

PWG Residential Work Stream EHDN 2022 Abstract

Title: EHDN Physiotherapy Working Group: Translating Physiotherapy Guidelines to Practice in Residential Care Settings

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Background: The EHDN Physiotherapy Working Group (PWG) has developed clinical guidelines for physiotherapists working with people with Huntington's Disease (HD). Little is known regarding how these guidelines have translated into clinical practice in residential settings, which include institutional care and nursing homes.

Aim: To engage physiotherapists who treat people with HD in residential settings across Europe and determine understanding, awareness and use of the HD physiotherapy (PT) clinical guidelines.

Methods: PWG members developed and delivered a pilot interactive online educational session in the UK, hosted by Huntington's Disease Association of England and Wales. The programme comprised a learning session which discussed PWG resources, including the guidelines and surveys and polls on awareness, confidence, and knowledge in using the guidelines pre and post the learning session.

Results: Thirty-three professionals attended. Prior to the session, 59% were aware of the guidelines. Confidence in choosing evidence-based treatments increased from 41% of participants being fairly confident to 82% being fairly or very confident. Knowledge of physiotherapy resources increased from 29% fairly knowledgeable to 69% being fairly or very knowledgeable. An overwhelming 94% of participants reported that they are likely to use the guidelines to support practice.

Conclusion: A novel educational session has encouraged dynamic discussion and increased the participants knowledge of PWG resources and confidence in implementing evidence-based practice. This course can serve as a template to support global implementation of the HD PT clinical guidelines.