



***EUROPEAN BASIC STANDARDS
OF PHYSIOTHERAPEUTIC
PRACTICE***

Introduction

- + Source: UNIFY Czech Republic
- + Published 2010
- + Based on European standards developed by the WCPT expert group
 - + WCPT – World Confederation for Physical Therapy
- + Final version adopted at the ER - WCPT General Assembly in May 2002
- + Revised at the ER - WCPT General Assembly in May 2008
- + World physiotherapy <https://world.physio>

European region of the World Confederation for FT

- + Aim - To improve the quality of comprehensive health care by increasing the level of physiotherapeutic education and practice
- + 2004 - The Czech Republic joins the EU - a commitment to comply with these standards, which outline basic ethical principles

European basic standards of physiotherapeutic practice

Duties of a physiotherapist:

- + Respect the personality of each individual and his rights
- + Comply with the laws and regulations governing physiotherapy practice in the country
- + Responsible for selecting and performing therapy
- + Provide qualified and responsible professional services
- + To provide quality services corresponding to the principles and goals set by their national physiotherapy association
- + Provide clients with accurate information about the provided physiotherapy services
- + Contribute to improving service levels to reflect client needs

European basic standards of physiotherapeutic practice

+ Who are they for?

+ Physiotherapists, patients, the public, managers and others who want to provide or receive quality physiotherapy services

+ Who do they apply to?

+ For all physiotherapists; to some extent also physiotherapy students

+ What is their function?

+ The function of standards is not to set boundaries, but to show ways to achieve their goals

Standard no. 1

Respecting personality

Viewing the patient as a unique personality

- + The physiotherapist takes into account the lifestyle of the individual, his cultural background and habits and bases his therapy on facts, not on assumptions.
- + The physiotherapist is polite and tactful
- + We call the patient according to his wishes
- + The physiotherapist introduces himself to the patient before therapy
- + The physiotherapist will acquaint the patient with the role of all physiotherapists who will participate in his treatment
- + The physiotherapist respects the dignity and privacy of the patient
- + If necessary, the physiotherapist provides professional supervision

Standard no. 2

Informed consent

! Patient consent must be obtained before starting the examination or treatment !

The physiotherapist acquaints the patient with the method of therapy, which he proposes as the most suitable solution to the patient's problems. It takes into account the patient's age, emotional state and ability to understand the information communicated

Standard no. 3

Confidential therapy

The information provided by the patient to his physiotherapist is strictly confidential

- + Personal information is discussed in private
- + For the use of clinical information, photographs, videos..patient - informed consent
- + The physiotherapist provides patient records in accordance with applicable legal standards
- + In certain cases, information about the patient is provided without his written consent
- + The physiotherapist handles the patient's identification data safely
- + The physiotherapist must ensure the confidentiality of the patient's identification data

Standard no. 4 Examination

In order to provide the indicated appropriate treatment, it is necessary to gather information about the patient's current problem with the provision of available information related to the treatment of this problem.

- + The physiotherapist will consider and evaluate the available information related to the patient's treatment
 - + Sources: research, scientific knowledge, relevant clinical standards, internal regulations and records, information from previous examinations, patient associations, expert opinions, findings from own practice, clinical diagnosis, special interest groups, relevant guidelines

Standard no. 5

Examination

The physiotherapist records all information about the patient and his health problem

- + The physiotherapist enters all information in the patient's record
- + The physiotherapist records in the documentation all examinations he performs on the patient in order to obtain the necessary knowledge about his condition
- + The physiotherapist will sufficiently acquaint the patient with the course of the test and its results
- + If for any reason it is not possible to find out any of the required information, this reason is stated in the documentation



Standard no. 6
Examination

To assess the patient's condition, we will use a proven, standardized, valid, reliable test that corresponds to the patient's current state of health

Standard no. 7

Analysis

Based on the information obtained and the evaluation, an analysis is performed, according to which the treatment schedule is compiled

- + The physiotherapist will perform a clinical balance
- + We record the result of the clinical balance in the documentation
- + We find out, record and evaluate subjective and objective data
- + We will record the physiotherapeutic diagnosis, including relevant signs and symptoms
- + If the patient and the physiotherapist agree that no treatment will be given, the person who recommended the treatment is informed of this conclusion.
- + The physiotherapist will record and evaluate the relevant clinical examinations that were used to make the diagnosis
- + The physiotherapist identifies and records the patient's expectations

Standard no. 8

Analysis

With the patient's participation, the physiotherapist draws up a treatment plan in accordance with his or her state of health

- + The patient is an equal partner of the physiotherapist in determining the treatment plan
- + The physiotherapist will consider the needs of the patient and his loved ones within their social background
- + All procedures are recorded in the plan
- + If the physiotherapist uses clinical or internal guidelines of the medical facility, he/she shall record these facts in the patient's documentation or attach a copy of the relevant document.

Standard no. 9

Execution

The treatment plan is designed to suit the patient's health

- + The physiotherapist performs all procedures according to the treatment plan
- + Physiotherapist records - advice and information to the patient, loan of medical devices, changes against the original treatment plan, including justification

Standard no. 10

Evaluation

The treatment plan is continuously evaluated and adapted to the changing condition of the patient in order to ensure its maximum effectiveness and benefit.

- + At each visit of the patient to the physiotherapist, we record the evaluation of:
 - + Treatment plan
 - + Subjective and objective data
 - + The results of the relevant examination
- + We notice any change
- + We record the evaluation of the therapy at the end of the therapy
- + The physiotherapist informs the patient about the results of the therapy

Standard no. 11

Transfer of care / end of care

In order to complete the treatment plan, we will provide everything needed to transfer care, resp. discharge of the patient

- + We will acquaint the patient with the measures associated with his transfer to another care or discharge
- + We keep medical records and pass on all information to persons who will continue to care for the patient
- + When transferring treatment, we pay attention to discretion and always require the consent of the patient

Standard no. 12

Communication with patients and their relatives

The physiotherapist communicates effectively with patients and their relatives

- + We actively listen to the patient and give him the opportunity to communicate
- + We communicate openly and honestly with the patient
- + Clear communication
- + Different forms of communication according to the needs of the patient
- + We are responsible for ensuring that the patient understands the meaning of the information obtained



Standard no. 13

Communication with other experts

In order to provide the patient with an effective and efficient service, the physiotherapist communicates effectively with health professionals and other professionals.

Standard no. 14

Documentation

In accordance with legal requirements, the physiotherapist must keep a record of all patients undergoing physiotherapy; this record contains information about the course of the treatment process

- + We keep the patient's record from the beginning of physiotherapeutic treatment
- + We will record the patient's record after the visit, no later than the same day
- + Patient records are dated



Standard no. 15
Documentation

Patient records are kept in accordance with the regulations of the facility and in accordance with general legislation



Standard no. 16

Ensuring patient and physiotherapist safety

The patient is treated in an environment that is safe for the patient, his loved ones and the physiotherapist



Standard no. 17

Self-employed physiotherapist

A physiotherapist who works independently tries to minimize the possible risks of independent work



Standard no. 18

Equipment safety precautions

Physiotherapist keeps all equipment in a safe condition to suit the given purposes, manuals, applicable regulations and state legislation

Standard no. 19, 20, 21, 22

Continuing professional growth / Lifelong learning

- + No. 19 A physiotherapist is obliged to have a lifelong education in his field and to evaluate his educational needs***
- + No. 20 Physiotherapist plans his professional growth - lifelong learning***
- + No. 21 We implement a plan of professional growth, respectively - lifelong learning***
- + No. 22 Physiotherapist evaluates the benefits of his professional growth plan - lifelong learning***