



ESF programm „Kutsete süsteemi arendamine“

OCCUPATIONAL STANDARD

Physiotherapist, level 7

Occupational standard is a document, that describes the job and competence requirements, i.e. a set of skills, knowledge and attitudes required for successful job performance in a particular occupation..

Occupational qualification title	Estonian qualification framework (EstQF) level
<i>Physiotherapist, level 7</i>	<i>7</i>

Part A

DESCRIPTION OF WORK

A.1 Job description

Physiotherapist is a specialist who rehabilitates, keeps and develops patient's/client's ability to move and act and his or her participation in everyday life.

The purpose of physiotherapy achieved in cooperation with the patient/client/ and/or his or her support network is to support and develop patient's/client's independence in daily activities appropriate for his or her age with a wish to improve the quality of life.

In his or her work with patients/clients, the physiotherapist uses different ways of intervention (e.g. physical exercises and functional training, manual techniques, different physical treatment methods, and other).

The physiotherapist follows the professional ethics, communicates politely and professionally and is oriented to solving of problems. Efficient time planning has a very important part in the work of the physiotherapist.

Continuous individual development and readiness for lifelong learning are necessary in the work of the physiotherapist.

Physiotherapist level 7 is an expert of health care and social field implementing high level clinical thinking, evidential professional knowledge and skills in his or her work. Physiotherapist solves different routine and complicated physiotherapeutic problems. Physiotherapist instructs students of physiotherapy in clinical practical work and/or advises other specialists of the same field or other profession. Physiotherapist forms and leads a team, in case of need. Physiotherapist makes professional presentations or develops professional instruction materials and represents and develops his or her profession in local as well as in international context. He or she analyses and synthesizes new professional ideas and development trends, participates in carrying out of scientific research and values the lifelong learning.

A.2 Units

A.2.1 Patient/client physiotherapeutic assessment

- 1) Ascertainment of need of physiotherapy;
- 2) Performing physiotherapeutic assessment and use of appropriate assessment methods;
- 3) Analysing assessment results;
- 4) Determining a physiotherapeutic diagnosis.

A.2.2 Planning of physiotherapeutic work

- 1) Setting a goal;
- 2) Selection of physiotherapeutic intervention and preparing further action plan.

A.2.3 Performance of physiotherapy

- 1) Application of physiotherapeutic intervention;
- 2) Instruction of patient/client and/or her close ones;
- 3) Analysis of performed intervention and correction of action plan, in case of need;
- 4) Selection of assistive technology, recommendation, adaptation and instruction of use.

A.2.4 Patient/client advising

- 1) Health behaviour related advising;
- 2) Motivating (enabling) for therapy process and appropriate health behaviour;
- 3) Patient/client support network advising;
- 4) Counselling of patient/client and/or her/his support network in selection of assistive technology

and its use.

A.2.5 Communication

- 1) Use of correct professional terminology;
- 2) Selection of appropriate communication methods and styles and use in different work related situations;
- 3) Emphasizing ethical beliefs and values.

A.2.6 Documentation

- 1) Documentation of assessment results;
- 2) Use of correct professional terminology;
- 3) Submitting written materials;
- 4) Presentation of information.

A.2.7 Teamwork

- 1) Listening and consulting;
- 2) Participation in teamwork;
- 3) Sharing the knowledge and the field particularities;
- 4) Team management.

A.3 Working environment and specific aspects of work

The physiotherapist works with people of different age in the field of health care, social, cultural and educational institutions or private practice.

A.4 Tools

Main tools of the physiotherapist are the tools for physiotherapeutic assessment (e.g. different tests, goniometer, measuring tape, and other), therapeutic exercises (e.g. therapy balls, veloergometer, and other) and physical treatment (e.g. ultrasound appliance, electrical muscle stimulator, and other). Simpler as well as more complicated technological equipment (e.g. isokinetic dynamometer, electromyography, and other) is used in work with patients/clients. Mobility and disability aids (e.g. wheelchairs, stilts, walkers) are adapted and their use is advised. Work methods are mainly functional training and different specific treatment methods (e.g. PNF (*proprioceptive neuromuscular facilitation*), NDT (*neurodevelopmental treatment*), manual treatment techniques, or other).

A.5 Personal characteristics necessary for this job: abilities and personality traits

Physiotherapist is able to analyse and cooperate, trustworthy and emphatic, qualified and adaptable, creative, good-hearted, precise and has good (time) planning ability.

A.6 Occupational training

Physiotherapist is a specialist of professional higher education.

A.7 Possible job titles

Physiotherapist.

Part B

COMPETENCE REQUIREMENTS

B.1. The structure of the occupational qualification

Profession of the physiotherapist is characterised by mandatory competences B.2.1-B.2.7 and transversal competences B.2.8

B.2 Competences

OBLIGATORY COMPETENCES

B.2.1 Patient/client physiotherapeutic assessment	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Finds out the need for physiotherapy based on patient's/client's activity and participation ability and structural and functional level condition, also state of health and factors from ambient environment. 2) Performs systematic physiotherapeutic assessment based on the patient/client using appropriate assessment methods and tools (e.g. monitoring, taking anamnesis, functional tests, and other). 3) Analyses patient's/client's assessment results. 4) Establishes physiotherapeutic diagnosis based on assessment results. 	
<u>Supporting knowledge:</u>	
<ol style="list-style-type: none"> 1) Advanced level science-based knowledge of physiotherapeutic assessment; 2) Relating theory and practice; 3) Reflection. 	
<u>Assessment method(s):</u>	
Case analysis (description of the physiotherapeutic process) and conversation, if needed.	
B.2.2 Planning of physiotherapy	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Based on the assessment results of the patient/client, finds out the main problem(s) of the patient and based on that sets measurable and clear goal(s) by involving actively the patient/client and/or his or her support network to the specified processes. 2) Based on the patient's/client's physiotherapeutic diagnosis, main problems and set goals, selects appropriate physiotherapeutic intervention(s) and prepares further action plan. 	
<u>Supporting knowledge:</u>	
<ol style="list-style-type: none"> 1) Advanced level knowledge about different intervention methods; 2) Relating theory and practice. 	
<u>Assessment method(s):</u>	
Case analysis (description of the physiotherapeutic process) and conversation, if needed.	
B.2.3 Performance of physiotherapy	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Applies physiotherapeutic interventions based on patient's/client's assessment results, his or her individual needs and therapy goals; in his or her work follows the physiotherapeutic action plan, 	

<p>applies interventions purposefully and groundedly, relying on evidence-basis.</p> <ol style="list-style-type: none"> 2) Supervises the patient/client and/or his or her close ones understandably, motivationally and politely. 3) Analyses performed therapy consistently and makes relevant corrections, if needed. 4) Recommends, if needed and possible, selects and adapts (e.g. correct length, and other) the assistive technology based on the actual needs of the patient/client; instructs correct and purposeful use of the assistive technology (e.g. use of stilts in different conditions, and other).
<p><u>Supporting knowledge:</u></p> <ol style="list-style-type: none"> 1) Putting theory into practice; 2) Different methods of instructing; 3) Reflection; 4) Assistive technology and its adaptation principles.
<p><u>Assessment method(s):</u> Case analysis (description of the physiotherapeutic process) and conversation, if needed.</p>

B.2.4 Patient/client advising	EstQF level 7
<p><u>Performance indicators:</u></p> <ol style="list-style-type: none"> 1) Based on the physiotherapy process, advises independent training and coping of the patient/client in home environment and finds out needs for home activities (when to use certain intervention/exercise/assistive technology, with which load). 2) Advises and motivates the patient/client about health behaviour based on his or her conditions and goals and principles of healthy lifestyle (e.g. mobility, nutrition, activities appropriate to the age, ergonomics, and other). 3) If needed, advises the patient's/client's support network by using proper means of communication for it. 4) Advises the patient/client and/or her/his support network in selection of assistive equipment (e.g. wheelchair) and its use. 	
<p><u>Supporting knowledge:</u></p> <ol style="list-style-type: none"> 1) Different methods of counselling; 2) Health promotion basics; 3) (Occupational) ergonomics; 4) Psychology of verbal and non-verbal communication; 5) Assistive technology and its adaptation principles. 	
<p><u>Assessment method(s):</u> Case analysis (description of the physiotherapeutic process) and conversation, if needed.</p>	

B.2.5 Communication	EstQF level 7
<p><u>Performance indicators:</u></p> <ol style="list-style-type: none"> 1) Uses proper professional terminology. 2) Selects and uses proper communication method(s) and style considering the situation and individual diversities of participants in the process, cultural beliefs, traditions and their effect on therapy; if needed, adapts communication style, manages different conflict situations. 3) Communicates politely and ethically. 	
<p><u>Supporting knowledge:</u></p> <ol style="list-style-type: none"> 1) Professional terminology; 	

2) Psychology of verbal and non-verbal communication; 3) Medical ethics and general code of ethics.
<u>Assessment method(s):</u> Documental and/or conversation.

B.2.6 Documentation	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Writes a structured and understandable description of physiotherapeutic process (physiotherapy report). 2) Uses proper professional terminology. 3) Presents written materials (e.g. rehabilitation plans, home exercises, instructions for using assistive technology, or other) structurally and logically. 4) Presents information (e.g. at compilation of reports, lectures, guidance materials, or other) according to the comprehension level and needs of the target group. 	
<u>Supporting knowledge:</u>	
<ol style="list-style-type: none"> 1) Professional terminology; 2) Principles of written self-expression. 	
<u>Assessment method(s):</u>	
Case analysis (description of physiotherapeutic process) and a conversation if needed, submission of documents (rehabilitation plan, training plan, guidance materials, or other).	

B.2.7 Teamwork	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Listens to others, consults with others and initiates communication. 2) Participates in teamwork as an equal partner with other specialists. 3) Shares his or her knowledge and area related particularities with colleagues. 4) If needed, works as a team leader towards a common goal. 	
<u>Supporting knowledge:</u>	
<ol style="list-style-type: none"> 1) Principles of teamwork; 2) Psychology of verbal and non-verbal communication. 	
<u>Assessment method(s):</u>	
Documental and/or conversation.	

TRANSVERSAL COMPETENCIES

B.2.8 Physiotherapist, level 7 transversal competence	EstQF level 7
<u>Performance indicators:</u>	
<ol style="list-style-type: none"> 1) Uses high level adequate and evidence-based physiotherapy specific knowledge and applies them in practical activities. 2) Reads analysing professional scientific literature. 3) Values lifelong learning. 4) Follows in his or her work international code of ethics of physiotherapists, follows the legislation related to his or her profession (incl. data protection requirements). 5) Follows safety requirements when working with a patient/client, including sparing oneself (ergonomics and mental health) and when using the technical equipment. 	

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- 6) Supervises patients, their support network members and students of the speciality physiotherapy by using proper means of communication and tactics for it.
- 7) If needed, gives first aid.
- 8) In his or her work uses Estonian at level C1 and one foreign language at level B2 (Annex 3).
- 9) In his or her work uses computer at level AO1-7 (Annex 2).

Supporting knowledge:

- 1) Anatomy, physiology – advanced level;
- 2) Biomechanics, kinesiology – advanced level;
- 3) Physiotherapeutic knowledge in relevant area – advanced level;
- 4) Age and development related features of the person – advanced level;
- 5) International functioning capability, classification of disabilities and health – intermediate level;
- 6) Clinical thinking – advanced level;
- 7) Peculiarities of learning and teaching of adults and children – advanced level;
- 8) Psychology of verbal and non-verbal communication – intermediate level;
- 9) Self-reflexion principles – advanced level;
- 10) Planning and implementation of scientific work – intermediate level;
- 11) Legislation regulating speciality and service of physiotherapy – advanced level;
- 12) Economy and entrepreneurship – basic level.

Assessment method(s):

Transversal competence is assessed as integrated with other competencies in the occupational standard.

Part C

GENERAL INFORMATION AND ANNEXES

C.1 Information about preparing and certification of the occupational standard, the authority awarding the profession and reference to the location of the occupational standard in classifications	
1. Designation of the occupational standard in the register of occupational qualifications	05-06122012-9.2/6k
2. Writers of the occupational standard: names of people and organisations	Priit Eelmäe, Eesti Haiglate Liit Kadri Englas, Haapsalu Neuroloogiline Rehabilitatsioonikeskus Siiri Heinaru, AS Ida-Tallinna Keskhaigla Liis Lamson, Tartu Ülikooli Kliinikum Anna-Liisa Parm, Tartu Tervishoiu Kõrgkool Kirsti Pedak, SA Tallinna Lastehaigla Kadri Pill, Tartu Ülikool Jelena Sokk, Eesti Füsioterapeutide Liit Pille Tammperre, Sotsiaalministeerium Doris Vahtrik, Eesti Füsioterapeutide Liit
3. The occupational standard is approved by:	Health and Social Work Sector Skills Council
4. No. of the decision of the Sectoral Council	11
5. Date of the decision of the Sectoral Council	06.12.2012
6. The occupational standard is valid until (date)	05.12.2017
7. Occupational standard version No. (1-n)	6
8. Reference to the Classification of Occupations (ISCO 08)	53
9. Reference to the European Qualification Framework (EQF)	7
10. Forms the basis for curriculum/curricula:	Master's degree
C.2 Title of occupational qualification in foreign languages	
In English: Physiotherapist, Physical Therapist	
In Russian: Физиотерапевт	
C.3 Annexes	
Annex 1 Units and tasks	
Annex 2 Computer skills AO	
Annex 3 Description of language skill levels	
Annex 4 Professional ethics – see www.fysiot.ee	
Annex 5 Definitions	
Annex 6 Descriptions of knowledge and skill levels	

Units and tasks

1. Patient/client physiotherapeutic assessment	Physiotherapist, level 6	Physiotherapist, level 7
1.1 Ascertainment of physiotherapeutic needs of the patient	X	X
1.2 Performance of physiotherapeutic assessment	X	X
1.3 Analysing assessment results	X	X
1.4 Determining a physiotherapeutic diagnosis	X	X
2. Planning of physiotherapy	EstQF level 6	EstQF level 7
2.1 Ascertainment of the main problem of the patient and setting a goal	X	X
2.2 Selection of physiotherapeutic intervention and preparing further action plan	X	X
3. Performance of physiotherapy	EstQF level 6	EstQF level 7
3.1 Application of physiotherapeutic intervention	X	X
3.2 Instruction of patient and/or her close ones	X	X
3.3 Analysing of performed therapy and, if needed, correction of the action plan	X	X
3.4 Selection of assistive technology, recommendation, adaptation and instruction of use	X	X
4. Patient/client advising	EstQF level 6	EstQF level 7
4.1 Advising of patient's independent training and coping	X	X
4.2 Motivating and advising of the patient	X	X
4.3 Advising the support network of the patient	X	X
4.4 Advising the patient's support network in selection and use of the assistive technology	X	X
5. Communication	EstQF level 6	EstQF level 7
5.1 Use of correct and proper professional terminology	X	X
5.2 Selection of proper communication methods and styles	X	X
5.3 Polite and ethical communication	X	X
6. Documentation	EstQF level 6	EstQF level 7
6.1 Writing a description of physiotherapy process	X	X

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6.2 Use of correct and proper terminology	X	X
6.3 Submission of written materials		X
6.4 Presentation of information		X
7. Teamwork	EstQF level 6	EstQF level 7
7.1 Listening and consulting	X	X
7.2 Participating in teamwork	X	X
7.3 Sharing the knowledge and the field particularities	X	X
7.4 Working as a team manager		X



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Annex 4

Occupational ethics

www.fysiot.ee

<http://www.fysiot.ee/efl/eetikakoodeks/>



Europa Liit
Euroopa Sotsiaalfond



Eesti tuleviku heaks



SIHTASUTUS
Kutsekoda

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Annex 6

Descriptions of knowledge and skill levels

Basic level – knowledge of definitions, facts and principles; command of main work techniques.

Intermediate level – interpretation and comparison of definitions and facts, interconnecting; command of diverse work techniques.

Advanced level – analysing, forecasting, making conclusions, assessment based on interconnected facts; command of diverse complicated work techniques.