

## INTRODUCTION

This Quick Reference to the *Essential Competency Profile for Physiotherapists in Canada, October 2009* (the Profile) is intended to provide an overview of the essential competencies (i.e., the knowledge, skills and attitudes) required by physiotherapists in Canada at the beginning of and throughout their career.

The Profile is intended for use by academics, accreditation bodies, professional associations, regulators and individual practitioners. For enabling competencies that further describe the key competencies provided here, please consult the complete Profile document.

The central physiotherapist role of Expert integrates the other six roles for physiotherapists to practice safely and effectively regardless of their context of practice.

The overarching assumptions that apply to the competencies are that:

- i. Physiotherapists practice client-centred care and only act with the client's informed consent,
- ii. Physiotherapy practice is evidence informed, and
- iii. Client safety is paramount.

## PHYSIOTHERAPIST ROLES

### EXPERT

As experts in function and mobility, physiotherapists integrate all of the Physiotherapist Roles to lead in the promotion, improvement, and maintenance of the mobility, health, and well-being of Canadians.

### COMMUNICATOR

Physiotherapists use effective communication to develop professional relationships with clients, families, care providers, and other stakeholders.

### COLLABORATOR

Physiotherapists work collaboratively and effectively to promote interprofessional practice and achieve optimal client care.

### MANAGER

Physiotherapists manage time, resources, and priorities at all levels for individual practice and to ensure sustainable physiotherapy practice overall.

### ADVOCATE

Physiotherapists responsibly use their knowledge and expertise to promote the health and well-being of individual clients, communities, populations and the profession.

### SCHOLARLY PRACTITIONER

Physiotherapists are committed to ongoing learning for the purpose of improving client outcomes through seeking, creating, applying, disseminating, and translating knowledge to physiotherapy practice.

### PROFESSIONAL

Physiotherapists are committed to the best interests of clients and society through ethical practice, support of profession-led regulation, and high personal standards of behaviour.

## KEY COMPETENCIES

### EXPERT

- 1.1 Consults with the client to obtain information about his/her health, associated history, previous health interventions, and associated outcomes.
- 1.2 Collects assessment data relevant to the client's needs and physiotherapy practice.
- 1.3 Analyzes assessment findings.
- 1.4 Establishes a physiotherapy diagnosis and prognosis.
- 1.5 Develops and recommends an intervention strategy.
- 1.6 Implements intervention.
- 1.7 Evaluates the effectiveness of interventions.
- 1.8 Completes physiotherapy services.

### COMMUNICATOR

- 2.1 Develops, builds, and maintains rapport, trust, and ethical professional relationships through effective communication.
- 2.2 Elicits, analyzes, records, applies, conveys and shares information.
- 2.3 Employs effective and appropriate verbal, non-verbal, written, and electronic communications.

### COLLABORATOR

- 3.1 Establishes and maintains interprofessional relationships, which foster effective client-centered collaboration.
- 3.2 Collaborates with others to prevent, manage and resolve conflict.

### MANAGER

- 4.1 Manages individual practice effectively.
- 4.2 Manages and supervises personnel involved in the delivery of physiotherapy services.
- 4.3 Participates in activities that contribute to safe and effective physiotherapy practice.

### ADVOCATE

- 5.1 Works collaboratively to identify, respond to and promote the health needs and concerns of individual clients, populations, and communities.

### SCHOLARLY PRACTITIONER

- 6.1 Uses a reflective approach to practice.
- 6.2 Incorporates lifelong learning and experiences into best practice.
- 6.3 Engages in scholarly inquiry.

### PROFESSIONAL

- 7.1 Conducts self within legal/ethical requirements.
- 7.2 Respects the individuality and autonomy of the client.
- 7.3 Contributes to the development of the physiotherapy profession.