca

Nova Scotia – Nova Scotia Association of Osteopaths
<http://novascotiaosteopaths.ca>

4 Joining an association is important.

Most private insurance plans will reimburse for your services if you are a member of a provincial association which they recognise, like the ones mentioned above.

5 Some Provinces have more than one association.

Check for ones that have high educational requirements similar to those you are used to in the UK.

6 In some provinces, HVTs are a restricted act.

Be prepared to adapt your treatment style as necessary to ensure you do not fall foul of the legislation.

7 How to get into Canada.

Here are three common ways:

- i. **You get a job offer from an existing business**
You will be issued with a work visa and work for one employer.
- ii. **Temporary work visa (Internal Experience Canada, IEC)**
Those younger than 30 can apply for an open IEC visa. See www.bunac.org for more details.
- iii. **Enrol in the Provincial Nominee Program**
As well as being employed, you would be working towards becoming a Permanent Resident of Canada.

For more information visit the website of Citizenship and Immigration Canada (www.cic.gc.ca).

8 Help with immigration

Help should come from a prospective employer, other osteopaths and perhaps a lawyer. Currently, neither the provincial associations nor the CFO are equipped to advise you on immigration matters.