

It's all about the person: how to provide person-centred care in musculoskeletal practice.

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Faculty:

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Person-centred care is characterised by regarding the patient as a person, taking a biopsychosocial perspective to understand and manage their condition, sharing power and responsibility in the management process, and fostering a strong therapeutic alliance. Person-centred care and effective communication (including active listening) are key tools for building strong therapeutic relationships with patients. Moreover, supporting people in developing self-management skills and confidence is essential to delivering person-centred care. However, evidence suggests that many clinicians struggle to integrate person-centred care principles into their clinical practice. Recently, a framework to support clinicians in delivering person-centred care in musculoskeletal was published. This framework consists of three overarching key principles: 1) a biopsychosocial understanding of the person's experience, 2) person-focused communication, and 3) supported self-management. The framework also includes three phases: 1) identification and goal setting, 2) coaching to self-management, and 3) evaluation.

Topics covered:

This workshop will discuss a contemporary approach to providing person-centred care in musculoskeletal practice. Throughout the session, an interactive format with audience participation will be used.

The following topics will be covered:

- Characteristics of person-centred care
- Overview of existing evidence
- A practical approach and Framework to provide person-centred care
- The therapeutic relationship
- Establishing meaningful connections
- The biopsychosocial model and a biopsychosocial understanding
- Person-focused communication
- Identification and goal setting
- Shared decision-making
- Coaching to self-management
- Tools (including the Self-management Identification Tool)
- Evaluation and follow-up
- The use of questionnaires

Learning objectives

- Upon completing this session, attendees can describe the definitions and elements of person-centred care.
- Upon completing this session, attendees can explain the characteristics of self-management and self-management support. They will be able to use the Self-Management Identification Tool.
- Upon completing this session, attendees can apply important components of person-centred care in practice.

About Our Speaker:

Dr. Nathan Hutting

Nathan is an associate professor at the HAN University of Applied Sciences in the Netherlands (research Group Occupation and Health). He also works as a physiotherapist in a private practice. He is an executive committee member of the Dutch Association for Manual Therapy. He is the member organisation delegate of the Netherlands to the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT). He is also a board member of the association VvAA, the business services provider for professionals in the Dutch healthcare sector, with over 130,000 members. His current research topics include musculoskeletal conditions, self-management, patient-centred care, shared decision making and occupational health. Nathan has published about 45 peer-reviewed articles. He has made numerous international congress presentations and has chaired focused symposia at the World Physiotherapy Congresses in 2017, 2019, 2021 and 2023. He is also an associate editor of BMC Musculoskeletal Disorders and a member of the International Advisory Board of Musculoskeletal Science and Practice.