



CPTBC

College of Physical Therapists
of British Columbia

A Risks and Supports Approach to Supporting Physiotherapist Competence

Dianne Millette

March 07, 2019



4700 Licensed
Physical
Therapists



26 Self-regulating
Health Professions



Diverse Practice
Contexts



Quality Assurance
Program
Mandated By
Legislation

Context



COMPETENCE MAINTENANCE

Annual Self Report (ASR)



COMPETENCE ASSESSMENT

Registrant Competence Assessment (RCA)
Assessment of Professional Performance (APP)
Every 6 years



COMPETENCE IMPROVEMENT

Registrant Practice Support (RPS)
As required

Quality Assurance Program



ASR model established in 2010

Administered annually before registration
renewal

26,591 completions



Self Assessment Reporting

Risks & Supports – 11 questions

Common Practice Situations – 12 questions

Online - 30 minutes to complete

Confidential

Annual Self Report (ASR)



Adult Neuromuscular

67-year-old client is being treated in an outpatient setting for balance impairment following a moderate brain injury following a motor vehicle accident one month ago. Additional symptoms include dizziness, vertigo, and nausea which are impacting the ability to participate in daily activities.

During further inquiry the physical therapist discovers that the client is taking Gravol to help control nausea. The client reports that it is not always helping and asks the physical therapist whether there are any other medications that could help to control nausea. How should the physical therapist respond? (Select 1)

- | | |
|---|----------------------------------|
| a) The physical therapist should look up nausea medications and provide recommendations to the client about additional medications to take. | <input type="radio"/> |
| b) The physical therapist should advise the client to double the dose of Gravol if the prescribed dose is not helping. | <input type="radio"/> |
| c) The physical therapist should advise the client to discuss medication options with the pharmacist or physician. | <input checked="" type="radio"/> |
| d) The physical therapist should advise the client that taking an herbal supplement will also help to control the symptoms. | <input type="radio"/> |

You selected 0 of the correct answers.

Your score for this question is 0.00

For more information see the 'Answer and Explanations' tab.

The physical therapist explains that in order to assess the cause of dizziness and nausea, the physical therapist needs to ask more specific questions about these symptoms and do some physical tests. The physical therapist goes on to describe the tests so the client has a clear idea of what to expect. What else should the physical therapist do to ensure informed consent? (Select 2)

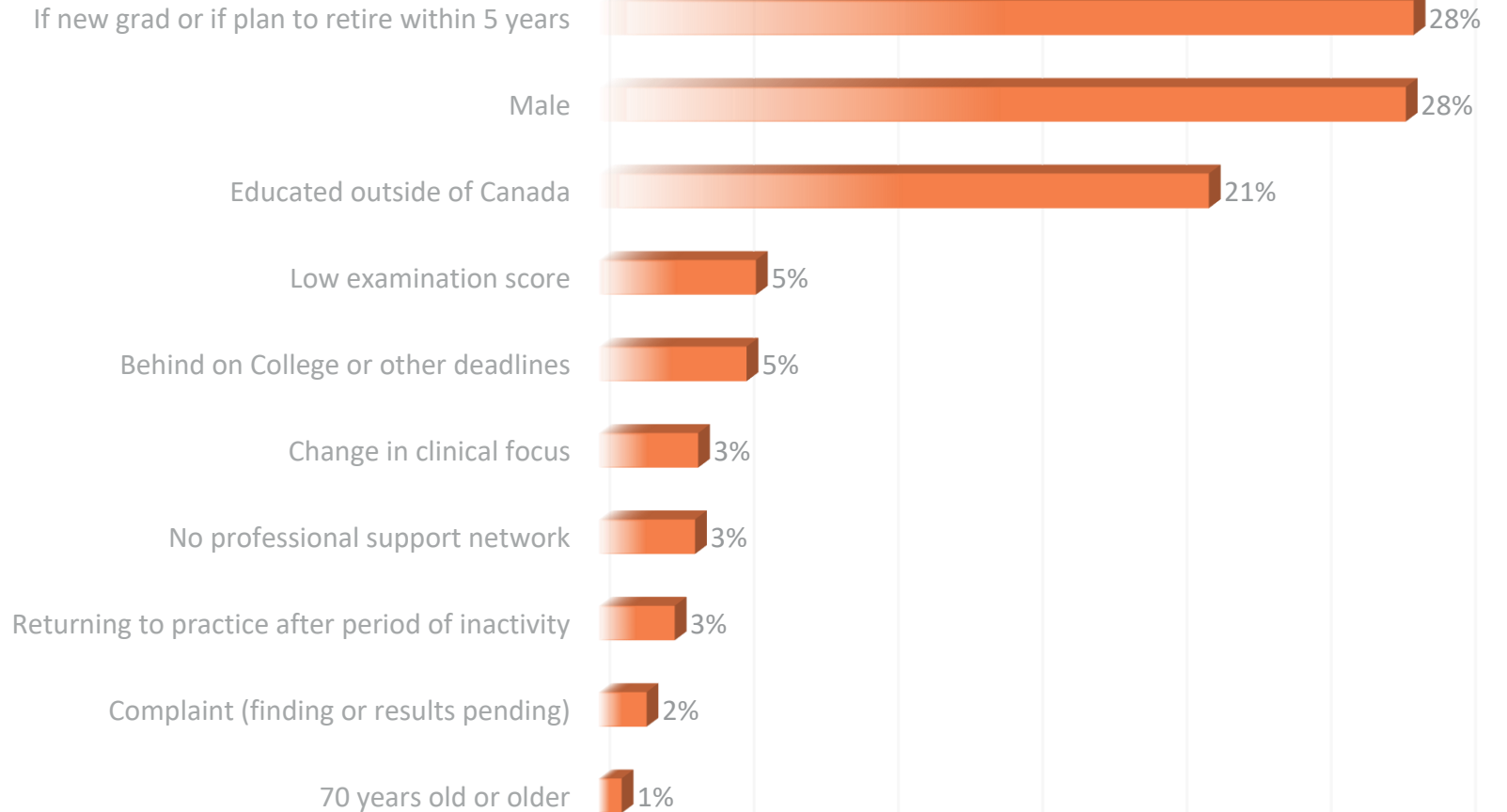
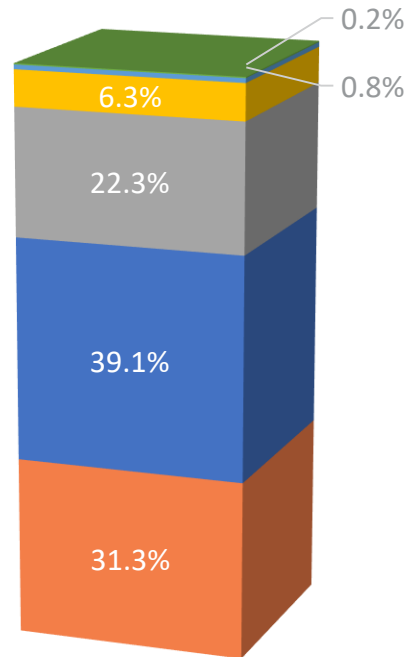
- | | |
|--|-------------------------------------|
| a) The physical therapist should inform the client that the symptoms may increase as a result of the exam. | <input checked="" type="checkbox"/> |
|--|-------------------------------------|

b) The physical therapist should inform the client that the client must participate in the exam.

ASR Practice Question

Self Reported Frequency

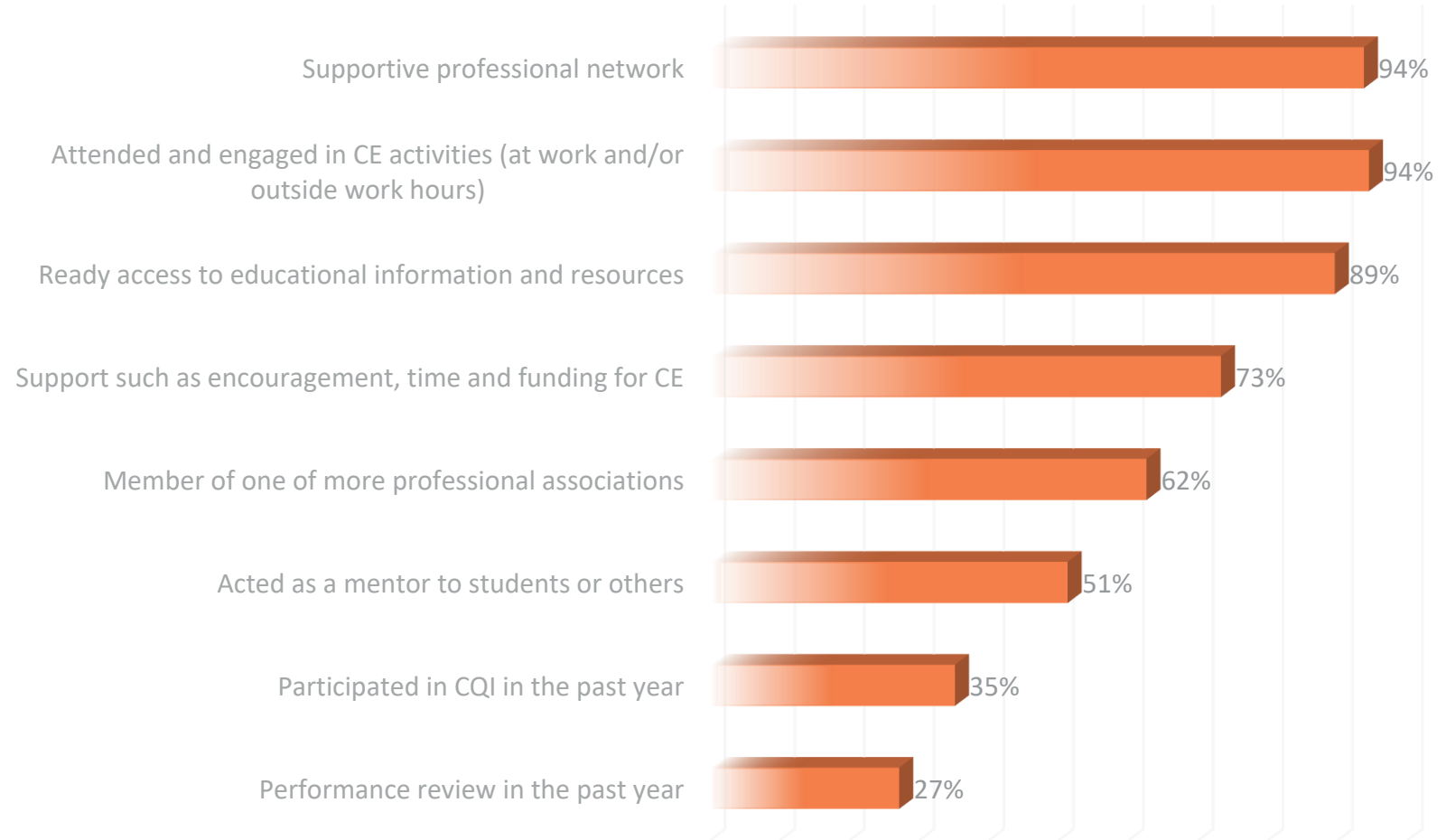
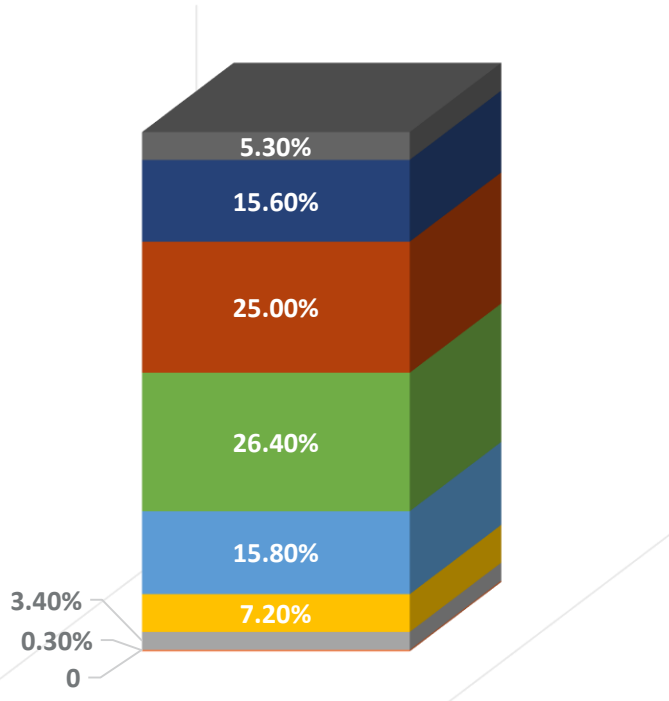
None 1 2 3 4 5



ASR 2018 Results - Risks

Number Of Supports Frequency

None 1 2 3 4 5 6 7 8



ASR 2018 Results - Supports

Significant Effects



Risks on self-quiz score

- Male
- Educated outside of Canada



Supports on self-quiz score

- Support such as encouragement, time and funding for CE
- Ready access to educational information and resources
- Supportive professional network
- Attended and engaged in CE activities



CPTBC

College of Physical Therapists
of British Columbia

ASR Report

knowledge base in your clinical area(s).

- Get or stay connected with team members, both physical therapists and other team members, in the same or other location, via courses, meetings either in person or by distance technology (such as via the Internet.)

Returning to active practice after a period of inactivity can affect your risk of competence in patient care. This year did your registration status move from inactive to active?

a) Yes

You report that you moved from inactive to active status in the past year.

Returning to active practice after a period of inactivity IS associated with a potential risk to competence in patient care.

Why?

- Without updating you may have less factual knowledge and be less likely to meet appropriate standards of care, and you may also have poorer patient outcomes.

What can you do?

- While away from practice, or prior to reintegration, it is important to ensure you are up-to-date with College continuing competence requirements and/or the requirements for re-entering practice after a period of inactivity.
- Maintain or refresh your understanding of the growing or evolving knowledge base in your clinical area(s).
- Get or stay connected with team members, both physical therapists and other team members, in the same or other location, via courses, meetings either in person or by distance technology (such as via the Internet.)

A significant change in your clinical focus (e.g. from acute care of infants to community care of elderly) can affect your risk of competence in patient care. This year did the clinical focus of your physical therapy practice change significantly?

b) No

You report that you did NOT have a significant change in your clinical focus in the last year.

ASR Registrant Report Risks & Supports

You scored 34.17%.

Notes about scoring:

There are 12 questions in the self quiz; each question is worth 1 point. There are no deductions for incorrect answers. Part marks are given for each part of the answer that is correct. For example if you select 3 answers and 1 of your 3 choices is correct, you score 0.33 for that question.

You have 4 potential Risks.

How does your 'Risk Score' compare to other registrants?

In 2015:

- The average "Risk Score" was 1 risk per registrant
- 72% of registrants had fewer than 2 risks (i.e., 0 or 1 risk)
- 21% of registrants had 2 risks
- 7.5% of registrants had three or more risks

You have 2 Supports.

How does your 'Support Score' compare to other registrants?

In 2015:

- The average "Supports Score" was just over 5 supports per registrant
- 86% of registrants had four or more supports
- 5.5% of registrants had 2 or fewer supports

- Provides:
 - Total score
 - Number of risks and supports
 - Risk and supports compared to others



For Registrants

- Confidential self-check
- Reasonable time investment
- Immediate individualized report
- Answer explanations on the self-quiz
- Regulatory resources at the click of a mouse
- Strategies to mitigate potential risks



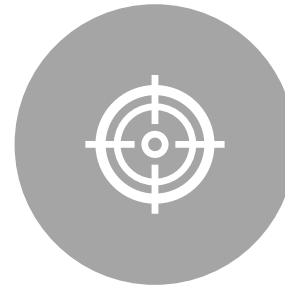
For the College

- Aggregate data
- Relatively small time investment
- 30 minutes of registrant's attention per year
- Ability to share information about known risks and increase registrant awareness

ASR Engagement Impact



Technology



Many registrants value the short learning opportunity



Results are relatively stable from year to year



Potential risks that cannot be modified can be frustrating for registrants

What We've Learned



Revamp 'Your Report'
based on latest literature
review



Look at the larger data set
(9 years)

Risk factors with significant
effect on performance

Support factors with
significant effect on
performance



Does the presence of
potential risks correlate
with other indicators we
have access to?

Future Directions

More information found at:

<https://cptbc.org/quality-assurance-program/annual-self-report/>

Or via e-mail to gap@cptbc.org