



EUROPE REGION

World Confederation
for Physical Therapy

Report on the activities undertaken on Clinical Guidelines 2010 – 2012 (Development, promotion, information and adaptation)

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REPORT ON THE ACTIVITIES UNDERTAKEN ON CLINICAL GUIDELINES 2010 – 2012 (DEVELOPMENT, PROMOTION, INFORMATION AND ADAPTATION)

Europe Region of the World Confederation for Physical Therapy (WCPT) Professional Issues WG

Introduction

Based on the strategic plan of ER-WCPT the Professional Issues Working Group (PI-WG) worked in the period 2010-2012 on eight objectives in relation to the development and implementation of clinical guidelines:

1. To monitor and promote procedures for adopting existing foreign guidelines
2. To promote further collaboration in Clinical Guidelines development, especially in collecting the evidence.
3. To maintain involvement with GIN
4. To hold a 3rd Conference on Clinical Guidelines in 2014 to include implementation
5. To investigate if the agree instrument, Adapte, is useful for the implementation of Guidelines
6. To include economic aspects
7. To keep the clinical and multidisciplinary guidelines database updated
8. To collaborate with the MOs to develop European Guidelines

1-2: Monitor the procedures for Adopting existing foreign Guidelines and Promote further collaboration in Clinical Guideline development, especially in collecting the evidence

In 2010 the PI-WG discussed the situation in their different countries and agreed to recommend developing evidence-based recommendations for physical therapy practice. ER-WCPT will play a proactive role to stimulate and participate in an international collaborative programme. According to this it was agreed to provide overall recommendations regarding good practice to be implemented at national level. Clinical guidelines are important tools in order to improve quality in health care by providing evidence-based recommendations for daily practice. The specific objectives of the programme is to:

1. Share knowledge and experience about the use and promotion of clinical guidelines
2. Coordinate the development and avoid duplication
3. Facilitate the implementation of foreign guidelines

The ER-WCPT has stimulated the development of clinical guidelines in several activities.

Option for international collaboration: During the WCPT 2011 conference in Amsterdam a symposium was held to explore the possibilities of an international collaborative program. The PI-WG was assigned to have a proactive role in stimulating and participating in the expected international collaborative program. At the symposium consensus was reached to start an international program to develop concise evidence-based recommendations as an alternative to collaboration in full guideline development. A task-specific working group will be installed in 2012 to work out the strategy for such collaborative program, including necessary resources and time investment.

3. Guidelines International Network (G-I-N)

In 2007, ER-WCPT became a full member of G-I-N. The Guidelines International Network is a major international initiative involving organisations from around the world. G-I-N seeks to improve the quality of health care by promoting systematic development of clinical practice guidelines and their application into practice.

In the G-I-N conference in Seoul, August 2011 Philip van der Wees was re-elected as Chairman for 2012. Several decisions were made on the conference that are of importance for the WG to take into account in relation to the international collaborative programme.

First, data extraction resource: Resource allowing users to extract and to present data extracted from various individual studies in a standardised template (called a summary for short). This resource forms the foundation for development of evidence tables, which group and summarise data based on a defined question. This tool is called GINDER.

GINDER has been launched at the conference in Seoul, on 29 August 2011. Presentation of GINDER and discussion afterwards highlighted high interest towards this new tool and its potential. At its debut GINDER includes the possibility to summarise diagnostic studies and the subgroup of G-I-N Evidence Tables Working Group (ETWG)

responsible for the development and implementation of GINDER is working on the addition of the template to allow summarising intervention studies. In the future, we will also add economic evaluation and prognostic template at the ETWG prepares them.

As said during the launch, GINDER is hungry and it is essential that all members participate to its success by adding content to this registry. The PI Working group will stay in contact with the G-I-N to collaborate in this initiative. MO's who are members of G-I-N can also benefit form GINGER individual.

Second, the Board of the G-I-N has commissioned England's National Institute for Health and Clinical Excellence (NICE) to develop and deliver a communications strategy for the Network.

This important work will evaluate how G-I-N currently communicates with its 188 organisational and individual members and partners worldwide – such as through the Annual Conference, the website and enGINE – and establish new ways that it can interact with and attract key players in the guideline development and implementation arenas.

With experts across media relations, marketing, conference planning, speaking engagements, website management, social media and publishing, NICE hopes to develop greater opportunities for G-I-N to engage more widely and more proactively with its members and stakeholders – for example, by having a greater profile in the media, improving elements of the website and better publicising the next Annual Conference.

The 9th International G-I-N conference will take place in Berlin, Germany, August 2012.

4. 3rd Conference on Clinical Guidelines

The 2nd Conference on Clinical Guidelines was held in Amsterdam (the Netherlands), on 2nd December 2010. The topic was: *Implementation of clinical guidelines: improving the quality of physical therapy care within chronic disease management*. As an example, COPD, (Chronic Obstructive Pulmonary Disease) in conjunction with the Smoking cessation and Staying Clean project was used.

The 3rd Conference on Clinical Guidelines in 2014 will be based on the recommendations for implementations strategies agreed at the 2nd Conference on Clinical Guidelines by the

ER-WCPT MOs. The PI-WG will start to prepare the 3rd Conference in the fall of 2012. The conference will have the same structure as previously: morning session open and afternoon session only for ER-WCPT delegates. There will be a discussion at the next PI-WG-meeting regarding the organisation of the 3rd Conference and if other health professions, politicians, patients or other organisations should be involved. The conference will focus on implementation.

5. To investigate if the agree instrument, Adapte, is useful for the implementation of Guidelines

The development of guidelines to promote optimal and high quality practice requires substantial resources. The ADAPTE Collaboration has developed a systematic approach, ADAPTE. ADAPTE aims at the adaptation of guidelines produced for use in one cultural and organizational context to be used in a different cultural and organizational context. The AGREE instrument is included as a tool in the ADAPTE.

In 2010 the Danish society for gynecology and obstetrics in physiotherapy was appointed by the PI-WG to try out the ADAPTE. The society had expressed interest in adapting a new Dutch guideline on physical therapy in-patient with urinary incontinence and was in process with the Danish association of finding a relevant method for that purpose. It was then agreed that the society should use the ADAPTE in order to gain experience with the instrument so the PI-WG would be able to decide whether the ADAPTE should be recommended as a useful instrument for adapting foreign guidelines in physiotherapy.

The society set up a working group of four people: two with qualifications at PHD level and two with long-term clinical expertise and experience. A working plan for a one-year period was developed and a budget of in total 17.000 Euro was raised covering translation, external review, salary compensation, travelling and meeting expenses.

The ADAPTE consists of a manual and a resource toolkit. The manual lays demands for a quality adaptation process and the toolkit supplies the relevant tools covering all activities: initial preparations, assessment and selection of a relevant foreign guideline, adaptation and production of the final guideline.

The working has used the ADAPTE as a guide in their working process. They find that the instrument offers a very good structure and a very good checklist to guarantee that their work systematically covers all relevant aspects of a quality adaptation process. The

working group does however also find that the instrument sometimes offers too many details and suggests that future users critically select relevant item on order to speed up the process.

The working group is right now in the process of writing up the Danish guideline. They have decided to keep it in English and only write up the quick card in Danish since most physiotherapists in Denmark is fully acquainted with the English language.

The next phase for the working group to address is the implementation - a whole new process that calls for a new working plan and a new budget.

In conclusion it is the working group's opinion that the ADAPTE offers a good and systematic structure for the adaptation process and they recommend that colleagues like them selves with no experience in adaptation use the instrument as a guide. But at the same time they recommend that future users select critically the items they find relevant for their particular work.

6 and 8. To collaborate with the MOs to develop European Guidelines and to include economic aspects

In 2010 a project started to develop a European guideline for physiotherapy in Parkinson's disease. This project was an initiative of the Parkinson guidelines development group of the Royal Dutch Society for Physical Therapy, and supported by the Association for Physiotherapist in Parkinson's Disease Europe (APPDE) and the ER-WCPT. There are 18 ER-WCPT MOs involved in the project. Several newsletters about this project have been circulated among the MOs. Information around publications and congresses would be prepared by March – June 2012. The Dutch Adaption would be prepared by April – August 2012 and A MDS collaboration and referral criteria by September 2012.

In 2011 an invitation was sent to the ER-WCPT MOs to participate in a project to develop European Neurorehabilitation Guidelines for Stroke using the Dutch "Guideline for Physical Therapy in patients with Stroke" as a template. So far, 18 MOs have accepted the invitation.

A presentation about above mentioned projects will be held at the meeting.

7. Database of clinical guideline development

The first version of the database of clinical guideline development was presented at the General Meeting in 2008 in Sibenik, Croatia. The database has been updated every two years until 2011. It must be noticed that the progress and number of available clinical guidelines in physiotherapy has grown at such speed that it is relevant and necessary to up-date every year. Next up-date will be in 2012.

A presentation about the database will be held at the meeting. A solitaire report is made in which the database is presented

Working plan on clinical guidelines 2012-2014

Based on the strategic plan of ER-WCPT the Professional Issues Working Group will work in the period 2012-2014 on five objectives in relation to the development and implementation of clinical guidelines:

- 1.** To continue collaboration in Clinical Guideline development, collecting the evidence, dissemination and implementation
- 2.** To maintain involvement with GIN
- 3.** To hold a 3rd Conference on Clinical Guidelines in 2014. Focus on implementation and may be organised with other health professionals, politicians and patients organisations.
- 4.** To investigate if the Adapte instrument is useful for the implementation of Guidelines
- 5.** To keep the clinical and multidisciplinary guidelines database updated