Physical Therapy Department

From Experience to Evidence
History

- The Physical Therapy Department was launched in 1958
- It was the first physical therapy center in the country
History

- It was run by one American physical therapist, assisted by one Lebanese aid.
- In 1960, one English physical therapist joined the center.
- The patients’ load did not exceed 15 to 20 inpatients and outpatients per day.
History

- In 1975, all foreign physical therapists left the country.
- The only available physical therapy school in the country, the Institute of Mgr. Antoine Cortbawi, started graduating physical therapists.
- Three Lebanese physical therapists were hired.
- The department was managed by a Lebanese physical therapist.
History

- Since 1990, the number of patients rose to an average of 100 patients per day
- Since 1990, the number of physical therapists rose to 10
- Three years ago, two new services were added: psychomotor therapy and occupational therapy
History

- New methods of treatment were introduced, and new Hi Tech equipment was added
- Beside its clinical activities, the department’s teaching activities also became the point of attraction for physical therapy students and trainees
Quality Improvement

- Quality underlies all physical therapy activities
- It is the means and the purpose
Quality Improvement

- The Quality Improvement Program
  - enhances professional continuing education
  - boosts the implementation of evidence-based practice (EBP) and clinical practice guidelines
  - helps advance specialization
Continuing Professional Development

- A Continuing Professional Development (CPD) Program was developed
- Implemented in 2004
- The program was approached from two perspectives: professional development and patient empowerment
Professional Development

- Elements of professionalism provide a clear definition of the profession
- Including the application of evidence-based practice
- Including the evaluation of care delivered
Patient Empowerment

- Healthcare decisions are no more exclusively taken by healthcare providers
- This requires that professionals deliver accurate and high-quality information and care based on valid concepts that are expressed by clinical guidelines and clinical protocols
Evidence-Based Practice

- Adoption and adaptation of international clinical practice guidelines
- Implemented and audited:
  - Ankle sprain
  - Stroke
  - Parkinson’s disease
  - Osteoporosis
  - Low back pain
Evidence- Based Practice

- Publishing our experience in the implementation of EBP
- Sharing our experience in implementing EBP
- It is challenging
Thank you

أهلاً و سهلاً