

Statement on Practice

The International Organisation of Physiotherapists in Paediatrics (IOPTP) promotes practice that is evidence-based¹ and supports the rights of the child and the family.²⁻⁵

Evidence-based Practice (EBP) — is an approach to practice wherein health professionals use the best available evidence from systematic research, integrating it with clinical expertise to make clinical decisions with service users, who may be individual patients/clients, carers and communities/populations.

Research evidence includes, but is not limited to, meta-analyses, systematic reviews of randomised controlled trials (RCTs), individual RCTs, systematic reviews of cohort studies, individual cohort studies, outcomes research, systematic reviews of case-control studies, individual case-control studies, case-series and expert opinion.

EBP values, enhances and builds on clinical expertise, knowledge of disease mechanisms, and pathophysiology. It involves complex and conscientious decision-making based not only on the available evidence but also on patient characteristics, situations, and preferences.

The IOPTP recognises that health services are individualised, ever changing and involve uncertainties and probabilities which can be addressed through shared decision-making⁶⁻⁸

Shared decision-making⁹ involves therapists and patients/clients making health-related decisions collaboratively after having discussed the options, likely benefits and harms of each option, whilst considering the patient's values, preferences and circumstances. The integration of EBP into shared-decision making conversations is integral to high-quality, client and family-centred, **evidence-informed** physiotherapy practice and should be prioritised by all physiotherapists working with paediatric clients and their families.

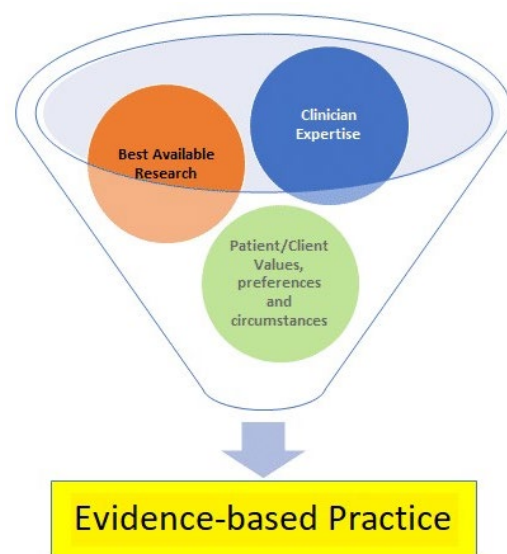


Figure 1: Core components of evidence-based practice¹⁰

References

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