



LKS Current Awareness Bulletin

Physiotherapy April - June 2019

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OTHER BULLETINS**

Improving retention of allied health professionals

[An improvement resource has been issued](#) to learn how West London NHS Trust improved retention of allied health professionals (AHPs). **Source:** NHS Improvement

Prosthetic limbs: An invention for amputees in the developing world

[A new high-tech prosthetic limb](#) has been developed by an inventor in the UK - with a price tag of less than £100 (\$127). **Source:** BBC News

'Unique' rehabilitation exercise trial seeks participants with MS

People with multiple sclerosis (MS) are being sought to take part in a study that [aims to investigate the benefits of a robotic walking device](#). **Source:** Chartered Society of Physiotherapy

Musculoskeletal health: 5 year prevention strategic framework

[A statement has been issued](#) of PHE, NHS England and Versus Arthritis' commitments to promote musculoskeletal health and to prevent musculoskeletal conditions. **Source:** Public Health England

CSP lobbying brings about major change for physiotherapist injectors in focal spasticity

The Medicines and Healthcare Products Regulatory Agency (MHRA) has granted a product licence update for the botulinum toxin-A (BoNT-A) medicine Dysport® [to make it clear that it can be administered by any appropriately trained and qualified healthcare professionals](#) for the management of focal spasticity within licensed indications. **Source:** Chartered Society of Physiotherapy

Allied health professionals online recruitment event for school students

Health Education England (HEE) is running an [allied health professionals \(AHPs\) online recruitment event](#) for school-age students. **Source:** NHS Employers

Physiotherapy highlighted in new bid to tackle long-term sickness absence

[Physiotherapy may help employees](#) deal with issues that might affect their health and work performance. **Source:** Chartered Society of Physiotherapy

Long-awaited first contact physiotherapy specification plan published

The First Contact Practitioner for MSK Services specification [has been published by NHS England](#). **Source:** Chartered Society of Physiotherapy

Pelvic Roar campaign raises awareness of diastasis rectus abdominis

Pelvic health physios will be [raising awareness of the condition of diastasis rectus abdominis \(DRA\)](#), during a social media campaign that runs from 13-17 May.

Source: Chartered Society of Physiotherapy

AHP public health strategy vision launched

The first UK-wide AHP public health strategic framework, jointly produced by AHP professional bodies, including the Society, and public health agencies of all four nations, [has been launched](#).

Source: The Society of Radiographers

HCPC have launched new whistleblowing policy

Whistleblowing is a way for a worker to report wrongdoing in the public interest. Forms of wrongdoing include criminal offences, miscarriages of justice or where someone's health and safety is in danger. [The hcpc's new whistleblowing policy](#) provides guidance on what to do if you have a concern that falls into one of these areas.

Source: hcpc

GPs get the message that physios are an answer to the primary care crisis

The crisis in GP recruitment [presents a unique opportunity for physiotherapists to demonstrate their value in managing musculoskeletal problems](#) instead of a doctor, says research published in the British Journal of General Practice. **Source:** Chartered Society of Physiotherapy

Digitally-enabled physio: CSP helps create landmark guide

Digital skills should be part of the continuous professional development of all physiotherapy staff, [says a landmark strategy developed with input from the CSP](#).

Source: Chartered Society of Physiotherapy

Musculoskeletal core offer for Local NHS plans

A [document has been released](#) which aims to help those developing local plans to understand the core offer needed to deliver evidence based, cost effective services for good MSK population health.

Source: Arthritis and Musculoskeletal Alliance

A Digital Framework for Allied Health Professionals

A Digital Framework for Allied Health Professionals [has been released](#) which supports local services and AHPs to make that happen and works towards services that are both paper-free at the point of care and connected to other services and systems. **Source:** NHS England

Primary care will need 6,000 more physios, say thinktanks

The NHS in England will need 6,000 more full-time equivalent physiotherapists to be working in general practice in a decade's time, [health experts predict](#). **Source:** Chartered Society of Physiotherapy



For references where there is a link to the full text please use your NHS Athens username & password to access <https://openathens.nice.org.uk/>

[An Exploratory Pilot Study Into Undergraduate Physiotherapy Students' Perceptions Of Working With Patients With Mental Illness And Working Within The Mental Health Sector Of Health Care](#)

[Samantha McIverJane Toms](#)

International Journal of Therapy and Rehabilitation Volume 26, Issue 602 Jun 2019

Abstract - Background/Aims

Mental illness is widespread throughout the United Kingdom with increasing prevalence. As mental illness affects such a large proportion of the population, it is likely that healthcare professionals, including qualified and

student physiotherapists, will work with patients in all areas of healthcare, who have mental illness alongside co-morbidities.

[An Interpretive Phenomenological Analysis Of Physiotherapy In Mental Health: Exploring Barriers And Facilitators To Care](#)

Laura Hemmings

International Journal of Therapy and Rehabilitation Volume 26, Issue 602 Jun 2019

Abstract

Current literature identifies decreased life expectancy and increased physical health complaints for service users with mental health diagnosis. However, research also highlights increased challenges for this population when accessing physical health care services. Physiotherapy is one such service shown to be of benefit for those with co-morbid physical and mental health needs. However, research is currently lacking on experiences and access to physiotherapy for this population. This study aimed to explore lived experiences of physiotherapeutic care for those with co-morbid physical and mental health complaint and identify barriers and facilitators for those attempting to access this service.

A randomised controlled trial of multimodal physiotherapy versus advice for recent onset, painful cervical radiculopathy - the PACeR trial protocol.

Author(s): Keating, Louise; Treanor, Caroline; Sugrue, Julie; Meldrum, Dara; Bolger, Ciaran; Doody, Catherine

Source: BMC Musculoskeletal Disorders; Jun 2019; vol. 20 (no. 1); p. 1-8

Publication Date: Jun 2019

Publication Type(s): Academic Journal

PubMedID: 31153362

Available at [BMC Musculoskeletal Disorders](#) - from EBSCO (MEDLINE Complete)

Available at [BMC Musculoskeletal Disorders](#) - from BioMed Central

Available at [BMC Musculoskeletal Disorders](#) - from Europe PubMed Central - Open Access

Available at [BMC Musculoskeletal Disorders](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC Musculoskeletal Disorders](#) - from Unpaywall

Abstract: Background: A research gap exists for optimal management of cervical radiculopathy in the first 12 weeks and short term natural history of the condition is somewhat unclear, although thought to be favourable. The primary aim of this assessor blinded, superiority, 2 parallel group randomised controlled trial is to investigate the effects of a 4 week physiotherapy programme (6-8 sessions) of manual therapy, exercise and upper limb neural unloading tape, compared to a control of weekly phone advice; on disability, pain and selected biopsychosocial measures, in acute and sub-acute cervical radiculopathy patients. A secondary aim is to identify whether any baseline variables, symptom duration or group allocation can predict outcome. Methods: Participants are recruited from GP referrals in an urban setting, from a neurosurgery non-urgent waiting list and from self-referral through Facebook advertising. Eligible participants (n = 64) are diagnosed with radiculopathy based on a clinical prediction rule and must have symptoms of unilateral, single level, radiculopathy for between 2 and 12 weeks, without having yet received physiotherapy. Random 1:1 group allocation (using variable block sizes), allocation concealment, blinded assessment and intention to treat analysis are being employed. Treatment is provided by clinical specialist physiotherapists in primary and secondary care settings. Outcomes are measured at baseline, 4 (primary endpoint) and 12 weeks. Participants' report of pain, disability and their rating of recovery is also recorded by telephone interview at 6 months. Statistical analysis of between group differences will be performed with ANOVAs and MANOVAs, and multivariable regression analysis will be undertaken to explore predictor variables. Ethical approval for this study has been received from the Beaumont Hospital and Irish College of General Practitioners Research Ethics Committees. The trial is registered at ClinicalTrials.gov (NCT02449200). Discussion: An internal pilot study to test retention and recruitment strategies led to trial expansion and this is now a multi centre trial involving 5 clinical sites. Trial Registration: NCT02449200 . Registered 20/05/15. **Database:** CINAHL

Matching treatment options for risk sub-groups in musculoskeletal pain: a consensus groups study.

Author(s): Protheroe, Joanne; Saunders, Benjamin; Bartlam, Bernadette; Dunn, Kate M.; Cooper, Vince; Campbell, Paul; Hill, Jonathan C.; Tooth, Stephanie; Mallen, Christian D.; Hay, Elaine M.; Foster, Nadine E.

Source: BMC Musculoskeletal Disorders; Jun 2019; vol. 20 (no. 1); p. 1-10

Publication Date: Jun 2019

Publication Type(s): Academic Journal

PubMedID: 31153364

Available at [BMC Musculoskeletal Disorders](#) - from EBSCO (MEDLINE Complete)

Available at [BMC Musculoskeletal Disorders](#) - from BioMed Central

Available at [BMC Musculoskeletal Disorders](#) - from Europe PubMed Central - Open Access

Available at [BMC Musculoskeletal Disorders](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC Musculoskeletal Disorders](#) - from Unpaywall

Abstract:Background: Musculoskeletal (MSK) pain represents a considerable worldwide healthcare burden. This study aimed to gain consensus from practitioners who work with MSK pain patients, on the most appropriate primary care treatment options for subgroups of patients based on prognostic risk of persistent disabling pain. Agreement was sought on treatment options for the five most common MSK pain presentations: back, neck, knee, shoulder and multisite pain, across three risk subgroups: low, medium and high. Methods: Three consensus group meetings were conducted with multi-disciplinary groups of practitioners (n = 20) using Nominal Group Technique, a systematic approach to building consensus using structured in-person meetings of stakeholders which follows a distinct set of stages. Results: For all five pain presentations, "education and advice" and "simple oral and topical pain medications" were agreed to be appropriate for all subgroups. For patients at low risk, across all five pain presentations "review by primary care practitioner if not improving after 6 weeks" also reached consensus. Treatment options for those at medium risk differed slightly across pain-presentations, but all included: "consider referral to physiotherapy" and "consider referral to MSK-interface-clinic". Treatment options for patients at high risk also varied by pain presentation. Some of the same options were included as for patients at medium risk, and additional options included: "opioids"; "consider referral to expert patient programme" (across all pain presentations); and "consider referral for surgical opinion" (back, knee, neck, shoulder). "Consider referral to rheumatology" was agreed for patients at medium and high risk who have multisite pain. Conclusion: In addressing the current lack of robust evidence on the effectiveness of different treatment options for MSK pain, this study generated consensus from practitioners on the most appropriate primary care treatment options for MSK patients stratified according to prognostic risk. These findings can help inform future clinical decision-making and also influenced the matched treatment options in a trial of stratified primary care for MSK pain patients. **Database:** CINAHL

Introduction of the harmonised respiratory physiotherapy curriculum.

Author(s): Troosters, Thierry; Tabin, Nathalie; Langer, Daniel; Burtin, Chris; Chatwin, Michelle; Clini, Enrico M.; Emtner, Margareta; Gosselink, Rik; Grant, Kathleen; Inal-Ince, Deniz; Lewko, Agnieszka; Main, Eleanor; Mitchell, Sharon; Niculescu, Alexandra; Oberwaldner, Beatrice; Pitta, Fabio

Source: Breathe; Jun 2019; vol. 15 (no. 2); p. 110-115

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [Breathe](#) - from Europe PubMed Central - Open Access

Available at [Breathe](#) - from HighWire - Free Full Text

Available at [Breathe](#) - from Unpaywall

Abstract: Building on the core syllabus for postgraduate training in respiratory physiotherapy, published in 2014, the European Respiratory Society (ERS) respiratory physiotherapy task force has developed a harmonised and structured postgraduate curriculum for respiratory physiotherapy training. The curriculum outlines the knowledge, skills and attitudes which must be mastered by a respiratory physiotherapist working with adult or paediatric patients, together with guidance for minimal clinical exposures, and forms of learning and assessment. This article presents the rationale, methodology and content of the ERS respiratory physiotherapy curriculum. The full curriculum can be found in the supplementary material. **Database:** CINAHL

Encounters for foot and ankle pain in UK primary care: a population-based cohort study of CPRD data.

Author(s): Ferguson, Rachel; Culliford, David; Prieto-Alhambra, Daniel; Pinedo-Villanueva, Rafael; Delmestri, Antonella; Arden, Nigel; Bowen, Catherine

Source: British Journal of General Practice; Jun 2019; vol. 69 (no. 683)

Publication Date: Jun 2019

Publication Type(s): Academic Journal

PubMedID: 31109927

Available at [British Journal of General Practice](#) - from EBSCO (MEDLINE Complete)

Available at [British Journal of General Practice](#) - from Unpaywall

Abstract: Background: Older patients who have foot pain report variation in access to services to manage their foot health. To plan services it is essential to understand the scale and burden of foot pain that exists for GPs. Aim: To provide UK-wide population-level data of the frequency of foot and/or ankle pain encounters recorded in general practice. Design and Setting: Population-based cohort design study using data drawn from the UK Clinical Practice Research Datalink (CPRD) from January 2010 to December 2013. Method: All CPRD data were collected prospectively by participating GPs. The primary outcome was prevalence of GP encounters for foot and/or ankle pain, stratified by age, sex, and different subgroups of causes. Results: A foot and/or ankle pain encounter was recorded for 346 067 patients, and there was a total of 567 095 recorded encounters (mean per person 1.6, standard deviation [SD] 1.3). The prevalence of recorded encounters of foot and/or ankle pain was 2980 per 100 000 (3%). The number of patients with a recorded encounter of foot and/or ankle pain was 1820 per 100 000 (1.8%). Foot and/or ankle pain encounters were reported across all age groups (54.4% females), with those aged 71-80 years placing the greatest burden on GPs. The most common specified referrals were to orthopaedics (n = 36 881) and physiotherapy (n = 33 987), followed by podiatry (n = 25 980). Conclusion: The burden of foot and/or ankle pain encounters recorded by GPs is not insubstantial, and spans all ages, with a high proportion of referrals to orthopaedics. The authors recommend further exploration of 'first-contact practitioners' for foot and/or ankle pain in general practice to alleviate the burden on GPs. **Database:** CINAHL

Physiotherapists need to engage in a person-centred ethics for better health.

Author(s): Mari, Lundberg

Source: European Journal of Physiotherapy; Jun 2019; vol. 21 (no. 2); p. 65-66

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [European Journal of Physiotherapy](#) - from Unpaywall

Abstract: The author talks about the importance of person-centeredness in physiotherapy by referring to studies by Ekman et al. and Mudge et al., published within the periodical. Topics discussed include conscious ethics based on a personal philosophy developed by French philosopher Paul Ricoeur, the impact of physiotherapy programme based on principles of person-centredness on fatigue in patients with rheumatoid arthritis, and prevention and rehabilitation throughout the life span. **Database:** CINAHL

What is the role of post-operative physiotherapy in general surgical Enhanced Recovery after Surgery pathways?

Author(s): Burgess, Louise C.; Immins, Tikki; Wainwright, Thomas W.

Source: European Journal of Physiotherapy; Jun 2019; vol. 21 (no. 2); p. 67-72

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [European Journal of Physiotherapy](#) - from Unpaywall

Abstract: Purpose: Enhanced Recovery after Surgery (ERAS[®]) has improved outcomes following elective surgery. This narrative review aimed to assess current evidence for post-operative physiotherapy interventions in general surgical procedures which adopt ERAS[®] principles. Materials and methods: A systematic review of the literature between 2000 and 2017 was conducted. Randomised controlled trials (RCTs) that compared physiotherapy interventions for patients after the following elective ERAS[®] procedures were included: gynaecologic, gastrectomy, gastrointestinal, pancreatic, bariatric, head and neck, breast, cystectomy, colorectal, colonic and liver. Results: One study (two publications) was found to compare post-operative physiotherapy interventions in radical cystectomy patients on an ERAS[®] pathway. The addition of a progressive exercise-based

intervention improved aspects of health-related quality of life (dyspnoea ($p < .05$), constipation ($p < .02$) and abdominal flatulence ($p \leq .05$)). Enhanced mobilisation was achieved, but no differences were observed in length of stay or severity of complications. Conclusions: It is essential that the paucity of research to assess post-operative physiotherapy interventions within ERAS[®] cohorts is highlighted. The results of our literature search highlight that there is a role for post-operative physiotherapy in ERAS[®] pathways. However, without well-conducted RCTs to evaluate procedure-specific interventions, the optimal type, timing, and dose will not be found and the potential for improving patient functional recovery will be limited. **Database:** CINAHL

Exercise using a foam bead bag improves balance and lower extremity strength in older adults...38th Scientific Meeting of the Physiotherapy Research Society, April 26, 2019, London South Bank University, UK.

Author(s): Siriphorn, Akkradate; Siriphorn, Siriporn Vongsaiyat; Sawatthuk, Kittaphon; Temvorasub, Kanjana; Auttawut, Malinee

Source: International Journal of Therapy & Rehabilitation; Jun 2019; vol. 26 (no. 6); p. 1-11

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [International Journal of Therapy & Rehabilitation](#) - from MAG Online Library

Abstract: Background/Aims: Balance training using unstable support surfaces is widely used in clinics and research and can reduce the risk of falls in older people. This study aimed to investigate the effect of an exercise programme using a foam bead bag on older adults' ability to balance and the strength of their lower extremities and compare the effect with no exercise and foam pad exercise using the same programme. Methods: A total of 24 older adults were allocated into one of three groups: control ($n=8$), foam pad exercise ($n=8$) and foam bead bag exercise ($n=8$). The foam pad exercise and foam bead bag exercise groups carried out a programme consisting of 30 minutes of exercise performed twice a week for 5 weeks. The control group did not participate in an exercise programme. Participants' balance abilities were measured using the Fullerton Advanced Balance Scale, the Timed Up and Go Test and the Single-Leg Stance Test. The strength of their lower extremities was measured using the 30-second sit-to-stand test. Results: The Fullerton Advanced Balance scale and 30-second sit-to-stand scores significantly improved in the foam pad exercise and foam bead bag exercise groups. Both of these groups also demonstrated significant improvements in Timed Up and Go tests. The amount of time that participants were able to stand on one leg while unassisted significantly increased in the foam bead bag group only. No significant differences were found in balance ability or lower extremity strength in the control group. Conclusions: A foam bead bag is a suitable alternative to a foam pad when performing exercises to improve balance and strength of the lower extremities in older adults. **Database:** CINAHL

The skills, knowledge and attributes needed as a first-contact physiotherapist in musculoskeletal healthcare.

Author(s): Langridge, Neil

Source: Musculoskeletal Care; Jun 2019; vol. 17 (no. 2); p. 253-260

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [Musculoskeletal Care](#) - from Wiley Online Library Medicine and Nursing Collection 2019 - NHS

Abstract: Objectives: The provision of musculoskeletal assessment and pathway management by physiotherapists in primary care is an expanding innovation within the UK National Health Service. This new model of care is challenging physiotherapists to work in new ways, and so an understanding of these roles is timely and will contribute to the growing knowledge regarding these practitioners and their impact. Methods: This qualitative study aimed to improve the understanding of the clinical practice of first-contact clinicians in musculoskeletal healthcare. The study used a think-aloud method to explore eight clinicians' views via a stage 1 semi-structured interview process. This was followed by a stage 2 focus group involving physiotherapists and a general practitioner trainer. A thematic analysis then followed, which involved the researcher and a research colleague coding the data and subsequently developing themes. Results: The themes identified were: medical assessment and systems knowledge; speed of thought in an uncertain environment; breadth of knowledge; people and communication skills; common sense/simplify; and responsibility and experience. Conclusions: The identified themes should help to underpin the competence, capability and training requirements for these new

roles, and should be considered when developing new services utilizing first-contact primary care physiotherapy practice. **Database:** CINAHL

Hypermobility, developmental coordination disorder and physical activity in an Irish paediatric population.

Author(s): Moore, Nicola; Rand, Sarah; Simmonds, Jane

Source: Musculoskeletal Care; Jun 2019; vol. 17 (no. 2); p. 261-269

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [Musculoskeletal Care](#) - from Wiley Online Library Medicine and Nursing Collection 2019 - NHS

Available at [Musculoskeletal Care](#) - from Unpaywall

Abstract: Objective: The primary aim of the study was to explore the prevalence of generalized joint hypermobility (GJH) and generalized hypermobility spectrum disorder (gHSD) using the new classification system in a community paediatric physiotherapy service in Ireland. The second aim was to explore the relationship between GJH, gHSD and physical activity level, while considering the association of probable developmental coordination disorder (pDCD). Methods: A case-controlled cross-sectional study of children aged 6–12 years, recruited from the community paediatric physiotherapy department (n = 32) and a local school (n = 41), was carried out. A Beighton score of $\geq 6/9$ distinguished GJH. The new framework for hypermobility spectrum disorder (HSD) was used. Self-reported physical activity level was measured using the Physical Activity Questionnaire—Older Children. A parent-reported validated questionnaire screened for pDCD. Results: The prevalence of GJH was 21.9% of children attending physiotherapy. One child in the physiotherapy group was identified as having gHSD, with a prevalence of 3.1%. There was no significant difference in physical activity level between children with and without GJH attending physiotherapy (independent samples t-test, $p = 0.28$). Probable developmental coordination disorder (pDCD) was observed in 71.9% of children attending physiotherapy. There was no significant difference in the number of children with pDCD in those with and without GJH (Fisher's exact test, $p = 0.370$). Conclusions: This study was the first to explore the prevalence of GJH and gHSD in the paediatric physiotherapy population in Ireland. The presence of GJH did not affect self-reported physical activity level or motor coordination in children attending physiotherapy. **Database:** CINAHL

Long-term follow-up of exercise interventions aimed at preventing falls in older people living in the community: a systematic review and meta-analysis.

Author(s): Finnegan, Susanne; Seers, Kate; Bruce, Julie

Source: Physiotherapy; Jun 2019; vol. 105 (no. 2); p. 187-199

Publication Date: Jun 2019

Publication Type(s): Academic Journal

Available at [Physiotherapy](#) - from Unpaywall

Abstract: Fall-related injuries are the leading cause of accident-related mortality for older adults, with 30% of those aged 65 years and over falling annually. Exercise is effective in reducing rate and risk of falls in community-dwelling adults; however, there is lack of evidence for the long-term effects of exercise. To assess the long-term effect of exercise interventions on preventing falls in community-dwelling older adults. Searches were undertaken on MEDLINE, EMBASE, AMED, CINAHL, psycINFO, the Physiotherapy Evidence Database (PEDro) and The Cochrane Library from inception to April 2017. Randomised controlled trials (RCTs), cohort studies or secondary analyses of RCTs with long-term follow-up (>12 months) of exercise interventions involving community-dwelling older adults (65 and over) compared to a control group. Pairs of review authors independently extracted data. Review Manager (RevMan 5.1) was used for meta-analysis and data were extracted using rate ratio (RaR) and risk ratio (RR). Twenty-four studies (7818 participants) were included. The overall pooled estimate of the effect of exercise on rate of falling beyond 12-month follow-up was rate ratio (RaR) 0.79 (95% confidence interval (CI) 0.71 to 0.88) and risk of falling was risk ratio (RR) 0.83 (95% CI 0.76 to 0.92) Subgroup analyses revealed that there was no sustained effect on rate or risk of falling beyond two years post intervention. Falls prevention exercise programmes have sustained long-term effects on the number of people falling and the number of falls for up to two years after an exercise intervention. CRD42017062461.

Database: CINAHL

The future of physiotherapy.**Author(s):** Knapton, Katie**Source:** British Journal of Community Nursing; May 2019; vol. 24 (no. 5); p. 236-237**Publication Date:** May 2019**Publication Type(s):** Academic JournalAvailable at [British Journal of Community Nursing](#) - from MAG Online LibraryAvailable at [British Journal of Community Nursing](#) - from EBSCO (CINAHL Plus with Full Text)**Abstract:**The article looks at the implications of a new general practice contract on physiotherapy services in Great Britain. Topics mentioned include the number of fall-related hospital admissions in England for people aged 65 years in 2016 and 2017 according to the Royal Society for the Prevention of Accidents, Bounce Back Clinics set up by the Grange and Lakes Integrated Care Community, and the appointment of Matt Hancock as Secretary of State for Health and Social Care. **Database:** CINAHL**Physiotherapist as an alternative to a GP for musculoskeletal conditions: a 2-year service evaluation of UK primary care data.****Author(s):** Downie, Fiona; McRitchie, Catherine; Monteith, Wendy; Turner, Helen**Source:** British Journal of General Practice; May 2019; vol. 69 (no. 682)**Publication Date:** May 2019**Publication Type(s):** Academic Journal**PubMedID:** 30962224Available at [British Journal of General Practice](#) - from EBSCO (MEDLINE Complete)**Abstract:**Background: Physiotherapists are currently working in primary care as first contact practitioners (FCP), assessing and managing patients with musculoskeletal conditions instead of GPs. There are no published data on these types of services.Aim: To evaluate a new service presenting the first 2 years of data.Design and Setting: Analysis of 2 years' data of patient outcomes and a patient experience questionnaire from two GP practices in Forth Valley NHS, UK. The service was launched in November 2015 in response to GP shortages.Method: Data were collected from every patient contact in the first 2 years. This included outcomes of appointments, GP support, capacity of the service, referral rates to physiotherapy and orthopaedics, numbers of steroid injections, and outcomes from orthopaedic referrals. A patient experience questionnaire was also conducted.Results: A total of 8417 patient contacts were made, with the majority managed within primary care (n = 7348; 87.3%) and 60.4% (n = 5083) requiring self-management alone. Referrals to orthopaedics were substantially reduced in both practices. Practice A from 1.1 to 0.7 per 1000 patients; practice B from 2.4 to 0.8 per 1000 patients. Of referrals to orthopaedics, 86% were considered 'appropriate'. Extended scope physiotherapists (ESPs) asked for a GP review in 1% of patients. Conclusion: The results suggest that patients with musculoskeletal conditions may be assessed and managed independently and effectively by physiotherapists instead of GPs. This has the potential to significantly reduce workload for GPs as the service requires minimal GP support. The majority of patients were managed within primary care, with low referral rates and highly appropriate referrals to orthopaedics. Patients reported positive views regarding the service. **Database:** CINAHL**Reaping the benefits of preventative rehabilitation.****Author(s):** Knapton, Katie**Source:** International Journal of Therapy & Rehabilitation; May 2019; vol. 26 (no. 5); p. 1-3**Publication Date:** May 2019**Publication Type(s):** Academic JournalAvailable at [International Journal of Therapy & Rehabilitation](#) - from MAG Online Library**Abstract:** The author discusses the concept of preventative rehabilitation, or prehab, and its popularity in all aspects of healthcare. Topics discussed include the differing definitions of prehab when applied in surgical terms, a trial called the Wessex Fit-4-Cancer Surgery Trial based at the University of Southampton that focuses on the outcomes of prehab, and the role of prehab in the future and its significance to traditional physiotherapy.**Database:** CINAHL**The benefits of an animal-assisted intervention service to patients and staff at a children's hospital.**

Author(s): Uglow, Lyndsey S

Source: British Journal of Nursing; Apr 2019; vol. 28 (no. 8); p. 509-515

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at [British Journal of Nursing](#) - from MAG Online Library

Available at [British Journal of Nursing](#) - from EBSCO (CINAHL Plus with Full Text)

Abstract:An online survey of parents and staff was conducted to assess the effect of an animal-assisted intervention (AAI) service at a UK children's university teaching hospital. Three volunteer handlers with five golden retriever dogs provided AAls across all eight paediatric wards including day, medical, surgical, oncology and intensive care. Interventions ranged from 'meet and greet' to assisting nursing care, physiotherapy and occupational therapy, as well as providing distraction during blood taking and other tests including radiology examinations. Two hundred surveys were completed and there was an overwhelmingly positive response to the service. No concerns were recorded with respect to the presence, cleanliness and behaviour of the dogs. There was a 100% recommendation that similar services should be supported across the UK. **Database:** CINAHL

Physiotherapy and lung transplantation: in the folds of history.

Author(s): Polastri, Massimiliano; Pacilli, Angela Maria Grazia; Dell'Amore, Andrea

Source: International Journal of Therapy & Rehabilitation; Apr 2019; vol. 26 (no. 4); p. 1-3

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at [International Journal of Therapy & Rehabilitation](#) - from MAG Online Library

Abstract:The authors discuss news and information about physiotherapy and lung transplantation as of April 2019. Topics covered include a case of a 40-year-old man who underwent double lung transplantation in March 1971 at King's College Hospital in London, England, the paternity of the implementation of a physiotherapeutic treatment for lung transplant recipients, and the role of physiotherapy within the therapeutic pathway.

Database: CINAHL

Physiotherapy: How to work with evidence in daily practice.

Author(s): Snöljung, Åsa; Gustafsson, Lena-Karin

Source: Journal of Evaluation in Clinical Practice; Apr 2019; vol. 25 (no. 2); p. 216-223

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at [Journal of Evaluation in Clinical Practice](#) - from Wiley Online Library Medicine and Nursing Collection 2019 - NHS

Abstract:Rationale, aims, and objectives: The concept of evidence-based health care has gained increasing currency over the past decades; however, questions persist regarding how to overcome the gap between research and health care practice. The question arises whether this gap derives from a true knowledge deficit or from physiotherapists' perception of working with evidence. The aim of the current study was to illuminate changes to the meaning of working with evidence experienced by a cohort of physiotherapists following an education program. Methods: A phenomenological hermeneutic design with open-ended group interviews was carried out with physiotherapists who had participated in an education program about evidence and how to implement evidence-based practice (EBP) in day-to-day practice. Findings: The interviews provided descriptions of working with evidence according to three major themes: "Confidence with the concept of evidence in relation to a way of working"; "Experience of EBP as a duty to seek evidence for individual patients"; and "EBP experienced as an integrated and patient-oriented activity". Conclusions: The physiotherapists' lived experiences demonstrated that the participants' perception of the concept of evidence mainly concerned a broadening of the definition of evidence, and this altered perception of evidence could be interpreted as the physiotherapists viewing EBP as a more integrated and patient-oriented activity than before.

Database: CINAHL

People who identify as LGBTIQ+ can experience assumptions, discomfort, some discrimination, and a lack of knowledge while attending physiotherapy: a survey.

Author(s): Ross, Megan H; Setchell, Jenny

Source: Journal of Physiotherapy (Elsevier); Apr 2019; vol. 65 (no. 2); p. 99-105

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at [Journal of Physiotherapy \(Elsevier\)](#) - from Unpaywall

Abstract: Abstract Questions What are the experiences of people who identify as lesbian, gay, bisexual, transgender, intersex, queer or related identities (LGBTIQ+) and attend physiotherapy? How could those experiences of physiotherapy be improved? Design Primarily qualitative design using a purpose-built online survey. Participants People aged 18 years or older, who self-identified as LGBTIQ+, and had attended physiotherapy in Australia. Methods Open responses were analysed with thematic analysis and quantitative responses with descriptive statistics. Results One hundred and fourteen participants responded to the survey, with 108 meeting all eligibility criteria. Four main themes were identified in the analysis, with almost all participants reporting experiences during physiotherapy interactions relating to at least one of the following themes: 'assumptions' about participants' sexuality or gender identity; 'proximity/exposure of bodies', including discomfort about various aspects of physical proximity and/or touch and undressing and/or observing the body; 'discrimination', including reports of overt and implicit discrimination as well as a fear of discrimination; and 'lack of knowledge about transgender-specific health issues'. Positive experiences were also evident across the first, third and fourth themes. Participants suggested or supported a number of ways to improve LGBTIQ+ experiences with physiotherapy, including: LGBTIQ+ diversity training for physiotherapists, education specific to the LGBTIQ+ population (particularly transgender health), and open options for gender provided on forms. Conclusion People who identify as LGBTIQ+ can experience challenges when attending physiotherapy, including: erroneous assumptions by physiotherapists, discomfort, explicit and implicit discrimination, and a lack of knowledge specific to their health needs. Positive findings and participant-suggested changes offer ways to improve physiotherapy for LGBTIQ+ people across educational and clinical settings. **Database:** CINAHL

Motivational interviewing training for physiotherapy and occupational therapy students: Effect on confidence, knowledge and skills.

Author(s): Fortune, Jennifer; Breckon, Jeff; Norris, Meriel; Eva, Gail; Frater, Tai

Source: Patient Education & Counseling; Apr 2019; vol. 102 (no. 4); p. 694-700

Publication Date: Apr 2019

Publication Type(s): Academic Journal

PubMedID: 30482468

Available at [Patient Education & Counseling](#) - from Unpaywall

Abstract: Objective: To examine the effectiveness of a three-day training programme on knowledge, confidence and fidelity to Motivational Interviewing (MI) delivery in an undergraduate occupational therapy and physiotherapy cohort (n = 25). Methods: Training outcomes were assessed pre-training, post-training and following a subsequent clinical placement. The Motivational Interviewing Knowledge and Attitudes Test (MIKAT) and an 8-item survey assessed knowledge, attitudes and confidence respectively. MI fidelity was evaluated by a simulated patient interview rated with the Motivational Interviewing Treatment Integrity scale (MITI). Analysis was by one-way repeated measures ANOVA. Results: Self-report measurements indicated increased confidence but no effect on knowledge or attitude. MITI analysis showed superior performance in all four global criteria and an increased frequency of MI adherent behaviours post-training. Positive changes were maintained following clinical placement. MITI summary scores indicated an improvement in question to reflection ratio in line with beginner competency. Conclusion(s): Participation in a three-day MI training programme significantly improved student confidence and MI skilfulness. Practice Implications: Where feasible, MI training should be embedded within the curriculum. Further research is needed elucidate the best practices to incorporate teaching this skill set within the curriculum in order to best prepare students to counsel clients in behaviour change in their applied settings. **Database:** CINAHL

The role of the physiotherapist in paediatric respiratory medicine.

Author(s): Simpson, Julie; Parsons, Naomi; Martin, Audrey

Source: Paediatrics & Child Health; Apr 2019; vol. 29 (no. 4); p. 178-184

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Abstract: Abstract Many children seen under the umbrella of respiratory medicine benefit from physiotherapy. Physiotherapists bring a wide range of skills in the clinical management of this group of patients. These roles include secretion or airway clearance, breathing re-education, inhaled therapy, education for respiratory health, postural and musculoskeletal management, exercise prescription, support with weaning ventilation and admission prevention. Within this article we aim to explore some of the key roles physiotherapists undertake.

Database: CINAHL

Effectiveness of physiotherapy in elderly patients with dementia: a prospective, comparative analysis.

Author(s): Kowalska, Joanna; Mazurek, Justyna; Kubasik, Natalia; Rymaszewska, Joanna

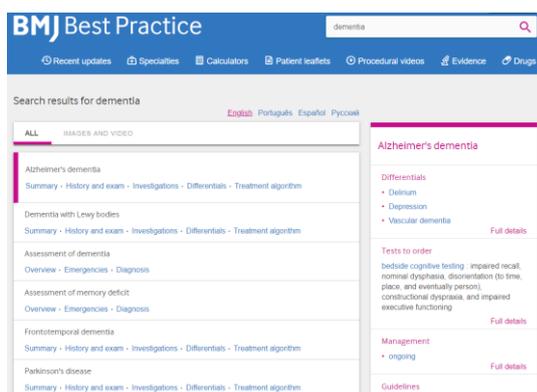
Source: Disability & Rehabilitation; Apr 2019; vol. 41 (no. 7); p. 815-819

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Abstract: Background: The aim of this study was to assess the efficacy of physiotherapy in nursing home patients with comorbid dementia. Materials and methods: The study group consisted of 88 patients, including 48 people with dementia and 40 people without dementia. Before and after physiotherapy, the Mini Mental State Examination and Barthel Index were used. Results: Elderly patients without dementia achieved a greater improvement in functional status. The level of cognitive functioning at the time of admission to a nursing home, but not the patient's functional status, had a significant impact on physiotherapy efficacy. Conclusion: Understanding the role of dementia in the rehabilitation process is important for care planning. More research is required to ascertain the efficacy of physiotherapy in people with moderate to severe dementia, including the best strategies to improve their functional status. Implications for Rehabilitation: The level of cognitive function is important in the rehabilitation process, and it influences effectiveness of physiotherapy. Physiotherapy efficacy in the group of patients with coexisting dementia is lower than that in patients without dementia. Regular physiotherapy can also improve functional status in patients with coexisting dementia. The results of the study may have utilitarian implications, leading to a change in therapy regimens at physiotherapy centres treating disabled chronically ill people with coexisting dementia. **Database:** CINAHL

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Library and Knowledge Services Team



Abbas Bismillah

Head of Library and Knowledge Services

abbas.bismillah@elht.nhs.uk

01254 734308 or Ext. 84308

Clare Morton

Library Operational Services Manager

clare.morton@elht.nhs.uk

01254 734066 or Ext 84066

01282 804073 or Ext 14073

Judith Aquino E-Resources Librarian

judith.aquino@elht.nhs.uk

01282 804073 or Ext. 14073

01254 732813 or Ext 82813

Sarah Glover

Library Services Officer

Lauren Kay

Library Services Officer

Charlotte Holden

Library Services Officer

library.blackburn@elht.nhs.uk

01254 734312 or Ext. 84312

library.burnley@elht.nhs.uk

01282 803114 or Ext 13114

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