

## APPENDIX 1

### Patient education competencies in physical therapy (Forbes et al, 2017)

Competency	
1.	Understand the role of patient education
2.	Understand the impact of social, cultural and behavioral variables on patient learning
3.	Understand the principles of adult learning
4.	Integrate evidence based practice into patient education
5.	Seek patient perceptions and concerns using appropriate questioning
6.	Obtain information from the patient assessment to understand learning needs
7.	Utilize reflective questioning
8.	Use shared decision making
9.	Select and use a range of appropriate learning content tailored to the patient
10.	Provide content that is in the best interests of the patient
11.	Use communication styles, language and materials that are tailored to the patient
12.	Effectively explain the patient's condition
13.	Provide self-management education and reinforce patients ability to manage
14.	Provide family or care-givers with information (where present)
15.	Control attention and engagement throughout the educational intervention
16.	Effectively summarize information
17.	Consistently and regularly review progress of patient learning
18.	Use the "teach back" method to evaluate understanding
19.	Identify when educational needs have been met
20.	Recognize and manage barriers to effective education
21.	Continue to develop patient education skills
22.	Provide education within limits of practice, seeking advice or referring to another professional where appropriate