



Physiotherapy Regulation in Nepal



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Acknowledgement





Content

- Brief history of physiotherapy in Nepal
- Physiotherapy regulating body
- Current Code of Ethics and revision
- Physiotherapy education
- Minimum requirement for BPT
- Challenges of physiotherapy profession
- Positive steps



Nepal and physiotherapists



- Area = 885 X 193 km.
- Population ~ 29 million.
- 14 zones, 75 districts.
- 1,500 Registered PTs.
- 1 PT per 20,000 people





Physiotherapy (PT) in Nepal – Brief History



- Nurses and health professional were trained in a Government Hospital of Nepal.
- Certificate/ Diploma course (CPT)
 - 1983 – 1990 (*Tribhuvan University*)
 - 2003 – 2010 (*Kathmandu University- KU*).
- CPT upgraded to Bachelor of Physiotherapy in 2010 in KU.



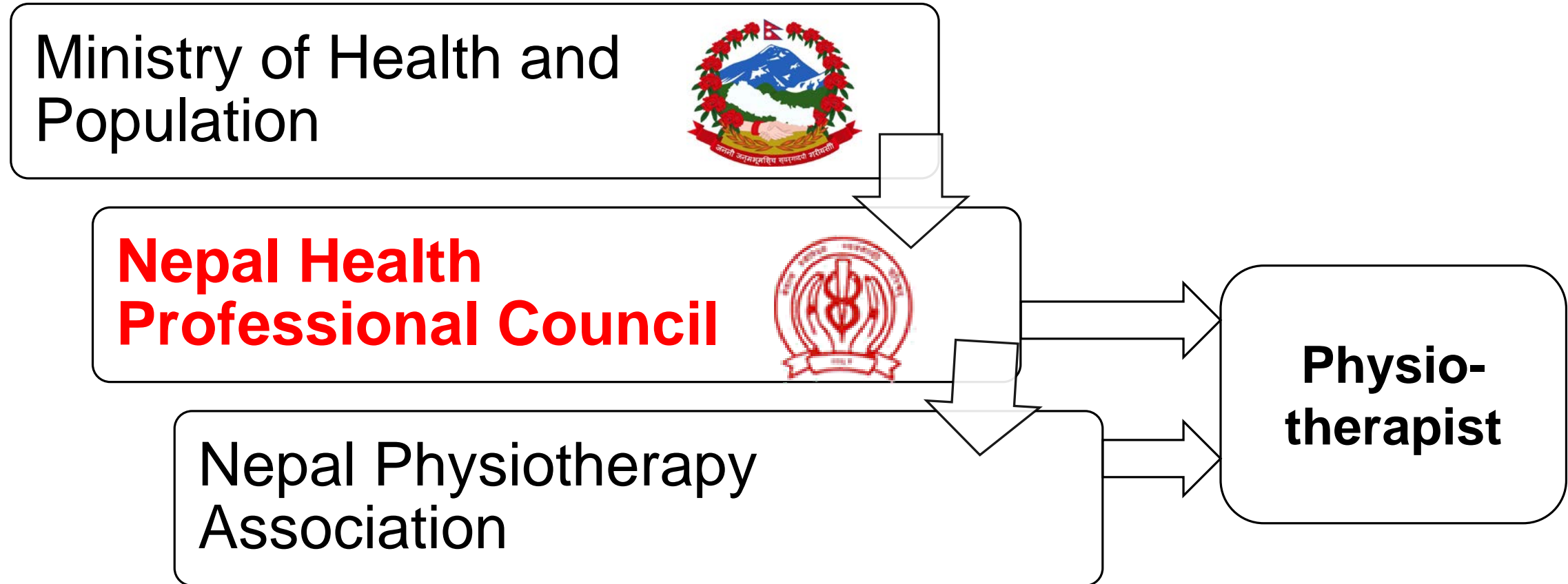
Physiotherapy (PT) in Nepal – Brief History



- Increased awareness of physiotherapy after the 2015 earthquake.
- More job positions in Government hospitals.
- Many proposals to start CPT and BPT courses.
- KU planning to start Master of Physiotherapy.



Regulatory Board





Nepal Health Professional Council (NHPC)



- 1 Chairman, 1 Registrar, 9 Board members (1 PT representative).
- Part time / Extra time work (except registrar = secretary).
- 29 different subjects/ professions including physiotherapy.
- 29 sub-committees for every discipline.
- Total 70 000+ registered members.



How are physios registered in Nepal?

- Tribhuvan University equivalence for BPT, MPT.
- Completion of online form.
- 20 – 40 US Dollars registration charge.
- Document review.
 - *Review duration ~ 1 month.*
 - *Reviewed by 4 Physiotherapists.*
- Certificate issue time ~ 1 month.



Challenges in registration process

- Fake universities → distance education= no clinical placements.
- One university has 100 affiliated PT schools.
- Internship training that cannot be trusted.
- **Solution:** assessment of knowledge and skills.



Upgrading to license exam



- One examination for 29 specialties under NHPC.
- Separate exams for Certificate/ Diploma level, Bachelor and Master of Physiotherapy.
- Skills/ practical examination?



Upgrading to license exam: BPT

Topics	Marks	Weightage
Musculoskeletal physiotherapy	30	60%
Neurology (Including mental health)	15	
Cardiopulmonary and multisystem disorder	15	
Ethics, management and evidence based practice	15	40%
Physiotherapy across life span and across genders (Geriatrics, pediatrics, women's/ men's health)	15	
Community Based Rehabilitation and Health Promotion (Including Exercise prescription)	10	
Total	100	100%



Upgrading to license exam: MPT

	Sub-topics	Marks
Part 1 (50 Marks)	Elective: Specialty subject	50
Part 2 (50 Marks)	Evidence based practice and Research	30
	Ethics and management	10
	General Topics in Physiotherapy	10
	Total	100



Current Code of Ethics for Physiotherapy



- A brief document developed in 2005.
- Mentions the roles of different levels of physiotherapy professional.
 - Level A – Bachelor of Physiotherapy and above (12 + 4.5 years)
 - Level B – Certificate level / Diploma (10 + 3 years)
 - Level C – Physiotherapy Aid (10 + 1 year)
- No significant difference between the level A and B.



Code of Ethics Proposed Revision



- Role of the council
- Definitions of physiotherapy professionals
- **Core competencies**
- Code of ethics
- **Distinct scopes of practice: Level A, B and C**
- **Registration process and re-registration**
- **License examination**
- **Continuing Professional Development activities**



Ethical Principles: Revision

1. Respect and dignity
2. Respect for client autonomy
3. Beneficence
4. Non-maleficence
5. Justice
6. Responsibility
7. Trustworthiness and integrity
8. Professionalism



Ethical Principles: Revision

- Ethical versus unethical practice
- Providing good care
- Autonomy of client and client-centred approach
- Informed consent
- Standards of physiotherapy practice
- Record keeping and confidentiality
- Involvement in research

- Minimizing risk and ensuring practitioner's health
- Maintaining professional performance and ongoing learning
- Professional behavior and practice
- Teaching, supervising and assessing
- Pre-information about service



Physiotherapy Education in Nepal

- Kathmandu University runs the only course - 4.5 years BPT.
- Focus on Research and Evidence Based Practice.
- PT students can learn cultural traits of Nepalese that may contribute to health problems.



Physiotherapy Education: Clinical Placements and Internship



- Outpatient physiotherapy department
- Cardiac, pulmonary rehabilitation
- Intensive care units: CCU, NICU, PICU
- Neuro-rehabilitation including Spinal cord injury
- Surgery: Orthopedic, Cardiac, Neuro and General
- Community based rehabilitation
- Women's health and pediatrics



Minimum requirement to start Bachelor of Physiotherapy



- Revised in 2016 and sent for approval to the council
- Hard to keep balance between high standards and feasibility to start a course
- Unavailability of Professors, Assistant/ assistant professors



Current challenges

- Getting physiotherapists' voice to the board
- Keeping physiotherapy as a priority at the council
- Approving documents of physiotherapy; e.g., code of ethics
- Controlling malpractices
- PT's working beyond the scope of physiotherapy practice
- Conducting license exam
- Controlling students enrollment in fake universities/ institution



Current challenges

- Title – Physiotherapist versus Doctor
- Questions – independent council versus a separate council
- Continuing Professional Development (CPD) activities
 - Collaborating with other experts (high cost associated)
- Decentralizing PT's outside of Kathmandu
- Retaining PTs within the country
 - Pay → \$60 – 350 dollars per month
 - Not enough Government jobs



Positive steps so far....

- Review of the current code of ethics
- Review of minimum standards for starting BPT
- Planned License exam
- Plans for starting Master of Physiotherapy
- More job positions facilitated after Nepal Earthquake 2015



Summary

- Good progress in physiotherapy education and physiotherapy regulation plans.
- Long way to go.
- Dangers of exponential rise in number of physiotherapists.
- Revision of code of ethics, minimum requirement.
- License examination should start soon.
- Need strong implementation plans.



Thank you



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