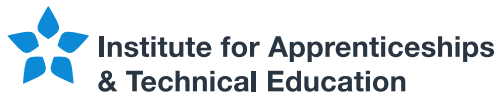




PHYSIOTHERAPIST



Details of standard

Occupation summary

Physiotherapy is a science-based profession. Physiotherapists work with individuals, and their families and carers, from birth to end-of-life and in a wide range of health and social care settings. They lead and deliver programmes and interventions to help people affected by injury, ageing, illness or disability. Physiotherapists use a range of physical and psychological treatment approaches, including movement, exercise and manual therapy, to optimise an individual's mobility, function and quality of life. They also provide education about health and wellbeing and provide specific advice that can be applied to everyday activities to manage and reduce the risk of pain or injury. The profession helps to encourage development, facilitate recovery and address health inequalities enabling people to remain independent for as long as possible. Physiotherapists practise as autonomous, independent practitioners, while contributing strongly to team-working. Individuals can seek care directly from physiotherapists and without referral from another professional. Physiotherapists work with people who may present with complex and challenging problems resulting from multiple illnesses, injuries or disabilities. In addition to providing physiotherapy interventions, they play a substantial educational, health coaching and advisory role with patients, other healthcare professionals and the public. Physiotherapists typically work in a range of large and small organisations across public, private and charitable sectors including physical health, mental health, forensic and prison settings.

Typical job titles include:

Physiotherapist

Entry requirements

Entry requirements are agreed between the employer and the HCPC approved education provider but are typically 3 A levels to include biology or human biology, or an equivalent access qualification.

Occupation duties

DUTY

Duty 1 Practise safely and effectively within the scope of practice and within the legal and ethical boundaries of the profession.

Duty 2 Look after own health and wellbeing, seeking appropriate support where necessary.

Duty 3 Practise as an autonomous professional, exercising professional judgement.

Duty 4 Practise in a non-discriminatory and inclusive manner recognising the impact of culture, equality and diversity, and challenge discrimination.

Duty 5 Communicate effectively, maintaining confidentiality and records appropriately.

Duty 6 Work appropriately with others.

Duty 7 Reflect on, review and assure the quality of own practice.

Duty 8 Draw on appropriate knowledge and skills to inform practice and apply the key concepts of the knowledge base relevant to the profession.

KSBS

K1 K2 K3 K4 K5 K6

S1 S2 S3 S4 S5 S6 S7 S8 S9 S10 S11

B1 B2 B3 B4 B5 B6 B7

K7 K8

S12 S13

B1 B2 B3 B4 B5 B6 B7

K9

S14 S15 S16 S17 S18 S19 S20

B1 B2 B3 B4 B5 B6 B7

K10 K11 K12 K13 K14

S21 S22 S23 S24

B1 B2 B3 B4 B5 B6 B7

K15 K16 K17 K18 K19 K20 K21

S25 S26 S27 S28 S29 S30 S31 S32 S33

B1 B2 B3 B4 B5 B6 B7

K22 K23 K24 K25 K26 K27

S34 S35 S36 S37 S38 S39 S40

B1 B2 B3 B4 B5 B6 B7

K28 K29 K30

S41 S42 S43 S44 S45 S46 S47

B1 B2 B3 B4 B5 B6 B7

K31 K32 K33 K34 K35 K36 K37 K38 K39
K40 K41

S48 S49 S50 S51 S52 S53 S54 S55 S56
S57 S58 S59 S60 S61 S62 S63 S64 S65
S66

B1 B2 B3 B4 B5 B6 B7

Duty 9 Establish and maintain a safe practice environment.

K42 K43 K44

S67 S68 S69 S70 S71

B1 B2 B3 B4 B5 B6 B7

Duty 10 Promote public health and prevent ill health.

K45 K46

S72 S73

B1 B2 B3 B4 B5 B6 B7

KSBs

Knowledge

K1: The importance of continuing professional development throughout own career.

K2: The importance of safeguarding, signs of abuse and relevant safeguarding processes.

K3: What is required by the Health and Care Professions Council, including but not limited to the Standards of conduct, performance and ethics.

K4: Relationships with service users, carers and others should be based on mutual respect and trust.

K5: The importance of valid consent and capacity in the context of delivering care and treatment.

K6: The scope of a professional duty of care and the legislation, policies and guidance relevant to own profession and scope of practice.

K7: The importance of own mental and physical health and wellbeing strategies in maintaining fitness to practise.

K8: How to take appropriate action if own health may affect own ability to practise safely and effectively, including seeking help and support when necessary.

K9: The need for active participation in training, supervision and mentoring in supporting high standards of practice, and personal and professional conduct, and the importance of demonstrating this in practice.

K10: Equality legislation and how to apply it to own practice.

K11: The duty to make reasonable adjustments in practice.

K12: The characteristics and consequences of barriers to inclusion, including for socially isolated groups.

K13: That regard to equality, diversity and inclusion needs to be embedded in the application of all HCPC standards and across all areas of practice.

K14: The need to identify and take account of the physical, psychological, social and cultural needs of individuals and communities.

K15: When disclosure of confidential information may be required.

K16: The principles of information and data governance and the safe and effective use of health, social care and other relevant information.

K17: The need to ensure confidentiality is maintained in all situations in which service users rely on additional communication support, such as interpreters or translators.

K18: That the concepts of confidentiality and informed consent extend to all mediums, including illustrative clinical records such as photography, video and audio recordings and digital platforms.

K19: The characteristics and consequences of verbal and non-verbal communication and how these can be affected by difference of any kind including, but not limited to, protected characteristics, intersectional experiences and cultural differences.

K20: The need to support the communication needs of service users and carers, such as through the use of an appropriate interpreter.

K21: The need to provide service users or people acting on own behalf with the information necessary in accessible formats to enable them to make informed decisions.

K22: The principles and practices of other health and care professionals and systems and how they interact with own profession.

K23: The need to build and sustain professional relationships as both an autonomous practitioner and collaboratively as a member of a team.

K24: The qualities, behaviours and benefits of leadership.

K25: That leadership is a skill all professionals can demonstrate.

K26: The need to engage service users and carers in planning and evaluating diagnostics, and therapeutic interventions to meet own needs and goals.

K27: The need to agree the goals, priorities and methods of physiotherapy intervention in partnership with the service user.

K28: The value of reflective practice and the need to record the outcome of such reflection to support continuous improvement.

K29: The value of multi-disciplinary reviews, case conferences and other methods of review.

K30: The value of gathering and using data for quality assurance and improvement programmes.

K31: The structure and function of the human body, together with knowledge of physical and mental health, disease, disorder and dysfunction relevant to own profession.

K32: The role(s) of other professions in health and social care and how they may relate to the role of physiotherapist.

K33: The structure and function of health, care and social care systems and services in the UK.

K34: The theoretical basis of, and the variety of approaches to, assessment and intervention.

K35: The following aspects of biological science:- normal human anatomy and physiology, including the dynamic relationships of human structure and function as related to the neurological, musculoskeletal,

cardio-vascular and respiratory systems - the integration and interplay of other human body systems and how they influence the neurological, musculoskeletal, cardio-vascular and respiratory systems - patterns of human growth and development across the lifespan - factors influencing individual variations in human ability and health status - how the application of physiotherapy can cause physiological and structural change.

K36: The following aspects of physical science:- the principles and theories from physics, biomechanics, applied exercise science and ergonomics that can be applied to physiotherapy – the means by which the physical sciences can inform the understanding and analysis of movement and function– the principles and application of measurement techniques based on biomechanics or electrophysiology – the application of anthropometric and ergonomic principles.

K37: The following aspects of clinical science:- pathological changes and related clinical features commonly encountered in physiotherapy practice– physiological, structural, behavioural and functional changes that can result from physiotherapy intervention and disease progression– the specific contribution that physiotherapy can potentially make to enhancing individuals' functional ability, together with the evidence base for this – the different concepts and approaches that inform the development of physiotherapy intervention

K38: The following aspects of behavioural science:- psychological, social and cultural factors that influence an individual in health and illness, including own responses to the management of own health status and related physiotherapy interventions – how psychology, sociology and cultural diversity inform an understanding of health, illness and health care in the context of physiotherapy and the incorporation of this knowledge into physiotherapy practice – theories of communication relevant to effective interaction with service users, carers, colleagues, managers and other health and social care professionals – theories of health promotion and behavioural change – theories of team working.

K39: A range of research methodologies relevant to their role.

K40: The value of research to the critical evaluation of practice.

K41: How to position or immobilise service users for safe and effective interventions.

K42: The need to maintain the safety of themselves and others, including service users, carers and colleagues.

K43: Relevant health and safety legislation.

K44: Appropriate moving and handling techniques.

K45: The role of the profession in health promotion, health education and preventing ill health.

K46: How social, economic and environmental factors (wider determinants of health) can influence a person's health and well-being.

Skills

S1: Identify the limits of own practice and when to seek advice or refer to another professional or service.

S2: Recognise the need to manage own workload and resources safely and effectively, including managing the emotional burden that comes with working in a pressured environment.

S3: Keep own skills and knowledge up to date.

- S4:** Maintain high standards of personal and professional conduct.
- S5:** Engage in safeguarding processes where necessary.
- S6:** Promote and protect the service user's interests at all times.
- S7:** Respect and uphold the rights, dignity, values, and autonomy of service users, including own role in the assessment, diagnostic, treatment and/or therapeutic process.
- S8:** Exercise a duty of care and maintain high standards of care in all circumstances.
- S9:** Obtain valid consent, which is voluntary and informed, has due regard to capacity, is proportionate to the circumstances and is appropriately documented.
- S10:** Apply legislation, policies and guidance relevant to own profession and scope of practice.
- S11:** Recognise the power imbalance which comes with being a health care professional, and ensure it is not for personal gain.
- S12:** Identify own anxiety and stress and recognise the potential impact on own practice.
- S13:** Develop and adopt clear strategies for physical and mental self-care and self-awareness, to maintain a high standard of professional effectiveness and a safe working environment.
- S14:** Recognise that they are personally responsible for and must be able to justify their decisions and actions.
- S15:** Use own skills, knowledge and experience, and the information available, to make informed decisions and/or take action where necessary.
- S16:** Make reasoned decisions to initiate, continue, modify or cease treatment or the use of techniques or procedures, and record the decisions and reasoning appropriately.
- S17:** Make and receive appropriate referrals, where necessary.
- S18:** Exercise personal initiative.
- S19:** Demonstrate a logical and systematic approach to problem solving.
- S20:** Use research, reasoning and problem-solving skills when determining appropriate actions.
- S21:** Respond appropriately to the needs of all different groups and individuals in practice, recognising this can be affected by difference of any kind including, but not limited to, protected characteristics, intersectional experiences and cultural differences.
- S22:** Recognise the potential impact of own values, beliefs and personal biases (which may be unconscious) on practice and take personal action to ensure all service users and carers are treated appropriately with respect and dignity.
- S23:** Make and support reasonable adjustments in own and others' practice.
- S24:** Actively challenge barriers to inclusion, supporting the implementation of change wherever possible.
- S25:** Adhere to the professional duty of confidentiality respond in a timely manner to situations where it is necessary to share information to safeguard service users, carers and/or the wider public.

- S26:** Use effective and appropriate verbal and non-verbal skills to communicate with service users, carers, colleagues and others.
- S27:** Communicate in English to the required standard for the profession.
- S28:** Work with service users and/or own carers to facilitate the service user's preferred role in decision-making, and provide service users and carers with the information they may need where appropriate.
- S29:** Modify own means of communication to address the individual communication needs and preferences of service users and carers, and remove any barriers to communication where possible.
- S30:** Use information, communication and digital technologies appropriate to own practice.
- S31:** Keep full, clear and accurate records in accordance with applicable legislation, protocols and guidelines.
- S32:** Manage records and all other information in accordance with applicable legislation, protocols and guidelines.
- S33:** Use digital record keeping tools, where required.
- S34:** Work in partnership with service users, carers, colleagues and others.
- S35:** Contribute effectively to work undertaken as part of a multi-disciplinary team.
- S36:** Identify anxiety and stress in service users, carers and colleagues, adapting own practice and providing support where appropriate.
- S37:** Identify own leadership qualities, behaviours and approaches, taking into account the importance of equality, diversity and inclusion.
- S38:** Demonstrate leadership behaviours appropriate to own practice.
- S39:** Act as a role model for others.
- S40:** Promote and engage in the learning of others.
- S41:** Engage in evidence-based practice.
- S42:** Gather and use feedback and information, including qualitative and quantitative data, to evaluate the responses of service users to own care.
- S43:** Monitor and systematically evaluate the quality of practice, and maintain an effective quality management and quality assurance process working towards continual improvement.
- S44:** Participate in quality management, including quality control, quality assurance, clinical governance and the use of appropriate outcome measures.
- S45:** Evaluate care plans or intervention plans using recognised and appropriate outcome measures, in conjunction with the service user where possible, and revise the plans as necessary.
- S46:** Evaluate intervention plans to ensure that they meet the physiotherapy needs of service users, informed by changes in circumstances and health status.

- S47:** Engage with healthcare technologies and health informatics to record, audit and evaluate decision-making, the delivery of care and its outcomes.
- S48:** Demonstrate awareness of the principles and applications of scientific enquiry, including the evaluation of treatment efficacy and the research process.
- S49:** Change own practice as needed to take account of new developments, technologies and changing contexts.
- S50:** Gather appropriate information.
- S51:** Analyse and critically evaluate the information collected.
- S52:** Select and use appropriate assessment techniques and equipment.
- S53:** Undertake and record a thorough, sensitive, and detailed assessment.
- S54:** Undertake or arrange investigations as appropriate.
- S55:** Conduct appropriate assessment or monitoring procedures, treatment, therapy or other actions safely and effectively.
- S56:** Critically evaluate research and other evidence to inform own practice.
- S57:** Engage service users in research as appropriate.
- S58:** Construct, deliver and evaluate individual and group physiotherapy programmes.
- S59:** Undertake and record a thorough, sensitive and detailed assessment, using appropriate techniques and equipment.
- S60:** Form a working diagnosis on the basis of physiotherapy assessment.
- S61:** Formulate specific and appropriate management plans including the setting of timescales.
- S62:** Apply problem solving and clinical reasoning to assessment findings to plan and prioritise appropriate physiotherapy.
- S63:** Recognise the need to discuss, and be able to explain the rationale for, the use of physiotherapy interventions.
- S64:** Select, plan, implement and manage physiotherapy interventions aimed at the facilitation and restoration of movement and function.
- S65:** Select and apply safe and effective physiotherapy specific practice skills including manual therapy, exercise and movement, electrotherapeutic modalities and kindred approaches.
- S66:** Evaluate data about trends in population health, to inform own practice.
- S67:** Comply with all local operational procedures and policies.
- S68:** Work safely, including being able to select appropriate hazard control and risk management, reduction or elimination techniques in a safe manner and in accordance with health and safety legislation.
- S69:** Select appropriate personal protective equipment and use it correctly.

S70: Establish safe environments for practice, which appropriately manages risk.

S71: Apply appropriate moving and handling techniques.

S72: Empower and enable individuals (including service users and colleagues) to play a part in managing own health.

S73: Engage in occupational health, including being aware of immunisation requirements.

Behaviours

B1: Kind, caring, compassionate and empathetic.

B2: Accountable, adaptable, reliable, flexible and resilient.

B3: Promote and protect the interest of service users and carers, treating people with dignity, respecting an individual's diversity, beliefs, culture, needs, and preferences.

B4: Self-aware, self-regulate, open minded, organised, inquisitive, diplomatic, supportive and respectful.

B5: Willingness to learn, and be proactive in progressing in your own development.

B6: Honest, trustworthy and open when things go wrong.

B7: Professional, respectful and considerate in all interactions with service users and colleagues.

Qualifications

English and Maths

Apprentices without level 2 English and maths will need to achieve this level prior to taking the End-Point Assessment. For those with an education, health and care plan or a legacy statement, the apprenticeship's English and maths minimum requirement is Entry Level 3. A British Sign Language (BSL) qualification is an alternative to the English qualification for those whose primary language is BSL.

Other mandatory qualifications

BSc (Hons) degree in Physiotherapy or Level 7 qualification approved by the Health and Care Professions Council (HCPC) where the apprentice already holds a Level 6 degree

Level: 6 (integrated degree)

Additional details

Regulated standard

This is a regulated occupation.

Regulator body:

Health and Care Professions Council

Training Provider must be approved by regulator body

EPAO must be approved by regulator body

Occupational Level:

6

Duration (months):

48

Review

Example progression routes

Advanced clinical practitioner (integrated degree)

Enhanced clinical practitioner

Version log

VERSION	CHANGE DETAIL	EARLIEST START DATE	LATEST START DATE	LATEST END DATE
1.2	Standard, end-point assessment plan and funding band revised but funding remained the same	01/09/2023	Not set	Not set
1.1	Funding band revised but remains £24000. End-point assessment plan revised.	10/11/2021	31/08/2023	Not set
1.0	Retired	18/12/2018	09/11/2021	Not set

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