



EUROPE REGION

**World Confederation
for Physical Therapy**

Evidence Based Good Practice Statements

**FOR INFORMATION at the
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EVIDENCE BASED GOOD PRACTICE STATEMENTS

European Region of the World Confederation for Physical Therapy (WCPT) Professional Issues WG

Introduction

Related to World Physical Therapy Day 2012 WCPT published *Movement for Health*, a booklet presenting evidence based good practice statement on physical activity and non-communicable diseases. The purpose of the booklet was to provide facts, research findings and statistics to demonstrate the contribution of physiotherapy in prevention and treatment of non-communicable diseases. The subjects that were presented here were child obesity, cardiovascular disease, diabetes, cancer and healthy ageing¹.

Alongside the British physiotherapy association, CSP, has published similar evidence based good practice statements in 10 major areas of physiotherapy², and recently the Danish association is launched a website with good practice statements with reference to the work done by WCPT and CSP³.

ER-WCPT/Professional Issues Working Group finds the good practice statements to be an excellent way to provide physiotherapists with information to support promotion and marketing of physiotherapy.

ER-WCPT/Professional Issues Working Group considers it relevant for all MOs to have such resources available. The Working group therefore plan to work further on this. The project aims at:

- Coordinating the present initiatives as listed above,
- Facilitating development of more good practice statements
- Developing access to these via the ER-WCPT web site.

Evidence based Good Practice Statement

The term 'evidence based good practice statement' (GPS) is the term chosen by ER-WCPT. WCPT does not use a specific term, CSP uses 'evidence based briefings' and the Danish association uses the term 'faglig status' (eng.: 'professional summary').

A GPS is defined by ER-WCPT as an overview of professional knowledge about a specific area of physiotherapy based on research findings. A GPS includes information that defines the area and information that supports the choice of physiotherapy: facts and statistics about the effect of physiotherapy, economic evaluation and legal and ethical position.

A GPS is not a clinical guideline since it does not include analysis of a clinical question and recommendation about treatment. A GPS alone focus on the evidence to support the choice of physiotherapy and is developed with the purpose of promotion and marketing.

¹ http://www.wcpt.org/sites/wcpt.org/files/files/wptday13/WPTD_Clinical_resources.pdf

² <http://www.csp.org.uk/professional-union/practice/your-business/evidence-base/physiotherapy-works>

³ <http://fysio.dk/fafo/Faglig-status--Nyt-redskab-til-markedsforing-af-fysioterapi/Faglig-status-til-download/>

A GPS is short (1-2 pages) and presented in a way that makes it easy to use when in need of answer to the question: Why physiotherapy? And when in need of support to the statement: Physiotherapy works!

The target group of a GPS is physiotherapist leaders, private practitioners, professional and political organisations (MOs) and others who are in need of facts about physiotherapy that supports their efforts to present physiotherapy as an effective and economically reasonable way to treat diseases and promote health and healthy lifestyle.

Model for Evidence based Good Practice Statement

An Evidence based Good Practice Statement is structured around the following elements:

- Title
 - Example: The effect of physiotherapy in cancer rehabilitation

- Subtitle
 - Example: Physical activity to persons with lung cancer

- Definition of area/problem
 - Example: Facts about lung cancer
 - Example: Description of physical activity to persons with lung cancer

- Summary of evidence
 - Thematic summaries
 - Physical activity and cancer
 - Helps to maintain functioning and well being
 - Helps improve outcome of cancer treatment
 - Helps prevent recidive
 - Reduce risk of cancer

- List of reference