Chapter 14

The Physiotherapist as a Health Educator

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ABSTRACT

This chapter is devoted to the work of physiotherapists, who must be able to recognize a variety of limitations and contraindications. It presents physiotherapy as a profession and the physical therapist as a professional, a man perfectly prepared to work with the sick and needy and a member of the rehabilitation team (therapeutic) who is therapist-humanist ensuring his patients are treated properly and ethically.

INTRODUCTION

Exercise of trades involving, among other things, close physical relationship with another human being requires a certain predisposition. Important is the ease of contact with the patient, as well as discretion, tact, but especially good knowledge of the needs of others. In addition, knowledge of the principles of ethics has a significant impact on both the proper and improper conduct in the professional role. When this turns out to be a factor in the integration of these principles with the models adopted in practice with patients (Gabard 2003). Respect for human rights in health requires appropriate approach based on the principles of Justice and non-discrimination. The patient should be treated humanely, so that it can be an active, not just passive participant in the process of protection, whether restoring full fitness or health. Declaration adopted by the World Health Organization indicates three ethical principles: respect for human life, focus health services on health, and not primarily on the disease and new ethical perspective (Hebda 2004). And here is the question, as the background of these important moral values creates a profession of physiotherapist?

A physical therapist in a simple definition, is a specialist, which, thanks to the acquired knowledge and your manual skills and technical measures eliminates some disease processes in the body, prevents relapses and progression of diseases and ailments. Performs health massage, helps take care of the

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The Physiotherapist as a Health Educator

health and well-being of patients. Helps in returning to the physical fitness. Deals with the planning and conduct of physical activities and physical therapy treatments. To reliably perform their profession, physical therapists should have a vast knowledge of medicine, especially anatomy. The necessary are also high dexterity and resilience, and physical fitness. Important to physical therapist had to establish good interpersonal relationships, the desire to help and a high personal culture that rely on knowledge of the ethical requirements related to the exercise of the profession of physiotherapist (Kiebzak 2009). Its appropriate professional conduct stems from knowledge of ethics. This is probably a very important aspect, since the practice of physical therapy is deeply embedded in the multidimensional relationships with patients and their families or careers. Briefly summarize the role of the physiotherapist in society comes down not only to have the instrumental expertise, that is, high personal culture, but also require him to conduct humanitarian and ethical (Kenrick 2002). Physiotherapy is interdisciplinary, and therefore requires close interaction of medical specialists physical medicine and physical therapists. That's why education and shaping the nature of future physical therapist is difficult, which are influenced by academics, older experienced physiotherapists, as well as patients. A physical therapist must have a special sense of responsibility for the health of patients, keeping in mind that not only from the doctor, but also from his conscience duties depends on a faster return to health and life of the patient (Gabard 2003). Physical therapist, taking part in the rehabilitation of the patient should keep in mind that its work guided by the main rule: service health and human life. Appropriate therapeutic action by him should be subject to constant analysis and assessment in the context of the ideas of humanism, ethics and cultural achievements of society. In the good of culture contains a berth structure of its creator. Ethical and psychologically the correct behavior of the doctor and physiotherapist is revealed when they value of cultural goods in accordance with the intention of establishing an effective strategy treated (Wojciszke 2004).

The Responsibility of Higher Education for Shaping Appropriate Attitudes

The complexity of the tasks facing the universities requires excellence in management. The development and effective implementation of the processes described in General in the mission, and in more detail in the strategy requires knowledge, experience, but most of all the knowledge of the expectations, both academic, and environment of each University. Modern organized the University is not only a grouping of scholars and researchers. It is primarily the United and open academic community, whose aim is the development of science and education students based on the principles of moral and ethical, with the highest possible quality. The education of students, or future intellectual elites, is tremendously responsible. Of course, this applies to all colleges and all fields of study, however, these specialties, which are directly linked to human health, deserve special attention (Hejwosz 2008). The role of the University is not only ethically appropriate to the training of students. The essence of things is instilling the appropriate attitudes in such a way as to be forwarded. In this chain of ethics the University is the actual health educator to promote not only a healthy lifestyle, but also the training of ethical and responsible professionals of physiotherapy. The person preparing the health educators are required to show them respect, treat them as other students and to offer high-quality education that benefits professional and society (Kenrick 2002). Education of the competent ethical action is not an easy task. The results of many studies show that there is a clear link between the ability of students to resolve conflicts and their ability to deal with practical problems in complicated ambiguous areas of practice. In addition, the ethical issues are included in the perception of students on further than issues related to knowledge about the process of treatment or rehabilitation. Keep in mind that the quality of the relationship the physiotherapist with