

Rehabilitation

Current Awareness Bulletin

November 2025

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45 minutes. Learn how to transform a question into a search strategy, and how to find the best evidence in a database.
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- **Quickfire health literacy: communicating with patients more effectively**
30 minutes. Learn about the communication barriers patients may encounter, and ways to ensure they get the most from their care.
Next sessions: 7th January 2026 @ 2pm and 19th February 2026 @ 3pm

Book a session today at <https://forms.office.com/e/HyiSXfDaYV> (these sessions will be held on a monthly basis)

1. Muscle oxygenation regulation in physical therapy and rehabilitation

Authors: Jan, Yih-Kuen and Cheung, W. C.

Publication Date: 2026

Journal: Medical Gas Research

Abstract: Skeletal muscle oxygenation reflects the balance between oxygen delivery from the microcirculation and oxygen consumption of the muscle cells. Oxygenation in the muscle tissue is an essential factor in muscle contractions for performing activities of daily living and exercise as well as muscle tissue viability. It is until the development of near-infrared spectroscopy for providing a noninvasive, continuous monitoring of muscle oxygenation. The principle of near-infrared spectroscopy is to use light property to assess oxygenation based on the appearance of oxygenated blood in red and deoxygenated blood in darker red to black. To date, there is no comprehensive review focusing on muscle oxygenation regulation and its applications in physical therapy and rehabilitation. The objectives of this comprehensive review are to: 1) highlight the recent technical advances in near-infrared spectroscopy technology for rehabilitation researchers, 2) present the advances in pathophysiological research in muscle oxygenation, and 3) evaluate findings and evidence of recent physical therapy and rehabilitation studies on improving muscle oxygenation. The review also evaluates findings and evidence of aerobic exercise, resistance exercise, contrast bath therapy, wound healing, cupping therapy, stretching, and electrical stimulation on muscle oxygen in healthy adults and patients with cardiovascular diseases.

The use of near-infrared spectroscopy allows the assessment of muscle oxidative metabolism for personalized rehabilitation and exercise training. (Copyright © 2025 Medical Gas Research.)

2. An international study of the professional resilience strategies used by early career occupational therapists

Authors: Ashby, Samantha;Wales, Kylie and Sinclair, Callum

Publication Date: 2025

Journal: Australian Occupational Therapy Journal

Abstract: Introduction: The transition into health professions is associated with a range of workplace challenges. The aim of this study was to investigate the strategies early-career occupational therapists use to mitigate occupational stressors and maintain professional resilience.; Method: Data were analysed from a cross-sectional survey that investigated the professional resilience strategies used by early career occupational therapists.; Consumer and Community Involvement: Author CS was an early career occupational therapist while completing the research.; Results: Valid responses were received from 499 occupational therapists from 29 countries. The most used strategies were maintaining a belief in the value of occupational therapy (83.1%), having a supportive home life (82.7%), reflecting on positive outcomes (81.5%), pursuing career-building opportunities (76.6%), and using informal professional support networks (75.2%). The following were associated with considering leaving the profession: People unsatisfied with their role $\chi^2(4, 486) = 67.7, p < 0.001$; role not valued by team members $\chi^2(4, 485) = 30.5, p < 0.001$; inability to maintain a work/life balance $\chi^2(4, 485) = 27.9, p < 0.001$; pressure to work outside of role $\chi^2(4, 485) = 26.5, p < 0.001$; inability to control workload $\chi^2(4, 485) = 20.4, p < 0.001$; inability to use occupational-based practices $\chi^2(4, 485) = 19.0, p < 0.001$; investing too much energy $\chi^2(4, 485) = 18.2, p = 0.001$; poor relations with colleagues $\chi^2(3, 485) = 17.0, p < 0.001$; lack of understanding own role $\chi^2(3, 485) = 15.3, p = 0.002$; lack of skills $\chi^2(3, 485) = 9.5, p = 0.02$.; Conclusion: A range of professional resilience strategies is used by early career occupational therapists. Shifts in organisational culture and policies can support the implementation of professional resilience strategies to support their occupational therapy workforce during the transition to practice. Professional organisations and entry-level programmes can also embed resources to prepare graduates for early career challenges. The adoption of these strategies at an individual, organisational, and policy level may assist in extending career longevity. (© 2025 Occupational Therapy Australia.)

3. The potential of place-based occupational therapy to support aging-in-place: A qualitative study

Authors: Cheong, Florence and Yu, Chou Chuen

Publication Date: 2025

Journal: Hong Kong Journal of Occupational Therapy

Abstract: Introduction: Aging-in-place facilitate seniors to stay in their homes throughout the aging process. Place-based Occupational Therapy is a proposed service delivery model aimed at facilitating this. This study explores community occupational therapists' perspectives on how place-based Occupational Therapy could facilitate aging-in-place and the perceived enablers and barriers to this model of care. Method: The participants were occupational therapists working in the community setting. Data was collected through semi-structured interviews. An aging-in-place capability framework was employed to guide the interviews. A generic descriptive-interpretive qualitative research approach was used for the analysis. Results: Data saturation was reached at the seventh interview (n = 7). Six major themes were generated to explore the perspectives of occupational therapists on a place-based strategy to deliver Occupational Therapy services: (i) maintaining health and function, (ii) partnering with caregivers, (iii) ideal location within neighborhoods, (iv) understanding clients' environment strengthens intervention, (v) facilitating social connections and cognitive wellness, and (vi) enablers for service set-up. Besides financial support, key enablers include clinical expertise and program management experience. Conclusion: Findings from this study can facilitate future planning of place-based Occupational Therapy services. The services should be fuss-free, short-term and affordable. The service should be sited where many older adults gather in their neighbourhoods, within walkable distance from their homes. Occupational therapists can contribute to program planning to maintain health and function and facilitate relationship building between older adults. There is potential for place-based occupational therapists to contribute to health promotion due to the profession's unique focus on habits and environment.

4. Diagnosis and management of shoulder pain by New Zealand physiotherapists: a national survey

Authors: Craig, Brooke;Haas, Romi;Buchbinder, Rachelle and Ribeiro, Daniel Cury

Publication Date: 2025

Journal: Physiotherapy

Abstract: Physiotherapists commonly manage patients with shoulder disorders. The primary aims of this study were to (1) determine current assessment and management of patients with shoulder disorders by physiotherapists in New Zealand and compare it to evidence-based recommendations; and (2) assess their confidence in making a diagnosis. We performed a cross-sectional online survey of New Zealand registered physiotherapists who self-report that they treat patients with shoulder disorders. The survey was distributed electronically via

professional physiotherapy networks and social media. Physiotherapists were asked about four common shoulder disorders (rotator cuff tendinopathy, acute rotator cuff tear, early and later presentation of adhesive capsulitis) presented as vignettes. 234 physiotherapists completed the survey. Most (78%) work in private practice and 73% have a shoulder caseload of ≥ 5 patients per week. Participants commonly included physical examination of shoulder and cervical joints. Investigations and referral to other healthcare professionals varied between vignettes. Advice, education about exercise, manual therapy and activity/work modification were the most prevalent interventions. Electrotherapy was a common intervention for rotator cuff tendinopathy. Most physiotherapists were moderately or extremely confident in their diagnosis across all vignettes. There was no difference in correct diagnosis between physiotherapists with a high versus low shoulder caseload for 3 vignettes, with a slight difference favouring those with a high shoulder caseload for acute rotator cuff tear (90% vs 80%, Fisher's $p = 0.047$). Physiotherapists self-reported management of patients with shoulder disorders partially accord with evidence-based recommendations. They have confidence in their diagnoses which are mostly correct. • Physiotherapists in New Zealand managed patients with shoulder disorders partially accord with evidence-based recommendations. • Physiotherapists in New Zealand have confidence in their diagnoses, which are mostly correct. • For 3 out of 4 clinical vignettes, we found no differences in correct diagnosis between participants with low and high shoulder caseload. • A greater proportion of clinicians with low shoulder caseload would request MRI for a clinical vignette describing an early presentation of adhesive capsulitis.

5. Exploring physiotherapist experiences and beliefs about psychologically informed practice to inform development of a training programme

Authors: Denny, Diarmuid; McLoughlin, Rebecca; Keefe, Francis J.; Price, Christine; Walumbe, Jackie; Copland, Claire; Mathieson, Anna and Noblet, Tim David

Publication Date: 2025

Journal: Physiotherapy

Abstract: To explore physiotherapists' experiences, beliefs, and opinions about psychologically informed practice (PIP) in order to design a training programme for non-psychologist clinicians to enhance their PIP skills. This study adopted an interpretive description qualitative methodology using focus groups and consistent with the aim of generating knowledge relevant to applied health and to inform the design of a training programme. Phase one included musculoskeletal physiotherapists ($n=18$) who were purposively sampled to take part in two focus groups. A third focus group consisted of pain specialist physiotherapists ($n=6$) recruited from a specialist network in the UK called the Physiotherapy Pain Association (PPA) to explore further topics identified in phase one and to inform training development. Qualitative content analysis was used as a framework for data analysis and consisted of subjective interpretation of textual data through a systematic classification process of coding and identifying themes or patterns. Three interconnected themes that provide insights into the perceptions and experiences of physiotherapists concerning PIP were constructed: 1) Professional Roles and External Influences on PIP, 2) Interpersonal Aspects of PIP, and 3) Support Needs to Enhance PIP Application. The findings

provide an understanding of the multifaceted nature of PIP and its impact within healthcare settings. They will inform development of training to address gaps and provide practical strategies for enhancing PIP for non-psychologists. • Our findings concur with existing literature regarding application of psychologically informed practice; that physiotherapists recognise that there are challenges in applying knowledge and skills relating to psychologically informed practice. • With increasing complexity and numbers of people living with multiple long-term conditions it is important for physiotherapists to increase their confidence in order to ensure they are considering the psycho-social aspects of care for this population. • A desire for training in psychologically informed practice was expressed and in addition supervision and mentorship was recognised as essential in supporting clinicians to embed skills and increase confidence.

6. Preoperative rehabilitation and education program for surgery (PREPS): A pilot randomized control trial protocol

Authors: Furtado, Rochelle;MacDermid, Joy C.;Bryant, Dianne and Faber, Kenneth J.

Publication Date: 2025

Journal: Hand Therapy

Abstract: Background: We designed a program for prehabilitation and education before a shoulder replacement (PREPS) that is based on reviews of relevant literature, and is co-designed with preferences of patients recruited from the wait list for a shoulder replacement, and a transdisciplinary healthcare sample. The content and format was integrated in a comprehensive, patient-centered program combining exercise, preparedness for surgery, motivational interviewing, and pain management principles. This patient-centered program has the potential to improve postoperative pain, function, and patient-oriented outcomes, decrease postoperative opioid use and short- and long-term healthcare costs. This pilot randomized controlled trial will evaluate feasibility and satisfaction with our program for individuals undergoing a shoulder replacement. Methods: Participants (n = 90) undergoing a shoulder replacement will be randomized into (1) a 6-week self-directed online pre-rehab and education program, (2) a 6-week online pre-rehab and education program with a therapist to monitor progression of PREPS or (3) a standard of care group. The PREPS program intervention groups will be delivered virtually with an online program of modules and a written handbook. Feasibility outcomes include recruitment rate, adherence, content acceptability, study acceptability, outcome measure completion rates and treatment fidelity. Outcomes will be assessed at baseline and 1 day before surgery, then post-operatively at 6 weeks and 3,6 and 12 months. Discussion: The proposed project will include the feasibility testing of a prehabilitation and education program with potential to improve surgical outcomes for shoulder replacement patients. Results of this study will provide the foundation for a future fully powered multicenter trial. Trial Registration: NCT05965986.

7. Artificial Intelligence and Occupational Therapy: From Emerging Occupation to Educational, Practice, and Policy Imperative

Authors: Jozkowski, Amanda Colleen

Publication Date: 2025

Journal: American Journal of Occupational Therapy

Abstract: Artificial intelligence (AI) is now increasingly integrated into health care, education, and daily life. It now shapes how people learn, work, communicate, and manage health. For occupational therapy, which centers on enabling meaningful participation across contexts, this technological transformation presents critical challenges and opportunities. Despite AI's growing presence, the profession lacks cohesive standards or strategies to address its impact on education, clinical reasoning, or client-centered practice. AI is a practice-relevant and educationally urgent phenomenon that demands structured engagement and leadership within the profession to ensure its ethical, inclusive integration. Occupational therapy practitioners must be prepared to support students, practitioners, and clients in navigating these technologies. Without clear competencies and shared frameworks, the profession risks marginalization and missed opportunities to uphold occupational justice. Action is needed in three domains: (1) occupational therapy education, where AI literacy and ethical use must be taught and modeled; (2) clinical practice, where AI tools require critical evaluation and adaptation; and (3) client engagement, where AI use must be recognized and supported as an evolving occupation. Accreditation, continuing education, and public policy must align to support this shift. In this column, the author calls for immediate and strategic action to adopt cohesive standards to address the impact of artificial intelligence on occupational therapy education, professional practice, and client-centered engagement.

8. Combined Assessment of Cognitive and Balance Abilities to Predict Falls in Patients in the Convalescent Rehabilitation Ward

Authors: Kawamura, Koki;Ishino, Shota;Hotta, Masato;Kagaya, Hitoshi;Kondo, Izumi;Ozaki, Kenichi and Kokubo, Manabu

Publication Date: 2025

Journal: Journal of Aging & Health

Abstract: Objective: This study aimed to investigate the relationship between falls and cognitive and balance problems in patients. Methods: This retrospective observational study analyzed the medical records of 1010 older patients admitted to a convalescent rehabilitation ward. The primary endpoint was fall occurrence during ward stays. The main outcomes were the Mini-Mental State Examination (MMSE) and Standing Test for Imbalance and Disequilibrium (SIDE), with patients divided into groups of MMSE ≥ 28 and < 28 and SIDE $\geq 2b$ and $< 2b$. Results: During ward stays, 220 patients (22%) fell. Estimating the fall risk of the MMSE ≥ 28 + SIDE $\geq 2b$ group compared to that of other groups revealed that only the MMSE < 28 + SIDE $< 2b$ group had a significantly higher fall risk, with a hazard ratio 95% confidence

interval] of 3.13 1.51–6.46]. Conclusion: Combined MMSE and SIDE assessment at ward admission facilitated the easy identification of individuals at high fall risk.

9. Stakeholder Perspectives on Retention Strategies for Rehabilitation Professionals: A Qualitative Study

Authors: Mak, Susanne;Hunt, Matthew;Razack, Saleem;Root, Kelly and Thomas, Alik

Publication Date: 2025

Journal: Qualitative Health Research

Abstract: There is a scarcity of health human resources worldwide. In occupational therapy (OT), physical therapy (PT), and speech-language pathology (S-LP), attrition and retention issues amplify this situation and contribute to the precarity of health systems. Therefore, we aimed to investigate retention strategies for rehabilitation professionals in Quebec. We present an analysis from individual interviews with rehabilitation professionals and focus groups with stakeholders. We used purposeful sampling (maximum variation approach) to recruit participants from Quebec, Canada. We conducted interviews with 51 OTs, PTs, and S-LPs (2019–2020) and four focus groups with managers, professional education programs, professional associations, and regulatory bodies (2022). Cultural-historical activity theory provided the theoretical scaffolding for these interpretive description studies. Inductive and deductive approaches and constant comparative techniques were used for data analysis. Five sets of retention strategies were developed: (1) ensuring that work aligns with values; (2) improving alignment of work parameters with needs and interests of rehabilitation professionals; (3) modifying physical, social, cultural, and structural aspects of a workplace; (4) addressing how the profession is governed; and (5) offering informal and formal benefits. Multi-systemic retention strategies with intersectoral partnerships were deemed essential to effectively change rehabilitation professionals' work and work environments and to increase public awareness of the added value of rehabilitation professionals. Our findings emphasize a critical need to design targeted, multi-systemic retention strategies to influence the work experiences of rehabilitation professionals and to ensure the availability of OTs, PTs, and S-LPs for present and future rehabilitation needs.

10. The effect of occupational therapy services on hospital readmission for patients with cancer in acute care settings: a retrospective data analysis

Authors: McNichols, Christine C.; Peterson, Alicia K. and Reynolds, Stacey

Publication Date: 2025

Journal: Journal of Cancer Survivorship

11. Work related well-being in the UK physiotherapy workforce: Part 2. Documentary analyses of the qualitative data from the YOURviewWS cross-sectional e-survey

Authors: Minns Lowe, C. J.; Donovan, M.; Herbland, A. and Moulson, A.

Publication Date: 2025

Journal: Physiotherapy

Abstract: To explore and understand the replies to the quantitative findings (Part 1) from the work related well-being e-survey, provide greater depth information about the topic and identify new issues/areas from respondents in Part 2 of this two part paper. Cross-sectional, convenience, voluntary, open e-survey. Online. UK physiotherapy workforce, including physiotherapists, students, support workers across all workplace settings and across the UK. Following development, pre-testing and ethics approval, the e-survey was widely advertised and ran from 08/03/2023 to 30/04/2023 via Bristol Online Survey. The open comments question in the e-survey was: 'We are keen to hear your views, please type up to three key factors that you think impact most upon work-related well-being within physiotherapy'. Open comments analyses using content analysis to interpret meaning from the content of text data. 612 respondents provided 1649 overall comments to. One overarching theme and three subthemes incorporating seventeen factors were developed from 138 initial codes. The overarching theme was moral distress and moral injury reducing work related well-being (WRWB) within the physiotherapy workforce. Subthemes were 1. Impact on me. 2. 'You aren't able to do your job properly'. 3. Management and support. Subthemes and factors fitted within the overarching theme. Moral distress and injury explained the quantitative findings (Part 1) regarding poor work-related well-being, burnout and stress within the physiotherapy workforce. Moral injury is the consequence of organisational processes and broken health care systems, strategies to improve WRWB across all UK physiotherapy settings are urgently required. • Provides evidence of worrying levels of moral distress and moral injury experienced by responding members of the physiotherapy workforce. • Highlights the distress for members of the physiotherapy workforce and the impact upon patient care when organisations and health systems are not working well. • Evidences a clear call for action.

12. Work related well-being in the UK physiotherapy workforce: Part I. Quantitative findings from the YOURvieWS cross-sectional e-survey

Authors: Minns Lowe, C. J.;Newman, M.;Herbland, A.;Heneghan, N.;Moulson, A.;Owusu, N. and Beeton, K.

Publication Date: 2025

Journal: Physiotherapy

Abstract: To explore burnout, professional fulfilment, work related stress, well-being and working patterns within the physiotherapy workforce. A cross-sectional, convenience, voluntary, open e-survey. Online. UK physiotherapy workforce, including physiotherapists, students, support workers across all workplace settings and across the UK. Following development and pre-testing, the e-survey was widely advertised and ran from 08/03/2023 to 30/04/2023 via Bristol Online Survey. Stanford Professional Fulfilment Index (SPFI), a score for work related and private life related stress, work-life balance, WHO 5 well-being questionnaire and questions to capture working patterns, diversity and inclusivity questions and demographic data. Following data cleaning, 666/764 (87%) female and 92/764 (12%)male respondents. SPFI: burnout prevalence was 49%(376/764). 436/564 respondents (57%) reported feeling stressed "often" or "very often" (past month). WHO 5 scores had a median of 45 (IQR: 30–60) indicating many have score ≤ 50 indicating poor wellbeing. 45%(340/764) respondents reported their work-life balance over the previous 2 weeks as unbalanced/very unbalanced. 57%(435/764) reported that they worked full time and 43%(329/764) part-time. 78%(598/764) reported having one physiotherapy role, 18%(139/764) reported having two roles, 3%(23/764) having four roles and 1%(4/764) having five roles and unpaid hours were raised as problematic. 54% (411/764) reported being absent from work/study in the last year and 10%(76/764) reported adjusted work/study. 9%(72/764) reported additional non-physiotherapy roles/jobs. This e-survey obtained snapshot views from self-selecting participants. The positive workforce developments being experienced within the physiotherapy profession are threatened by poor work-related well-being, including burnout and stress. Action is required. • Identifies important concerns, and urgent action needed, regarding work related well-being in the physiotherapy workforce. • Provides evidence for policy makers and to inform policy and strategic planning. • Profession specific strategies to measure and improve WRWB in the physiotherapy workforce should be implemented and monitored at national, local and departmental level.

13. Voices from the clinic: a qualitative analysis of physiotherapy strategies in musculoskeletal care for knee osteoarthritis patients

Authors: Nguyen, Jennifer;Naylor, Justine M.;Dennis, Sarah;Livings, Rebecca;Mills, Kathryn;Schabrun, Siobhan M. and Thom, Jeanette M.

Publication Date: 2025

Journal: BMC Musculoskeletal Disorders

14. Validity of the stroke upper limb capacity scale in acute inpatient stroke rehabilitation

Authors: O'Dell, Michael Wayne;Ghafari, George;Campo, Marc;Jaywant, Abhishek;Tufaro, Daniel and Toglia, Joan

Publication Date: 2025

Journal: International Journal of Rehabilitation Research

Abstract: The aim of this study was to determine the validity of the Stroke Upper Limb Capacity Scale (SULCS) and its three hand categories in an acute inpatient stroke rehabilitation setting. We included 312 persons, about 10 days poststroke, with a mean National Institutes of Health Stroke Score (NIHSS) of 7.3. Participants were also assessed on the functional independence measure (FIM), Upper Extremity–Motricity Index (UE-MI), modified Charlson Comorbidity Index, and proportion of home discharges. Spearmans rho between total SULCS and FIM-self-care score and UE-MI at admission were strong at 0.72 and 0.82, respectively. Correlations were stronger between SULCS and individual FIM items of eating, grooming, and bathing $\rho = 0.52\text{--}0.57$, that is, 'more' activity of daily living (ADL)-like items] rather than walking, bowel, and expression ($\rho = 0.28\text{--}0.51$, that is, 'less' ADL-like items). Admission and discharge FIM, NIHSS, and proportion of home discharges were higher with more favorable SULCS hand categories. Floor effect was 11.9% and ceiling effect was 14.7% with an acceptable internal consistency (Cronbach's alpha of 0.92). The SULCS is a valid measure of upper extremity capacity at admission to inpatient stroke rehabilitation. Further examination regarding ceiling effects and responsiveness in inpatient stroke rehabilitation is recommended.

15. A qualitative study exploring influencers on metropolitan and regional physiotherapy practice in prostate cancer

Authors: Sayner, Alesha M.;Tang, Clarice Y.;Toohey, Kellie;Mendoza, Chennelle and Nahon, Irmina

Publication Date: 2025

Journal: Physiotherapy

Abstract: Competing Interests: Competing interests None.; Physiotherapists play a crucial role in managing symptoms that can arise from treatments for prostate cancer. Despite the benefits, limited evidence exists on physiotherapists' self-perceived capabilities, enablers, and barriers in service provision. This qualitative study employed a phenomenological approach to explore the experiences of physiotherapists providing supportive care to patients with prostate cancer in metropolitan and regional Victoria, Australia. Two online focus groups were conducted, one with metropolitan and the other with regional physiotherapists. Reflexive thematic analysis identified three key themes: 1) the need for accessible professional development, 2) the impact of public system operational constraints on service access, and 3) the importance of rapport building within the multidisciplinary team and with patients. Positive enablers included online learning opportunities and effective multidisciplinary collaboration. Recommendations highlight the importance of bolstering professional development opportunities, fostering mentorship programs, and dismantling systemic barriers to enhance access to physiotherapy services. This study identifies the necessity for targeted support for physiotherapists in delivering optimal care for patients with prostate cancer across different geographical contexts. CONTRIBUTION OF THE PAPER. (Copyright © 2025 The Author(s). Published by Elsevier Ltd.. All rights reserved.)

16. Measuring Cultural Effectiveness in Occupational Therapy and Physical Therapy: A Scoping Review

Authors: Shin, Julia;Bekmuratova, Sarbinaz;Nesbit, Jamie;Han, Inhyun;Tung, Allison;Ortiz, Jordan;Wright, Tyler;Chamoun, Sarah and Bergjord, Judith

Publication Date: 2025

Journal: American Journal of Occupational Therapy

Abstract: Importance: Promoting culturally effective care is a pressing matter for occupational therapy and physical therapy practitioners. Despite the recent advancements, how cultural effectiveness is measured in the rehabilitation context remains elusive. Objective: To characterize the instruments used to assess cultural effectiveness in the recent occupational therapy and physical therapy literature. Data Sources: Database searches were conducted in Academic Search Premier, CINAHL, MEDLINE, and PsycINFO. Additional hand searches were performed of key articles and textbooks. Study Selection and Data Collection: Included

articles were (1) published in English in the United States between January 2010 and June 2022, (2) peer reviewed, and (3) methodologically examined or included outcome measures that assessed cultural effectiveness in occupational therapy and physical therapy contexts. Findings: Seven articles met the inclusion criteria, and six distinct instruments were identified. All of the assessments were self-administered and varied in theoretical foundation, conceptualization, and operationalization. The three most common cultural domains were attitude, knowledge, and skills. Of 249 items pooled across the instruments, only one assessed a provider's ability to engage in continuous critical reflection. Conclusions and Relevance: The inconsistencies observed in measuring cultural effectiveness may limit advancement and translation of knowledge in occupational therapy and physical therapy. In addition to the need for client-administered assessments, further research is warranted to explore how self-reflection can catalyze the lifelong process of becoming culturally effective. Plain-Language Summary: Grounded in the Cultural Effectiveness Model, this study identified assessments that can be used by occupational therapy and physical therapy practitioners to measure and monitor their cultural effectiveness. This review identifies assessments that can be used by occupational therapy practitioners to measure and monitor their cultural effectiveness.

17. Initial management and disposition of metastatic spinal cord compression in the emergency department: a review of the literature

Authors: Singer, Emad;Elsayem, Ahmed;Nassif, Tracy;Rodriguez, Christopher;Zoghbi, Marianne;Dagher, Jim;Yammine, Nicole;Kamal, Mona;Cruz Carreras, Maria,T.;Vu, Trien;Qdaisat, Aiham;Yeung, Sai-Ching J. and Chaftari, Patrick

Publication Date: 2025

Journal: Annals of Medicine

Abstract: Background: Metastatic spinal cord compression (MSCC) is a serious medical emergency that can complicate the course of various malignancies, including prostate, breast, and lung cancers. Appropriate evaluation and effective management of MSCC early in the emergency department are necessary to minimize neurologic deterioration and optimize the trajectory of patient recovery.; Methods: This literature review examines and summarizes current evidence surrounding the emergency department approach for timely recognition, initial evaluation, and management of MSCC.; Results: A comprehensive clinical history, nerve root or spinal cord clinical examination, and urgent imaging procedures are fundamental for early diagnosis and initial management. The urgency of intervention depends on the rate of onset of motor deficits, which can progress during work-up. Patients should be stratified into subgroups: those requiring immediate surgery, those who can be treated with radiotherapy, and those who may be discharged for outpatient care. Some patients can be observed for 24 h to adjust the medical and/or surgical treatment. In most cases, systemic steroid administration with dexamethasone should be started immediately upon diagnosis, followed by a tapering course of oral dexamethasone. Selected patients should undergo surgical decompression with or without stabilization. A multidisciplinary approach involving both spinal surgeons and radiation oncologists is essential for diagnosis and stratification.; Conclusion: For patients with

MSCC, early and effective evaluation and intervention in the emergency department, through a coordinated multidisciplinary effort, are vital to optimizing patient outcomes.

18. Depression among people with low back pain: a cross-sectional descriptive survey of Irish musculoskeletal triage physiotherapists' screening and referral practices

Authors: Sugrue, Julie;McKenna, Sean;MacHale, Siobhan and O'Sullivan, Kieran

Publication Date: 2025

Journal: Physiotherapy

Abstract: Low back pain (LBP) is associated with a poorer prognosis when there is concomitant depression. Musculoskeletal (MSK) triage physiotherapists clinically assess a significant proportion of LBP referrals to public hospital outpatient waiting lists. To establish depression screening and referral practices of MSK triage physiotherapists, and to compare confidence in depression screening to red flag (e.g. cauda equina syndrome) and yellow flag (e.g. fear avoidance beliefs) screening. Using a descriptive cross-sectional design, a bespoke e-survey was distributed to MSK triage physiotherapists in adult public hospital outpatient services in Ireland following ethical approval. Thirty-six surveys were completed and submitted (55% response rate). A minority of respondents (3/36, 8%) directly ask all patients with LBP about depression, while more than one third (13/36, 36%) never screened for depression. Reported barriers included lack of training or skill, time constraints, and absence of referral pathways. Confidence in screening for depression was lower than for red flags or yellow flags. There was some indication that a day or more of training improved depression screening confidence and practice. This study provides insight into current depression screening practices for people with LBP and the factors influencing decision-making among MSK triage physiotherapists working in advanced practice roles. Few MSK triage physiotherapists in this sample directly screen for depression, and screening confidence was low. Understanding the current processes and determinants of practice, including the potential positive impact of targeted training, may support strategies to improve depression screening practices. • This is the first study, to the authors' knowledge, that details depression screening practices in a cohort of LBP patients by MSK triage physiotherapists in advanced practice roles. • This study presents novel information on confidence in screening for depression compared to screening for red flags or yellow flags. • The findings from this niche group of clinicians are likely reflective of MSK triage physiotherapists worldwide. While the study focused on LBP populations, we hope that it encourages readers to reflect on their own confidence and practice when screening for depression, which may also be relevant to other patient groups.

19. Overground robotic exoskeleton vs conventional therapy in inpatient stroke rehabilitation: results from a pragmatic, multicentre implementation programme

Authors: Tam, Pui Kit;Tang, Ning;Kamsani, Nur Shafawati Binte;Yap, Thian Yong;Coffey-Aladdin, Ita;Goh, Shi Min;Tan, Jean Pei Pei;Lui, Yook Cing;Lee, Rui Ling;Suresh, Ramaswamy and Chew, Effie

Publication Date: 2025

Journal: Journal of NeuroEngineering & Rehabilitation (JNER)

20. Access, acceptance and adherence to cancer prehabilitation: a mixed-methods systematic review

Authors: Watts, Tessa;Courtier, Nicholas;Fry, Sarah;Gale, Nichola;Gillen, Elizabeth;McCutchan, Grace;Patil, Manasi;Rees, Tracy;Roche, Dominic;Wheelwright, Sally and Hopkinson, Jane

Publication Date: 2025

Journal: Journal of Cancer Survivorship

21. From Awareness to Integration: Leading the Change for Occupational Therapy

Item Type: Journal Article

Authors: Wells, Shirley A.

Publication Date: Nov ,2025

Journal: American Journal of Occupational Therapy

Abstract: In her lecture for the inaugural Dr. Lela A. Llorens Award of Excellence for Diversity, Equity, and Inclusion, Dr. Shirley A. Wells acknowledges the growing importance of creating more inclusive and equitable environments across all aspects of health care, with occupational therapy being no exception. Inclusion and integration are fundamental values that should be woven into every part of the practice of occupational therapy. It is not enough to be aware of these concepts; occupational therapists must actively engage in Acts of Inclusion and Integration in their delivery of care, collaboration with clients and colleagues, and shaping of the future of the field. Dr. Wells highlights examples of how occupational therapists can break down barriers to create spaces where everyone feels valued and supported.

In her lecture for the inaugural Dr. Lela A. Llorens Award of Excellence for Diversity, Equity, and Inclusion, Dr. Shirley A. Wells highlights examples of how occupational therapists can break down barriers to create spaces where everyone feels valued and supported.

22. Standardising rehabilitation for neurological conditions

Publication Date: 2025

National Institute for Health and Care Excellence

NICE have issued new guidance aimed at reducing inconsistencies in rehabilitation services for people with neurological conditions.

We've recommended a standardised and holistic approach to address the differences in access and quality of care. To ensure consistency, the guideline recommends a single point of contact to co-ordinate care.

23. Digital technologies to deliver pulmonary rehabilitation programmes for adults with COPD: early value assessment

Publication Date: 2024 (updated 2025)

National Institute for Health and Care Excellence (NICE)

24. Improving the person-centredness of occupational therapy input into care planning in acute adult and older adults' inpatient services using Goal-Directed Care Plan guidelines

Author: Ige JJ et al

Publication Date: 2025

Journal: BMJ Open

Background: Person-centred care planning is essential in mental health inpatient services, ensuring that patient goals align with clinical recovery plans. Despite its recognised importance, occupational therapists (OTs) in acute inpatient settings often face challenges in implementing structured, person-centred care plans within 10 days of admission based on the OT process within the acute inpatient services. The Goal-Directed Care Planning (GDGP) framework, previously successful in forensic and rehabilitation settings, was introduced to improve OT input into care plans in acute inpatient services.

25. Experience, delivery and impact of physiotherapy degree apprenticeships: summary report

Authors: Catriona Smith, Alex Hetherington and Jacob Curtis

Publication Date: 2025

Chartered Society of Physiotherapy

The CSP partnered with Skills for Health to examine the experience, delivery and impact of pre-registration physiotherapy degree apprenticeships. The research shows that physiotherapy degree apprenticeships are making a strong contribution to widening access and developing a skilled, committed workforce. Overall experiences are positive, but the study also found significant variation in how programmes are delivered and supported.

26. Myalgic encephalomyelitis or chronic fatigue syndrome (ME/CFS) elearning

Date: 2025

e-Learning for Healthcare (e-LfH)

A new training session is now available in the Myalgic Encephalomyelitis or Chronic Fatigue Syndrome (ME/CFS) elearning course. The new session is titled Managing Severe ME/CFS and is the third training in the series. The Managing Severe ME/CFS session offers guidance to healthcare professionals who support, or have an interest in, the management of people living with severe and very severe ME/CFS.

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