# The Physiotherapist

**Profile of Competencies** 

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# **Table of Abbreviations**

| BMG<br>EC | Bundesministerium für Gesundheit (Ministry of Health)<br>European Commission  |
|-----------|---|
| ENPHE     | European Network of Physiotherapy in Higher Education   |
| EQF       | European Qualifications Framework   |
| EQR       | Europäischer Qualifikationsrahmen (für Lebenslanges Lernen) (European<br>Qualifactions Framework)                   |
| ER-WCPT   | European Region of the World Confederation for Physical Therapy   |
| ESCO      | European Skills, Competences, Qualifications and Occupations  |
| EU        | Europäische Union (European Union)  |
| FH        | Fachhochschule/n (University of Applied Sciences)   |
| FH-MTD-AV | FH-MTD-Ausbildungsverordnung (Ordinance on Education and Training for Higher Medical-Technical Professions at UASs) |
| MTD       | gehobene medizinisch-technische Dienste (Higher Medical-Technical<br>Professions)                                   |
| PHC       | Primary Health Care   |

# Introduction

The profession of a physiotherapist is an integral part of a modern and qualitative health care system. To be able to cope with the changing and future demands and to guarantee patient care on a high qualitative level, it has been an important precondition and an important step to deal with the competencies and related learning outcomes.

This publication presents the current profile of competencies of physiotherapists including the related learning outcomes. In Austria the development of a profile of competencies has been closely linked to attempts within the European Union (EU) to make profiles of competencies comparable, and consequently to promote mobility. Referring to developments occurring simultaneously in Europe, the profile of competencies was established in accordance with health political developments and trends in higher education on a European level.

Additionally, the current valid professional profile is depicted in the context of health related and professional political developments.

# 1. The Physiotherapy Profession

The physiotherapy profession physiotherapy is a diverse and highly responsible job that has been changing due to changes in society, health politics, and technical progress as well as scientific developments, and future developments that have to be considered in advance. Below the current professional profile is depicted outlining the issues that are going to be influential in the future.

## 1.1 Professional Profile Physiotherapy

The main focus of the physiotherapy profession is to promote, develop, maintain and regain the ability of movement of an individual. This focus comprises tasks to maintain and promote health, to develop health promoting environments and health promoting procedures and projects. Physiotherapy affects the human being as a whole, interacting with movement systems, organ functions, cognitive level, level of experience and behavior. The central task of physiotherapy is the ability to move, which is a result of finding the best possible ability to allow the movement system and organ system to function, and which also considers development and control of movement, as well as experience and behavior and functional and neurologic connections.

All these facts have to be considered in the framework of the salutogenetic health paradigm, which is based on evidence based effects and knowledge, current developments and knowledge in physiotherapy and its reference sciences, especially natural science, human medicine, pedagogics, psychology, sociology and public health.

The profession of physiotherapy comprises all profession specific procedures within the physiotherapeutic process, like taking a patients history, examination, analyses, developing a physiotherapeutic diagnosis, planning, conducting and evaluating all physiotherapeutic procedures in health promotion, counseling, prevention, rehabilitation, cure and palliative care for people of all ages and groups in and outside hospitals, as well as in primary, secondary and tertiary health care in the fields of human medicine, science, research, industry as well as evaluating the health related framework conditions.

Tasks also comprise establishing expert opinions and being a qualified expert.

Physiotherapists are permitted by the respective professional laws to transfer tasks to other health allied professions and to assume supervision of these tasks. This specifically comprises supervising

exercise therapists, medical masseurs, therapeutic masseurs, as well as students of physiotherapy and other health allied professionals in education.

### 1.2 A Profession Going through Changes

In the course of constantly increasing knowledge and challenges in medicine and physiotherapy, as well as changes in society, including demography, health landscape and politics, physiotherapy is constantly developing further. New technologies, e-health and scientific knowledge are more and more integrated in professional routines. Changes in framework conditions for exercising the profession not only pose challenges, but also offer chances for the profession. Specialization, new professional fields and careers are being established.

The health landscape in Austria currently revolves around the health reform. A major pillar of the health reform is primary care and establishing a primary health care (PHC) model. Physiotherapists are an integral part of this structure.

Therefore, it is necessary to define the tasks, competencies and qualifications necessary for a physiotherapist working in primary, secondary and tertiary care. Furthermore, the issues of physiotherapists as "best point of service" and a possible self-referral of patients (and/or direct access) to physiotherapy, constitute influential factors. A factor of success for PHC, in general for optimal care of patients, is the multi-professional cooperation and transparency of diverse competencies of various professions interacting in the team.

Other topics like improving health competencies and developing health promoting environments are issues that belong to the range of competencies of physiotherapy.

# 2. Developing a Profile of Competencies and Learning Outcomes

With the aim to develop a clear, transparent and future oriented portfolio "Physiotherapy 2020" in the context of an international professional development, the executive board of Physio Austria commissioned the expert network of higher education to develop a profile of competencies including learning outcomes.

The expert network of higher education consists of the heads of all Austrian physiotherapy programs of the Universities of Applied sciences as well as of all persons who represent the Austrian Education programs in the international networks ER-WCPT and ENPHE. The goal is to develop physiotherapy training in Austria in accordance with European developments, to ensure coordinated physiotherapy study programs throughout Austria, and to support the training of professional and competent physiotherapists. Accordingly, the present profile of competencies has been developed within a coordinated integrative process and has been adopted as a basis for the Austrian study plans in physiotherapy.

#### 2.1 Definition of Terminology

Formulations developed by the working group are based on the following understanding of terms

#### 2.1.1 Clarifying the terms Profile of Competencies and Qualification Profile

The terms competencies, profile of competencies and qualification profile are defined in different ways in literature and applied without making clear distinctions. The following definitions shown in figure 1, serve to make the meaning of the basic terminology, used in this document, clear by the authors.

| Competence is   | Qualification is   |
|---|--|
| the ability and willingness to do something,<br>but also comprises the responsibility for doing<br>it   | the sum of all acquired skills, knowledge<br>and behavior patterns in the education<br>process   |
| the coordinated application of diverse individual tasks   |  |
| dependent on the situation, available in the context of executing several tasks and demands   | the precondition to satisfy the demands when assuming diverse functions  |
| Competencies combine knowledge and ability<br>(ability and skills) to the ability to act  | Qualification is depicted with all indicated<br><b>Learning Outcomes</b> and can be assessed in<br>individual parts of the dimensions.   |
| Competencies cannot be directly observed.   |  |
| The profile of competencies describes tasks<br>executed, when assuming a specific<br>function/role and completing activities that<br>are necessary to be able to conduct these<br>tasks in a specified way. | The qualification profile describes<br>dimensions of performance that can be<br>assessed (Learning Outcomes), that are<br>presented by a graduate of a defined<br>education process. |

Figure 1: Clarifying Competence – Qualification

#### 2.1.2 EQF and EQR

The European Qualification Framework (EQR in German) has been defined as EQF by the EU and has then been published in the respective language of each country; in Austria EQR (Europäischer

Qualifikationsrahmen). The levels presented in this document have been defined according to the EQR of the EU.

#### 2.1.3 Evidence based

Referring to/based on the current situation of evidence (integrating individual clinical expertise involving best available external evidence of systematic research)

#### 2.1.4 interdisciplinary

Establishing a correlation among individual disciplines, combining partial aspects of various disciplines, developing solutions derived from combining these partial aspects

#### 2.1.5 intraprofessional

Referring to their own profession, within their own profession

#### 2.1.6 multiprofessional

Referring to members of several professions, their way of working characterized by additive synthesizes of expertise of disciplines involved, profiting by focusing on partial areas

#### 2.2 Qualification Profile

Based on the fact that the qualification profile comprises measurable learning outcomes at a defined point in time (end of an educational process, end of an education program), it has to be pointed out here, that qualification profiles and the profile of competencies are of importance when developing curricular for higher education.

While the profile of competencies determines the direction for the process of primary qualification for the profession, the qualification profile depicts the sum of all learning outcomes acquired on completion of education. Learning outcomes, which work towards the core competency/role expert, are completely acquired during the education, when attending a degree program in higher education. Learning outcomes referring to roles that are comparable to multi-professional ones (e.g. communicator, manager, team worker) can be partly acquired outside the framework of a degree program, too. These learning outcomes are prepared in the course of an education prior to a vocational one and/or are acquired additionally in non-formal educational settings. Guaranteeing the whole qualification profile in all its dimensions finally occurs at the qualifying educational institute, when graduating from a physiotherapy program at the respective university. Therefore, the degree program is also eligible to award the accreditation in the form of a degree. This model of components of a personalized qualification profile, which stems from the individual educational biography of a graduate, can be applied analogically to a higher qualification in the profession, too (see figure 2, Eckler2015).

The learning outcomes, as in the primary qualification, are assessed independently based upon the established components of the individual education plan. The responsibility to guarantee the qualification profile at the point of graduation has to be with the educational institute awarding the degree.

| Higher qualification (Master, PhD)                                      |                                |                            |                             |  |  |  |
|---|--------------------------------|----------------------------|-----------------------------|--|--|--|
| Institutional<br>qualification Professional primary qualification (Bach |                                |                            |                             |  |  |  |
| Professional<br>experience  | Institutional<br>qualification | Education prior to working |                             |  |  |  |
| Non formal<br>qualification   | Non formal<br>qualification    | Formal<br>qualification    | Non formal<br>qualification |  |  |  |

Figure 2: Components of a Personalized Qualification Profile, Eckler 2015

#### 2.3 Process of Development

#### 2.3.1 Definition of Levels and Roles

In the light of EQF levels, the levels of degrees have been defined. The levels have been collated with tasks that can be found in diverse roles of physiotherapists.

After reviewing several documents (EU directives/ENPHE, EQF, ESCO, diverse documents of European institutes of higher education) the group has decided for the role model described in EU directives/ENPHE as a recommendation for ESCO – to ensure the development of the profession within a national and European context. For each role level 6 and 7 have been elaborated. Level 6 corresponds to the first study cycle according to the qualification framework in the European Higher Education Area, which is the bachelor level and thus in physiotherapy to the professional beginner and level 7 to the second study cycle, which is the master level and "strategic professional".

#### 2.3.2 Generating a Profile of Competencies

The profile of competencies has been generated, applying a circular process with feedback and reflection loops, together with the board and in the course of the conference of the expert network for higher education (Tagung des fachlichen Netzwerks Hochschulbildung) from May 2014 until June 2015.

#### 2.3.3 Generating Learning Outcomes

During the following step, learning outcomes were formulated for all roles and all competencies, and they were then adjusted to the FH-MTD-AV in its current edition (BGBI. I Nr. 70/2005). The process of development followed the same systematic procedures regarding feedback and reflection loops with the expert network of higher education as well as the board. In December 2015 the profile of competencies and the learning outcomes were accepted by the board.

# 3. Results

The describing of the competencies in this document, has been done assuming a future oriented perspective and in the light of an international professional development scheme, with the aim to support a modern professional profile. The competencies are complemented by learning outcomes with the aim to offer institutes of higher education a comprehensive and clear help to streamline their educational processes.

## 3.1 Description of Roles of a Physiotherapist

The description of roles has been done in the following sequence:

- Physiotherapy expert
- Communicator
- Team worker/Collaborator
- Manager
- Health Care Promoter
- Innovator
- Professional

#### 3.2 Competencies and Learning Outcomes

The Competencies and Learning Outcomes are described in the following charts.

|  | COMPETENCIES AND LEARNING OUTCOMES  |   |  |  |  |  |  |  |  |  |
|--|---|---|--|--|--|--|--|--|--|--|
| Pr   | Expert<br>Physiotherapists are experts in function, movement and mobility of the human body, they apply the ICF classification when assessing and follow the<br>structure of the physiotherapeutic process. |   |  |  |  |  |  |  |  |  |
| -  | Description of Learning Outcome<br>Competencies Level 6<br>Level 6  |   | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies) |  |  |  |  |  |  |  |
| Establishing the need<br>have information and<br>gathering information a<br>aspects that are releva<br>health, associated prio<br>history, prior health<br>interventions and relat<br>results. | <ul> <li>assesses information</li> <li>about</li> <li>presented for its</li> <li>physiotherapeutic relevance</li> <li>identifies information deficit</li> </ul>   | ) |  |  |  |  |  |  |  |  |

| Selection and application<br>based on hypotheses to<br>identify problems   | <ul> <li>The Graduate</li> <li>formulates hypotheses about<br/>pathophysiological and<br/>pathobiological mechanisms<br/>and their correlation with the<br/>ICF levels</li> <li>selects evidence based and<br/>profession specific<br/>procedures for the<br/>examination</li> <li>applies examination<br/>procedures in a systematic<br/>and standardized way</li> <li>recognizes life threatening<br/>conditions and administers<br/>first aid</li> </ul> | Identifying several ways to<br>review hypotheses in an<br>efficient way and to<br>differentiate them according<br>to economic points of view<br>Prioritizing procedures<br>based on how qualified and<br>appropriate they are | <ul> <li>The Graduate</li> <li>evaluates hypotheses based on<br/>pathophysiological and<br/>pathobiological mechanisms and<br/>their correlation with the ICF<br/>levels</li> <li>prioritizes procedures according<br/>to their suitability, adequacy and<br/>economic aspects</li> </ul>                        |  |
|--|---|---|--|--|
| Evaluating the results<br>derived from the diagnostic<br>process<br>Formulating the<br>physiotherapeutic diagnosis | The Graduate<br>- evaluates the hypotheses<br>based on the results of the<br>examination<br>- combines the results in the<br>physiotherapeutic diagnosis  | Evaluating results from the<br>diagnostic process against<br>the backdrop of unstable<br>and/or highly complex<br>situations<br>Evaluating<br>interdependencies   | <ul> <li>The Graduate</li> <li>evaluates the hypotheses based<br/>on the results from the<br/>examination against the<br/>backdrop of unstable and/or<br/>highly complex situations</li> <li>evaluates the interdependencies<br/>according to their relevance for<br/>the physiotherapeutic diagnosis</li> </ul> |  |
| Defining therapy aims that<br>can be verified according to<br>bio-psycho-social aspects                            | <ul> <li>The Graduate</li> <li>defines therapy aims</li> <li>categorizes therapy aims<br/>according to qualitative and<br/>quantitative criteria</li> <li>establishes evidence based<br/>re-assessment parameters</li> </ul>  | Defining and prioritizing<br>therapeutic aims based on<br>bio-psycho-social aspects   | <ul> <li>The Graduate <ul> <li>defines therapeutic aims</li> <li>according to the ICF-model</li> <li>considering the bio-psycho-social model</li> </ul> </li> <li>prioritizes the therapeutic aims based on evidence and preferences of the patient</li> </ul>   |  |
| Selecting and applying<br>suitable methods and<br>procedures for treatment   | The Graduate<br>- selects evidence based<br>procedures for treatment (incl.<br>re-assessment)   | Considers unstable and/or<br>highly complex situations in<br>the therapeutic setting  | The Graduate - selects evidence based procedures for treatment against the backdrop of unstableand/or  |  |

| Reviewing efficiency of the                                       | <ul> <li>applies treatment procedures<br/>(incl. procedures for re-<br/>assessment) in a systematic<br/>and standardized way for<br/>individuals and groups</li> <li>reacts in an appropriate way<br/>to group dynamic processes</li> </ul>   |  | highly complex situations  |  |
|---|---|--|--|--|
| treatment procedures  | <ul> <li>reviews the efficiency of the<br/>treatment procedures based<br/>on re-assessment parameters</li> </ul>  |  |  |  |
| Terminating therapy   | <ul> <li>The Graduate</li> <li>assesses the current situation<br/>of the patient at the time of<br/>terminating the treatment</li> <li>develops perspectives for<br/>further (self-)management of<br/>the patient</li> <li>communicates the results of<br/>terminating the therapy (see<br/>Role Communicator)</li> </ul> |  |  |  |
| Standardized<br>documentation of the<br>physiotherapeutic process | <ul> <li>The Graduate</li> <li>documents in a complete and<br/>comprehensible way</li> <li>makes working steps and<br/>results of the<br/>physiotherapeutic process<br/>available for further use</li> </ul>  |  |  |  |
| Developing movement and perception competence                     | <ul> <li>The Graduate</li> <li>perceives motor actions in a selective way</li> <li>masters imitating motor "patterns"</li> <li>describes motor actions verbally</li> <li>gives instructions for individuals and groups to conduct movements</li> </ul>  | Integrating movement and perceiving competencies | The Graduate<br>- adapts physiotherapeutic action<br>by integrating information from<br>proprioceptive and perceptive<br>systems |  |

| - utilizes proprioceptive | and      |  |  |
|---------------------------|----------|--|--|
| perceptive abilities fo   | r action |  |  |
| control                   |          |  |  |
|                           |          |  |  |

|                                     | COMPETENCIES AND LEARNING OUTCOMES |  |  |  |  |  |  |  |  |  |
|-------------------------------------|------------------------------------|--|--|--|--|--|--|--|--|--|
| Add-on for                          | Expert with Direct A               | Expert with Direct Access  |  |  |  |  |  |  |  |  |
| Role of                             | Physiotherapists, in t             | heir role as experts with direct access, decide during the physiotherapeutic process, applying an additional screening process, if                         |  |  |  |  |  |  |  |  |
| Expert                              | there is an indication             | for physiotherapy, and if further steps in the physiotherapeutic process may be commenced.   |  |  |  |  |  |  |  |  |
|                                     |                                    |  |  |  |  |  |  |  |  |  |
| Executing a syste                   | matic screening process            | The Graduate   |  |  |  |  |  |  |  |  |
| with the aim to                     |                                    | <ul> <li>decides, based on the information gathered, on the indication for a physiotherapeutic diagnostic process</li> </ul>                               |  |  |  |  |  |  |  |  |
| <ul> <li>identify</li> </ul>        | symptom patterns, that             | - creates the screening process in an evidence based way   |  |  |  |  |  |  |  |  |
| require                             | attention of a physician,          | - reasons his/her way of procedure in a comprehensible way   |  |  |  |  |  |  |  |  |
| <ul> <li>identify</li> </ul>        |                                    | - identifies the health problem of the client based on current scientific knowledge  |  |  |  |  |  |  |  |  |
| indications/contraindications for a |                                    | - identifies his/her expectations regarding the problem solution   |  |  |  |  |  |  |  |  |
| further physiotherapeutic           |                                    | - creates the history taking in a systematic way, to identify the kind, localization, history and severity of the signs and symptoms and their correlation |  |  |  |  |  |  |  |  |
| examination                         |                                    | - reviews the current problem for dangers ("clinical red flags", "clinical yellow flags, blue flags, black flags, atypical history")                       |  |  |  |  |  |  |  |  |

E

| <ul> <li>clarify which physiotherapeutic<br/>competencies are required to<br/>solve the problem at hand</li> </ul> | <ul> <li>conducts a physical examination when required</li> <li>applies relevant measurement instruments</li> <li>documents decision making based on indication and contraindication for the physiotherapeutic diagnostic process applying current guidelines, laws and regulations</li> <li>reviews his/her decisions</li> <li>evaluates his/her decision making process</li> <li>counsels his/her client how to proceed further</li> <li>informs, if necessary, with consent of the client, the attending physician about the results of the screening process</li> </ul> |
|--|---|
|--|---|

|  |  |  | COMPETENCIES AND LEA  | ARNING OUTCOMES   |  |  |  |  |
|--|--|--|---|---|--|--|--|--|
| A  | Communicator<br>As communicators physiotherapists enable relationships, based on trust, within their environment and convey information in a target-group-specific<br>way. |  |   |   |  |  |  |  |
| Description o<br>Competencies<br>Level 6<br>Effective communicat<br>with patients, relative<br>clients to develop a<br>professional, therape<br>relationship | es<br>ation<br>es and  | Learning Outcome<br>Level 6<br>The Graduate<br>- applies language adapted to<br>listeners' needs<br>- selects the appropriate<br>communication strategy<br>- applies the appropriate<br>verbal, non-verbal, written<br>and electronic communication<br>techniques<br>- listens actively<br>- feels obliged to assume an<br>empathetic attitude | Description of Competencies<br>Level 7 (= Level 6 + listed<br>competencies)<br>Processing complex information<br>and communicating this<br>information adapted to the<br>listeners' needs | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies)<br>The Graduate<br>- analyses complex<br>information<br>- deduces central elements<br>of information<br>- evaluates the quality of<br>information based on<br>specific criteria<br>- creates the transfer of<br>information<br>- applies language adapted<br>to the listeners' needs |  |  |  |  |
| Effective communicat<br>and decision making<br>intra and inter profess<br>team   | in an  | <ul> <li>The Graduate</li> <li>masters jargon</li> <li>discusses facts</li> <li>evaluates arguments in an objective and clinical way</li> </ul>  | Steering communication<br>processes on an organizational<br>and social level  | The Graduate<br>- integrates facts when<br>discussing results<br>- weighs arguments<br>- makes decisions  |  |  |  |  |

|  | <ul> <li>appreciates differentiating<br/>aspects</li> <li>demonstrates willingness for<br/>consensus</li> <li>promotes decision making<br/>within the team</li> </ul>   |  | <ul> <li>weighs consequences of<br/>decisions made</li> </ul>                                  |  |
|--|---|--|--|--|
| Professional conduct when<br>dealing with stakeholders to<br>represent the Physiotherapy<br>profession | <ul> <li>The Graduate</li> <li>processes information for<br/>relevant stakeholders</li> <li>applies professional<br/>presentation techniques</li> <li>adapts personal demeanor<br/>and acts according to the<br/>situation given</li> </ul> | Being able to conduct dialog on<br>social, expert and scientific level<br>to be able to participate in health-<br>political dialog including situations<br>that involve representing the<br>profession | The Graduate<br>- demonstrates<br>communicative skills in<br>diverse and complex<br>situations |  |

|  |                                 |   | ETENCIES AND LEARNIN  | GOUTCOMES   |                                |  |  |  |
|--|---------------------------------|---|---|---|--------------------------------|--|--|--|
| Role   |                                 | Team worker/ Collaborator   |   |   |                                |  |  |  |
|  |                                 | ists are team workers in a multi-pro  | · · · · · · · · · · · · · · · · · · ·   |   | vide optimal care for clients. |  |  |  |
| •  | of Competencies<br>Level 6      | Learning Outcome<br>Level 6   | Description of<br>Competencies<br>Level 7 (= Level 6 + listed<br>competencies)  | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies)  |                                |  |  |  |
| patients and c<br>colleagues fro   | or other<br>proups belonging to | <ul> <li>The Graduate</li> <li>participates in cooperation focusing<br/>on clients and patients</li> <li>uses resources of a multi-<br/>professional/interdisciplinary team<br/>based on the knowledge and<br/>competencies represented in other<br/>professional groups</li> </ul> | developing strategies to use<br>resources effectively and<br>models of performance to<br>create innovative approaches<br>for multi-professional<br>cooperation (e.g. in the<br>framework of Primary Health<br>Care Units) | The Graduate<br>- feels obliged to contribute<br>in a professional way to<br>create innovative<br>approaches for<br>cooperation   |                                |  |  |  |
| Being aware of interfaces and<br>contributing to establish<br>symmetrical, and professional<br>relationships (therapeutic, multi-<br>professional, interdisciplinary and<br>intercultural)       |                                 | <ul> <li>The Graduate</li> <li>recognizes interfaces among team members</li> <li>appreciates competencies of all team members</li> <li>contributes to establish relationships</li> </ul>  | Managing interfaces and<br>promoting to establish<br>symmetrical, professional<br>relationships<br>Actively shaping team<br>development   | The Graduate - analyses interfaces among team members - promotes effective professional relationships   |                                |  |  |  |
| Recognizing upcoming conflicts in<br>a multi-<br>professional/interdisciplinary<br>team, and contributing to<br>implement strategies for solving<br>problems                                     |                                 | <ul> <li>The Graduate</li> <li>recognizes conflicts in a team</li> <li>reveals conflict situations</li> <li>contributes to solving conflicts</li> </ul>   | Conflict management:<br>Preventing escalations of<br>conflicts  | <ul> <li>The Graduate <ul> <li>analyses mechanisms</li> <li>involved in emerging</li> <li>conflicts</li> </ul> </li> <li>initiates professional approaches for solving conflicts</li> </ul> |                                |  |  |  |
| Clarity about their own role in a<br>multi-professional team The Graduate - is aware of his/her own role in the<br>respective team - accepts the responsibilities that go<br>along with the role |                                 | Evaluating their own tasks to<br>promote teambuilding   | The Graduate - reflects their own role in the team - deduces tasks to promote team building   |   |                                |  |  |  |

|  |   |  | COMPETENCIES AND L  | EARNING OUTCOMES  |  |  |  |  |
|--|---|--|---|---|--|--|--|--|
| Role   | As mana<br>consider                         | Manager<br>As managers physiotherapists take over the responsibility for planning, organizing, prioritizing, implementing and evaluating work processes<br>considering all resources available                               |   |   |  |  |  |  |
| Description of<br>Competencies<br>Level 6<br>Utilizing resources   |   | Learning Outcome<br>Level 6<br>The Graduate  | Description of Competencies<br>Level 7 (= Level 6 + listed<br>competencies)<br>Analyzing and utilizing available  | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies)<br>The Graduate  |  |  |  |  |
| available, includin<br>personal resource<br>balancing demand<br>patients/clients,<br>organizational nee<br>framework condition<br>health care system | ng<br>es,<br>ds of<br>eds and<br>ons set by | <ul> <li>applies relevant resources<br/>that are available</li> <li>enters relevant co-operations<br/>when there is lack of<br/>resources (including the<br/>personal physiotherapeutic<br/>performance spectrum)</li> </ul> | Assuming leadership tasks<br>within a team  | <ul> <li>evaluates resources based<br/>on their effectiveness</li> <li>organizes utilization of<br/>resources</li> <li>coordinates team members to<br/>promote a performance<br/>related work process</li> </ul>  |  |  |  |  |
| Supporting the<br>implementation of<br>management conc<br>development of qu<br>within the profession<br>organization                                 | cepts and<br>uality                         | <ul> <li>The Graduate</li> <li>accepts procedures of quality management and further development determining their own professional tasks</li> <li>reflects on the tasks given</li> </ul>                                     | Creating and implementing<br>sustainable and effective<br>procedures for a quality<br>management system   | <ul> <li>The Graduate</li> <li>develops procedures for a<br/>quality management system<br/>supporting professional team<br/>work</li> <li>conducts procedures of<br/>quality management</li> <li>evaluates those procedures</li> </ul>  |  |  |  |  |
| Active creation of a<br>professional caree<br>planning of person<br>professional devel<br>processes  | er,<br>nal and                              | <ul> <li>The Graduate</li> <li>reflects on personal and<br/>professional development</li> <li>develops priorities when<br/>planning professional and<br/>personal further education</li> </ul>                               | Reflecting on creating an<br>individual professional career<br>Supporting team members<br>when planning their work,<br>professional practice, career<br>and maintaining a personal<br>balance | <ul> <li>The Graduate</li> <li>creates his/her professional<br/>and personal development<br/>considering his/her<br/>professional career</li> <li>evaluates the current work<br/>situation of team members</li> <li>promotes the personal and<br/>professional development of<br/>team members</li> </ul> |  |  |  |  |

|  |   |   | COMPETENCIES A  | ND LEARNING OUTCOMES   |                            |                           |  |  |  |
|--|---|---|---|--|----------------------------|---------------------------|--|--|--|
| Role   |   | are Promoter  |   |  |                            |                           |  |  |  |
|  |   |   | ists apply their expertise  | to instruct and attend individuals,  | groups and the society wit | h the aim to maintain and |  |  |  |
|  | optimize health and well being.                           |   |   |  |                            |                           |  |  |  |
| Descriptio<br>Competer<br>Level  | ncies   | Learning Outcome<br>Level 6   | Description of<br>Competencies<br>Level 7 (= Level 6 + listed<br>competencies)                      | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies)   |                            |                           |  |  |  |
| Identifying bio-ps<br>factors influencin<br>Considering bio-<br>social influential<br>when defining he<br>and when select<br>procedures prom<br>health   | ng health<br>psycho-<br>factors<br>ealth aims<br>ing      | <ul> <li>The Graduate</li> <li>recognizes the influence of bio-psycho-social factors on health</li> <li>deduces the definition of individual and general health aims</li> <li>selects appropriate procedures</li> </ul> | Utilizing positive bio-psycho-<br>social influence factors to<br>optimize health and well-<br>being | <ul> <li>The Graduate</li> <li>evaluates the influence of bio-<br/>psycho-social factors on health</li> <li>induces a process to optimize<br/>health and well-being</li> </ul> |                            |                           |  |  |  |
| Assuming tasks<br>own profession t<br>and promote hea<br>well-being of indi<br>groups  | o prevent<br>alth and                                     | The Graduate<br>- is aware of the role of his/her<br>profession in health promotion<br>- accepts the responsibilities<br>that are linked to this role   | Actively participating in<br>health strategic<br>developments                                       | The Graduate - helps to form health strategic developments   |                            |                           |  |  |  |
| Improving health<br>clients/patients b<br>counseling, sens<br>motivating them<br>instructing and a<br>specific, health p<br>and preventive p   | by<br>sitizing and<br>as well as<br>ttending<br>promoting | The Graduate - transfers therapeutic concepts in the setting of health promotion and prevention   | Forming, implementing and<br>evaluating concepts for<br>health promotion and<br>prevention          | <ul> <li>The Graduate</li> <li>develops concepts for health promotion</li> <li>applies these concepts</li> <li>evaluates these concepts</li> </ul>                             |                            |                           |  |  |  |
|  |   |   | COMPETENCIES A  | ND LEARNING OUTCOMES   |                            |                           |  |  |  |
| Role Innovator<br>As innovators physiotherapists engage in Life Long Learning based on reflecting practice, and they develop, pass on and apply evidence based<br>knowledge in the contexts of an intra- multi professional and interdisciplinary framework. |   |   |   |  |                            |                           |  |  |  |
| Descripti  | on of   | Learning Outcome  | Description of  | Learning Outcome   |                            |                           |  |  |  |

| Competencies<br>Level 6   | Level 6  | Competencies<br>Level 7 (= Level 6 + listed<br>competencies)  | Level 7 (= Level 6 + listed competencies)   |  |
|---|--|---|---|--|
| Reflecting the personal<br>development and applying a<br>personal strategy for<br>continuous learning   | <ul> <li>The Graduate <ul> <li>identifies personal potentials</li> <li>for development</li> </ul> </li> <li>advocates decisions made in <ul> <li>a responsible way</li> </ul> </li> <li>implements procedures that <ul> <li>support the process of <ul> <li>continuous learning</li> </ul> </li> </ul></li></ul> | Steering the process for Life<br>Long Learning against the<br>framework of local and<br>national requirements of the<br>professional field  | The Graduate<br>- weighs local/national<br>requirements when planning Life<br>Long Learning   |  |
| Reflecting on individual<br>competencies against the<br>framework of the<br>physiotherapeutic process   | The Graduate<br>- analyzes the personal<br>competencies against the<br>framework of the<br>physiotherapeutic process   | Evaluating professional<br>competencies when<br>applying the<br>physiotherapeutic processes<br>(e.g. Guidelines, Standards)   | The Graduate<br>- evaluates competencies against<br>the framework of professional<br>standards  |  |
| Reflecting the personal<br>competencies<br>(practice based evidence +<br>evidence based practice)   | <ul> <li>The Graduate</li> <li>researches current scientific<br/>literature in national and<br/>international context</li> <li>reasons decisions during the<br/>physiotherapeutic process<br/>based on evidence</li> </ul>   | Evaluating and applying<br>quality management of<br>professional competencies<br>(practice based evidence +<br>evidence based practice)   | The Graduate<br>- evaluates professional<br>competencies against the<br>framework of evidence   |  |
| Applying a systematic<br>process to gather and<br>analyze information with the<br>aim to evaluate the<br>personal actions and to<br>make data accessible for<br>further scientific processing | <ul> <li>The Graduate</li> <li>practices systematic data<br/>collection</li> <li>classifies collected data</li> <li>formulates relevant questions<br/>for research for his/her<br/>professional field</li> </ul>   | Applying a systematic<br>process to gather, analyze,<br>select and synthesize<br>information with the aim to<br>evaluate practical work and<br>to generate new knowledge<br>Initiating and conducting<br>applied research projects<br>within the context of<br>practice | <ul> <li>The Graduate <ul> <li>selects and synthesizes data</li> <li>deduces new knowledge from this process</li> <li>develops scientific questions</li> <li>forms research processes</li> <li>selects relevant scientific research methods</li> <li>applies research methods, and processes the data collected to answer the questions</li> <li>develops scientific phenomena for further professional and scientific advancement</li> </ul> </li> </ul> |  |
|   |  | Developing innovative<br>contributions and solutions  | The Graduate - transfers knowledge from   |  |

|   |   | for multi-professional and interdisciplinary questions  | research into multi-professional<br>and interdisciplinary practice  |  |
|---|---|---|---|--|
| Attending and supporting<br>learning processes of<br>students in the course of<br>applied education | The Graduate - engages in the development of practical competencies of students | Continuously analyzing,<br>selecting and transferring<br>dimensions of professional<br>competencies in the<br>framework of education and<br>further education | <ul> <li>The Graduate</li> <li>promotes the development of<br/>professional competencies of<br/>students and people who are in<br/>the multi-professional field</li> <li>evaluates national and<br/>international developments in<br/>reference to professional<br/>teaching and learning contexts</li> </ul> |  |

|  |   | COMPETENCIES A  | ND LEARNING OUTCOMES   |  |
|--|---|---|--|--|
| Role Profess<br>As profe   | ional<br>essionals, physiotherapists feel   | obliged to adhere to socia  | al and professional values.  |  |
| Description of<br>Competence<br>Level 6  | Learning Outcome<br>Level 6   | Description of<br>Competence<br>Level 7 (= Level 6 + listed<br>competencies)                        | Learning Outcome<br>Level 7 (= Level 6 + listed<br>competencies)                 |  |
| Recognizing and applying to<br>the ethical, moral and legal<br>principles when interacting<br>with others from the<br>professional field | The Graduate - feels obliged to adhere to the ethical, moral, ecologic and legal principles | Taking on responsibility for<br>implementing ethical- moral<br>and legal principles                 | The Graduate - promotes and considers the ethical-moral and legal principles     |  |
| Accepting the autonomy<br>and individuality,<br>considering the diversity of<br>all people involved in the<br>working process            | The Graduate<br>- appreciates aspects of<br>diversity                                       |   |  |  |
| Taking over responsibility to<br>form a better understanding<br>of the profession within<br>society                                      | The Graduate - feels obliged to promote and form an understanding of the profession         | Taking over responsibility to<br>form a better understanding<br>of the profession within<br>society | The Graduate - supports colleagues to represent the profession in a positive way |  |

# 4. Conclusion

The profile of competencies, presented in this document, serves as a basis to further develop the profession and establish the profession within the academic field. With this profile the expected competencies, can be assigned to the respective level and offer an orientation for developing curricular for physiotherapy degree programs in higher education and for describing competencies when developing specialization programs in the field. The description of competencies defines the level of education, necessary to fulfill current and future tasks, in the professional field.

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