Folie 1

Die Zukunft der Verantwortungsbewussten Physiotherapie anhand des „Physio2Future-Modells“ – Modul II

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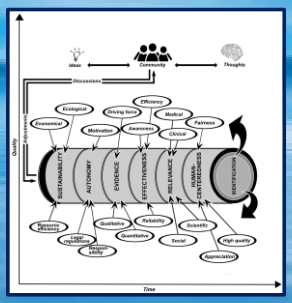

SCAN ME NOW!

Handout

Folie 2

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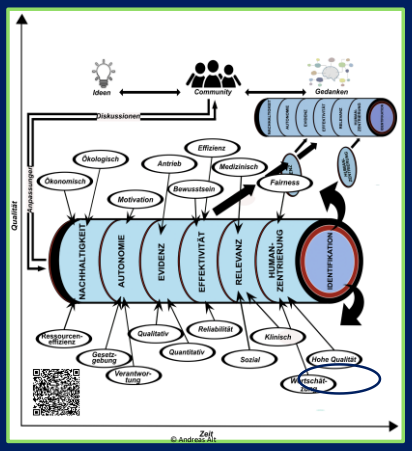
Folie 3

Kurze Wiederholung: Die aktuelle Form des Physio2Future-Modells

Herausforderungen

- Fehlende **Einigkeit** innerhalb der Best Practice
- **„Physiotherapeutic overuse“**
- Unzureichende **Nachhaltigkeit**
- AI-basierte eHealth



*eines Systems, z.B. Praxis, Bildungseinrichtung, Versorgungsmodell etc.

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Die Dimension „Evidenz“ im Physio2Future-Modell

Evidenz → Klarheit über **Meinungsverschiedenheiten**, lehrt, wie man **Kompetenzen schafft**, und erklärt, wie man **Relevanz interpretiert** (Abduldull et al., 2018).

Beispiele:

Therapie bei NSBP nach S3-Guideline → Lifestyle Change (Aktivität, Vitalisierung etc.) =* ***Physiotherapie = Coaching = Fitness = Personaltraining = Bewegungstherapie****?*

Therapie bei Tendinopathie → so intensiv aktiv wie möglich, z.B. „Slow-Heavy-Resistance“ bis hin zu Plyometrie (Chimenti et al., 2024 = US-Leitlinie für Tendinopathien)“ = Sportwissenschaften, Bewegungstherapie, Physiotherapie…?

*Non-specific back pain

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Folie 7

Die Dimension „Nachhaltigkeit“ im Physio2Future-Modell

Nachhaltigkeit = soziale, ökonomische und ökologische **Robustheit** über die „**Dauer**“ (Palstam et al., 2021; Plaisant und Alt, 2024).

Beispiel:
Rückenschmerzpatient → multidimensionale Analyse (ICF) → Ziele → BIAS-Aufklärung → Therapieplanung (SDM*) → Umsetzung der Therapie → Reflexion →* ***Selbstmanagement*** *(ILC*) →* **Führt zu:**

- ⬇ Maßnahmen (MRI-Scan, Logistik, Fachpersonal, Energie etc.)
- ⬆ Eigenverantwortung, Selbstmanagement, Lösungsbewusstsein etc.

*ICF = International Classification of Functioning, Disability and Health
*SDM = Shared-decision making
*ILC = Internal locus of control

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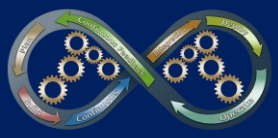
Die Dimension „Effektivität“ im Physio2Future-Modell

Die Effektivität verdeutlicht neben der Relevanz das **Honorar** der Physiotherapie (Enrique & Marta, 2020)

Der Wert der Effektivität wird durch die **Effizienz** verdeutlicht



Beispiel zum Thema Effektivität bezgl. Kausalität und Zeitlosigkeit:

Die Wirkung von Insulin bei DiabetikerInnen oder das vor einer Operation verwendete Anästhetikum usw. muss immer wirken. So sollten es auch Methoden der Physiotherapie.

Folie 9

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Folie 10

Wer kann das Modell anwenden?

BewerberIn auf eine Stelle als PhysiotherapeutIn:

Während eines Vorstellungsgesprächs könnten Sie das Modell zeigen und die/den Einstellende/n um ihre/seine Meinung zu bestimmten Dimensionen oder allgemein bitten, z.B. HUMANZENTRIERUNG und EVIDENZ.

Bei starken Meinungsverschiedenheiten kann dies die Entscheidung beeinflussen → Vermeidung negativer Folgen, wie Unzufriedenheit am Arbeitsplatz. Zudem können Sie Inputs, z.B. Fachkenntnisse, anbieten → (+) Outcomes.

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Wer kann das Modell noch anwenden?

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Folie 12

Wer kann das Modell unter anderem noch anwenden?

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Folie 13

Was denken PhysiotherapeutInnen über das Physio2Future-Modell?

„Maybe it would be better, if […]"

The Physio2Future model and its eligibility for sustainable physiotherapy

Article accepted

This article has been **accepted for publication**. Peer reviews and author responses are available at the end of the article.

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The interviewed physiotherapists confirmed the eligibility of the model as an orientation tool for sustainable PT in the future PT. Howe physiotherapists also advised removing the dimensions "effectiveness" and implementing "ethics" and "politics" as essential dimensions of the model. Autonomy and human-ce ness are interpreted with concerns about enforcement.

"I think the model is […]"

Folie 14

Aktuelle Erkenntnisse zum Physio2Future-Modell

Alle ExpertInnen bewerteten die **Relevanz der Änderung** der Physiotherapie mit ***„sehr wichtig"***

- **Autonomie** (97%)
- **Nachhaltigkeit** (94%)
- **Evidenz** (94%)
- Effektivität und
- **Humanzentrierung** (jeweils 92%)
- Relevanz (82%)

→ Physio2Future-Modells als **Orientierung für verantwortungsbewusste** Physiotherapie (90%)

"The Physio2Future-Model as an Orientation for Responsible Physiotherapy of the Future - a Delphi study"

BACKGROUND: The challenges of physiotherapy as part of the healthcare system served as motivation for the development of the Physio2Future-Model. These challenges include the lack of autonomy, internal conflicts of interest within the 'best practice' framework, e.g., bio vs. psychosocial approaches, and issues of long-term effectiveness for resource-intensive strategies. The Physio2Future-Model comprises six dimensions: Autonomy, Evidence, Sustainability, Effectiveness, Relevance, and Human-centeredness. However, more specific data is needed to assess its suitability as an orientation guide for the future of physiotherapy.

AIM: This Delphi survey aimed to identify a consensus among experts in management positions at physiotherapy centers on the future of physiotherapy based on the Physio2Future-Model.

METHODS: For this study, the DELPHISTAR recommendations served as a guide. The survey was conducted in three rounds and contained 45 items (22 original and 23 suggested by experts). The first two rounds were mainly quantitative items about the future of responsible physiotherapy, rated on 5-point Likert scales. The third round was to clarify the accuracy of data extraction and sufficiency of information. The consensus level was defined as 80% and included all ratings between 'absolutely correct' and 'correct' (= sufficient consensus).

RESULTS: Of 26 invited experts, 17 participated in all three rounds. A sufficient consensus was reached on 92% of the 45 proposed items. All experts rated the need of a qualitative change in physiotherapy as 'very important' (100% consensus). The highest consensus was achieved in the domains Autonomy (97%), Sustainability (94%), and Evidence (94%). Followed by Effectiveness (92%), Human-centeredness (92%), and Relevance (82%). The suitability of the Physio2Future-Model as an orientation for responsible physiotherapy achieved 90% consensus.

CONCLUSION: Autonomy, Sustainability, Evidence, and Human-centeredness should be considered mainly as an orientation for the responsible physiotherapy of the future. Further consensus studies with expert groups of other relevant sections, e.g., education and/or politics, are needed to more comprehensively evaluate the suitability of the Physio2Future-Model as an orientation for the future of physiotherapy.

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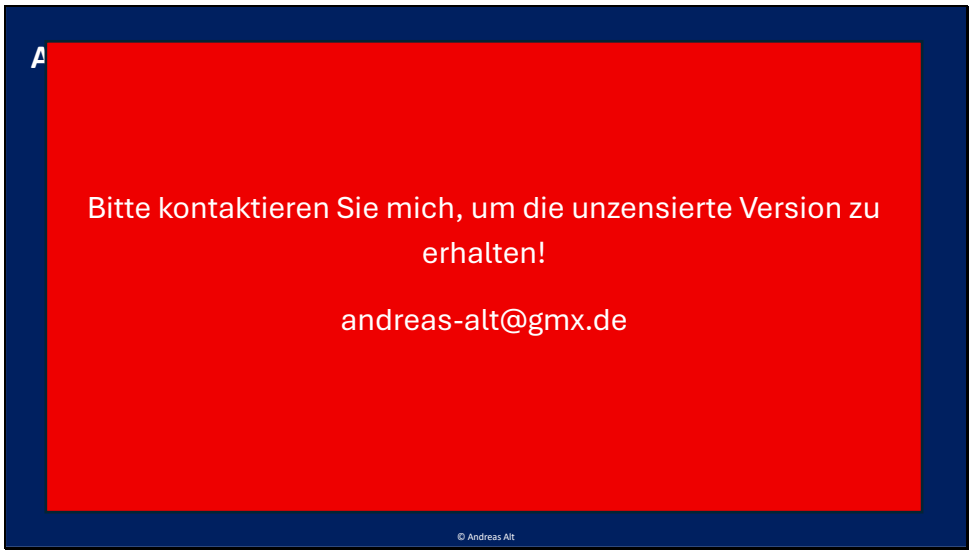

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