

Guiding the way

The dilemma was how to make the European implementation of the KNGF guideline for physiotherapy in Parkinson's a reality. The first step to an answer was the first APPDE invitational Guideline Implementation Workshop, as **Anna Jones** and **Samyra Keus** report

A group of European physiotherapists are working together to develop and expand an existing Dutch guideline for Parkinson's into a fully accessible document that can be used across the continent to help boost care for people with the disease.

The Dutch *National Guideline for Physiotherapy in Parkinson's Disease*, written by Dr Samyra Keus and Dr Marten Munneke, was created using international standards for guideline development and published by the Royal Dutch Society of Physical Therapy (KNGF) in 2004.

However, while the guideline provides recommendations for physiotherapy practice, is graded according to the best available evidence, and is freely available in Dutch and English (see www.appde.eu/EN/resources.asp), there is still no guarantee that it will ever lead to implementation in any country.

As a result – and in a direct attempt to alter this state of affairs – the Association of Physiotherapists in Parkinson's Disease Europe (APPDE) organised the first Guideline Implementation Workshop in June to act as a catalyst for change.

“Active, multi-factorial strategies are needed to support therapists and encourage them to incorporate the guideline into their everyday work with people with Parkinson's (PWP) and their carers,” explains Mariella Graziano, president of the APPDE. “The participants included Parkinson's experts and/or representatives of their national physiotherapy or patient organisation.” The goals of the workshop were:

- to gain insight into the feasibility of implementing the guideline across Europe
- to support Sweden, Switzerland and Italy in optimising their draft implementation plan
- to provide essential information and practical tools for implementing the guideline to other countries, such as Denmark, the Czech Republic, Portugal and Ireland
- to agree on a description of the future role – and support from – the organising committee, namely the APPDE, ParkinsonNet and the KNGF.

Following the workshop, the Swedish, Swiss and Italian delegates are to incorporate the feedback and prepare presentations for the next meeting, which will be held alongside the World Parkinson's Congress in Scotland from 28 September to 1 October. Dr Keus and Dr Munneke, meanwhile, are hoping to create a survey that will gain insight into the current use of physiotherapy and the identification of barriers and unmet needs in current care.

Meanwhile, APPDE vice-president Dr Alice Nieuwboer joined forces with Dr Keus and Dr Munneke to develop a DVD that incorporates video footage that will help physiotherapists work with their patients according to the guideline. The DVD was made possible thanks to the financial support of the KNGF, the APPDE and the treatment industry. ■

For more information, visit www.appde.eu.



The cast of the Guidelines Implementation Workshop 2010

WHAT TOOK PLACE AT THE GUIDELINE WORKSHOP?

- Guideline authors Dr Keus and Dr Munneke presented the document and the Dutch implementation model – ParkinsonNet – to delegates and possibilities for improvements were discussed.
- KNGF's Dr Philip van der Wees spoke of the barriers and facilitators to the implementation of the guideline, and discussed developing a European guideline in co-operation with all members of the European Region of the World Confederation of Physical Therapy.
- Bhanu Ramaswamy and Dr Anna Jones shared their experience of adapting the

Dutch guideline's Quick Reference Cards (which give therapists advice on treatment planning) to the UK environment.

- APPDE president Mariella Graziano outlined the association's vital networking role in implementing the guideline.
- Representatives from Sweden, Switzerland and Italy presented their draft implementation plan for their individual countries. Professors Bastiaan Bloem and Alice Nieuwboer led the feedback.
- Implementation possibilities (such as using existing care networks) and barriers (such as translation issues) were discussed.