

Appendix

Self-perceived Competency Checklist for Physiotherapy Graduates

Essential skills that an entry-level physiotherapist possesses to enable you to manage patients/clients in a competent manner

Key: *MSK = Musculoskeletal*

NEU = Neurological

CP = Cardiopulmonary

GEN = Generic/General

I. Foundational Knowledge and Theoretical Concepts

| What is your self-perceived level of competence in describing..... | Specialty | I am not sure | Quite competent | Competent | Very competent |
|--|-----------|---------------|-----------------|-----------|----------------|
| 1. Basic musculoskeletal anatomy and physiology | MSK | | | | |
| 2. Basic principles in ergonomics, kinesiology, and biomechanics of normal movement patterns of the axial and appendicular systems | | | | | |
| 3. Etiologies and pathologies of common musculoskeletal conditions | | | | | |
| 4. Common orthopaedic surgeries and their implications to rehabilitation | | | | | |
| 5. Basic principles of manual therapy | | | | | |
| 6. Basic theories, mechanisms, applications and limitations of electrotherapeutic and physical agents | | | | | |
| 7. Basic neuro-anatomy and neuro-physiology | NEU | | | | |
| 8. Etiologies and pathologies of common neurological conditions | | | | | |
| 9. Common neurosurgical procedures and their implications to rehabilitation | | | | | |
| 10. Basic concepts of neuroplasticity | | | | | |
| 11. Basic principles of motor control and motor learning | | | | | |
| 12. Basic knowledge of developmental milestones | | | | | |
| 13. Basic cardiopulmonary anatomy and cardiopulmonary physiology | CP | | | | |
| 14. Etiologies and pathologies of common cardiac conditions | | | | | |
| 15. Medical and surgical management of common cardiac conditions and their implications to rehabilitation | | | | | |
| 16. Etiologies and pathologies of common pulmonary conditions | | | | | |
| 17. Medical and surgical management of common pulmonary conditions and their implications to rehabilitation | | | | | |

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|---|-----|--|--|--|--|
| 18. Psychosocial, cognitive, and emotional factors that may affect behavioral responses | Gen | | | | |
| 19. Basic principles of exercise therapy, exercise physiology, and exercise prescription | | | | | |
| 20. Basic concept of International Classification of Functioning, Disability and Health (ICF) | | | | | |
| 21. Basic principles of evidence based practice | | | | | |

II. Client Management – Assessment

| What is your self-perceived level of competence in..... | Specialty | I am not sure | Quite competent | Competent | Very competent |
|---|-----------|---------------|-----------------|-----------|----------------|
| 1. Assimilating information from medical documentations e.g. bed notes to understand the medical diagnosis, relevant medical and social history, laboratory investigations, and imaging results | GEN | | | | |
| 2. Basic understanding of diagnostic imaging e.g. X-ray, MRI, CT scan etc. to locate pathology/ lesion | | | | | |
| 3. Obtaining the information from client by a proper subjective examination | | | | | |
| 4. Assessing posture, alignment, and any deformity in relation to the complaint | | | | | |
| 5. Selecting and performing assessments and/or objective outcome measures relevant to the client on vital signs | | | | | |
| 6. Selecting and performing assessments and/or objective outcome measures relevant to the clients' functional activities | | | | | |
| 7. Reaching a physical diagnosis and prioritizing the clinical problems based on the assessment findings | | | | | |
| 8. Assessing the indications, contraindications, and precautions for treatment | | | | | |
| 9. Designing a physiotherapy plan of care that integrates goals, treatments, and discharge planning | | | | | |
| 10. Identifying the significant relevant people (e.g. major caregiver) of the client | | | | | |
| 11. Identifying conditions that may require further investigation to rule out differential diagnosis | | | | | |

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|--|-----|--|--|--|--|
| 12. Recognizing psychosocial, cognitive, and emotional factors that may affect the clients' condition | | | | | |
| 13. Selecting and performing specific provocative tests or functional tests to rule in/out specific musculoskeletal conditions e.g. Lachman test for ACL deficiency | MSK | | | | |
| 14. Selecting and performing assessments and/or objective outcome measures relevant to the client on joint range and quality of movements | | | | | |
| 15. *Selecting and performing assessments and/or objective outcome measures relevant to the client on muscle power/strength | | | | | |
| 16. Selecting and performing assessment and/or objective outcome measures relevant to the client on sensation and proprioception | NEU | | | | |
| 17. Selecting and performing assessment and/or objective outcome measures relevant to the client on motor control and muscle tone | | | | | |
| 18. Selecting and performing assessment and/or objective outcome measures relevant to the client on balance and coordination | | | | | |
| 19. Selecting and performing assessment and/or objective outcome measures relevant to the client on cognition-perception | | | | | |
| 20. Interpreting basic pulmonary function tests in relation to physiotherapy | CP | | | | |
| 21. Interpreting ABG and other relevant laboratory investigations related to cardiopulmonary disorders and physiotherapy | | | | | |
| 22. Interpreting basic ECG in relation to physiotherapy | | | | | |
| 23. Selecting and performing assessment and/or objective outcome measures relevant to the client on cardiopulmonary function (e.g. breath sound, exercise capacity, endurance) | | | | | |

III. Client Management – Intervention/Treatment

| What is your self-perceived level of competence in..... | Specialty | I am not sure | Quite competent | Competent | Very competent |
|---|-----------|---------------|-----------------|-----------|----------------|
| 1. Therapeutic exercises prescription to improve range and strength of major joints/muscles | | | | | |

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|--|-----|--|--|--|--|
| 2. Therapeutic exercises prescription to improve exercise capacity and endurance | GEN | | | | |
| 3. Selecting and performing task-specific training based on motor learning principles (e.g. gait training, reaching) | | | | | |
| 4. Selecting and performing balance and coordination training | | | | | |
| 5. Mobility aids and equipment prescription if indicated | | | | | |
| 6. Identifying the relevant community resources for client management | | | | | |
| 7. Evaluating the effects and responses of treatment using validated outcome measures | | | | | |
| 8. Modifying/making treatment progression based on reassessment | | | | | |
| 9. Educating client, family, caregivers, and other healthcare professionals | | | | | |
| 10. Referring clients to other healthcare professionals' consultation if indicated | | | | | |
| 11. Providing feedback to the client and/or significant others, and discussing the management of conditions | | | | | |
| 12. Enhancing psychosocial well-being by adopting relevant psychosocial management approaches | | | | | |
| 13. Applying electrotherapeutic and physical agents | MSK | | | | |
| 14. Applying manual therapy techniques | | | | | |
| 15. Selecting and performing neuro-facilitation techniques (e.g. PNF, Bobath) | NEU | | | | |
| 16. Selecting and implementing therapeutic toy and age-appropriate play activities | | | | | |
| 17. Performing specific active and passive airway clearance techniques with and without assistive devices | CP | | | | |
| 18. Performing suctioning | | | | | |
| 19. Prescribing positioning, movement strategies and relaxation techniques to alter work of breathing and maximize V/Q | | | | | |
| 20. Prescribing and performing therapeutic exercise to improve strength or endurance of ventilatory muscles | | | | | |
| 21. Prescribing and titrating exercise dosage according to the cardiopulmonary responses | | | | | |
| 22. Providing physiotherapy intervention and monitor responses of clients on ventilatory assist devices (e.g. NIV) | | | | | |
| 23. Recommending, selecting, and managing oxygen delivery systems for purpose of treatment | | | | | |

IV. Professional Attributes

| What is your self-perceived level of competence in..... | Specialty | I am not sure | Quite competent | Competent | Very competent |
|--|-----------|---------------|-----------------|-----------|----------------|
| 1. Adhering to the ethical and legal practice standards | GEN | | | | |
| 2. Producing effective documentation for multidisciplinary team communication | | | | | |
| 3. Communicating effectively with clients, family, caregivers, and other relevant personnel | | | | | |
| 4. Effective resources management e.g. time, equipment | | | | | |
| 5. Continuing professional learning/development | | | | | |
| 6. Working/collaborating within the profession and in a multidisciplinary environment | | | | | |
| 7. Integrating evidence based practice with clinical judgment and clients' values into decision making process | | | | | |
| 8. Acknowledging own strengths and weaknesses and identifying strategies for self-improvement | | | | | |
| 9. Showing empathy and caring attitude towards clients | | | | | |
| 10. Practices in a safe manner that minimizes risk to patients, self, and others | | | | | |