True or False: Research and guidelines are really easy for physiotherapists to access and use?



Evidence and information use in MSK physiotherapy: Information sources

Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 False. Although there is lots of research and guidelines to support physiotherapists in their MSK practice they're not always easy to find. Physios also don't always have time to read them all and sometimes they even have to pay for them. True or False: You can access lots of useful MSK evidence and information via social media and podcasts. True. There is lots up to date and succinct MSK information/ evidence on social media platforms and podcasts if you know the right people/accounts to follow and have access to a phone or digital device.



Evidence and information use in MSK physiotherapy: Information sources

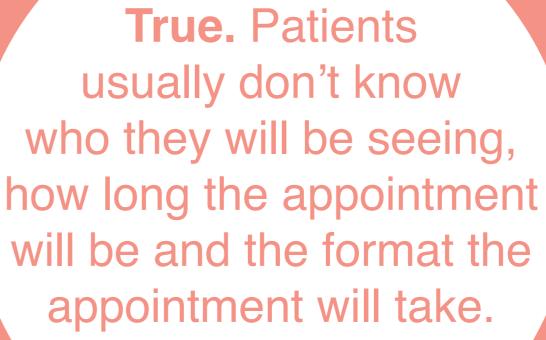
Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 True or False: Physios and patients consider their peers to be important sources of information and evidence.



Evidence and information use in MSK physiotherapy: Information sources

Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 True. Both physios and patients value expert professionals support and advice. Family and friends are important sources of information too for patients

True or **False:** Patients don't know what to expect when they come for their physiotherapy appointment





Evidence and information use in MSK physiotherapy: The appointment

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True or False: Patients and physios expect the same thing from the appointment?



Evidence and information use in MSK physiotherapy: The appointment

Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 False. Patients feel they are often asked questions about their MSK problem and their health that they expect the physio should already know. Often patients are expecting that more time will be spent examining and treating them with a more 'hands on' approach

True or False: Physios always give patients enough information so they are able to understand what is wrong and what can be done about it.



Evidence and information use in MSK physiotherapy: The appointment

Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 False. Often appointments.

information isn't given in a format that the patient would prefer or that they perceive is good enough quality to feel confident to know, or remember, what to do, especially if there are long periods between the

True or False: Giving patients the most up-to-date evidence informed treatment and advice for their MSK problem means they are bound to follow it?



Evidence and information use in MSK physiotherapy: The appointment

Interested in finding out more about this project? Contact Cheryl Grindell project lead cheryl.grindell@sheffield.ac.uk Tel: 07783767817 False. Being up to date or knowing the best evidence isn't enough. The relationship you form with the patient plays a big part in the process too.