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Short Communication

Clinical Reasoning: The Cornerstone of Physiotherapy Practice.

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The foundation of practice in physical therapy is clinical reasoning, or clinical decision making. Clinical reasoning (CR) is the study of professional practice reasoning and decision-making. Physiotherapists and other health professionals frequently refer to this as a fundamental ability for both problem-solving and building rapport with patients.

Clinical reasoning, broadly speaking, describes the reasoning and choices made by medical professionals that direct their day-to-day work [8]. Clinical reasoning in physical therapy is understood as a contextual, cognitive, psychomotor, and affective process that involves the patient and the therapist and incorporates a biopsychosocial approach to patient management. Students should be able to integrate behavioral and psychosocial aspects into their clinical reasoning, as physical therapists need to.

Clinical reasoning is a multifaceted process which helps in clinical decision making and sometime the two terms are used synonymously. And the steps involved in clinical decision making include. Clinical decision making is a cyclical process that ensures that each patient receives tailored care. The cycle of clinical decision making is as

- Comprehensive Assessment: The comprehensive assessment of patients is the foundation of clinical reasoning.
- collecting information (patient history) or cue acquisition. The patient's history lays the basis of the further assessment.
- Process information: the data collected needs to be processed in relation to pathophysiological and pharmacological patterns.
- Identify problems which involve making definitive diagnosis based on the collected information and other relevant examinations. The problem identification may not always be making definitive diagnosis but may involve making possible diagnosis initially.
- Establish goals: these goals are set to resolve the problems and improve patient's problems.
- Take action: (Plan of treatment) after identifying the problems and establishing the goals a clinician needs to take actions based on the different treatments available.
- Evaluate outcomes: to evaluate the effectiveness of treatment.
- Reflect and process new learning.

Benefits of clinical reasoning in physiotherapy

Personalized Care: By tailoring treatment plans to each patient's unique requirements and objectives, clinical reasoning enables improved results and increased patient satisfaction.

Improved Results: Physiotherapists can attain better clinical results, shorten recovery times, and increase functionality by combining evidence-based practices with clinical knowledge.

Professional Development: Applying clinical reasoning to one's work helps physiotherapists stay up to date with industry advancements and improve their skills.

Patient safety: By identifying and responding to warning signs, healthcare providers can make sure that patients receive timely, appropriate care, protecting their health.

Efficiency: The care process is streamlined and becomes more economical and efficient when there is effective clinical reasoning.

Conclusion

These clinical reasoning skills may encompass strategies from making clinical diagnosis to the management of patients. The therapist need to be well equipped with the knowledge and the clinical skills to be better clinicians with excellent skills of clinical reasoning.