



THE LEADING KNOWLEDGE FORUM IN PHYSIOTHERAPY HIGHER EDUCATION
IN EUROPE. A HOME FOR EDUCATORS, STUDENTS AND PROFESSIONALS.

INTERNATIONAL COMPETENCES IN PHYSIOTHERAPY

Modified Model of International Competence (Nuffic, 2020)

ENPHE THEMATIC WORKING GROUP:
INTERNATIONALISATION

INTERNATIONAL COMPETENCES IN PHYSIOTHERAPY

Internationalisation is not a goal. It is a means to prepare physiotherapy students for learning, living and working in an intercultural society and an international context

Due to migration, increasing mobility and technological developments, our living and working environments have become increasingly diverse. Nowadays, we are regularly in contact with people from different linguistic and cultural backgrounds. Physiotherapists cooperate with a diverse patient population, participate in international research and practice and learn from and with a global physiotherapy (and allied health care) community. An international experience (at home or abroad) is often linked to gaining competences for global citizenship.

In the context of internationalisation we call this **international competences**, which refer to three overarching learning outcomes that students can obtain through international activities:

- **Intercultural competence:** Students have the knowledge, attitudes and skills that enable them to successfully interact with people from diverse (linguistic and cultural) backgrounds.
- **International orientation:** Students are informed about and engaged with, international organisations, topics and perspectives on:
 - societal and global issues, such as human rights, global health, inclusion, refugees, climate change and supranational institutions as the United Nations (Sustainable Development Goals) and the World Health Organization.
 - disciplines and professions, such as international knowledge and perspectives on health care and the Physiotherapy profession, aligned with World Physiotherapy.
- **Personal qualities:** An international experience can contribute to personal development and growth, such as becoming more independent, self-aware, flexible and adaptable. These competences are not merely acquired through international contexts. However, they can be enhanced through such an experience and contribute to the success of an international experience.

Internationalisation of education means integrating an international dimension into the learning environment or learning content and gives each student the opportunity to acquire international competences that are key to learning, living and working in an intercultural society and an international context.

INTERNATIONAL COMPETENCES

INTERCULTURAL COMPETENCE



ATTITUDES

- To be aware of own biases and open for perspectives of others (cultural humility)
- To strive to understand each other & motivated to find a common way of communicating (e.g. interpreter)
- To interact respectfully when treating patients according to social and cultural norms of physical contact & interaction.
- To be open to & interested in different illness perceptions of the patient and beliefs about health



KNOWLEDGE OF (cultural) DIFFERENCES IN

- Communication
- Health care systems & the role of physiotherapist
- Health and illness perceptions
- Norms of physical contact and interaction



SKILLS; including cultural norms & values when:

- creating an open and respectful environment
- fostering the relationship
- adjusting communication
- gathering & providing information
- applying the principles of Shared Decision Making (SDM)
- managing differences
- dealing with uncertainty and ambiguity



INTERNATIONAL ORIENTATION



ORIENTATION TOWARDS SOCIETY AND THE WORLD

- Awareness of global citizenship and its corresponding rights and responsibilities.
- Familiarity with supranational institutions such as the European Union, the United Nations, and the World Health Organization
- Engagement with societal and global issues, such as human rights, inclusion, migration, climate change and the SDG's



ORIENTATION TOWARDS THE PROFESSION

- To collect and share international knowledge and perspectives on health care and the Physiotherapy profession, supported by World Physiotherapy
- To stay informed and updated on international practices and developments
- To use (worldwide) international information, sources and resources.
- To understand, evaluate and apply perspectives and practices from an international or intercultural frame of reference.



PERSONAL QUALITIES

- | | | |
|--------------------------|------------------|-----------------------|
| ○ Self-awareness | ○ Responsibility | ○ Independence |
| ○ Self-reflection | ○ Adaptability | ○ Perseverance |
| ○ Self-confidence | ○ Flexibility | ○ Resilience |
| ○ Self-reliance | ○ Creativity | ○ Patience |
| ○ Problem-solving skills | ○ Empathy | ○ Critical thinking |
| ○ Entrepreneurial skills | ○ Curiosity | ○ Tolerance to stress |