Module 2: Lecture 4. Prognostic reasoning

Introduction

Bio-psycho- social clinical reasoning is an ongoing process during the encounter with your patient. The therapist integrates thinking and decision making to be able to treat the patient 'tailored made". During this reasoning process the therapist weighs up factors that influence the ability of the patient to adapt and use his/her self-management skills. These factors are called prognostic factors. We know different ways to order prognostic factors, for example biological, psychological or social factors. Another way is predisposition factors, provoking factors and maintaining factors. Mapping these factors can help the therapist to analyze the implication of these factors on the health status of the patient. These factors can be beneficial or disadvantageous, and dependent if the kind of factor can be treated by a physical therapist. If not, referral is necessary.

Learning Outcomes Mapped to EFIC Pain Physiotherapy Curriculum

By the end of this session, participants should have an understanding of:
1. The different types of prognostic factors. (1.6.5/ 1.6.6/ 1.6.7/ 1.6.8/ 1.6.15/ 1.6.18)
2. The structure of SCEBS-model to explore the different types of prognostic factors. (1.6.9/ 1.6.11/ 1.6.14)
3. The participant will be able to analyze the implication of the prognostic factors on the health status of the patient. (1.6.13/ 1.6.15)
4. The participant will be able to analyze the implication of the prognostic factors on the ability of the patient to cope with their health status. (1.6.13/ 1.6.15)
5. The participant will be able to discuss referral options to other specialists due to risk factors in order to respect the boundaries of his/ her own profession. (1.6.2/ 1.6.3/ 1.6.12)

Preparation

Read the article of Wijma et al (2015), especially step 2-6 of the assessment.

Make a list of the factors mentioned by the authors.

Think about how you can explore those factors in a patient centered manner.

Write down what you hope to learn. Which questions are easy for you to ask and which part is more difficult?

Content

During this meeting we will practice a structured manner (SCEBS) to explore different types of prognostic factors using the ICF and bio-psycho-social model. We will use tools to support the analyzing process.

The lesson will be experienced based (learning by doing). By using the interaction between teacher and student, methodological reflection on the experience will be part of the learning process, giving the experience a meaning during clinical reasoning.

Reference material

Wijma A.J., Wilgen van , C.P., Meeus, M. & Nijs, J. (2015) Clinical biopsychosocial physiotherapy assessment of patients with chronic pain: the first step in pain neuroscience education, Physiotherapy theory and practice, (32) 368-384.
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