THE ROLE OF PHYSIOTHERAPISTS IN HEALTH PROMOTION AND PREVENTION: A SCOPING REVIEW

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THE CANADIAN POPULATION IS AGING!

- 0 to 14 years
- 65 and older

Data: Statistics Canada, 2016 Census of population

(MacLeans, Stats Can 2016)
Is a need for a paradigm shift from reactive to proactive healthcare strategies

Prevention categorized into primary, secondary, and tertiary prevention efforts.

Despite our skills, little research has been done to examine which areas into which PTs may branch and what roles they can play
OBJECTIVES

- (1) What areas of health promotion for primary and secondary prevention have been identified for physical therapists (PT)? and
- (2) What was the effectiveness and confidence of PTs in administering health promotion interventions?
METHODS

- Electronic databases were searched from inception to February 7, 2017.
- Databases included were PubMed, CINAHL, and EMBASE/MedLine. MeSH search terms
- Two independent reviewers (C.N and H.F) screened titles and abstracts
- Full-text review was then completed by two reviewers (C.N and H.F)
- Excluded if (1) they did not focus on the role of physical therapists alone or as a member of a multi-disciplinary team, or (2) were related to tertiary prevention efforts.
RESULTS

Papers Identified in Search (n=1322)

Full-Text Review (n=185)

Included in Synthesis (n=84)

Excluded from Title/Abstract Screening (n=1137)
- PT role not focus: n=292
- PT Health Promotion not focus: n=401
- Tertiary Prevention: n=328
- Meets Exclusion Criteria: n=115

Excluded from Full Text Review (n=101)
- PT role not focus: n=33
- PT Health Promotion not focus: n=19
- Tertiary Prevention: n=8
- Meets Exclusion Criteria: n=32
- Cannot Locate Article n = 8
Number of Papers Published on Role of PTs in Health Promotion and Disease Prevention January 1, 1990 - February 7, 2017

- Systematic/Scoping Review
- Randomized Controlled Trial
- Non-Randomized Research Study
- Consensus Statement
- Cross-Sectional Survey
- Review/ Perspective
THEMES IDENTIFIED ACROSS THE LIFESPAN

Physical Therapists Ability & Willingness to Counsel

- Education
  - Women's Health
  - Reducing risk factors for NCDs
  - Falls Prevention

- Children's Health
- Corporate/Injury Prevention

Primary Prevention
Secondary Prevention
Tertiary Prevention
EXAMPLES OF HEALTH PROMOTION STRATEGIES

- School-Based Programs
- Sports Injury Prevention
- Pre-Post Natal Health
- Corporate Wellness
- Workplace Injury Prevention Programs
- Falls Prevention Initiatives
- Health Promotion Counselling (eg. physical activity, proper sleep)

Lifespan
## Intervention Examples by Theme

<table>
<thead>
<tr>
<th>Theme</th>
<th>Children’s Health</th>
<th>Women’s Health</th>
<th>Corporate / Injury Prevention</th>
<th>Reducing Risk Factors for NCDs</th>
<th>Falls Prevention</th>
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<tbody>
<tr>
<td><strong>Primary Prevention: Injury Prevention</strong></td>
<td>- Sports warm-up protocols e.g. FIFA 11</td>
<td>- Proper return to exercise post-partum</td>
<td>- Ergonomic assessments - Postural strengthening program</td>
<td>- NA</td>
<td>- General balance and strength training program</td>
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<tr>
<td><strong>Primary Prevention: Health Promotion Counselling</strong></td>
<td>- Parent education sessions - In-school counselling - Encouraging increased physical activity at school and home</td>
<td>- Postural alignment and proper pelvic floor health - Importance of physical activity as part of post-natal recovery</td>
<td>- Importance of physical activity and stress reduction strategies to avoid overuse injuries</td>
<td>- Promotion of physical activity for prevention and management of lifestyle-related conditions. - Stress management techniques</td>
<td>- Strength training to maintain muscle mass as we get older - Falls education programs.</td>
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DISCUSSION

- Little debate that health promotion is in the PT scope of practice
- HOW and TO WHAT EXTENT PT’s can bill under health promotion is unclear and vague
- Education emphasis is needed
- Guidelines are needed to protect and ensure regulations are followed by PTs aiming to enter into this arena
- Need cost-effectiveness research
CONCLUSIONS

- We, as PTs, have a role to play in primary and secondary prevention interventions.
- Guidelines are needed to help PTs navigate this process.
THANK YOU! QUESTIONS?!

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