

# Advanced Physiotherapy Practice (APP) in MH

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## Background

Advanced Physiotherapy Practice (APP) refers to the specialized clinical practice functions of a physiotherapist in an expanded role. The role is considered to be advanced if additional training is required for its practice [1].

## Purpose

Promoting the development of the profession of physiotherapy: What are the conditions required for, what is the impact of, and what are the functions of APP in MH? Presentation of the model tested in everyday practical activities, description of the work with patients and the cooperation with representatives of other professions.

## Methods

Data collection of the subjective assessments (VAS of pain and sleep quality, Beck depression inventory (BDI-II) and fatigue severity scale (FSS)) and of the objective tests (pulse, blood pressure, blood analysis, actigraphy, respiratory polygraphy).

## Instruments and Analysis

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**Analysis** of the therapeutic success by paired t-test or Wilcoxon signed rank test. The significance p is calculated two-tailed.

## Results

In addition to professional knowledge, there are other conditions for APP to work. These include taking responsibility and interdisciplinary collaboration, but there exist also other parameters that are pointed out and discussed. The positive consequences on the health of the patients are impressive (significant improvements in various values). Some specific practical examples illustrate the optimal approach.

## Conclusion(s) and Implication

Especially in the field of MH, the benefits of an APP are obvious. The new activities need to be promoted in the manner presented.

## References

- [1] World Physiotherapy Europe Region. Advanced Practice Physiotherapy in the Europe Region World Physiotherapy Position Statement. 2018

