



Training physical therapists in person-centred practice for managing patients with OA could positively impact their clinical practice

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A recent study on assessed the impact of a training program for physical therapists in person-centred practice to support exercise adherence in people with knee osteoarthritis. The results showed a positive impact of such training to their clinical practice, and the results were published in Arthritis Care & Research.

This was a qualitative case study and used a semi-structured interview, nested within a clinical trial. Interview of 8 Australian physical therapists conducted before, and after the training in person-centred practice for patients with knee osteoarthritis. Training included two-day workshop, skills practice and audit of 8 consultations with 4 patients (per therapist), and a final single-day workshop for audit feedback and consolidation. Semi-structured interviews were audio-recorded and transcribed verbatim. Data were thematically analysed.

Three pre-training themes arose:

- Regarding usual communication style
- Definitions of person-centred care and
- Sharing exercise adherence responsibility

Three themes related to the training experience emerged:

- Learning a new language
- Challenging conceptions of practice and
- Putting it into practice

Post-training, three themes arose:

- Regarding new knowledge deepening understanding of person-centred care
- Changing beliefs about sharing responsibilities
- Evolving conceptions of role

The study concluded that physical therapists initially found training overwhelming due to limitations of their current knowledge and clinical practice. But by the end of training, they felt more confident and able to provide person-centred care to knee osteoarthritis patients. Training in structured person-centred methodology provides an opportunity for skills practice with patients using a restructured consultation framework that can change physical therapists' beliefs about their roles when managing patients with osteoarthritis and positively impacts their clinical practice.

Source:	Arthritis Care Res (Hoboken). 2017 Jul
Link to the source:	https://www.ncbi.nlm.nih.gov/pubmed/28686802
Original title of article:	Training physical therapists in person-centred practice for people with osteoarthritis: A qualitative case study
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