

Physiotherapy Research Priority Project 2010

Prioritised research topics – Mental and Physical Health and Well Being

The prioritisation process

40 Expert Panel members were appointed.

Round 1

- 31 panel members responded - response rate 78%
- 113 topics were suggested
- Topics were categorised into 20 themes

Round 2

- 30 panel members responded – response rate 75%
- 55 topics were prioritised to go through to Round 3

Round 3

- 21 panel members responded – response rate 53%
- 30 topics were prioritised.

Topics in rank order

<i>1st</i>	Effectiveness of programmes to change physical activity behaviour for people with long term conditions.	Theme K
<i>2nd</i>	Developing effective collaborations with third sector exercise / activity providers for people with chronic musculoskeletal pain.	Theme U
<i>3rd</i>	What training and development is needed by physiotherapists at pre- and post-registration to ensure they can be effective in facilitating health behaviour change?	Theme S
<i>4th</i>	Optimum levels of exercise in the treatment and prevention of mental health problems, for example, depression and dementia.	Theme G
<i>5th</i>	Evidence to support the physiotherapist's role in delivering exercise programmes in a variety of settings.	Theme U
<i>6th</i>	Physiotherapy management of chronic musculoskeletal dysfunction in the older patient.	Theme A
<i>7th</i>	Promoting engagement in physical activity for people with long term conditions.	Theme K
<i>8th</i>	Physiotherapy interventions for people with dementia in acute hospital settings.	Theme B
<i>9th</i>	Effectiveness of physical exercise in the recovery of patients with chronic obstructive pulmonary disease after acute exacerbations.	Theme E

10 th	How can physiotherapists educate and influence patients in the need to engage more regularly in physical activity?	Theme K
11 th	Exploring barriers to behaviour change in the management of long term conditions.	Theme L
12 th	Physiotherapy and cognitive behavioural therapy	Theme A
13 th	Do physiotherapists have the skills to advise patients on exercising for health?	Theme U
14 th	Effectiveness of early supported discharge in getting patients out of hospital.	Theme O
15 th	How do we integrate models of working with fitness instructors, physiotherapists and GPs to get the best outcomes for patients?	Theme U
16 th	Exploring access to appropriate physiotherapy and rehabilitation for patients with dementia disorders in the UK, to maintain / improve mental and physical health and well being and independence.	Theme B
17 th	Optimising the self-management support given by physiotherapists to patients with chronic diseases.	Theme L
18 th	What role does physiotherapy play in keeping people with specific conditions out of hospital, for example, those with respiratory conditions, mobility problems or at risk of falling?	Theme D
19 th	Physiotherapy management of patients with specific conditions who also have mental health problems.	Theme S
20 th	Effective tools for assessing and treating pain in patients with dementia.	Theme B
21 st	The role of non-specific exercise in management of long term conditions.	Theme E
22 nd	The role of physiotherapy in promoting return to work for people with musculoskeletal and mental health conditions.	Theme T
23 rd	Effectiveness of exercise and relaxation interventions for patients with common mental health conditions.	Theme G
24 th	Long term effectiveness of providing community rehabilitation services for patients with long term conditions or those recovering from serious illness.	Theme Q
25 th	Does exercise decrease recurrence and improve survival in patients with cancer?	Theme H
26 th	The role of physiotherapy in 'fit note' schemes.	Theme T
27 th	Optimum staffing ratios and reasonable waiting times in relation to effective service delivery.	Theme O
28 th	What are valid outcome measures in evaluating physiotherapy practice and patient benefit?	Theme R
29 th	Optimising the frequency and intensity of exercise for older patients.	Theme I
30 th	How effective are physiotherapists in influencing patients to be more active?	Theme K

Key: Themes of prioritised topics

Theme A: Effectiveness of physiotherapy
Theme B: Effectiveness of physiotherapy management of dementia
Theme D: Physiotherapy in public health
Theme E: Effectiveness of exercise intervention
Theme G: Effectiveness of exercise: managing depression
Theme H: Effectiveness of exercise: patients with cancer
Theme I: Effectiveness of exercise: older people
Theme K: Physical activity
Theme L: Health behaviour change
Theme O: Service provision
Theme Q: Community based physiotherapy services
Theme R: Outcomes of care
Theme S: Education / Continuing professional development
Theme T: Role of the physiotherapist in public health / health promotion
Theme U: Physiotherapy role in exercise intervention

No topics from the following themes were included in the final list of prioritised topics:

Theme C: Effectiveness of interventions
Theme F: Effectiveness of exercise: managing weight disorders
Theme J: Learning disabilities
Theme M: Tailored treatment
Theme N: Economic evaluation
Theme P: Physiotherapy intervention in schools

Note: Where similar topics were combined, wording was amended to encompass the content of all the combined topics.

Some topics had minor edits to improve clarity, otherwise the wording of the topic is as originally suggested by expert panel members.

There may therefore be some inconsistency in language and terminology.