

Knowledge, use, and implementation of National Clinical Guidelines in community-based rehabilitation - A cross-sectional survey

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BACKGROUND AND AIM

Despite an increasing amount of research within physiotherapy, consistent implementation of evidence-based guidelines in everyday physiotherapy remains a challenge. The Danish Health Authority frequently presents National Clinical Guidelines concerning physiotherapy, but how are these guidelines integrated in clinical practice and do they facilitate a higher degree of evidence-based practice?

This study presents an examination of knowledge, use and implementation of National Clinical Guidelines (NCG) for knee arthrosis (2012) and meniscus pathology (2016) among leaders, development employees and physiotherapists in community-based rehabilitation (Region Zealand, Denmark).

METHODS

A cross-sectional web-based survey was conducted using a questionnaire developed for this specific study. The questionnaire was face validated and pilot-tested before distribution.

Participants were recruited among leaders, development employees and physiotherapists in community-based rehabilitation within Region Zealand, Denmark.

Data was analyzed using STATA (Version 14.1. Copyright 1985-2015 StataCorp LP).

Results are presented descriptively in tables and figures, and analyzed further by proper statistical tests to examine factors associated with evidence-based practice.

RESULTS

The questionnaire was completed by 61 respondents, generating a 75.3% response rate. Of 17 community based rehabilitation units, 13 participated in this study, and 1 community- based rehabilitation unit only participated in pilot-testing.

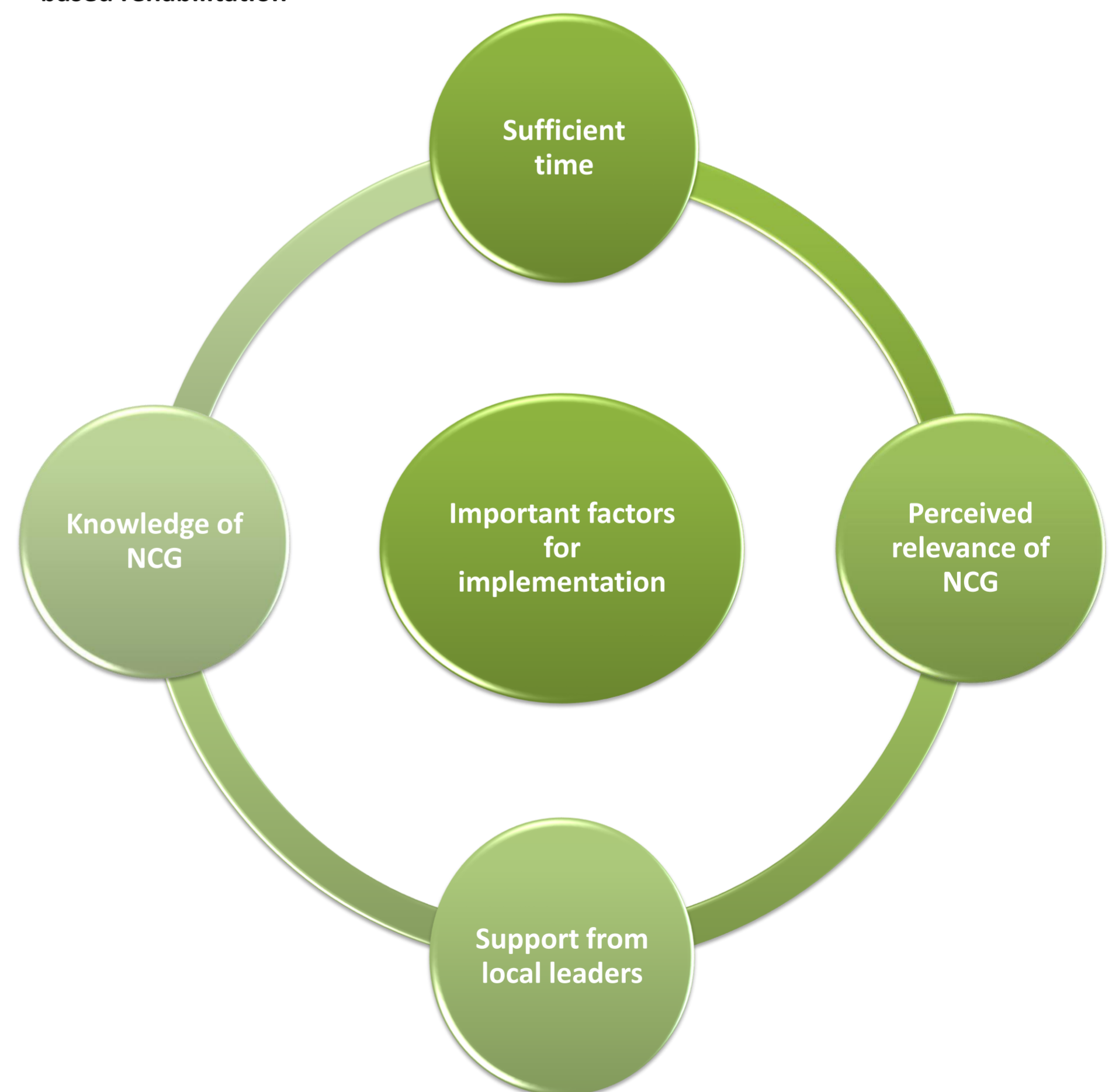
Main findings are presented in table 1

Table 1: Main findings

- Respondents demonstrate a significantly better knowledge of NCG for knee arthrosis than NCG for meniscus pathology ($p=0.017$)
- Respondents state that NCG for knee arthrosis have more potential of improving rehabilitation than NCG for meniscus pathology ($p=.007$)
- Respondents state that the community based rehabilitation units have developed local guidelines for knee arthrosis (82%, $n=50$) and meniscus pathology (74%, $n=45$)
- Nearly three out of four (72%, $n=44$) state that relevant parts of NCG for knee arthrosis are integrated in local guidelines, whereas only half (49%, $n=30$) state that relevant parts of NCG for meniscus pathology is integrated in local guidelines
- Physiotherapists tend to use local guidelines more frequently than NCG for knee arthrosis ($p=0.012$) and meniscus pathology ($p=0.012$)
- Positive correlation between changes in work routines and implementation of NCG for knee arthrosis exists among physiotherapists ($p=0.013$ (Chi2-test)/ $p=0.027$ (Fishers Exact))

RESULTS

Figure 1: The four most important factors for implementing NCG in community-based rehabilitation



CONCLUSION

The results show differences in knowledge, use, and implementation of National Clinical Guidelines among leaders, development employees and physiotherapists in community-based rehabilitation. Evidence-based guidelines do not necessarily translate directly into local guidelines and evidenced based practice.