

OC15: A health model based on the clinical practice of physiotherapists

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Introduction: The evolution of health models has occurred in parallel with the definition changes of health and rehabilitation. However, it is still unknown the predominant model of health based on manual therapist clinical practice.

Objectives: Designing of a questionnaire to assess the health model and after its application to verify the knowledge, the degree of agreement between the health model and physiotherapists' attitudes and beliefs (PABS-PT) and also examine the profile related to health care model.

Materials and Methods: A cross-sectional analytical study was conducted comprising a sample of 203 physiotherapists, mean age 29.64 ± 8.014 (years). Data was collected through an online questionnaire sent by the Portuguese Association of Physiotherapists. The questionnaire was from PABS-PT. To questionnaire designing were measured content validity (with a panel of experts) and an accomplished pilot - study of reliability with a test re-test with one week apart in a 10 physiotherapist sample. Data analysis used chi-square test, Spearman's ordinal correlation coefficient and descriptive analysis.

Results and Discussion:

Questionnaire reliability presented 72.1% of the item values more than good. Most physiotherapists have considered that their clinical practice had been based on holistic (42.4%) and biopsychosocial model (41.9%). These models are the best-known (76.4% and 73.9% respectively). On intervention, evaluation has given greater attention to physical symptoms, medical history and causes of condition. Work has yielded more importance to biological and physical component. Analyzing attitudes and beliefs of those who referred biomedical model as a basis has increased awareness of the model itself. The choice of model occurred independently of physiotherapists' profile.

Conclusion: Physiotherapists have considered their clinical practice was based on holistic model. However, they have maintained intervention and evaluation focused on biomedical model.

References

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