

Post-graduate courses in aquatic physical therapy

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Contents

- The big three: Australia – UK – USA
- Israel – Portugal – Switzerland
- Others:
 - WCPT-APTI subgroups
 - Associations
 - Private institutes

Career pathway

The Aquatic Physiotherapy Group has an identifiable career pathway for those individuals interested in developing their skills and advancing their knowledge in the field of aquatic physiotherapy. Aquatic Physiotherapy is a unique field of practice as it encompasses a wide variety of presentations from paediatrics to gerontology and includes spinal, sports, cardiopulmonary and neurological rehabilitation. The Aquatic Physiotherapy group is committed to supporting career-long learning from foundation knowledge related to working in an aquatic environment through to more specialised techniques.

Student

University students (3rd & 4th year) are encouraged to join the Aquatic Physiotherapy group to gain the majority of member benefits, including free attendance at clinical evenings, access to the APA website and its resources. An Aquatic Physiotherapy student elective may be available to you with an APA Physiotherapist in your final year of study.

Level One Aquatic Physiotherapy course

The Level One course is the first step in the career pathway. This course should be completed within your first couple of years of practice or when you start a job including aquatic physiotherapy. The course is conducted over one or two full days depending on your undergraduate training and work experience. It is designed to provide participants with practical and theoretical knowledge on the physiology of immersion, hydrostatics and hydrodynamics and rotational control in water. It includes evidence-based practice, clinical reasoning skills and also covers the APA guidelines for physiotherapists working in and managing hydrotherapy pools.

Level Two Aquatic Physiotherapy course

There are a range of Aquatic Physiotherapy Level Two courses that can be completed after the Level One course. The courses vary from a half-day to two days and cover a range of more specific skills and evidence-based practice in management of spinal stability and pain, paediatrics, neurological and musculoskeletal rehabilitation. These courses include a broader range of facilitation techniques and exercise options. They also include a higher level of clinical reasoning in the planning of aquatic physiotherapy intervention.

Core suite of PD

The core suite of PD, which will circulate in each state related to demand, is continuously being developed and updated by the Aquatic Physiotherapy Group. It will encompass a wide-range of aquatic specific professional education including courses and lecture or practical sessions.

Level Three Aquatic Physiotherapy course

Level Three is an intense ten-day practical and theoretical course currently running at in Melbourne. Experienced Physiotherapists present at this course covering a broad range of topics and skills. The course also involves some distance learning components including physiology of immersion, physics, pool management, clinical reasoning and evidence based practice. Participants also complete a small research project as part of the course. The Level Three Aquatic Physiotherapy course is presented every second year and participant numbers are limited. Further information can be provided by contacting the National Office.

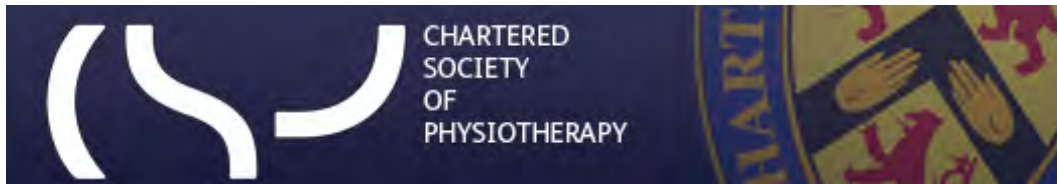
Masterclass

The Aquatic Physiotherapy group offers a Masterclass every second year for more experienced practitioners. Acceptance into the Masterclass for advanced clinical reasoning and aquatic physiotherapy practice is by application to the National Aquatic Physiotherapy Group. The class is offered in conjunction with the APA Conference week Aquatic Physiotherapy program.

ANNUAL UPDATE

The joint APA and Royal Life Saving Society Hydrotherapy Rescue Award is recommended as an annual update for all physiotherapists working in aquatic physiotherapy. It covers duty of care, CPR and exit of an unconscious patient from the pool. Completing this course gives the necessary knowledge to develop policy and procedures related to safety.

RLSS Hydrotherapy Rescue Award



United Kingdom

Aquatic Therapy Association of Chartered Physiotherapists (ATACP)

Foundation Course (2 Day).

Aims: based around the requirements of “Guidance on Good Practice in Hydrotherapy” (CSP 2006).

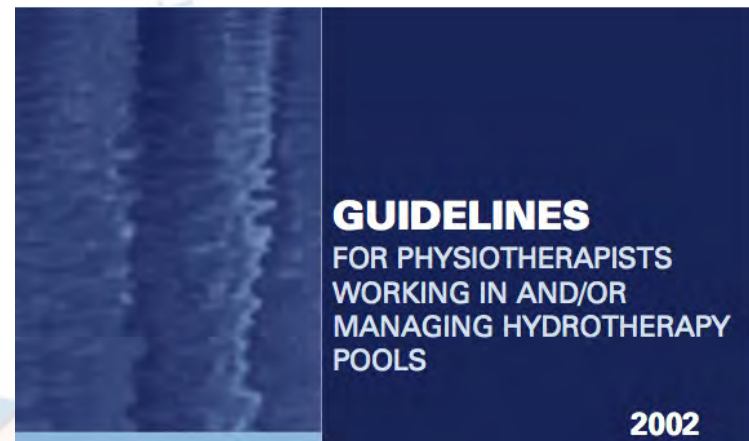
Intermediate Course (2 or 3 Day).

Aims: to reinforce and extend the knowledge and skills gained on a Foundation aquatic physiotherapy course

Master-level advanced courses

Basic documents

- APA
 - Guidelines for physiotherapists working in and/or managing hydrotherapy pools (2002)



- ATACP
 - Guidance on good practice in hydrotherapy (2006)

United States



Is there a certification program for aquatic physical therapy?

No; however, the Section is in the process of putting together a certificate for Aquatic physical therapists which should be available sometime in 2013.

Aquatic Clinical Competency Certificate (ACCC) Program

The purpose of the assessment-based certificate program is to ensure that Physical Therapists and Physical Therapists Assistants can provide high quality, evidence-based patient care using the aquatic environment. The program will provide education, and training as well as assessment of knowledge, skills and abilities necessary for the provision of this level of care.

Comparison

:

	Australia	UK	USA
Levels	1: 1 or 2 days 2: ½ to 2 days 3: 10 days	Foundation: 2 days Intermediate: 2-3 d M	-
E-learning	Distant learning at level 3	-	Webinar 15 h prior
Class hours / days	11.5 – 14 days	4 to 5 days	39 h
Accreditation	Approved by the APA	Approved by the CSP	Independent agency
Examination Theory and practice	X	X	X

Contents

- In common:
 - Physics and physiology
 - Evidence based practice
 - Safety/screening/risk
 - System/pathology related approach
- Differences:
 - History (USA)
 - Methods (UK)
 - Handling (Austr)
 - Reimbursement (USA)
 - Pool design (UK)

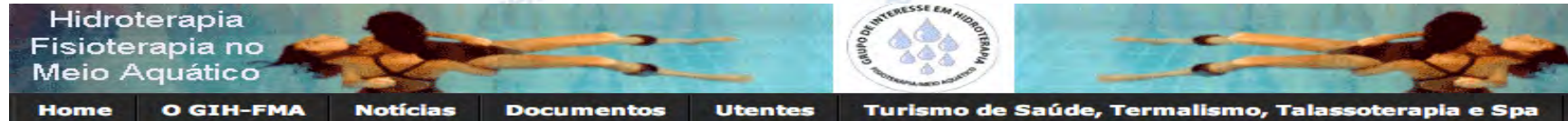


Israel



- Duration
 - 60 academic h class + 40 h clinical practice
- Certificate
 - recognized by The Israel Physiotherapy Association and The Israel Hydrotherapy Organization
- Contents
 - Physics, physiology, pathology related, methods, safety etc, assessment
- Description of competencies exists

Portugal



Four levels of classification, going from level zero to three:

Zero: seminars and specific meetings

One: basic courses

Two: intermediate courses

Three: advanced courses

Switzerland Association IATF



Aim: initiate and develop aquatic therapy worldwide

Therefore the Association has subgroups to comply with developments in various methods and techniques of aquatic therapy:

- International Halliwick® Therapy Network
- Bad Ragaz Ring Method® Network
- Clinical Ai Chi® and Aqua-T-relax groups

IATF conducts and maintains a world-wide network, in cooperation with universities (of applied science) and (inter)national groups of aquatic (physical) therapy

Aquatic Therapy modular course

10 ECTS, 139 contact hours

- Halliwick-Therapy: 58 academic contact hours
- Bad Ragaz Ring Method: 28 h
- Clinical Ai Chi and Aqua-T-relax: 22 h
- Aerobic conditioning: 11 h
- Problem solving: 10 h
- Examination, pre/post course work, blended
- Accreditation as CAS by SUPSI, Switzerland

Competencies

Based on: competence profile of the Dutch PT

- Aquatic Physical Therapist
 - Care provider
 - Assessment, documentation, clinical reasoning, intervention techniques
 - Manager
 - Safety, hygiene, organization
 - Developer of the profession
 - Research, innovation
 - All related to knowledge, skills and attitude

Competencies

IATF educated health professional

- ICF and ICF-CY
- Relevant guidelines, recommendations, classifications
- Physics and physiology (incl connective tissue)
- EBCP, Clinical reasoning
- (Aquatic) clinimetrics
- Specific aquatic techniques and handling skills
- = focus on the care providing role

Aquatic Therapy (sub)groups

listed at www.wcpt.org/apti

- Turkish Physiotherapy Association Aquatherapy
- Associação Brasileira de Fisioterapia Aquática
- Aquatic group, Colegio of Kinesiologos de Chile*
- Faggrupper for Bassinterapi (Denmark)
- Red Mexicana de Terapia Acuatica
- Polish Aquatic Physiotherapy Group
- Liga Portuguesa de Terapia Aquática
- SACP Aquatic Physiotherapy Group (South-Africa)
- IATA- Korea*
- Red Española de Terapia Acuatica* (with 30 ECTS)

*specialist in aquatic therapy, provided by UCLM and URJC

Associations

- International Halliwick Association
 - Member associations
- WABA (Aquatic bodywork concepts)
 - Member associations
- Aquatic Exercise Association



Private institutes

- USA
 - The Aquatic Therapy and Rehabilitation Institute
 - Aquatic Resources Network
- Brazil
 - Hidrovida
 - Aquabrasil



Conclusion

- Many providers of post-graduate aquatic education
- Contents and accreditation not always clear
- Yet common aspects
- Need to establish a core element curriculum with levels of skill/knowledge development
- Need to establish accreditation rules