

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, credible evidence, the personal knowledge, training, and experience of the physiotherapist, and the client's perspective.

Performance expectations

The physiotherapist must:

- A. Before incorporating new or emerging therapies into the physiotherapy services they provide:
 - i. Practice in accordance with the statutory, legislative and regulatory framework governing physiotherapy practice in Manitoba
 - ii. Be aware of the evolution of the physiotherapy profession.
 - iii. Have the required training, knowledge, skills and judgement necessary to enable the new or emerging practice.
- B. **Critically appraise** evidence relevant to the practice setting, population served, and available assessment and treatment options before integrating evidence into practice.
- C. Incorporate critically appraised physiotherapy-related evidence into assessment and treatment plans.
- D. Clearly communicate with clients and others when the services proposed are **emerging** or **complementary therapies**.
- E. Advise 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 services.
- F. Integrate critical thinking and professional judgment into client-centered care, evaluating their practice in terms of client outcomes, and modifying approaches based on this self-reflective process.

- G. Share information related to evidence and best practices and not promote information, treatment options or products, that are not grounded in scientific, peer- reviewed and/or physiologically plausible evidence.
- H. Offer or confirm that the client has received evidence-informed, best practice physiotherapy approaches before offering emerging treatments that are outside of established evidence-informed physiotherapy.

Related Standards:

Communication

Assessment, Diagnosis, Treatment

Advertising and Marketing

Definitions

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 evidence informed physiotherapy.

Critically appraised – 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 refer 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