

Physiotherapists

This document is the second draft of the standards of proficiency following the PLG's meeting on 25th April 2006.

Key:

This document incorporates the agreed changes to the generic standards shown elsewhere.

The profession-specific standards are shown in italics.

Additional standards or wording is shown in bold.

Deleted standards or wording is shown in italicised type, struck-through.

Expectations of a health professional

1a: Professional autonomy and accountability

Registrant physiotherapists must:

- 1a.1 be able to practise within the legal and ethical boundaries of their profession
 - **understand the need to act in the best interests of patients, clients and users at all times**
 - understand what is required of them by the Health Professions Council
 - understand the need to respect, and so far as possible uphold, the rights, dignity, **values** and autonomy of every patient, client and user including their role in the diagnostic and therapeutic process and **in maintaining health**
- 1a.2 be able to practise in a non-discriminatory **and non-oppressive** manner
- 1a.3 ~~be able to maintain confidentiality and obtain informed consent~~
understand the importance of and be able to maintain confidentiality
- 1a.4 **understand the importance of and be able to obtain informed consent**
- 1a.5 be able to exercise a professional duty of care
- 1a.6: **be able to practise as an autonomous professional, exercising their own professional judgement**
 - be able to assess a situation, determine the nature and severity of the problem and call upon the required knowledge and experience to deal with the problem
 - be able to initiate resolution of problems and be able to exercise personal initiative
 - know the limits of their practice and when to seek advice **or refer to another professional**
 - **recognise that they are personally responsible for and must be able to justify their decisions**
- 1a.7 recognise the need for effective self-management of workload **and resources** and be able to practise accordingly

- 1a.8 understand the obligation to maintain fitness to practise
- **understand the need to practise safely and effectively within their scope of practice**
 - understand the importance of maintaining ~~health and care for themselves~~ **their own health**
 - **understand the need to keep skills and knowledge up to date and the importance of career-long learning**
- ~~1a.8 understand the need for career long self directed learning~~

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1b: Professional relationships

Registrant physiotherapists must:

- 1b.1 be able to work, where appropriate, in partnership with other professionals, support staff, patients, clients and users, and their relatives and carers
- understand the need to build and sustain professional relationships as both an independent practitioner and collaboratively as a member of a team
 - understand the need to engage patients, clients, users and carers in planning and evaluating diagnostics, treatments and interventions to meet their needs and goals
 - **be able to make appropriate referrals**
 - *understand the structure and function of health, education and social care services in the UK and current developments, and be able to respond appropriately*
- 1b.2 be able to contribute effectively to work undertaken as part of a multi-disciplinary team
- 1b.3 be able to demonstrate effective and appropriate skills in communicating information, advice, instruction and professional opinion to colleagues, patients, clients, users, their relatives and carers
- be able to communicate in English to the standard equivalent to level 7 of the International English Language Testing System, with no element below 6.5
 - understand how communication skills affect the assessment of patients, clients and users, and how the means of communication should be modified to address and take account of factors such as age, physical and learning disability
 - be able to select, move between and use appropriate forms of verbal and non-verbal communication with patients, clients, users and others
 - be aware of the characteristics and consequences of non-verbal communication and how this can be affected by culture, age, ethnicity, gender, religious beliefs and socio-economic status
 - understand the need to provide patients, clients and users (or people acting on their behalf) with the information necessary to enable them to make informed decisions
 - understand the need to use an appropriate interpreter to assist patients whose first language is not English, wherever possible
 - recognise that relationships with patients, clients and users should be based on mutual respect and trust, and be able to maintain high standards of care even in situations of personal incompatibility
- 1b.4 understand the need for effective communication throughout the care of the patient, client or user
- recognise the need to use interpersonal skills to encourage the active participation of patients, clients and users

The skills required for the application of practice

2a: Identification and assessment of health and social care needs

Registrant physiotherapists must:

- 2a.1 be able to gather appropriate information
- 2a.2 be able to **select and** use appropriate assessment techniques
 - be able to undertake and record a thorough, sensitive and detailed assessment, using appropriate techniques and equipment
 - *be able to recognise the need to identify and take account of the physical, psychological, social and cultural needs of individuals and communities during the assessment process*
- 2a.3 be able to undertake or arrange clinical **or scientific** investigations as appropriate
- 2a.4 be able to analyse and evaluate the information collected

2b: Formulation and delivery of plans and strategies for meeting health and social care needs

Registrant physiotherapists must:

- 2b.1 be able to use research, reasoning and problem solving skills (~~and, in the case of clinical scientists, conduct fundamental research~~)
 - recognise the value of research to the systematic evaluation of practice
 - be able to ~~conduct~~ **engage in** evidence-based practice, evaluate practice systematically, and participate in audit procedures
 - be aware of ~~methods commonly used in health and social care research~~ a range of research methodologies
 - be able to demonstrate a logical and systematic approach to problem solving
 - be able to evaluate research and other evidence to inform their own practice
 - *recognise the need to discuss, and be able to explain the rationale for, the use of physiotherapy interventions*
 - *be able to form a diagnosis on the basis of physiotherapy assessment*
- 2b.2 be able to draw on appropriate knowledge and skills in order to make professional judgements
 - be able to change their practice as needed to take account of new developments
 - be able to demonstrate a level of skill in the use of information technology appropriate to their ~~profession~~ **practice**
- 2b.3 be able to formulate specific and appropriate management plans including the setting of timescales

- understand the requirement to adapt practice to meet the needs of different client groups distinguished by, for example, physical, psychological, environmental, cultural or socio-economic factors
- *be able to set goals and construct specific individual and group physiotherapy programmes*
- ***understand the need to agree the goals, priorities and methods of physiotherapy intervention in partnership with the patient or client***
- ***be able to apply problem-solving and clinical reasoning to assessment findings to plan and prioritise appropriate physiotherapy***
- *be able to select, plan, implement and manage physiotherapy treatment aimed at the facilitation and restoration of movement and function*

- 2b.4 be able to conduct appropriate diagnostic or monitoring procedures, treatment, therapy or other actions safely and skilfully
- understand the need to maintain the safety of both patients, clients and users, and those involved in their care
 - *be able to deliver and evaluate physiotherapy programmes*
 - *be able to select and apply safe and effective therapeutic exercise, manual therapy and electrotherapies in order to alleviate patient symptoms and restore optimum function*
 - *be able to use mobilisation, respiratory physiotherapy, neuro-therapeutic handling and massage techniques*
 - *know and be able to apply the key concepts which are relevant to safe and effective practice as a supplementary prescriber. This only applies to registrants who wish to have their name annotated on the register.*
- 2b.5 be able to maintain records appropriately
- be able to keep accurate, legible records and recognise the need to handle these records and all other [] information in accordance with applicable legislation, protocols and guidelines
 - understand the need to use only accepted terminology (which includes abbreviations) in making [] records

2c: Critical evaluation of the impact of, or response to, the registrant's actions

Registrant physiotherapists must:

- 2c.1 be able to monitor and review the ongoing effectiveness of planned activity and modify it accordingly
- be able to gather information, including qualitative and quantitative data, that helps to evaluate the responses of patients, clients and users to their care
 - be able to evaluate ~~management~~ intervention plans ~~against treatment milestones~~ using recognised ~~health~~ outcome measures and revise the plans as necessary in conjunction with the patient, client or user
 - recognise the need to monitor and evaluate the quality of practice and the value of contributing to the generation of data for quality assurance and improvement programmes
 - be able to make reasoned decisions to initiate, continue, modify or cease treatment or the use of techniques or procedures, and record the decisions and reasoning appropriately
 - understand that outcomes may not always conform to expectations but may still meet the needs of patients, clients or users
 - ***be able to evaluate treatment plans to ensure that they meet the physiotherapy needs of patients and clients, including taking account of changes in circumstances and health status***
- 2c.2 be able to audit, reflect on and review practice
- understand the principles of quality control and quality assurance
 - be aware of the role of audit and review in quality management, including quality control, quality assurance and the use of appropriate outcome measures
 - be able to maintain an effective audit trail and work towards continual improvement - participate in quality assurance programmes, where appropriate
 - understand the value of reflection on clinical practice and the need to record the outcome of such reflection
 - recognise the value of case conferences and other methods of review

Knowledge, understanding and skills

3a:

Registrant physiotherapists must:

- 3a.1 know the key concepts of the biological, physical, social, psychological and clinical sciences which are relevant to their profession-specific practice
- understand the structure and function of the human body, relevant to their practice, together with a knowledge of health, disease, disorder and dysfunction
 - be aware of the principles and applications of scientific enquiry, including the evaluation of treatment efficacy and the research process
 - recognise the role of other professions in health and social care
 - understand the theoretical basis of, and the variety of approaches to, assessment and intervention
 - *understand the following aspects of biological science:*
 - *normal human anatomy and physiology, especially the dynamic relationships of human structure and function and the neuro-muscular, musculo-skeletal, cardio-vascular and respiratory systems*
 - *patterns of human growth and development across the lifespan*
 - *factors influencing individual variations in human ability and health status*
 - *how the application of physiotherapy can cause physiological and structural change*
 - *understand the following aspects of physical science:*
 - *the principles and theories from physics, biomechanics, applied exercise science and ergonomics that can be applied to physiotherapy*
 - *the means by which the physical sciences can inform the understanding and analysis of movement and function*
 - *the principles and application of measurement techniques based on biomechanics or electrophysiology*
 - *the application of anthropometric and ergonomic principles*
 - *understand the following aspects of clinical science:*
 - *pathological changes and related clinical features commonly encountered in physiotherapy practice*
 - *physiological, structural, behavioural and functional changes that can result from physiotherapy intervention and disease progression*
 - *the specific contribution that physiotherapy can potentially make to enhancing individuals' functional ability, together with the evidence base for this*
 - *understand the different concepts and approaches that inform the development of physiotherapy interventions*
 - *understand the following aspects of behavioural science:*
 - *psychological, social and cultural factors that influence an individual in health and illness, including their responses to the management of their health status and related treatment*
 - *how psychology, sociology and cultural diversity inform an understanding of health, illness and health care in the context of physiotherapy and the incorporation of this knowledge into physiotherapy practice*

. theories of communication relevant to effective interaction with patients, carers, colleagues, managers and other health and social care professionals
. theories of team working and leadership

3a.2 know how professional principles are expressed and translated into action through a number of different approaches to practice, and how to select or modify approaches to meet the needs of an individual, groups **or communities**

3a.3 understand the need to establish and maintain a safe practice environment

- be aware of applicable health and safety legislation, and any relevant safety policies and procedures in force at the workplace, such as incident reporting, and be able to act in accordance with these
- be able to work safely, including being able to select appropriate hazard control and risk management, reduction or elimination techniques in a safe manner in accordance with health and safety legislation
- be able to select appropriate personal protective equipment and use it correctly
- be able to establish safe environments for clinical practice, which minimise risks to patients, clients and users, those treating them, and others, including the use of hazard control and particularly infection control
- *know and be able to apply appropriate moving and handling techniques*

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