Background

Clinical practice guidelines (CPGs) are designed to support evidence-based practice by translating the evidence into specific recommendations for practice. CPGs allow physical therapists (PTs) to stay up-to-date with evolving medical and rehabilitation knowledge and practices that may inform treatment decisions. The APTA has invested considerable resources to develop multiple rehabilitation CPG. It is not clear how practicing clinicians feel about the CPGs nor how they are using them and very little known about barriers and facilitators to implementation of CPGs in PT practice.

Methods

Volunteers completed an anonymous email survey mailed to members of several APTA sections/academies, measuring physical therapists’ attitudes, beliefs, and behaviors regarding AOPT CPGs and to identify PTs’ perceived barriers and facilitators for implementing AOPT CPGs. Descriptive characteristics are summarized.

Demographics of Respondents (n=502)

Results

The purposes of this study are to:

1. Determine physical therapists’ attitudes, beliefs, and behaviors towards Academy of Orthopaedic Physical Therapy (AOPT) CPGs.
2. Identify the barriers and facilitators to AOPT CPG use in clinical practice.

The question is: What are the attitudes, beliefs, and behaviors of physical therapists towards AOPT CPGs and what are the barriers and facilitators to their use in clinical practice?

CONCLUSIONS

Physical therapists have positive attitudes and beliefs about the AOPT CPGs. PTs have modified their practice to align with the AOPT CPG recommendations.

AOPT CPGs’ ease of availability and PTs’ desire to implement best practice aid the use of AOPT CPGs. Clinical environments (e.g. lack of peer, administrative, and leadership support for implementation), CPG lack of specificity, and document length impede AOPT CPG use.

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