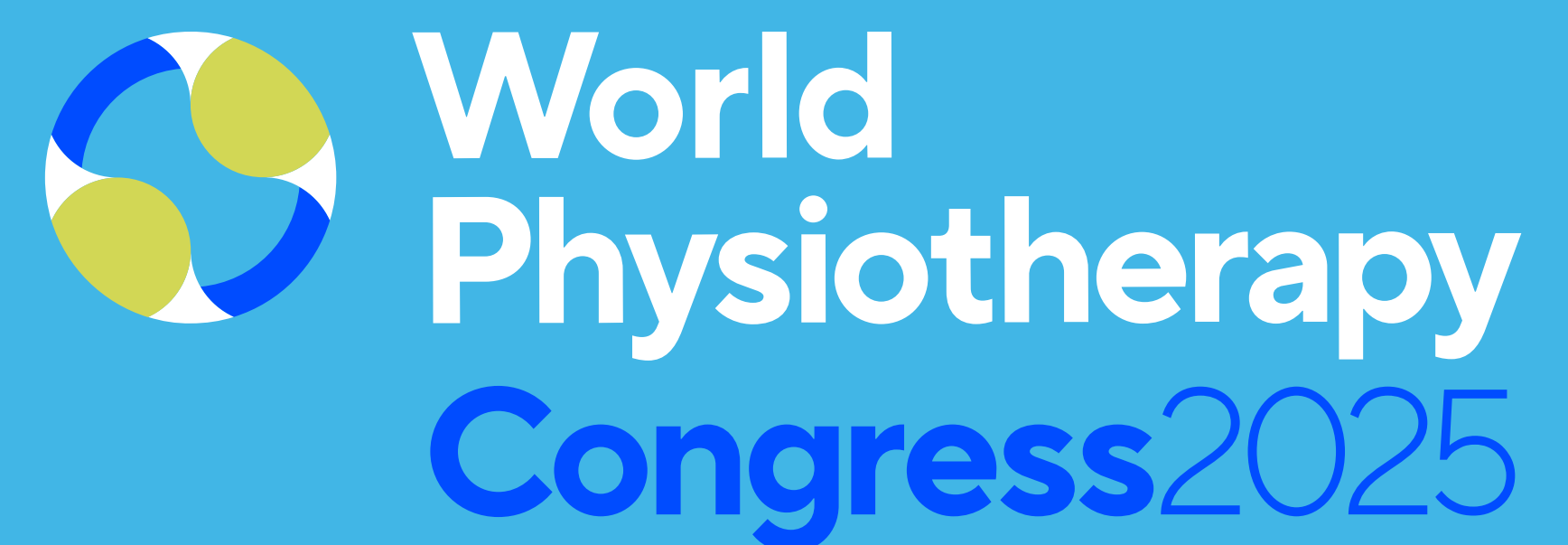


Contribution of Physiotherapy to Value-Based Healthcare: A Systematic Review

PRESENTED AT:



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Purpose

This study aims to understand how physiotherapy contributes to increasing the value of healthcare services.

Introduction

Value-based healthcare focuses on finding a balance between the quality of care and the costs involved. It does not imply cost-cutting but rather providing necessary care.

Physiotherapy seeks to deliver optimal patient outcomes by enhancing the relationship between achieved benefits and incurred costs, aligning with the principles of value-based healthcare.

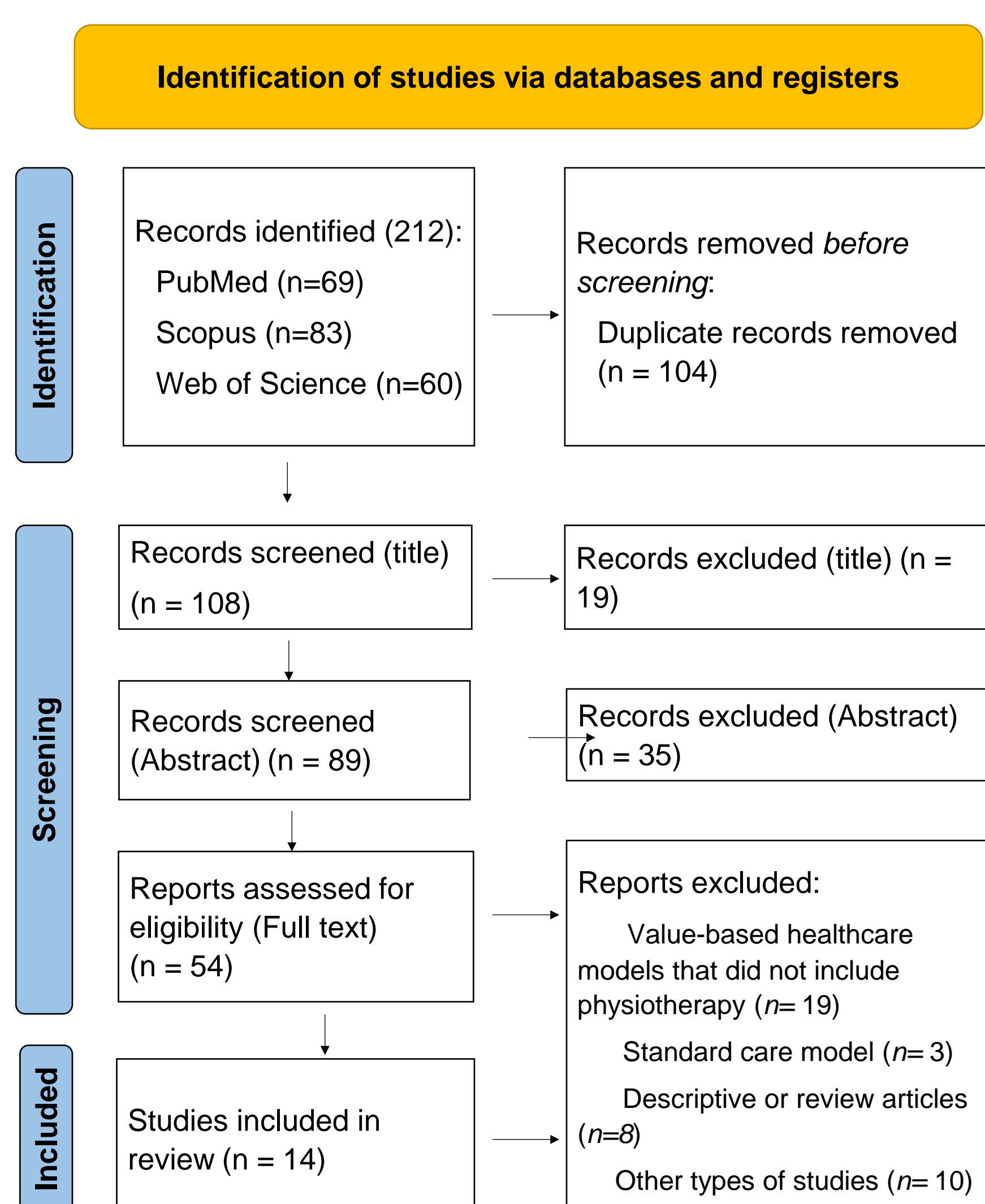
Methods

The search was limited to peer-reviewed articles and conference presentations. without time restrictions, using the keywords in both Portuguese and English: value-based care, physiotherapy (or physical therapy), and rehabilitation.

Eligible studies were those that described new value-based healthcare models incorporating physiotherapy, either as a standalone intervention or within a multidisciplinary team, across any type of pathology.

The review protocol was registered in INPLASY under the number 6629.

Flow diagram



Results

Out of 211 articles, after removing duplicates and applying the eligibility criteria, fourteen articles were selected.

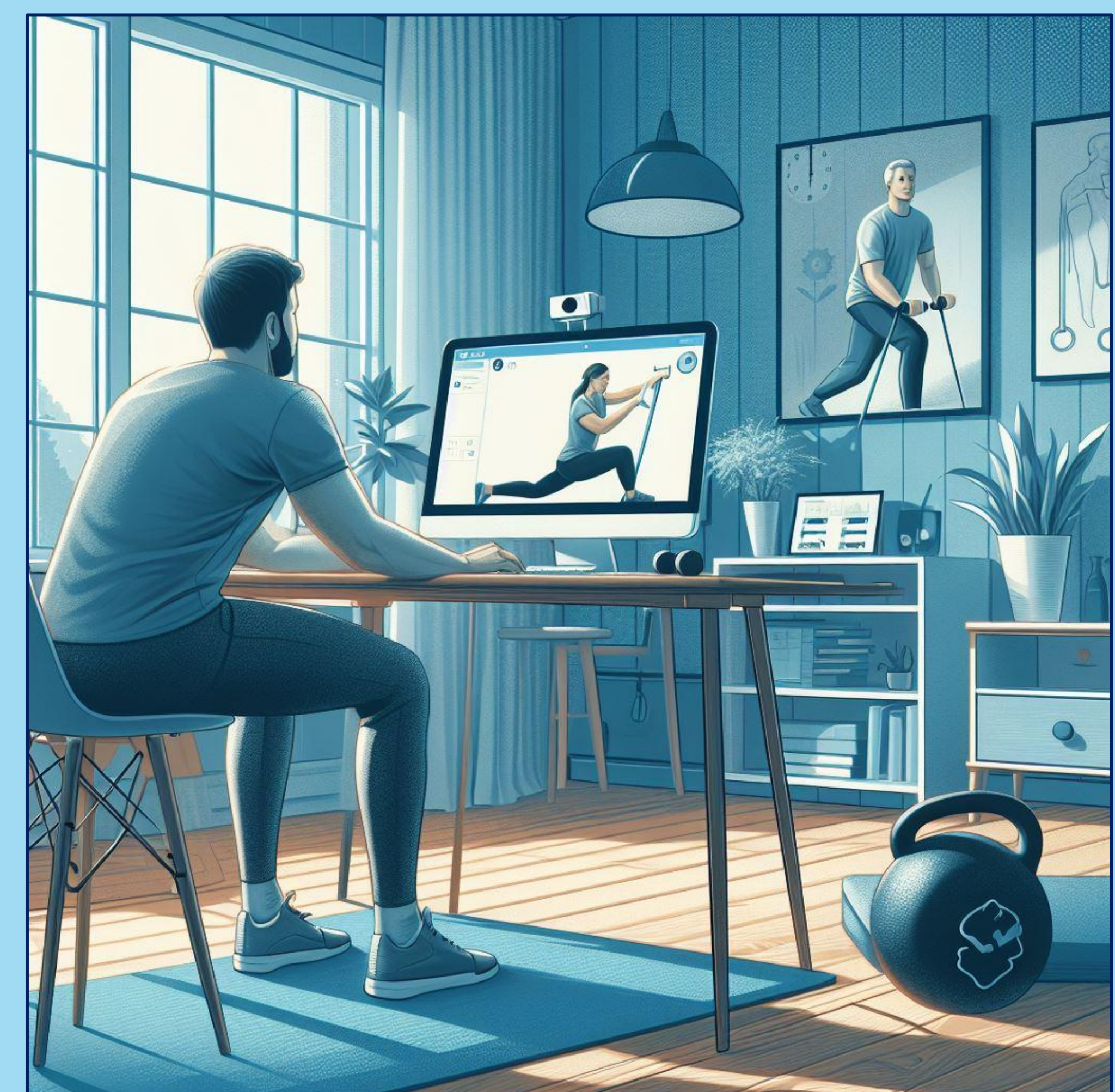
All selected studies focused on individuals with musculoskeletal disorders.

- ➔ Reorganization of care models for patients undergoing hip or knee arthroplasties
- ➔ Telerehabilitation programs
- ➔ Direct access to physiotherapy
- ➔ Inclusion of a physiotherapist in orthopedic emergency care

Multiple assessment tools were used:

- Length of hospital stay
- Intervention costs
- Hospital readmissions
- Discharge destination
- Pain
- Adherence
- Disability
- Satisfaction
- Quality of life

Most of the studies reported positive outcomes from the inclusion of physiotherapy.



Source: Drawing created with Microsoft Copilot

Discussion & Conclusions

Incorporating physiotherapy into healthcare model reorganization namely with early intervention in individuals who have undergone orthopedic surgery, and adopting new technologies represent promising approaches to creating value in healthcare.

However, it is important to note that value can only be measured by balancing costs with health outcomes.

Recommendations

Physiotherapy, when aligned with the principles of value-based healthcare, contributes to improving health outcomes by balancing quality and costs.

The reorganization of healthcare models, especially in orthopedic surgeries, and the use of telerehabilitation stand out as promising strategies.

Studies show that the inclusion of physiotherapy reduces hospital stays, readmissions, and pain, while increasing patient satisfaction and quality of life.

Integration into multidisciplinary teams optimizes service efficiency.

However, it is essential for physiotherapists to acquire knowledge in healthcare management and service organization to further enhance the value they bring to patient care.



Source: Drawing created with Microsoft Copilot