

Evaluation of Physiotherapeutic Practices in Brazil Related to Self-Efficacy and Self-Management



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Background

Self-management, behavioral changes, and the development of **self-efficacy** are fundamental elements to optimize outcomes and sustain benefits acquired during rehabilitation. However, uncertainties exist regarding the alignment of physiotherapeutic clinical practice in **Brazil** with the scientific recommendations

Aim

This study aimed to diagnose the theoretical knowledge and clinical practices of physiotherapists working in the musculoskeletal field concerning strategies for promoting self-efficacy and self-management. The goal is to provide **insights for future educational interventions**

Methods

Research Ethics Committee CAAE:
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Online questionnaire

Physiotherapists working in **musculoskeletal rehabilitation**

- Knowledge and clinical practices
- Strategies for assessing and promoting self-efficacy and self-management
- Sociodemographic information
- Professional profile and clinical setting

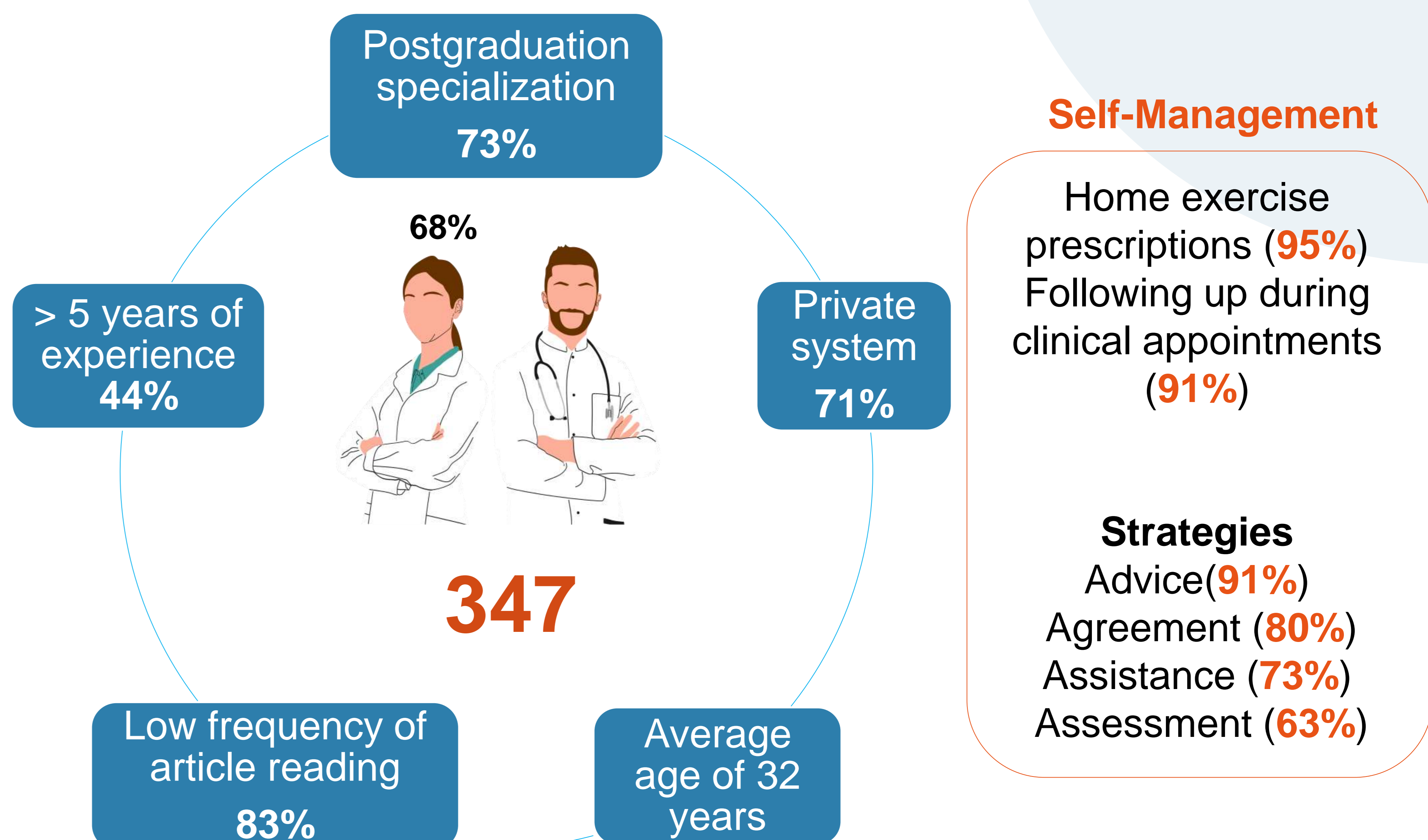
Results



Self-Efficacy

98% consider self-efficacy assessment important, typically using simple questions (**92%**)

Among those promoting self-efficacy (**96%**), **44%** employed **Bandura's Theory**, mainly verbal persuasion (**79%**)



Self-Management

Home exercise prescriptions (**95%**)
Following up during clinical appointments (**91%**)

Strategies

Advice (**91%**)
Agreement (**80%**)
Assistance (**73%**)
Assessment (**63%**)

Doubts about ideal strategies, patients' beliefs, adherence, communication, and knowledge on the subject

Adherence, doubts about how and which strategies to use, and patients' beliefs

Conclusions: The assessment, promotion of self-efficacy, and self-management are valued and carried out by physiotherapists, their complete implementation as an intervention strategy appears to face significant obstacles that could be overcome with a systematic and intentional approach

Relevance to Patient Care: The findings of this study serve as a compass for future educational interventions aimed at enhancing the training of these professionals. By proactively addressing these challenges, physiotherapists have the opportunity to make more informed and intentional choices, optimizing the effectiveness of their interventions and ultimately leading to enhanced well-being and improved pain management for patients grappling with musculoskeletal issues

Conflict of Interest

The authors declare no conflict of interest in this study

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