



# Which learning activities enhance physiotherapy practice? Systematic review and meta-analysis.

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## Aim

This systematic review aimed to evaluate which learning activities enhance physiotherapy practice

## Method

Eight databases were searched through to March 2017. Randomised controlled trials evaluating physiotherapy learning activities were included. Risk of bias (PEDro) assessment was completed. Where possible, GRADE and meta-analysis was used to synthesis results.

## Results

7812 records identified



Screening



26 randomised controlled trials



Median PEDro score = 6  
(range 3 to 8)

## Key Findings

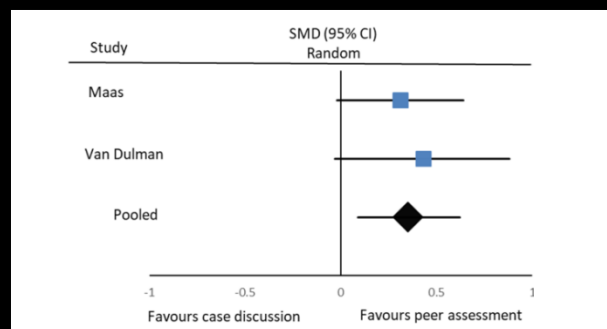
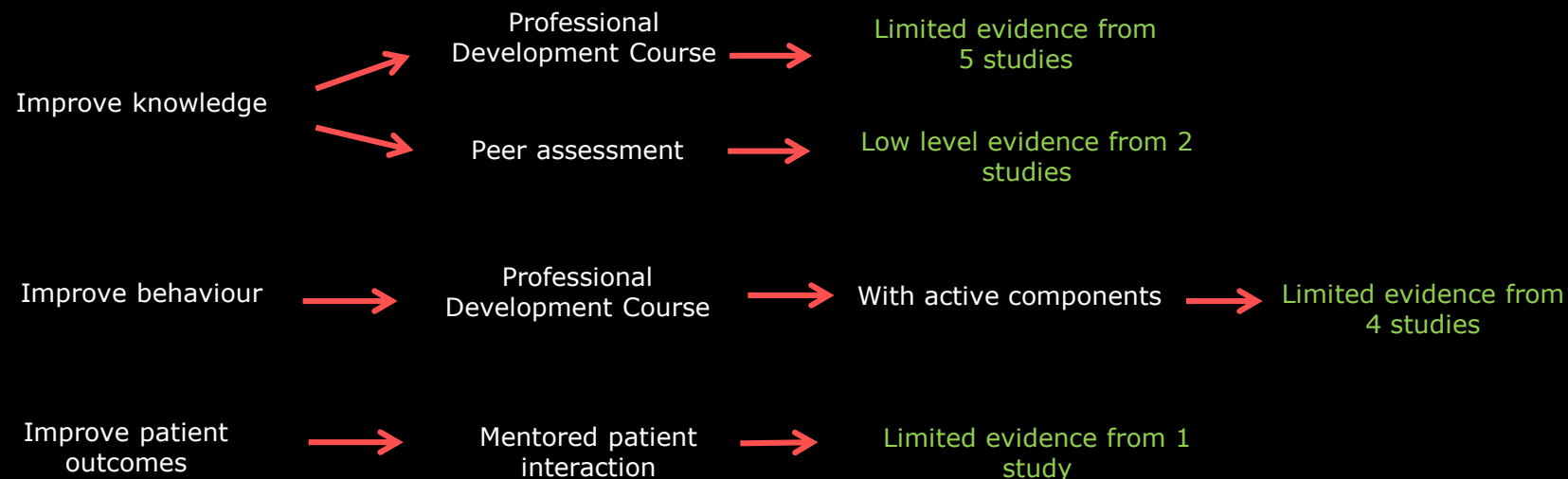


Figure 1. Knowledge: Peer Assessment compared to Group Discussion

## Conclusions

Learning activities which have **active components** appear to be most effective at **driving change** in physiotherapy **behaviour**

**Patient outcomes** were only enhanced when **mentored patient interactions** were combined with a professional development course.

See published protocol at:

<https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-017-0475-x>

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