



The Physiotherapy Board  
of New Zealand

# Physiotherapy Competencies

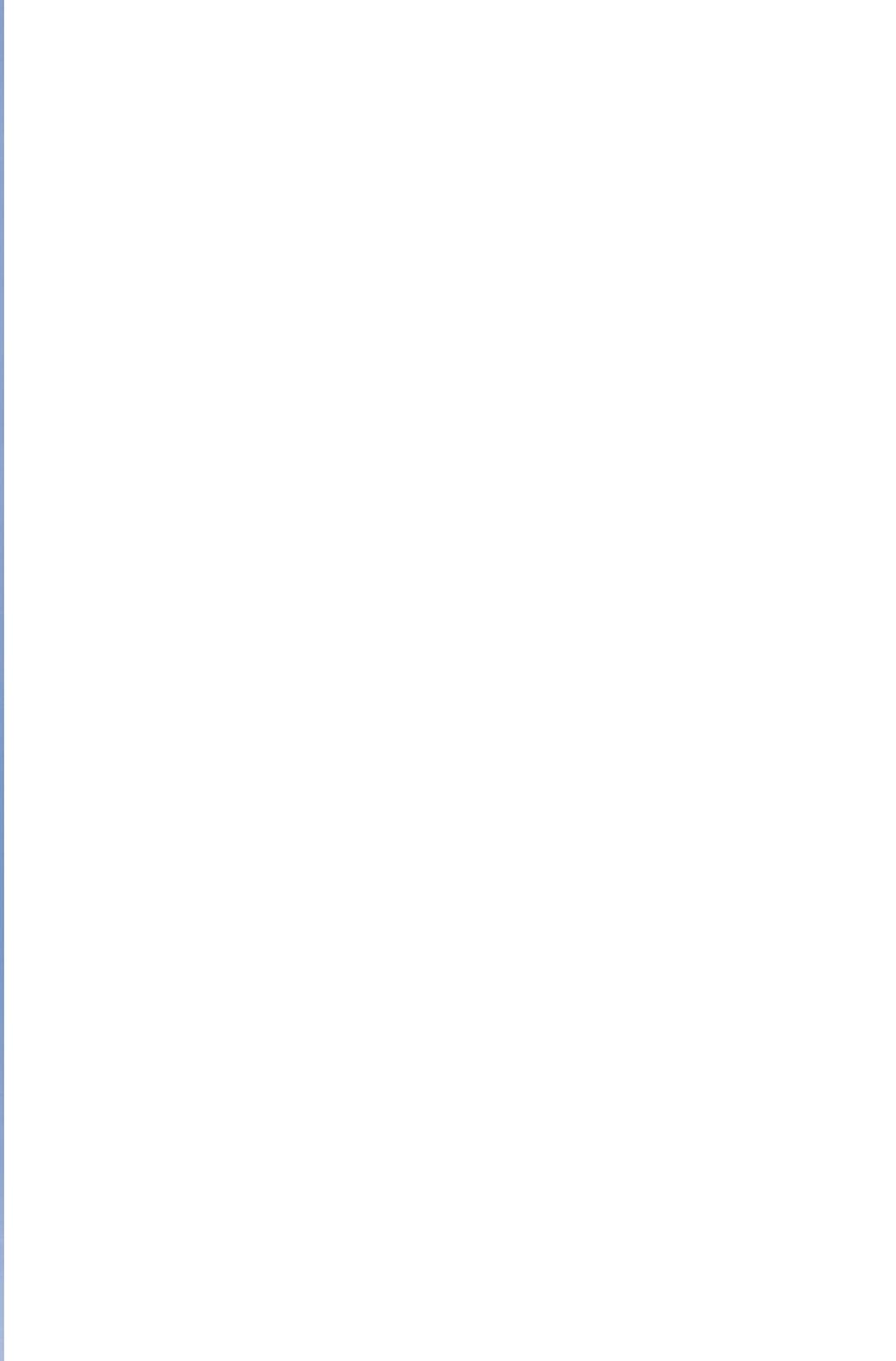
FOR PHYSIOTHERAPY PRACTICE IN NEW ZEALAND



# Contents

Introduction .....	3
Physiotherapy Competencies for Physiotherapy Practice in New Zealand.....	4
The Competencies .....	5
The Competencies Chart.....	6
Competency 1 .....	8
Competency 2.....	10
Competency 3.....	12
Competency 4.....	14
Competency 5.....	15
Competency 6.....	16
Competency 7.....	18
Competency 8.....	20
Competency 9.....	21
Glossary.....	22
Acknowledgements .....	23





# Introduction

The purpose of this document is to describe the competencies required for registration with the Physiotherapy Board (the Board), in order to practise as a physiotherapist in New Zealand. The document evolved by a process of consultation and revision from the Board's previous competencies document of March 1999 that has guided registration in full since January 2000.

The Health Practitioners Competence Assurance Act 2003 (HPCA Act) provides the legislative framework for the Board's purpose and activities. The principal purpose of the Act is to protect the health and safety of members of the public by providing for mechanisms to ensure that health practitioners are competent and fit to practise their professions. In the first instance this takes place through registration with the Board in accordance with the competencies.

The majority of initial submissions from consultation with the profession in 2005 indicated that the document in use since 1999 was serving the profession well in terms of intent but required a review of the language. Further consultation during 2006-2008 with key user groups clarified the point that the final approach should be

one of refinement of the previous document and presentation of both the physiotherapy content and the language in a contemporary form.

The 2009 competencies framework states the key requirements for registration as an entry level physiotherapist for graduates of each of the two New Zealand Schools of Physiotherapy. It is used in both curriculum development and in the audit for accreditation of both the New Zealand physiotherapy programmes. Overseas applicants seeking registration as a physiotherapist in New Zealand are in turn measured against the same competencies framework. The competencies also provide the profession with a benchmark for safe and effective practice as an entry level physiotherapist.

Registration is normally granted within the general scope of practice. The definitions of the general scope of practice: Physiotherapist and other current scopes of practice for physiotherapy are published on the Board's website ([www.physioboard.org.nz](http://www.physioboard.org.nz)).

The Board intends to undertake regular review of the document in response to advances in physiotherapy practice.





# Physiotherapy Competencies for Physiotherapy Practice in New Zealand

In order to gain registration as a physiotherapist in New Zealand, applicants must demonstrate that they meet each of the nine competencies established by the Board as the standard to practise autonomously as an entry level physiotherapist.

Content, learning experiences and clinical education experiences that encompass the three core physiotherapy bases of cardiovascular/pulmonary; musculoskeletal; and neurology must be integrated throughout the curriculum.

As a guideline the Board anticipates that around 1,000 hours of supervised physiotherapy practice gained in a variety of practice settings is required in order to meet the competencies required for registration. Evidence of the total hours spent in supervised physiotherapy practice must be provided from the curriculum. The supervised practice component of the curriculum must be conducted under the guidance of registered physiotherapists approved by a school of physiotherapy.

# The Competencies

The nine competencies apply in primary, secondary and tertiary health settings. These competencies apply across the lifespan and continuum of care, integrate cultural diversity and are of equal importance. At all times the patient/client is central to the competencies.

The competencies are expressed in broad terms to allow for the continual evolution of physiotherapy practice. Each competency states a key standard to be attained. **Components** are the **elements** necessary to achieve each **competency** while the bullet points are simply examples and not a prerequisite to achieving each competency.

**Primary health care** relates to the professional health care received in the community and covering a broad range of health and preventative services (Adapted from the primary health care reference: <http://www.moh.govt.nz/primaryhealthcare>)

**Secondary health care** relates to professional health care received in the intermediary environment where the focus is on rehabilitation and referral from/to tertiary/primary care settings

**Tertiary health care** relates to professional health care received in major referring hospitals/centres and specialty/subspecialty units

## Competency 1

*Analyse and discuss the biomedical, behavioural and social science bases of physiotherapy and integrate the bases into practice*

## Competency 2

*Assess, analyse, and plan physiotherapy management*

## Competency 3

*Apply and evaluate physiotherapy management*

## Competency 4

*Communicate effectively*

## Competency 5

*Apply educational principles to physiotherapy practice*

## Competency 6

*Apply management principles relevant to physiotherapy practice*

## Competency 7

*Apply evidence informed learning to physiotherapy practice*

## Competency 8

*Demonstrate professional practice*

## Competency 9

*Demonstrate autonomous physiotherapy practice consistent with an entry level physiotherapist*



# The Competencies Chart

Competencies	Components				
<b>1 Analyse and discuss the biomedical, behavioural and social science bases of physiotherapy and integrate the bases into practice</b>	1.1 Analyse normal and abnormal patterns of human development and movement	1.2 Analyse normal human structure and function through the life span	1.3 Explain pathological processes relevant to physiotherapy practice	1.4 Explain the pathophysiological bases for physiotherapy practice	1.5 Explain the indications for physiotherapy practice
<b>2 Assess, analyse, and plan physiotherapy management</b>	2.1 Adhere to legal and ethical requirements	2.2 Obtain consent	2.3 Ensure patient/client and practitioner safety at all times	2.4 Obtain a comprehensive history	2.5 Conduct a comprehensive physiotherapy assessment and examination
<b>3 Apply and evaluate physiotherapy management</b>	3.1 Demonstrate safe, effective and efficient interventions	3.2 Evaluate treatment outcomes	3.3 Use outcome measures	3.4 Modify ongoing management	3.5 Record treatment and outcomes accurately
<b>4 Communicate effectively</b>	4.1 Understand methods of communication	4.2 Demonstrate skill in communication	4.3 Use appropriate methods of communication	4.4 Listen to and interpret appropriately communications of the patient/client and their significant others	4.5 Recognise cultural and linguistic diversity
<b>5 Apply educational principles to physiotherapy practice</b>	5.1 Identify and understand teaching and learning principles	5.2 Select teaching resources appropriate to the patient/client and the environment	5.3 Plan and implement education appropriate to the patient/client	5.4 Evaluate outcomes of the education and modify management as appropriate	5.5 Apply and adapt education to the needs of the cultures and peoples within New Zealand
<b>6 Apply management principles relevant to physiotherapy practice</b>	6.1 Discuss the principles of organisational management in health care	6.2 Understand the principles of continuous quality improvement	6.3 Contribute to the relevant health care teams	6.4 Recognise the principles of delegation and supervision	6.5 Maintain accurate and relevant documentation
<b>7 Apply evidence informed learning to physiotherapy practice</b>	7.1 Demonstrate the ability to search and retrieve scientific literature	7.2 Demonstrate an understanding of research methods	7.3 Demonstrate the ability to critically analyse scientific literature	7.4 Report findings of critical analysis in a scientific format	7.5 Integrate the current literature into physiotherapy practice
<b>8 Demonstrate professional practice</b>	8.1 Demonstrate professional behaviour	8.2 Demonstrate safe practice	8.3 Plan and show evidence of professional development		
<b>9 Demonstrate autonomous physiotherapy practice consistent with an entry level physiotherapist</b>	9.1 Adhere to legal requirements	9.2 Adhere to relevant practice standards and ethical conduct	9.3 Demonstrate accountability to the public and profession	9.4 Demonstrate autonomous practice as an entry level physiotherapist encompassing cardiovascular/pulmonary, neurology and musculoskeletal bases of physiotherapy management	

Components

## Components



The Physiotherapy  
Board of New Zealand

- |  |  |  |   |   |  |  |
|--|--|--|---|---|--|--|
| 1.6 Explain the principles and practices of physiotherapy as they relate to health care                  | 1.7 Describe medical, surgical and psycho-social management relevant to physiotherapy practice | 1.8 Evaluate the significance of healthy lifestyles for patients/clients   | 1.9 Explain the bases of cultural perspectives in physiotherapy practice                    |   |  |  |
| 2.6 Select, analyse and interpret relevant information   | 2.7 Demonstrate clinical reasoning   | 2.8 Explain assessment findings to the patient/client  | 2.9 Develop treatment goals   | 2.10 Formulate and discuss the treatment plan     | 2.11 Record assessment findings accurately and legibly | 2.12 Demonstrate assessment and planning that is responsive to the health needs of all cultures and peoples within New Zealand |
| 3.6 Evaluate the need for ongoing physiotherapy management   | 3.7 Assist the patient/client to understand and manage his or her own health needs             | 3.8 Demonstrate interventions that are responsive to the health needs of all cultures and peoples within New Zealand | 3.9 Refer to other health professionals and services as appropriate                         | 3.10 Contribute to the relevant health care teams |  |  |
| 6.6 Comply with accepted standards for safe storage, retrieval, transport and destruction of information | 6.7 Demonstrate effective time management  | 6.8 Demonstrate an understanding of the legal and ethical requirements for professional practice                     | 6.9 Discuss the implications of the Treaty of Waitangi with respect to health care delivery |   |  |  |
| 7.6 Explain the evidence for the selected physiotherapy management                                       |  |  |   |   |  |  |

In order to gain registration as a physiotherapist in New Zealand, applicants must demonstrate that they meet each of the nine competencies established by the Board as the standard to practise autonomously as an entry level physiotherapist. Content, learning experiences and clinical education experiences that encompass the three core physiotherapy bases of cardiovascular/pulmonary; musculoskeletal; and neurology must be integrated throughout the curriculum.

# Competency 1

Analyse and discuss the biomedical, behavioural and social science bases of physiotherapy and integrate the bases into physiotherapy practice

## 1.1 Analyse normal and abnormal patterns of human development and movement

- Describe the major physical and psychological development of the human throughout the life span
- Identify abnormal patterns of human development and movement
- Understand the anatomical framework of the human body including major systems
- Explain aspects of the social, cultural, psychological, environmental, spiritual and belief systems influencing human development
- Discuss motor learning and motor control processes leading to the acquisition of motor skills
- Discuss the integration of physical, cognitive, emotional, social and cultural dimensions of human life span

## 1.2 Analyse normal human structure and function through the life span

- Demonstrate understanding of structural and functional anatomy
- Describe the basic structure and function of the human nervous system
- Identify anatomical structure from surface landmarks
- Describe the normal physiological process and the changes throughout the life span
- Describe the structural and functional relationships of the key body systems
- Analyse basic human movement

## 1.3 Explain pathological processes relevant to physiotherapy practice

- Demonstrate a knowledge of the response of cells and tissues to injury
- Describe the pathological processes of disease relevant to physiotherapy practice

- Discuss how human function and disease may affect human structure
- Understand general principles and mechanisms of the disease processes, response to injury, regeneration and repair relevant to physiotherapy practice

## 1.4 Explain the pathophysiological bases for physiotherapy practice

- Provide a clear rationale for physiotherapy treatment choices showing understanding of the pathophysiological mechanisms
- Demonstrate an appreciation of aims and actions of commonly used medications
- Explain the responses of cells and tissue to injury

### **1.5 Explain the indications for physiotherapy practice**

- Use clinical reasoning to analyse clinical findings leading to physiotherapy problems
- Establish the patient's/client's goals
- Explain the principles of evidence informed practice
- Justify treatment choices with a sound pathophysiological rationale

### **1.6 Explain the principles and practices of physiotherapy as they relate to health care**

- Identify the principles of assessment, clinical reasoning, problem identification, goal setting, treatment planning, evaluation and discharge planning
- Integrate knowledge of pathology relevant to conditions

### **1.7 Describe medical, surgical and psychosocial management relevant to physiotherapy practice**

- Outline medical, surgical and pharmacological management of conditions commonly encountered in primary, secondary and tertiary care
- Explain the pathophysiological rationale for physiotherapy treatment choices for patients/clients with common medical problems or patients/clients undergoing common surgical interventions
- Explain the psychosocial issues that should be addressed in physiotherapy care
- Explain common clinical conditions encountered in clinical practice

### **1.8 Evaluate the significance of healthy lifestyles for patients/clients**

- Explain the concept of health in the terms of an individual
- Explain the principles of health promotion

- Describe the concept of health and the contribution to wellness
- Discuss evidence for effectiveness of exercise for improving health in different cultures and populations
- Explain principles of prophylactic physiotherapy

### **1.9 Explain the bases of cultural perspectives in physiotherapy practice**

- Explain the principles of the Treaty of Waitangi from an historical perspective
- Explain the relevance of the Treaty of Waitangi to a physiotherapist
- Describe the cultural differences of the current population in New Zealand in relation to health
- Understand the complexities of giving and receiving a therapeutic intervention such as cultures, beliefs, behaviours, age, gender and social structure



# Competency 2

## Assess, analyse and plan physiotherapy management

### 2.1 Adhere to legal and ethical requirements

- Demonstrate an understanding of the legislation relevant to the health practitioner in New Zealand
- Practise within the general scope of practice: Physiotherapist
- Adhere to the physiotherapy codes of practice and conduct
- Be responsible for own professional decisions and actions
- Document assessment findings
- Use only those abbreviations and terminology acceptable to the workplace
- Demonstrate respect for the patient/client
- Demonstrate empathy
- Communicate effectively
- Adhere to the Code of Health and Disability Services Consumers' Rights

### 2.2 Obtain consent

- Understand the requirements of informed consent from both the patient/client and provider perspectives
- Understand principles of consent where the patient/client has diminished competence or is unable to give consent
- Inform the patient/client about each procedure
- Gain and record consent for each procedure
- Recognise communication needs
- Recognise cultural differences
- Discuss the influence of culture on treatment options

### 2.3 Ensure patient/client and practitioner safety at all times

- Consider the environment and privacy issues

- Analyse actual and potential risks, identify hazards and respond appropriately
- Analyse all assessment findings and plan appropriate management considering all precautions and contraindications for each intervention
- Demonstrate an ability to seek help or refer to other practitioners when unsure

### 2.4 Obtain a comprehensive history

- Develop rapport to obtain history and current health status
- Use interviewing skills appropriate to the patient/client
- Obtain a relevant history and current health status
- Interpret the patient's/client's verbal and non-verbal responses

## 2.5 Conduct a comprehensive physiotherapy assessment and examination

- Interpret the results of relevant investigations
- Demonstrate clinical reasoning with choice of assessment and examination procedures
- Apply pertinent tests and measurements
- Apply the assessment and examination procedures in a logical order
- Perform assessment and examination accurately

## 2.6 Select, analyse and interpret relevant information

- Analyse pertinent data
- Use clinical reasoning to interpret the overall findings
- Collect and review further information as necessary

## 2.7 Demonstrate clinical reasoning

- Describe the clinical reasoning model
- Demonstrate clear rationale for the flow of questions and choice of assessments

- Interpret all assessment findings to allow for identification of the patient's/client's impairments, activity limitations and participation restrictions
- Synthesise information obtained
- Interpret findings and reach a differential diagnosis

## 2.8 Explain assessment findings to the patient/client

- Identify to the patient/client the key assessment findings with an explanation of the possible causes
- Use appropriate communication
- Ascertain patient/client understanding

## 2.9 Develop treatment goals

- Consult with the patient/client and significant others
- Use goal setting models
- Establish and agree on mutual goals with patient/client

## 2.10 Formulate and discuss the treatment plan

- Identify and discuss appropriate treatment options

- Determine contraindications and precautions in physiotherapy intervention
- Involve the patient/client in the plan
- Gain informed consent for each part of the plan including any changes

## 2.11 Record assessment findings accurately and legibly

- Demonstrate the ethical and legal requirements of documentation
- Record accurate, timely and legible assessments using a logical format that follows the best practice guidelines of the profession and meets the requirements of the workplace
- Record date, name and/or signature, and include time when appropriate

## 2.12 Demonstrate assessment and planning that is responsive to the health needs of all cultures and peoples within New Zealand

- Acknowledge the government's current health strategies
- Demonstrates an understanding of the Code of Health and Disability Services Consumers' Rights
- Be responsive to the individual and their needs



# Competency 3

## Apply and evaluate physiotherapy management

### 3.1 Demonstrate safe, effective and efficient interventions

- Act ethically at all times
- Provide for patient/client privacy, dignity and comfort
- Demonstrate safe, effective and timely physiotherapy interventions
- Prevent/minimise risks and hazards during physiotherapy interventions
- Demonstrate an ability to seek help or refer on when unsure
- Establish equipment is within safety check time frames
- Demonstrate knowledge of emergency procedures

### 3.2 Evaluate treatment outcomes

- Demonstrate reassessments of pertinent subjective and objective assessment
- Evaluate the effectiveness of the interventions
- Report these findings to the patient/client
- Determine patient/client response to treatment outcomes

### 3.3 Use outcome measures

- Identify and select appropriate outcome measures
- Follow standardised protocols to implement outcome measures
- Interpret the findings

### 3.4 Modify ongoing management

- Obtain informed consent for modified management
- Give feedback to the patient/client correcting the exercise/activity and rewording instructions if necessary
- Modify goals where necessary
- Determine likely frequency and duration of treatment plan
- Jointly agree on a management plan with patient/client

### 3.5 Record treatment and outcomes accurately

- Demonstrate the ethical and legal requirements of documentation
- Record accurate, timely and legible treatment and treatment outcomes using a format that follows the best practice guidelines of the profession and meets the requirements of the workplace

- Record date, name and/or signature, and include time when appropriate
- Record consent for each procedure
- Use objective recording measures

### **3.6 Evaluate the need for ongoing physiotherapy management**

- Assess whether the goals have been met
- Continually reassess to evaluate progress and identify any new problems
- Evaluate the effectiveness of the patient's/client's self-management
- Use clinical reasoning and review goals

### **3.7 Assist the patient/client to understand and manage his or her own health needs**

- Educate the patient/client in self-management or carer in safe management between interventions
- Identify relevant resources and patient/client/health professional support groups
- Provide information and facilitate understanding regarding patient's/client's health needs

- Provide the patient/client with a self-management and/or home exercise programme
- Participate in a team approach to patient/client care

### **3.8 Demonstrate interventions that are responsive to the health needs of all cultures and peoples within New Zealand**

- Demonstrates an understanding of the Code of Health and Disability Services Consumers' Rights
- Ensure the cultural needs of the patient/client are considered and addressed within the choice of interventions
- Respect cultural beliefs and their impact on all aspects of patient/client treatment
- Identify the health care team and cultural support system for each patient/client

### **3.9 Refer to other health professionals and services as appropriate**

- Recognise the general scope of practice: Physiotherapist and professional boundaries
- Identify and discuss the roles of the relevant health professionals and the services available in the community

- Communicate to the appropriate health professional/services with the relevant information in a timely fashion
- Involve other health professionals where appropriate
- Ensure clinical notes are dated, legible, accurate and concise
- Ensure all relevant details are included in referral documentation

### **3.10 Contribute to the relevant health care teams**

- Demonstrate an understanding of the team process
- Demonstrate an understanding of the roles of the other health professionals
- Participate in health care team meetings
- Delegate according to the skills within the team
- Provide statistical information on interventions as required by the workplace



# Competency 4

## Communicate effectively

### 4.1 Understand methods of communication

- Discuss different methods of communication
- Consider factors that may influence communication
- Demonstrate the use of open and closed questions
- Identify and interpret non verbal methods of communication

### 4.2 Demonstrate skill in communication

- Demonstrate effective listening and questioning skills
- Communicate clearly and professionally with the patient/client, whanau/family/carer and all members of the health care team
- Demonstrate empathy and respect
- Seek feedback that information given has been understood
- Demonstrate effective verbal and non verbal feedback

- Record information provided accurately

### 4.3 Use appropriate methods of communication

- Identify appropriate methods of communication for the patient/client
- Provide access to an interpreter when required
- Provide written information in the most appropriate language
- Analyse the communication skills of self and others
- Reflect on evaluation and modify techniques

### 4.4 Listen to and interpret appropriately communications of the patient/client and their significant others

- Listen to the patient/client and respond appropriately including verbal and non verbal responses

- Seek clarification and/or respond with further exploratory questions
- Communicate with the patient's/client's family and/or members of the health care team where appropriate
- Interpret information accurately
- Re-evaluate effectiveness of communication
- Adapt the interview as required

### 4.5 Recognise cultural and linguistic diversity

- Identify the main/preferred language of the patient/client
- Use terminology and explanations that are appropriate to the culture, age and gender of the patient/client and their whanau/family/carer
- Identify and clarify incoming information
- Seek feedback on understanding of information given

# Competency 5

## Apply educational principles to physiotherapy practice

### 5.1 Identify and understand teaching and learning principles

- Discuss the principles of teaching and learning such as identification of learning styles, individual vs. group, reflective, goal directed, self directed, giving and receiving feedback
- Design a teaching plan that includes reference to the current evidence
- Design an evaluation tool

### 5.2 Select teaching resources appropriate to the patient/client and the environment

- Identify the individual user or group of users
- Assess the needs of the patient/client to identify the appropriate resources and environment
- Choose appropriate method of delivery for the individual or size of group
- Identify established resources or create evidence based resources

### 5.3 Plan and implement education appropriate to the patient/client

- Arrange the venue and any appropriate equipment and information
- Establish learning goals, content and level of understanding
- Write learning objectives and plan the format and sequencing of the session to facilitate learning
- Implement a planned education session
- Demonstrate effective delivery of information

### 5.4 Evaluate outcomes of the education and modify management as appropriate

- Prepare evaluation sheet
- Seek feedback
- Analyse feedback
- Modify teaching plan
- Re-evaluate newly instigated plan

### 5.5 Apply and adapt education to the needs of the cultures and peoples within New Zealand

- Use an appropriate forum for education
- Adapt the learning environment to the culture, age, gender of the patient/client and their whanau/family/carer
- Use terminology and language that are appropriate to the culture, age and gender of the patient/client and their whanau/family/carer
- Facilitate the use of an interpreter and written information in the appropriate language



# Competency 6

## Apply management principles relevant to physiotherapy practice

### 6.1 Discuss the principles of organisational management in health care

- Identify the principles of organisational management
- Explain the structure of the health system in New Zealand
- Compare other organisational structures with the health care structure in New Zealand

### 6.2 Understand the principles of continuous quality improvement

- Identify the components of a quality plan
- Discuss the role of quality assurance such as principles of an accreditation/audit programme
- Undertake peer review and self evaluation

- Modify and adapt professional practice in response to evaluation and/or feedback from the patient/client, peer, supervisor
- Contribute to inservice activities
- Reflect on the outcomes of interventions and modify practice accordingly

### 6.3 Contribute to the relevant health care teams

- Identify barriers to efficient health care practice
- Identify solutions to assist the functioning of an efficient health team
- Practise effectively as part of a physiotherapy team
- Practise effectively as part of a health care team

### 6.4 Recognise the principles of delegation and supervision

- Discuss work load priorities and delegate as appropriate
- Identify the role of health care assistants in New Zealand
- Identify the principles of supervision
- Explain how the process of supervision is used in physiotherapy practice

### 6.5 Maintain accurate and relevant documentation

- Ensure that the ethical and legal requirements of documentation are completed
- Ensure legible, accurate and timely records are maintained
- Ensure statistical information is recorded and accessible

### **6.6 Comply with accepted standards for safe storage, retrieval, transport and destruction of information**

- Comply with workplace protocols for safe storage and retention of records
- Understand privacy issues regarding patient/client information
- Ensure notes are clearly identified to facilitate retrieval

### **6.7 Demonstrate effective time management**

- Demonstrate punctuality
- Meet appointment and meeting time frames
- Demonstrate efficient time management within a physiotherapy session with the patient/client
- Demonstrate efficient time management within a specific time frame i.e. day/week
- Understand service priorities
- Reprioritise to accommodate unexpected service demands
- Review workload regularly and establish priorities

### **6.8 Demonstrate an understanding of the legal and ethical requirements for professional practice**

- Practise within the general scope of practice: Physiotherapist
- Adhere to the Health Practitioners Competence Assurance Act, 2003
- Adhere to the Code of Health and Disability Services Consumers' Rights, 1996
- Adhere to the Privacy Act, 1993
- Adhere to the Physiotherapy Board Standards of Ethical Conduct, 2006
- Adhere to all other legislation and standards as may be relevant to physiotherapy professional practice
- Understand the concept of best practice guidelines

### **6.9 Discuss the implications of the Treaty of Waitangi with respect to health care delivery**

- Demonstrate an understanding of how health policies impact on physiotherapy
- Identify the principles of the Treaty of Waitangi – Participation, Partnership and Protection
- Incorporate the four cornerstones of Maori Health (physical health, mental health, spiritual health and whanau) into the provision of physiotherapy services
- Identify the health care team and cultural support system for each patient/client



# Competency 7

## Apply evidence informed learning to physiotherapy practice

### 7.1 Demonstrate the ability to search and retrieve scientific literature

- Demonstrate the use of the search process
- Develop and modify search strategies appropriately
- Complete searches using relevant and available resources such as electronic data bases
- Discuss different methods of statistical analysis in relation to different research designs
- Discuss the possible ethical implications and requirements in health research

### 7.2 Demonstrate an understanding of research methods

- Describe appropriate research methodologies that may be used to examine a variety of research questions
- Have a basic understanding of the value of different research paradigms to physiotherapy research
- Demonstrate a basic understanding of research processes
- Describe the key elements of research design
- Describe different methods of data collection
- Understand the ethics of the research process including plagiarism and consent

### 7.3 Demonstrate the ability to critically analyse scientific literature

- Demonstrate an understanding of the process of critical review
- Demonstrate the use of an appropriate critiquing tool to guide interpretation
- Identify appropriate criteria to assess quality of different types of literature
- Demonstrate knowledge of basic biomedical statistics
- Critically analyse an appropriate selection of scientific papers

#### **7.4 Report findings of critical analysis in a scientific format**

- Use an appropriate format depending on the research methodology
- Use standardised writing format
- Cite references using a recognised scientific method
- Demonstrate an ability to synthesise information from several resources
- Demonstrate the ability to communicate research findings using a variety of presentation methods to a variety of audiences

#### **7.5 Integrate the current literature into physiotherapy practice**

- Critique current physiotherapy practice with reference to contemporary research literature
- Justify practice with reference to the current research and/or best practice evidence

#### **7.6 Explain the evidence for the selected physiotherapy management**

- Discuss the principles of evidence informed learning, critique and synthesis of the literature, expert opinion and incorporation of the values and preferences of the patient/client
- Explain the clinical reasoning processes to substantiate physiotherapy interventions
- Justify treatment choice with reference to the current literature
- Participate in presentations and reviews
- Demonstrate evidence of informed learning



# Competency 8

## Demonstrate professional practice

### 8.1 Demonstrate professional behaviour

- Demonstrate attitudes and behaviour acceptable to society and the profession
- Practise in accordance with the Physiotherapy Board Standards of Ethical Conduct
- Demonstrate an ability to work as a member of a health care team

### 8.2 Demonstrate safe practice

- Demonstrate safe, effective and timely physiotherapy interventions
- Prevent/minimise risks and hazards during interventions
- Demonstrate an ability to seek help or refer to other practitioners when unsure
- Revisit experiences both positive and negative
- Evaluate and learn from experiences
- Maintain a balanced reflective practice record that includes cultural and ethical dimensions

### 8.3 Plan and show evidence of professional development

- Critically self evaluate
- Demonstrate an ability to reflect and evaluate own practice and identify learning goals
- Demonstrate evidence of self directed learning to increase knowledge base
- Develop an ongoing professional development plan
- Retain all evidence of professional development
- Learn from observed practice as both reviewee and reviewer participate in the peer review process
- Modify and adapt professional practice in response to evaluation

# Competency 9

Demonstrate autonomous physiotherapy practice that is consistent with an entry level physiotherapist

## 9.1 Adhere to legal requirements

- Demonstrate an understanding of the legislation relevant to the health practitioner in New Zealand
- Practise within the legislation required of a health practitioner in New Zealand
- Practise within the general scope of practice: Physiotherapist

## 9.2 Adhere to relevant practice standards and ethical conduct

- Practise in accordance with the Physiotherapy Board Standards of Ethical Conduct
- Practise according to the standards of safe practice
- Exhibit attitudes and behaviour acceptable to society and the profession

## 9.3 Demonstrate accountability to the public and profession

- Act in the best interest of the patient/client
- Respect the rights and dignity of all individuals
- Identify the roles and responsibilities of other health professionals
- Identify scope of own professional practice
- Be responsible for own professional decisions and actions
- Make the best possible decisions following the principles of evidence informed practice
- Accept the need to request assistance when unsure
- Promote and participate in life long learning

## 9.4 Demonstrate autonomous practice as an entry level physiotherapist encompassing cardiovascular/pulmonary, neurology and musculoskeletal bases of physiotherapy management

- Recognise opportunities and settings in which physiotherapy may contribute
- Independently assess and treat patients/clients with single or multiple problems
- Demonstrate an ability to refer to other health professionals when beyond the scope of physiotherapy
- Identify relevant community authorities and agencies
- Promote and reinforce healthy lifestyles



# Glossary

The terms in this glossary are deemed to be relative to this document. The dictionary definitions are applicable to all other words.

**AUTONOMOUS PRACTICE:** The ability to practise independently of others appropriate to the situation.

**BIOMEDICAL SCIENCE:** The employing of the principles of biology, biochemistry, physiology, physics and statistical methods to solve problems relevant to physiotherapy.

**BEHAVIOURAL SCIENCE:** The study of observed and quantifiable behaviour particularly those types of behaviour that develop out of interpersonal relations.

**CLINICAL REASONING:** A process by which the physiotherapist using clinical knowledge and professional judgement formulates with the patient/client a management plan, continually reflecting and involving the patient/client in adaptations to the plan for effective ongoing management.

**COMPETENCE:** The ability to consistently integrate and apply knowledge, skills, attitudes and values in an independent, timely manner to a required standard. Achievement of the standard required to be a physiotherapist in New Zealand is measured against the Physiotherapy Board's stated competencies.

**CULTURAL DIVERSITY:** The variations that may occur between peoples of different cultures and subcultures, including demographic and other related factors.

**ENTRY LEVEL:** The entry level standard is the standard required to meet the competencies for registration within the general scope of practice: Physiotherapist.

**EVIDENCE INFORMED PRACTICE:** The integration of current best evidence, individual practitioner experience and anecdotal experience plus patient/client involvement in the selection of effective management options and continual outcome evaluation.

**PATIENT/CLIENT:** Within the context of physiotherapy practice the term includes the individual and the carer, also the plural form as in families/whanau, support groups, communities and workplace organisations.

**PRACTICE:** The term encompasses all roles that a physiotherapist may assume such as patient/client care, management, research, policy making, education and consultation.

**REFLECTIVE PRACTICE:** The activity in which a person reflects on the process and outcomes of a situation with the aim of improving or affirming their professional practice.

**SOCIAL SCIENCE:** The study of the origin and development of human society and the institutions, relationships and ideas involved in social life.

**WHANAU:** Family, including the family group and extending beyond the nuclear or biological group.

# Acknowledgements

## **The Working Group comprised:**

<u>Hilary Godsall</u>	<u>Chairperson, Physiotherapy Board</u>
<u>Cheryl Keals-Smith</u>	<u>Board Member</u>
<u>Barbara Mawson</u>	<u>Board Member (until July 2007)</u>

The Physiotherapy Board would like to acknowledge the submissions by individuals and professional groups.

## **Special thanks to:**

<u>Dr Margot Skinner</u>	<u>Associate Dean, School of Physiotherapy, University of Otago</u>
--------------------------	---

The Physiotherapy Board acknowledges the work carried out by all those involved in creating the previous Registration Requirements: Competencies and Learning Objectives (1999) which forms the foundations of the new competencies.

## **Board Members**

The Board at the time of publication – May 2009

<u>Hilary Godsall</u>	<u>Jillian Howard</u>
<u>Graeme Hall</u>	<u>Lesley Thornley</u>
<u>Cheryl Keals-Smith</u>	<u>Michael Timings</u>
<u>Lynda McCutcheon</u>	<u>Maree Grbin</u>





The Physiotherapy Board  
of New Zealand

THE PHYSIOTHERAPY BOARD  
OF NEW ZEALAND  
PO BOX 10734  
WELLINGTON 6143  
[www.physioboard.org.nz](http://www.physioboard.org.nz)

MAY 2009