

Standards of Practice

Evidence-Informed Practice

Standard

The physiotherapist engages in **evidence-informed practice** in physiotherapy service delivery.

Expected outcome

Clients can expect that the physiotherapy services they receive are informed by the best available and credible evidence, the personal knowledge, training, and experience of the physiotherapist, and the client's perspective.

Performance expectations

The physiotherapist:

- Before incorporating new or **emerging therapies** into the physiotherapy services they provide, is aware of:
 - Related legislative and regulatory considerations
 - The evolution of the physiotherapy profession
 - The training, knowledge, skills, and judgment necessary to enable the new or emerging practice
- **Critically appraises** evidence relevant to the practice setting, population served, and available assessment and treatment options before integrating evidence into practice.
- Incorporates critically appraised physiotherapy-related evidence into assessment and treatment plans.
- Clearly communicates with clients and others when the services proposed are emerging or **complementary therapies**.
- Advises the client of the current evidence, and implications of receiving emerging or complementary therapies, including potential funding implications, and the physiotherapist's training in the performance of the services proposed, obtaining client informed consent for emerging or complementary therapies.
- Integrates critical thinking and professional judgment into client-centred care, evaluating their practice in terms of client outcomes, and modifying approaches based on this self-reflective process.
- Shares information related to evidence and best practices and does not promote information, treatment options, or products that are not grounded in scientific, peer reviewed, and physiologically plausible evidence.
- Offers or confirms that the client has received evidence-based, best practice physiotherapy approaches before offering emerging treatments that are outside of established evidence-based physiotherapy.

Complementary therapies refer to non-conventional practices used in conjunction with conventional physiotherapy.

Conventional physiotherapy refers to the type of assessment, diagnosis, treatment, and conceptualization of illness or injury that is considered "mainstream" physiotherapy. It is sometimes referred to as "evidence-informed".

Critically appraised/appraises means information that has gone through the process of carefully and systematically examining research to judge its trustworthiness, and its value and relevance in a particular context.

Emerging therapies refers to treatments developed within mainstream physiotherapy with support from clinical research but currently lacking in rigorous, peer-reviewed evidence to support their use.

Evidence-informed practice is "derived from evidence-based practice and involves clinical problem solving and decision making informed by integrating best available evidence, client context and the personal knowledge and experience of the physiotherapist."

Related Standards

- Assessment, Diagnosis, Treatment
- Competence