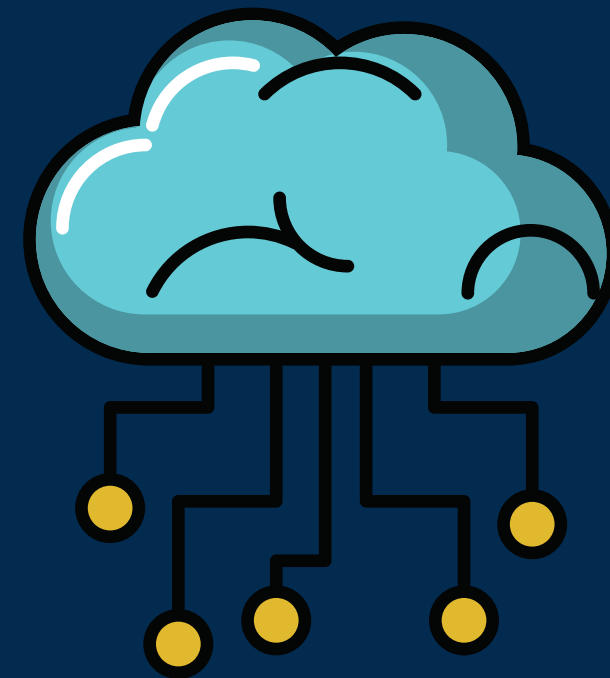


6-Month Research Internship



'Patient reported outcome measures in palliative care; What tools are available to reflect the impact of physiotherapy interventions within the adult population?'

Over the past five months, I have participated in a research internship one day per week, gaining valuable insight into the research process. The flexible structure enabled me to develop research skills and confidence while exploring a topic of personal and professional relevance to support service development within Palliative Care.

RATIONALA

As a physiotherapy service working within Palliative Care we aim to develop a patient experience measure to capture perceptions of therapy interventions. The topic of patient reported outcome/experience is important because these measures provide a direct way to understand whether physiotherapy is improving what matters most in palliative care: the patient's lived experience, not just clinical indicators

RESULTS

- Review has highlighted a dearth of literature investigating physiotherapy specific patient experience/outcome measures used within palliative care.
- The most frequently used outcome measure within multi-disciplinary teams (MDT's) was the iPOS,
- Common theme among the literature is further work needs to focus on patients experience of services to demonstrate their value within this patient group.

METHODOLOGY

- Literature search and review using the 4 W's method to develop a structured search strategy.
- PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) as a guide to reporting.
- Total of 23 articles reviewed to inform the literature review.

REFLECTIONS

- A key learning outcome has been recognising the extent of my own knowledge gaps and the importance of embracing continuous learning.
- This experience has reinforced the value of seeking support, remaining open to new perspectives, and acknowledging that developing research expertise is an ongoing journey.
- These insights will inform my future practice and support others embarking on similar research experiences.

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