

Evidence Express

IFOMPT held its 2024 conference is Basel, Switzerland! To celebrate, EE is highlighting some key moments with this Edition.

September 2024







Keynote Addresses

Dr. Clare Ardern's Keynote: Right Care, Right Place, at the Right Time

Dr. Ardern emphasized the importance of listening to people with lived experiences and the global burden of musculoskeletal disorders. Drawing from Joetta Belton's work and the WHO's call for action, she advocated for transparency in science and urged for high-value healthcare that ensures equality and equity. As an avid promotor of "Open Science" to facilitate scientific collaborations and information sharing benefiting both science and society, Dr. Ardern highlighted how valuebased care must be evidence-informed, timely, accessible to everyone, and aimed at achieving optimal outcomes. She discussed the significance of community engagement, empathetic listening, and validating the experiences of those in pain.







Peter O'Sullivan's presentation on **Cognitive Functional Therapy (CFT)** was another highlight. CFT is an innovative approach managing musculoskeletal pain that integrates cognitive-behavioural strategies with functional rehabilitation. This evidence-informed model emphasizes the importance of understanding the individual's beliefs, behaviours, and emotional responses related to pain, enabling a more holistic treatment plan. By addressing the cognitive and psychological factors that contribute to pain perception and disability, CFT aims to empower patients, optimize their function, and promote long-term recovery

RESTORE Clinical Trial for Back Pain

RESTORE will be launching their CFT tiered training program soon – click <u>here</u> to register.





The post-professional future for the physical therapies: A radically new image for our practice

Professor David Nicholls highlighted various challenges facing the field of physiotherapy, including chronic complex comorbidities, public funding cuts, declining trust in authority figures, unmet healthcare needs, and a widening social gradient.

Professor David Nicholls suggested three major forces shaping the future of physiotherapy: late capitalism, unbundling of expertise, and digital disruption. He emphasized the impact of late capitalism on healthcare, the loss of professional monopoly due to unbundling of expertise, and the transformative role of digital technologies like AI and machine learning. Additionally, he outlined four potential responses within healthcare professions: watching and waiting, modern heritage, renaissance, and a hybrid approach. Finally, he advocated for embracing post-professionalism by focusing on core intensities, removing routine tasks, and making physical therapies widely accessible and adaptable for the future.











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Free Online Resources



Optimizing Exercise Prescription for Low Back Pain

(Wood L, Dean S, Booth V et al 2024)

These authors have developed an excellent online training resource for clinicians to help guide our exercise prescription for patients with chronic low back pain. It consists of five modules covering various topics such as communication skills, motivation, confidence building, and patient experiences. It is based on the results of their recently published paper in the BJSM.

The online training program is **FREE**











Co-constructing a website for people with shoulder pain and physiotherapists

(Sole G, Acker R, Calder A et al 2024)

These authors from New Zealand and the USA, collaborated with patients and physiotherapists to create an amazing resource for patients experiencing shoulder pain. It is currently being used as a patient support tool in an RCT.

Access to the Website





Generative Artificial Intelligence

The sessions on generative Artificial Intelligence (AI) in physiotherapy was captivating, highlighting a future where AI significantly impacts our field. While some may have reservations, it is exciting to consider the possibilities of AI assisting in diagnosis, treatment planning, and personalized patient programs, enhancing our clinical practice. The key will be integrating these tools while maintaining the human factors that are essential to our profession.

Dr. Michael Rowe emphasized the benefits of generative AI in personalized learning and virtual simulations. He acknowledged biases within AI code and the ethical challenges but emphasised the necessity of embracing AI. He cautioned against potential over-reliance on AI and the loss of critical thinking skills. Dr. Rowe also warned against oversimplifying complex topics and the growing gap between education and clinical practice with AI. Despite these concerns, he suggested that careful, iterative AI prompting could help overcome challenges, making the discussions on this topic throughout the conference both fascinating and insightful.

Register for free online course starting in October!



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