

PSIO 5006/7012 Physiotherapy Management of Long Term Conditions (Semester 1 and 2)

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This is the reading list for the 2nd year Long term conditions module on the BSc and MSc Physiotherapy programmes

65 items

Long-term conditions: a guide for nurses and healthcare professionals - Sue Randall, Helen Ford, 2011

[Book](#) | **Essential**

Managing long-term conditions and chronic illness in primary care: a guide to good practice - Judith Carrier, 2016

[Book](#) | **Essential**

Enquiry 1 - What are long term conditions? (11 items)

Long-term conditions: a guide for nurses and healthcare professionals - Sue Randall, Helen Ford, 2011

[Book](#) | **Essential** | Chapter 5 is your essential pre-reading to complete prior to Monday of Week 1.

You will also find chapters 6 and 8 useful for this enquiry

Managing long-term conditions and chronic illness in primary care: a guide to good practice - Judith Carrier, 2016

[Book](#) | **Recommended** | Chapters 1-5 are recommended as being relevant to this enquiry

The NHS Long Term Plan - NHS, 2019

[Document](#) | **Optional**

Improving care for people with long term conditions: A review of UK and international frameworks

[Document](#) | **Optional** | Good overview of different care models for LTC management

Delivering better services for people with long term conditions - Angela Coulter, Sue Roberts, Anna Dixon, 2013

[Document](#) | **Optional** | Kings Fund paper describing the house of care model

Our declaration: Person-centred care for long term conditions - England NHS, 2015

[Document](#) | **Optional** | Declaration of patient expectations for commissioning of person-centred long term condition services

Telehealthcare for long term conditions - S. McLean, D. Protti, A. Sheikh, 2011-02-03

[Article](#) | **Optional** | Overview of telehealthcare

Effect of telehealth on use of secondary care and mortality: findings from the Whole System Demonstrator cluster randomised trial - A. Steventon, M. Bardsley, J. Billings, J. Dixon, H. Doll, S. Hirani, M. Cartwright, L. Rixon, M. Knapp, C. Henderson, A. Rogers, R. Fitzpatrick, J. Hendy, S. Newman, 2012-06-21

Article | **Optional**

Motivational interviewing: helping people change - William R. Miller, Stephen Rollnick, 2013

Book | **Optional** | Additional reading on motivational interviewing

Co-ordinated care for people with complex chronic conditions - Nick Goodwin, Lara Sonola, Veronika Theil, Dennis Kodner, 2013

Document | **Optional** | Kings fund paper on coordinating care for complex and multiple long term conditions

Avoiding hospital admissions: What does the research evidence say? - Sarah Purdy

Document | **Optional** | Kings Fund report on the effectiveness of case management and admission avoidance services

Enquiry 2 -Chronic low back pain (13 items)

Low back pain and sciatica in over 16s: assessment and management | Guidance and guidelines | NICE

Article | **Recommended**

Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis of randomised controlled trials - Angela Searle, Martin Spink, Alan Ho, Vivienne Chuter, 2015-12

Article | **Essential** | Pre-reading for Practical on Monday of Week 4

Which Pain Rehabilitation Programme Should Patients With Chronic Back Pain Attend? – A Practical Example of a Service Evaluation Based Upon Implementing Research Findings into Clinical Practice - Karen Barker, Leila Heelas, Elaine Buchanan, Fran Toye, 2014/09/08

Article | **Recommended** | Recommended reading for the Practical on Monday of Week 4

Patients' experiences of chronic non-malignant musculoskeletal pain: a qualitative systematic review - Francine Toye, Kate Seers, Nick Allcock, Michelle Briggs, Eloise Carr, JoyAnn Andrews, Karen Barker, 2013-12-01

Article | **Essential** | Essential reading for MSc students for Wednesday of Week 4

It's time for change with the management of non-specific chronic low back pain - Peter O'Sullivan, 2012-03

Article | **Recommended**

Beliefs underlying pain-related fear and how they evolve: a qualitative investigation in people with chronic back pain and high pain-related fear - Samantha Bunzli, Anne Smith, Robert Schütze, Peter O'Sullivan, 2015-10

Article | **Recommended**

A new direction for the fear avoidance model? - Lorimer Moseley**Article** | Recommended**Red flags: a guide to identifying serious pathology of the spine** - Susan Greenhalgh, James Selfe, 2006**Book** | **Optional** | Additional resource available in the library for further reading**Explain pain** - David S. Butler, G. Lorimer Moseley, 2003**Book** | **Optional** | Additional resource available in the library for further reading**Topical issues in pain: science and management ; Fear-avoidance beliefs and behaviour, 1: Whiplash** - Louis Gifford, Physiotherapy Pain Association, 1998**Book** | **Optional** | Additional resource available in the library for further reading**Topical issues in pain: 2: Biopsychosocial assessment and management ; Relationships and pain** - Louis Gifford, Physiotherapy Pain Association, 2000**Book** | **Optional** | Additional resource available in the library for further reading**Functional anatomy of the spine** - Alison Middleditch, Jean Oliver, 2005**Book** | **Optional** | Additional resource available in the library for further reading**Clinical anatomy of the lumbar spine and sacrum** - Nikolai Bogduk, 2005**Book** | **Optional** | Additional resource available in the library for further reading**Enquiry 3 - Long term conditions in children and young adults** (7 items)**The concise guide to physiotherapy: Volume 1: Assessment** - Tim Ainslie, 2012**Book** | **Essential** | Chapter 5 Community Paediatrics is relevant to this enquiry
Pages 75 to 84 will help to plan your patient's subjective assessment**The Concise Guide to Physiotherapy - Volume 2 - E-Book** - Tim Ainslie, 2012**Book** | **Recommended** | Chapter 5 - Community paediatrics - has treatment and management ideas relevant to this enquiry**Cerebral palsy** - Allan Colver, Charles Fairhurst, Peter O D Pharoah, 2014-04**Article** | **Recommended** | Recent overview of cerebral palsy from a medical perspective**From Birth to Five Years: Children's Developmental Progress** - Ajay Sharma, Mary D. Sheridan, Helen Cockerill, 2007**Book** | **Recommended** | Excellent overview of normal childhood development**Physiotherapy for children** - Teresa E. Pountney, 2007**Book** | **Optional** | Good overview textbook of paediatric physiotherapy covering neurological, musculoskeletal, cardiorespiratory, oncology and mental health conditions**Prognosis for Gross Motor Function in Cerebral Palsy** - Peter L. Rosenbaum, Stephen D. Walter, Steven E. Hanna, Robert J. Palisano, Dianne J. Russell, Parminder Raina, Ellen Wood, Doreen J. Bartlett, Barbara E. Galuppi, 2002-09-18

Article | **Optional** | Original research paper establishing the GMFM motor growth curves

What Do We Really Know About the Transition to Adult-Centered Health Care? A Focus on Cerebral Palsy and Spina Bifida - Jessie A. Binks, Wendy S. Barden, Tricia A. Burke, Nancy L. Young, 2007-08

Article | **Optional** | Good overview of barriers and facilitators to transitioning from children's to adult services

Enquiry 4 - Long term neurological conditions (10 items)

Systematic Review: The Effectiveness of Interventions to Reduce Falls and Improve Balance in Adults With Multiple Sclerosis - Hilary Gunn, Sophie Markevics, Bernhard Haas, Jonathan Marsden, Jennifer Freeman, 2015-10

Article | **Essential** | Essential reading for Wednesday Week 9 (also BSc students for U43744 session on Friday Week 9)

Physical management for neurological conditions - 2018

Book | **Recommended** | Chapter 10: Multiple sclerosis and Chapter 11: Parkinson's disease provide useful overviews for this enquiry

Postural orientation and equilibrium: what do we need to know about neural control of balance to prevent falls? - Fay B. Horak, 2006-09-01

Article | **Recommended** | Very useful discussion of the components of balance

What is balance? - Alexandra S Pollock, Brian R Durward, Philip J Rowe, John P Paul, 2000-08

Article | **Recommended** | Simple overview of balance

Using the Systems Framework for Postural Control to Analyze the Components of Balance Evaluated in Standardized Balance Measures: A Scoping Review - Kathryn M. Sibley, Marla K. Beauchamp, Karen Van Ooteghem, Sharon E. Straus, Susan B. Jaglal, 2015-01

Article | **Recommended** | Review of balance outcome measures using the systems framework

The Balance Evaluation Systems Test (BESTest) to Differentiate Balance Deficits - Fay B Horak, 2009

Article | **Optional** | Validation paper for the BESTest outcome measure

Multiple Sclerosis: Current Knowledge and Future Outlook - Christian P. Kamm, Bernard M. Uitdehaag, Chris H. Polman, 2014

Article | **Optional** | Medically focused review of MS pathophysiology and management

Translating the NICE and NSF guidance into practice: a guide for physiotherapists - MS Society

Document | **Optional** | MS Society produced guide for physiotherapists on following MS guidelines

Interventions for preventing falls in older people living in the community - Lesley D

Gillespie, M Clare Robertson, William J Gillespie, Catherine Sherrington, Simon Gates, Lindy M Clemson, Sarah E Lamb

Article | **Optional** | Cochrane systematic review of interventions to reduce falls risk in community dwelling older people

Exercise to prevent falls in older adults: an updated systematic review and meta-analysis -

Catherine Sherrington, Zoe A Michaleff, Nicola Fairhall, Serene S Paul, Anne Tiedemann, Julie Whitney, Robert G Cumming, Robert D Herbert, Jacqueline C T Close, Stephen R Lord, 2017-12

Article | **Optional** | Updated review of exercise interventions to reduce falls in older people

Enquiry 5 - Dementia (6 items)

Cognitive status and ambulation in geriatric rehabilitation: Walking without thinking? -

Robert A. Ruchinskias, Hedy K. Singer, Nancy K. Repetz, 2000-9

Article | **Essential** | Essential pre-reading for session on Monday 25th November for students in groups Hydro 1 & Hydro 2

The association between cognitive impairment and functional outcome in hospitalised older patients: a systematic review and meta-analysis -

Peter Hartley, Nathalie Gibbins, Amanda Saunders, Kerry Alexander, Eimear Conroy, Rebecca Dixon, Joseph Lang, Jasmine Lockett, Tim Luddington, Roman Romero-Ortuno, 2017-01-23

Article | **Essential** | Essential pre-reading for session on Monday 25th November for students in groups Hydro 3 & Hydro 4

Clinical features and multidisciplinary approaches to dementia care - Jacob HG Grand, 2011

Article | **Recommended** | Excellent summary of dementia clinical features and management

Exercise programs for people with dementia - Dorothy Forbes, Scott C Forbes, Catherine M Blake, Emily J Thiessen, Sean Forbes

Chapter | **Recommended** | Updated version of Cochrane review referred to in seminar of exercise interventions for people with dementia

Facilitating the Use of Implicit Memory and Learning in the Physical Therapy Management of Individuals With Alzheimer Disease -

Laura White, Matthew P. Ford, Cynthia J. Brown, Claire Peel, Kristen L. Triebel, 2014

Article | **Recommended** | Examples of applying implicit learning in physiotherapy practice with people with dementia

“They’re just going to get worse anyway”: perspectives on rehabilitation for nursing home residents with dementia - Tammy L. Hopper, 2003-9

Article | **Recommended** | Discussion of an implicit learning approach in dementia from a speech and language perspective

Enquiry 6 - Palliative care (5 items)

The concise guide to physiotherapy: Volume 1: Assessment - Tim Ainslie, 2012

Book | **Recommended** | Chapter 15 looks at assessment in oncology and palliative care settings

The Concise Guide to Physiotherapy - Volume 2 - E-Book - Tim Ainslie, 2012

Book | **Recommended** | Chapter 15 looks at physiotherapy management in oncology and palliative care settings

Palliative care: an integrated approach - Jenny Buckley, 2008

Book | **Optional**

Handbook of palliative care - 2012

Book | **Optional**

Capacity, care planning and advance care planning in life limiting illness: A guide for Health and Social Care staff

Document | **Optional**

Enquiry 7 - Chronic neck pain (5 items)

Musculoskeletal examination and assessment: a handbook for therapists - 2018

Book | **Recommended** | This is the later 5th edition of Petty's 2011 Neuromusculoskeletal text

Neuromusculoskeletal examination and assessment - Nicola J. Petty, 2011

Book | **Recommended** | Chapters 6 and 7 provide a thorough overview of cervical assessment

Maitland's vertebral manipulation: management of neuromusculoskeletal disorders, Volume 1 - G. D. Maitland, 2014

Book | **Recommended** | Chapter 4 looks at management of cervical spine disorders from a Maitland concept manual therapy perspective

The Mulligan concept of manual therapy: textbook of techniques - Wayne Hing, Toby Hall, Darren A. Rivett, Bill Vicenzino, Brian R. Mulligan, 2016

Book | **Optional** | Chapters 1-3 look at managing cervical spine disorders from a Mulligan manual therapy perspective

PPIVMs of the cervical spine

Webpage | **Recommended** | Useful eLearning package on PPIVMs in the cervical spine

Enquiry 8 - Physiotherapy in mental health (2 items)

Physical Exercise Interventions for Mental Health - 2016

Book

The concise guide to physiotherapy: Volume 2: Treatment - Tim Ainslie, 2012**Book****Hydrotherapy** (4 items)**The Concise Guide to Physiotherapy - Volume 2 - E-Book** - Tim Ainslie, 2012**Book****Essential** | Pre-reading before your hydrotherapy session:

Ankylosing spondylitis - Chapter 15 pages 365-370

Aquatic therapy - Chapter 3 pages 55-73

AS aquatic therapy case study - Chapter 3 pages 81-82

Effect of aquatic exercise on ankylosing spondylitis: a randomized controlled trial - U.

Dundar, O. Solak, H. Toktas, U. S. Demirdal, V. Subasi, V. Kavuncu, D. Evcik, 2014-11

Article**Essential** | RCT of aquatic therapy compared to home exercise programme**Exercise for ankylosing spondylitis: An evidence-based consensus statement** - Janet R.

Millner, John S. Barron, Kirsty M. Beinke, Rachael H. Butterworth, Briony E. Chasle, Lindsay J. Dutton, Margaret A. Lewington, Errol GS. Lim, Tony B. Morley, Jennie E. O'Reilly, Kathryn A. Pickering, Tania Winzenberg, Jane Zochling, 2016-02

Article**Optional** | Consensus statement on exercise for AS**Bath Ankylosing Spondylitis Metrology Index (BASMI) overview****Document****Optional** | Info on how to complete and calculate the BASMI outcome measure