

Evidence-Informed Practice

Standard

The physiotherapist engages in **evidence-informed practice** in physiotherapy service delivery.

Expected outcome

Patients can expect that the physiotherapy services they receive are informed by the best available, credible evidence, the personal knowledge, training, and experience of the physiotherapist, and the patient's perspective.

Performance expectations

The physiotherapist:

- Before incorporating new or emerging therapies into the physiotherapy services they provide, is aware of:
 - Related legislative and regulatory considerations.
 - The evolution of the physiotherapy profession.
 - The training, knowledge, skills and judgement necessary to enable the new or emerging practice.
- Critically appraises evidence relevant to the practice setting, population served, and available assessment and treatment options before integrating evidence into practice.
- Incorporates **critically appraised** physiotherapy-related evidence into assessment and treatment plans.
- Clearly communicates with patients and others when the services proposed are **emerging** or **complementary therapies**.
- Advises the patient of the current evidence, and implications of receiving emerging or complementary therapies, including potential funding implications, and the physiotherapist's training in the performance of the services proposed, obtaining patient informed consent for emerging or complementary services.
- Integrates critical thinking and professional judgment into patient-centered care, evaluating their practice in terms of client outcomes, and modifying approaches based on this self-reflective process.

- Shares information related to evidence and **best practices** and does not promote information, treatment options or products, that are not grounded in scientific, peer-reviewed and physiologically plausible evidence.
- Offers, or confirms that the patient has received evidence-informed, best practice physiotherapy approaches before offering emerging treatments that are outside of established evidence-informed physiotherapy.

Definitions

Best practice in physiotherapy refers to the most effective approaches to patient care, based on established procedures and interventions that consistently demonstrate positive outcomes and are based on scientific evidence, expert consensus, or clinical experience.

Best practice sets the “gold standard” for physiotherapy care and is supported by evidence-informed practices and approaches.

Complementary therapies refer to non-conventional practices used in conjunction with **conventional physiotherapy**.

Conventional physiotherapy refers to the type of assessment, diagnosis, treatment, and conceptualization of illness or injury that is considered “mainstream” physiotherapy.

Critically appraised – means information that has gone through the process of carefully and systematically examining research to judge its trustworthiness, and its value and relevance in a particular context.

Emerging therapies refers to treatments developed within mainstream physiotherapy with support from clinical research but currently lacking in rigorous, peer-reviewed evidence to support their use.

Evidence-informed practice is “derived from evidence-based practice and involves clinical problem solving and decision making informed by integrating best available evidence, patient context and the personal knowledge and experience of the physiotherapist.”

Titles, Credentials, and Specialty Designations

Standard

The physiotherapist uses their title and other credentials to clearly identify themselves to patients, other health-care providers, and the public, in accordance with the provisions set out in the General Regulation of the *Physiotherapy Act, 1991*.

Expected outcome

Patients can expect that the physiotherapist represents their titles and credentials in a way that is transparent, accurate, verifiable, meaningful to the public, and not misleading.

Performance expectations

Regarding use of their **protected title**, the physiotherapist:

- Uses their protected title in all professional actions and interactions.
- Lists their protected title immediately after their name as it appears on the public register and before academic credentials or other designations. (For example: Jane Doe, P.T. MSc.).
- For Independent Practice certificate holders, uses the following titles and initials, or their equivalents in French:
 - Physiotherapist,
 - Physical Therapist, OR
 - P.T.
- For Provisional Practice certificate holders, uses the following titles, or their equivalents in French:
 - Physiotherapist Resident,
 - Physical Therapist Resident, OR
 - P.T. Resident.
- For Courtesy certificate holders, uses the titles and initials granted to Independent Practice or Provisional Practice certificate holders, in accordance with the physiotherapist's registration status in their primary jurisdiction.

- For Emergency Class certificate holders, uses the following titles, or their equivalents in French:
 - Physiotherapist (Emergency Class),
 - Physical Therapist (Emergency Class), OR
 - P.T. (Emergency Class).
- Does not use protected title when engaged in activities that are outside of the practice of physiotherapy.

Regarding the use of academic and other credentials, the physiotherapist:

- Only uses academic credentials conferred by **accredited university programs**.
- Uses academic credentials accurately and lists them after their protected title.
- Uses post-professional credentials accurately, and lists them after protected title, and in a manner that has meaning for the public.
- Does not use the title “Doctor” or prefix “Dr” in connection with providing a health service or in actions or interactions undertaken for the purpose of promoting health services to the public.
- Does not use other protected titles unless authorized to do so by the appropriate regulatory body. (For example, registrants must not use the title “acupuncturist” unless they are also registered with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario.)

Regarding use of the term specialist and derivatives thereof, the physiotherapist:

- Does not use the title Specialist or imply or hold themselves out to be a specialist in connection with providing a physiotherapy service unless:
 - They have received a specialty designation from either:
 - The Physiotherapy Specialty Certification Board of Canada,
 - The American Board of Physical Therapy Specialties, OR
 - Another certification body otherwise approved by the College.
 - The designation is included in the public register.
 - The designation is listed after their protected title.

Definitions

Accredited university program means an entry to practice education physiotherapy program accredited by Physiotherapy Education Accreditation Canada, the Commission on Accreditation in Physical Therapy Education, or an institution's physiotherapy entry to practice education program recognized by the Canadian Alliance of Physiotherapy Regulators credentialling program.

Protected title refers to the titles identified under provincial or territorial health profession legislation as being restricted to those who are registered and authorized to practice physiotherapy within the jurisdiction. These may include the titles physiotherapist, physical therapist, physiothérapeute, or thérapeute en réadaptation physique, physiotherapist intern, physical therapist intern; or the acronyms PT, TRP or PT Intern.