

# LEARNING OBJECTIVES OF THE DOCTOR OF PHYSICAL THERAPY PROGRAMME (DPT)



**'A PHYSIOTHERAPIST HAS  
THE BRAIN OF A SCIENTIST,  
THE HEART OF A HUMANIST,  
AND  
THE HANDS OF AN ARTIST'  
(UNKNOWN)**

**INSTITUTE OF PHYSIOTHERAPY AND REHABILITATION SCIENCES**  
**SHAHEED MOHTARMA BENAZIR BHUTTO MEDICAL UNIVERSITY LARKANA**

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## **FOREWORD**

We Fellows of the Institute of Physiotherapy and rehabilitations sciences (IPRS) SMBBMU Larkana are committed to improving the physical health and care for the people of the region. The team IPRS delivers on this mission in part by setting high standards for Physical therapy education and practice. These standards are informed by the Learning Outcomes for the DPT Graduate, which contributes directly to the delivery of quality health care.

To all those faculty members who gave willingly of their time and efforts goes our deepest thanks.

To all our team we wish the greatest possible success. May we have cooperation and help that you were given, in future also.

We sincerely hope that it will be useful to all DPT students, DPT graduates and medical experts for the better understanding of DPT graduate's learning outcomes ,their skills ,physical therapy education and practice for the improving of physical and medical health and care.

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**LEARNING OBJECTIVES OF THE DOCTOR OF PHYSICAL THERAPY PROGRAMME (DPT)**

**ETHICAL PRACTICE:**

Ethical values provide the moral compass by which we live our lives and make decisions – 'doing the right thing' because it's the right thing to do. The way we make decisions is important for patient's health because the wrong decisions – or decisions which have been implemented badly – can have a significant impact on patient's health and the reputation of the hospital. But when we make decisions based on good principles, and live by good values, Health care technology advances bring with them countless benefits and expanded capabilities, but they also bring with them increased obligations when it comes to ethical issues.

It is essential for health care professionals, and especially those aspiring to be in healthcare management to understand not only health care regulation and compliance, but medical ethics as well. Healthcare professionals should want to provide the best care they can for their patients — which involves care driven by a solid moral compass, improve the lives of others and the experiences they have at work.

In health care, it's vital for patients to have the right to make their own medical decisions after getting information from their doctor. A DPT graduate must respect the ability that patient's have to learn about their health care, and make their own choices about what to do with regards to their medical care. Physiotherapist learns about the healthcare ethics of autonomy, and this should lead them to respecting the decisions and autonomy of their patients every day.

| <b>KEY COMPETANCIES</b>         | <b>ENABLING COMPETANCIES</b>  |
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|                                 | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>  |
| <b>1. Respect for autonomy.</b> | 1.1 Coach and influence senior leaders to consider the ethical impact of their decisions in the short and long term.<br><br>1.2. Take a visible lead in solving ethical dilemmas, considering how they will play out beyond the organization.<br><br>1.3 Make responsible decisions by balancing different ethical perspectives, and shape how ethics inform wider decision-making and governance<br><br>1.4 Surface the unsaid in leadership discussions to enable |

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| <p><b>2. Beneficence.</b></p>    | <p>transparency and improved decision-making<br/>Role-model and promote ethical leadership and professional principles and values in hospital and the wider profession.</p> <p>2.1 Provide the concept of the moral obligation to act in the best interests of others.</p> <p>2.2 Balancing those benefits against potential risks/harms</p> <p>2.3 Commitment to Protect and defend the rights of others</p> <p>2.4 Commitment to Prevent others from harm.</p> <p>2.5 Commitment to Remove conditions that might cause harm.</p> <p>2.6 commitment to Help those with disabilities and Rescue others in danger</p> |
| <p><b>3. Non-maleficence</b></p> | <p>3.1 A commitment not to harm others in any way, (first do no harm) which is in the Hippocratic Oath that every DPT graduate must take.</p> <p>3.2 A commitment not to Kill</p> <p>3.3 A commitment not to Cause pain or suffering</p> <p>3.4 A commitment not to Incapacitate anyone</p> <p>3.5 A commitment not to Cause anyone offense</p>  |
| <p><b>4. Justice</b></p>         | <p>4.1 To fairly distribute benefits, risks, costs, and resources as best we know how.</p> <p>4.2 Commitment to provide justice according to need</p> <p>4.3 Commitment to provide justice according to effort</p> <p>4.4 Commitment to provide justice according to contribution.</p> <p>4.5 Commitment to provide justice according to merit</p>   |

### **Analytic Knowledge and Critical Thinking:**

**Description:** Analytical skills refer to the ability to collect and analyze information, problem-solve, and make decisions. Critical thinking and analysis are vital aspects of DPT Graduate in professional life – when reading, when writing and working with other team members. While Critical analysis requires you to examine ideas, evaluate them against what you already know and make decisions about their merit, critical reflection requires you to synthesis different perspectives (whether from other people or literature) to help explain, justify or challenge what you have encountered in your own or other people’s practice. It may be that theory or literature gives us an alternative perspective that we should consider; it may provide evidence to support our views or practices, or it may explicitly challenge them.

| <b>KEY COMPETANCIES</b>                                   | <b>ENABLING COMPETANCIES</b>   |
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|   | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>   |
| <b>1.Basic and clinical knowledge and its application</b> | 1.1 Demonstrate in-depth knowledge of the basic and clinical sciences relevant to physical therapy, both in their fundamental context and in their application to the discipline of physical therapy.  |
| <b>2. Evaluate the Evidence</b>                           | 2.1 Effectively evaluate, apply, and integrate information related to physical therapy practice from the molecular to the societal level.<br><br>2.2 To Understand, correlate, and apply theoretical foundations of knowledge to the practice of physical therapy; evaluate and clarify new or evolving theory relevant to physical therapy. |
| <b>3.Consider Solutions</b>                               | 3.1 To Plan several solutions based on the conclusions made from the evidence evaluation. Know the advantage and disadvantages of each of these options.<br><br>3.1 To outline what the obstacles might be, as well as any short- or long-term results the solution has.   |



Collaboration skills are broadly applicable to activities beyond clinical care, such as administration, education, advocacy, and scholarship.

Multidisciplinary teams convey many benefits to both the patients and the health professionals working on the team. These include improved health outcomes and enhanced satisfaction for clients, and the more efficient use of resources and enhanced job satisfaction for team members.

| Key competencies  | Enabling competencies  |
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|   | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>   |
| <p><b>1. Work effectively with other colleagues in the health care professions</b></p> <p><b>2. Work with other colleagues in the health care professions to promote understanding, manage differences, and resolve conflicts</b></p> <p><b>3. Hand over the care of a patient to another health care professional to facilitate continuity of safe patient care.</b></p> | <p>.1 Establish and maintain positive relationships with other colleagues in the health care professions to support relationship-centered collaborative care.</p> <p>1.2 Negotiate overlapping and shared responsibilities with other colleagues in the health care professions in episodic and ongoing care.</p> <p>1.3 Engage in respectful shared decision-making with other colleagues in the health care professions.</p> <p>2.1 Show respect toward collaborators.</p> <p>2.2 Implement strategies to promote understanding, manage differences, and resolve conflicts in a manner that supports a collaborative culture.</p> <p>3.1 Determine when care should be transferred to another Physiotherapist or any other health care professional</p> <p>3.2 Demonstrate safe handover of care, using both verbal and written communication, during a patient transition to a different health care professional, setting, or stage of care.</p> |



**PROFESSIONALISM:**

**DESCRIPTION:** Professionalism involves being familiar with and abiding by codes of conduct, standards of practice and professional and organizational policies as well as legal and ethical standards such as confidentiality. We must also recognize the role of physiotherapists in the multi-disciplinary team and demonstrate appropriate professional behaviors and attitudes. As new graduates, it is vital for us to realize our own limitations and seek help from senior grade staff when appropriate. As we progress into the working world, we need to be aware that our learning does not stop at undergraduate level and we must continue to show a keen willingness to learn and adequate preparation for rotations

Physiotherapist serves an essential societal role as professionals dedicated to the health and care of others. Their work requires mastery of the art, science, and practice of physical methods.. The Professional Role reflects contemporary society's expectations of physiotherapist, which include clinical competence, a commitment to ongoing professional development, promotion of the public good, adherence to ethical standards, and values such as integrity, honesty, altruism, humility, respect

| <b>Key competencies</b>  | <b>Enabling competencies</b>  |
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|  | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>  |
| <b>1. Commitment to patients by applying best practices and adhering to high ethical standards</b> | 1.1 Exhibit appropriate professional behaviors and relationships in all aspects of practice, demonstrating honesty, integrity, humility, commitment, compassion, respect, altruism, respect for diversity, and maintenance of confidentiality.<br><br>1.2 Demonstrate a commitment to excellence in all aspects of practice<br><br>1.3 Recognize and respond to ethical issues encountered in practice<br><br>1.4 Recognize and manage conflicts of interest<br><br>1.5 Exhibit professional behaviors in the use of technology-enabled communication |
| <b>2. Commitment to</b>  |   |

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| <p><b>society by recognizing and responding to societal expectations in health care</b></p> | <p>2.1 Demonstrate accountability to patients, society, and the profession by responding to societal expectations to changing health care environments to effectively provide physical therapy care.</p> |
|   | <p>2.2 Demonstrate a commitment to patient safety and quality improvement</p>  |
| <p><b>3. commitment to the profession by adhering to standards and regulation</b></p>       | <p>3.1 Fulfill and adhere to the professional and ethical codes, standards of practice, and laws governing practice .</p>  |
|   | <p>3.2 Recognize and respond to unprofessional and unethical behaviors in physiotherapist and other colleagues in the health care professions.</p>   |
| <p><b>4. Commitment to Personal health and well-being</b></p>                               | <p>3.3 4.1 Exhibit self-awareness and manage influences on personal well-being and professional performance.</p>   |
|   | <p>4.1 Manage personal and professional demands for a sustainable practice throughout the Physiotherapist life cycle.</p>  |

**PRACTICAL SKILLS**

Practical skills are an essential part of physiotherapist daily routine. Nevertheless, DPT graduate performance of basic skills is often below the expected level. This review aims to identify and summarize teaching approaches of basic practical skills in the undergraduate education which provide evidence with respect to effective students' learning of these skills include; collect and interpret information, make clinical decisions, and carry out diagnostic and therapeutic interventions. They do so within their scope of practice and with an understanding of the limits of their expertise. Their decision-making is informed by best practices and research evidence, and takes into account the patient's circumstances and preferences as well as the availability of resources. Their clinical practice is up-to-date, ethical, and resource- efficient, and is conducted in collaboration with patients and their families,\* other health care professionals, and the community.

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| <p><b>Key competencies</b></p> | <p><b>Enabling competencies</b></p>                      |
|                                | <p><b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE</b></p> |

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|  | <b>TO :</b>   |
| <p><b>1.Practise physical methods within their defined scope of practice and expertise</b></p> <p><b>2.Perform a patient-centred clinical assessment and establish a management plan</b></p> <p><b>3. Plan and perform therapies for the purpose of assessment and/or management</b></p> | <p>1.1 Demonstrate a commitment to high-quality care of their patients</p> <p>1.2 Apply knowledge of the clinical and biomedical sciences relevant to their discipline</p> <p>1.3 Perform appropriately timed clinical assessments with recommendations that are presented in an organized manner</p> <p>1.4 Carry out professional duties in the face of multiple, competing demands.</p> <p>1.5 Recognize and respond to the complexity, uncertainty, and ambiguity inherent in physical therapy practice.</p> <p>2.1 Prioritize issues to be addressed in a patient encounter.</p> <p>2.2 Elicit a history, perform a physical exam, select appropriate investigations, and interpret their results for the purpose of diagnosis and management, disease prevention, and health promotion</p> <p>2.3 Establish goals of care in collaboration with patients and their families, which may include slowing disease progression, treating symptoms, achieving cure, improving function, and palliation</p> <p>2.4 Establish a patient-centered management plan</p> <p>3.1 Determine the most appropriate therapies.</p> <p>3.2 Obtain and document informed consent, explaining the risks and benefits of, and the rationale for, a proposed procedure or therapy</p> <p>3.3 Prioritize a therapy, taking into account clinical urgency and available resources.</p> <p>3.4 Perform a therapy in a skillful and safe manner, adapting to unanticipated findings or changing clinical circumstances.</p> <p>4.1 Implement a patient-centered care plan that supports ongoing care, follow-up on investigations, response to treatment, and further consultation</p> |

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| <p><b>4. Establish plans for ongoing care and, when appropriate, timely consultation</b></p> <p><b>5. Actively contribute, as an individual and as a member of a team providing care, to the continuous improvement of health care quality and patient safety</b></p> | <p>5.1 Recognize and respond to harm from health care delivery, including patient safety incidents</p> <p>5.2 Adopt strategies that promote patient safety and address human and system factors</p> |
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## **HEALTH ADVOCACY**

Advocacy is one strategy to raise levels of familiarity with an issue and promote health and access to quality health care and public health services at the individual and community levels.

The adoption of a health advocacy model can focus on an educational dimension when it identifies emerging public health issues that require action. It encompasses gathering information on existing practice related to public health, related legislation monitoring and providing feedback on how specific regulations impact local groups and communities. It may also help guiding he Advocacy requires action. A DPT graduate contributes their knowledge of the determinants of health to positively influence the health of the patients, communities, or populations they serve. A DPT graduate gathers information and perceptions about issues, working with patients and their families† to develop an understanding of needs and potential mechanisms to address these needs. Physiotherapist increases awareness about important health issues at the patient, community, or population level. They support or lead the mobilization of resources (e.g. financial, material, or human resources) on small or large scales.

Physiotherapist advocacy occurs within complex systems and thus requires the development of partnerships with patients, their families and support networks, or community agencies and organizations to influence health determinants. Advocacy often requires engaging other health care professionals, community agencies, administrators, and policy-makers.

| Key competencies   | Enabling competencies   |
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|  | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>  |
| <p><b>1. Respond to an individual patient's health needs by advocating with the patient within and beyond the clinical environment</b></p> <p><b>2. Respond to the needs of the communities or populations they serve by advocating with them for system-level change in a socially accountable manner</b></p> | <p>1.1 Work with patients to address determinants of health that affect them and their access to needed health services or resources</p> <p>1.2 Work with patients and their families to increase opportunities to adopt healthy behaviors</p> <p>1.3 Incorporate disease prevention, health promotion, and health surveillance into interactions with individual patients</p> <p>2.1 Work with a community or population to identify the determinants of health that affect them</p> <p>2.2 Improve clinical practice by applying a process of continuous quality improvement to disease prevention, health promotion, and health surveillance activities</p> <p>2.3 Contribute to a process to improve health in the community or population they serve</p> |

## **COMMUNICATIONS**

**DESCRIPTION:** Effective communication is an essential skill that clinicians need in practice to improve the quality and efficiency of care. Therefore, physiotherapists are expected to communicate effectively over every area in their curriculum to provide an effective practice. The Graduate explore the patient's perspective, including his or her fears, ideas about the illness, feelings about the impact of the illness, and expectations of health care and health care professionals. The Graduate integrates this knowledge with an understanding of the patient's context, including socio-economic status, medical history, family history, stage of life, living situation, work or school setting, and other relevant psychological and social issues. Central to a patient-centered approach is shared decision-making: finding common ground with the patient in developing a plan to

address his or her medical problems and health goals in a manner that reflects the patient's needs, values, and preferences. This plan should be informed by evidence and guidelines.

| Key competencies   | Enabling competencies  |
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|  | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>   |
| <b>1. Establish professional therapeutic relationships with patients and their families.</b> | 1.1 Communicate using a patient-centered approach that encourages patient trust and autonomy and is characterized by empathy, respect, and compassion.<br><br>1.2 Optimize the physical environment for patient comfort, dignity, privacy, engagement, and safety.<br><br>1.3 Respond to a patient's non-verbal behaviors to enhance communication<br><br>1.4 Manage disagreements and emotionally charged conversations.<br><br>1.5 Adapt to the unique needs and preferences of each patient and to his or her clinical condition and circumstances. |
| <b>2. Elicit and synthesize accurate and relevant information</b>                            | 2.1 Use patient-centered interviewing skills to effectively gather relevant biomedical and psychosocial information.<br><br>2.2 Provide a clear structure for and manage the flow of an entire patient encounter.<br>2.3 Seek and synthesize relevant information from other sources, including the patient's family, with the patient's consent   |
| <b>3. Share Physical therapy information and plans with patients and their families</b>      | 3.1 Share information and explanations that are clear, accurate, and timely, while checking for patient and family understanding<br><br>3.2 Disclose harmful patient safety incidents to patients and their families accurately and appropriately  |
| <b>4. Engage patients</b>  | 4.1 Facilitate discussions with patients and their families in a way that is respectful, non-judgmental, and culturally safe.<br><br>4.2 Assist patients and their families to identify, access, and make  |



| Key competencies  | Enabling competencies   |
|---|---|
|   | <b>A DOCTOR OF PHYSIOTHERAPY GRADUATE IS ABLE TO :</b>  |
| <p><b>1.Engage in the continuous enhancement of their professional activities through ongoing learning</b></p> <p><b>2. Integrate best available evidence into practice</b></p> <p><b>3. Contribute to the creation and dissemination of knowledge and practices applicable to health</b></p> | <p>1.1 Develop, implement, monitor, and revise a personal learning plan to enhance Physical therapy practice.</p> <p>1.2 Identify opportunities for learning and improvement by regularly reflecting on and assessing their performance using various internal and external data sources.</p> <p>1.3 Engage in collaborative learning to continuously improve personal practice and contribute to collective improvements in practice.</p> <p>2.1 Recognize practice uncertainty and knowledge gaps in clinical and other professional encounters and generate focused questions that address them.</p> <p>3.2 Identify, select, and navigate pre-appraised resources</p> <p>3.3 Critically evaluate the integrity, reliability, and applicability of health- related research and literature</p> <p>3.4 Integrate evidence into decision-making in their practice.</p> <p>4.1 Demonstrate an understanding of the scientific principles of research and scholarly inquiry and the role of research evidence in health care.</p> <p>4.2 Identify ethical principles for research and incorporate them into obtaining informed consent, considering potential harms and benefits, and considering vulnerable populations</p> <p>4.3 Contribute to the work of a research program</p> <p>4.4 Summarize and communicate to professional and lay audiences, including patients and their families, the findings of relevant research and scholarly inquiry.</p> |