

Austrian physiotherapists value clinical guidelines, but barriers to implementation remain

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Aim of the study



of the implementation of guideline
recommendations in the
physiotherapeutic management of Urinary
Incontinence (UI) in women in Austria.

Study design/ Method

- Qualitative study: online survey with mainly open-ended questions
- n= 54 Austrian physiotherapists

Results

Facilitators of guideline use

- Scientific evidence base
- Clinical guidance
- Standardization of care
- Patient- centered care
- Communication and interprofessional exchange
- Enhanced knowledge

Barriers to guideline use

- Lack of knowledge
- Time constraints
- Need for individualization and flexibility
- Reliance on clinical experience
- Selective use of guideline components

Recommendations for future practice

- Early and greater awareness of guideline relevance
- More physiotherapy-specific guidelines
- Clearer treatment recommendations
- Improved applicability and clinical implementation

Clinical guidelines provide valuable guidance and support for both early-career and experienced physiotherapists.