

INTRODUCTION

This Quick Reference to the *Essential Competency Profile for Physical Rehabilitation Therapists in Québec, September 24, 2010* (The Profile) is intended to provide an overview of the essential competencies (i.e. the knowledge, skills and attitudes) required by physical rehabilitation therapists in Québec, at the beginning of and throughout their career.

The Profile is intended for use by institutions of education, 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 physical rehabilitation therapist role of Expert integrates the other six roles for physical rehabilitation therapists to practice safely and effectively regardless of their context of practice.

The overarching assumptions that apply to the competencies are that:

- i. **The responsibility level in practice of the seven roles of the physical rehabilitation therapist is modulated depending on the category in which the patient falls according to the "Order in council [...]*** and never on a direct access basis.**
- ii. Physical rehabilitation therapists practice client centered care and only act with the client's informed consent.
- iii. Physiotherapy practice is evidenced informed, and
- iv. Client safety is paramount.

PHYSICAL REHABILITATION THERAPISTS ROLES

EXPERT

As experts in function and mobility, physical rehabilitation therapists (T.R.P.) integrate all of the P.R.T. roles to act in the promotion, prevention, improvement and maintenance of mobility, health and wellbeing of Quebecers. The level of responsibility varies according to the categories of treatment set forth in the order of council** or the regulation in effect.

COMMUNICATOR

Physical rehabilitation therapists use effective communication to develop professional relationships with all client categories**, families, other care providers and partners.

COLLABORATOR

Physical rehabilitation therapists work collaboratively and effectively to promote intradisciplinary and interprofessional practice and achieve optimal care for all client categories**.

MANAGER

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

HEALTH ADVOCATE

Physical rehabilitation therapists use their knowledge and expertise to promote the health and wellbeing of individual clients in all categories**, communities, populations and the profession.

SCHOLARLY PRACTITIONER

Physical rehabilitation therapists are committed to ongoing learning for the purpose of improving outcomes in all client categories** through different means.

PROFESSIONAL

Physical rehabilitation therapists are committed to the best interests of clients in all categories** and of society through ethical practice, support of professional-led regulation and high personal standards of behaviour.

KEY COMPETENCIES

EXPERT

- 1.1 Obtains the prerequisites he/she requires before his/her intervention (for categories **1**, **2**, **3** and **4**).
- 1.2 Consults with the client to obtain information about his/her health, associated history, previous health interventions and associated outcomes (for category **1** and in collaboration with the pht or physician in the case of category **2**).
- 1.3 Collects assessment data relevant to the reason for referral and physiotherapy practice (for category **1** and in collaboration with the pht or physician in the case of category **2**).
- 1.4 Analyses collected data (for category **1** and in collaboration with the pht or physician in the case of category **2**).
- 1.5 Develops and recommends an intervention strategy (for category **1** and in collaboration with the pht or physician in the case of category **2**).
- 1.6 Implements treatment interventions (for categories **1**, **2**, **3** and **4**).
- 1.7 Evaluates the effectiveness of his/her interventions (for categories **1**, **2**, **3** and **4**).
- 1.8 Plan the end of his/her interventions (for categories **1**, **2**, **3** and **4**).

COMMUNICATOR

- 2.1 Develops, builds, and maintains trust and ethical professional relationships through effective communication.
- 2.2 Elicits, analyzes, records, applies and shares information.

- 2.3 Employs effective verbal, non-verbal, written and electronic communications.

COLLABORATOR

- 3.1 Establishes and maintains intradisciplinary and 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.

HEALTH ADVOCATE

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

SCHOLARLY PRACTITIONER

- 6.1 Uses a reflective approach to practice.
- 6.2 Incorporates lifelong learning and experiences into best practice.

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.

* Extracted from *Essential Competency Profile for Physical Rehabilitation Therapists in Québec, September 24, 2010*, OPPQ, available on the OPPQ website: www.oppq.qc.ca.

** *Order in council respecting the integration of physical rehabilitation therapists into the Ordre professionnel des physiothérapeutes du Québec* (R.S.Q., c. C-26, r.178.1.1).

*** Certain aspects of this competency apply differently for categories **3** and **4**, please refer to articles 1.5.7 and 1.5.8, page 11 of the *Essential Competency Profile for Physical Rehabilitation Therapists in Québec*.

1 **2** **3** **4** Op. cit. *Order in council respecting the integration [...]*