



James Lind Alliance Physiotherapy Priority Setting Partnership

Physiotherapy is changing because:

- People are living longer often with more than one long-term condition
- Care is delivered in a greater range of ways and closer to home
- A greater emphasis is on helping people manage their condition(s) themselves and promoting healthy lifestyles
- Technology is advancing.

Stage 1 **Ask**

Our UK-wide survey of patients, carers and physiotherapists asked

“What do you think are the most important unanswered questions in physiotherapy?”

Stage 2 **Analyse**

We analysed all 2151 questions received and sorted them into 65 similarly themed questions.

Stage 3 **Prioritise**

From those, we asked patients, carers and physiotherapists

“What are your ten most important questions?”
This created a shortlist of 25 which were ranked at a final workshop.

Our top 10 priorities reflect these changes

1 When health problems are developing, at what point is physiotherapy most/least effective for improving patient results compared to no physiotherapy? What factors affect this?

2 When used by physiotherapists, what methods are effective in helping patients to make health changes, engage with treatment, check their progress, or manage their health after discharge?

3 What are the best ways to deliver physiotherapy services to meet patients' needs and improve outcomes for patients and services?

4 To stop health problems occurring or worsening, what physiotherapy treatments, advice or approaches are safe and effective? Where more than one treatment/approach works, which work best and in what dose?

5 What are patients' expectations regarding recovery, how do these compare to physiotherapists' views and, where recovery is not possible, how is this managed?

6 How does waiting for physiotherapy affect patient and service outcomes?

7 What parts of physiotherapy treatments cause behaviour change or physical improvement?

8 What approaches are effective for enabling parents, relations or carers to support physiotherapy treatment or to help patients to manage their own health problem?

9 How is patient progress and/or the results of physiotherapy treatment measured? How is service performance measured and checked?

10 How can access to physiotherapy be improved for groups who have reduced access?