### How to develop guidelines

The Royal Dutch Society for Physical Therapy (KNGF) has developed a number of guidelines, evidence-based statements, and standard movement interventions, and has been involved in developing multidisciplinary guidelines and care standards for a number of common disorders.

Guidelines should be considered as an aid to help healthcare professionals and sometimes their patients make decisions in daily clinical practice. Healthcare professionals can use guidelines to keep their knowledge up to date, for educational purposes, and for drawing up collaborative practice agreements. Guideline recommendations are not mandatory – in certain instances healthcare consumers can, and sometimes should, deviate from guideline recommendations, provided that the reasons for this are recorded in the patient’s medical record.

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### Relevance of guidelines to patients, health professionals, and society

Guidelines provide patients, health professionals, and society with a framework. The patient can use this framework to judge whether the physical therapist can help him/her and what he/she can expect of the physical therapist.

Lastly, the guideline can be used to determine which types of care will be reimbursed by government or medical insurance companies.

### Parties involved in guideline development

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### How to develop guidelines

#### Subphase I: Development (18 months)

#### Subphase II & III: Updating guidelines

#### Subphase IV: Publication & dissemination

#### Updating guidelines

There are two reasons to update a guideline:

1. New scientific insights that are relevant to a published guideline.
2. Governmental policy may expand coverage for physical therapy treatments if the professional organization updates a certain guideline.

### How to develop guidelines

#### Preparation (6 months)

**Advice about guideline development**

Each year, the KNGF Board is advised by the Quality Department of the KNGF Office, the National Care Institute, and the Authority for Quality in Healthcare to determine whether to update or develop guidelines in the coming year.

### How to develop guidelines

**Decision about development**

This advice is based on the input of professional organizations, the scientific advisory board, the professional field, and stakeholders, such as the National Care Institute. Plans to develop or update guidelines need to be approved by members at the Annual General Meeting.

### How to develop guidelines

**How to develop guidelines**

This framework provides physical therapists with state-of-the-art knowledge about a disorder, its treatment options, and how to judge whether the physical therapist can help. It provides patients with information about their disorder, what they can expect of the physical therapist, and what therapies are available in practice. The patient can use this framework to judge whether the physical therapist can help him/her and what he/she can expect of the physical therapist.

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**Subphases II & III**

#### Subphase II: Updating guidelines

**Publication & dissemination**

Online publication of the guideline, development of a fact sheet, supplementary schooling and education (where possible via e-learning), scientific publications and presentations, workshops at local and national physical therapy meetings.

### How to develop guidelines

**Subphase IV: Publication & dissemination**

**Subphase IV**

**Professional field consultation**

The draft guideline is evaluated by representatives from the professional field, to determine its applicability and use in practice. This is to ensure that the final product is relevant to daily practice.

**Formulating quality indicators**

A number of quality indicators are developed on the basis of the guideline recommendations. These can be used to ascertain whether guideline recommendations are followed.

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