

Instruction as a function of physiotherapy

The increasing significance of chronic diseases, as well as far reaching health and occupational policy changes influence and pose many new challenges to physiotherapists' daily practice. These include the fact that physiotherapists are becoming increasingly less able to provide all necessary care during their direct contact with patients. Physiotherapists rather need to make use of a combination of direct care provision (Hands-on-Physiotherapy) and instruction (Hand-off-Physiotherapy) in order to be able to meet their therapeutic goals. However, critical concepts providing a theoretical and logical foundation for instructive physiotherapy interventions are lacking.

The current research project aims at obtaining empirical insight into the largely underresearched field of home physiotherapy care provision to children with life-limiting diseases. The focus lies on parents, who, as primary caregivers, must often perform supporting physiotherapeutic procedures in cooperation with professionals, in order to provide children in the home setting with continuous care aimed at alleviating disease symptoms. The study thus sets out to collect and analyze information on parents' subjective views and experiences, as they take on and perform supporting physiotherapeutic procedures.

As part of a qualitative, empirical study, semi-structured interviews with parents of children with a life-limiting disease (N=15) are conducted and analyzed using the documentary method.

The study results are expected to enhance our understanding of how home physiotherapy care is being provided to children with life-limiting diseases and, more specifically, to enable a classification of types of informal physiotherapeutic care provision by parents. The resulting knowledge could be used for the development of an instructive intervention concept, which could potentially be further adapted to other patient groups. Such information could also provide a scientific foundation for, and inform the need-based extension of the spectrum of professional services provided by physiotherapists, and could serve as a basis for specific impact analyses.