



Speaker:

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First Course on European Physiotherapy Guideline for Parkinson's Disease Implementation in Switzerland: 01.11.2015

Publication of my article: 'How to use quick reference cards in our daily practice' (Janssens et al, 2015) necessitated follow up by spreading this knowledge clinically, so I organised a course for Swizz therapists.

Over the course of the study day, participants learned more about evidence-based physical therapy for people with Parkinson's Disease. The European Physiotherapy Guideline for Parkinson's Disease were used as the basis, giving a clear overview of problem-based therapy and a background understanding of the condition.

The Quick Reference Cards were used, supported by video-examples (that underlined the positive effect of cues, treadmill and conventional physiotherapy), to teach participants how to choose, use and interpret Parkinson's specific assessments. The clinical reasoning behind this process was discussed using 5 real-life cases, plus the practical part of cueing and complex movement strategies for transfers were demonstrated and practiced.

The Feedback of this first course, representing the use of European Guidelines was very positive, including comments such as: '*Great course*'; '*Compact, good structure and overview*'; '*Very practice-oriented*' – these comments point out the need of further courses on guideline implementation. Another course is planned for June 2016.

The publication of this guideline in other languages will support the use of it and will spread the evidence-based therapy all over Europe. With my 10 years of experience I'm convinced that this guideline, combined with courses like this will bring the evidence directly to the smaller practices and influence the quality of life for people with Parkinson's disease positively which is our goal to achieve.