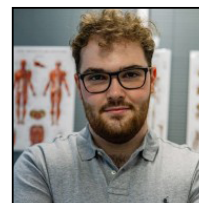


Is motivation an area which should be focused on in current clinical practise?

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Abstract

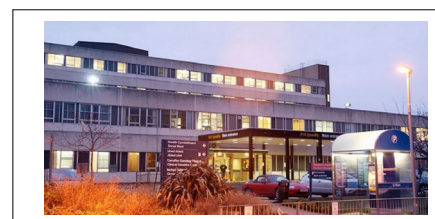
Motivation is a complex aspect of rehabilitation. As physiotherapists, we engage our service users with goal-setting, and presume a patient-centred approach is being carried out. When in reality, goal-setting is not successful with all service users, and does not comply with motivational theory.

Motivation is broken down into a paradigm made up of three main aspects: amotivation, extrinsic motivation, and intrinsic motivation as described by authors Deci, and Ryan (Health Psychologists). Within this paradigm, there is focus on how to improve motivation levels using variant methods such as rewards, positive thinking and reinforcing progression made. So, the real question is: How do we integrate motivation into current physiotherapy practise?

Throughout this presentation we will be exploring the theory behind motivation, with a particular focus on the self-determination theory. Firstly, we will explore how motivation is affected by personal traits, and behaviours. Secondly, we will discuss how motivation has been attempted to be measured in practise, and how it has been used in outcome measures. Finally, we will identify how motivation is important in rehabilitation, and how it can be integrated into rehabilitation. This will take a particular focus on treatment methods, and service user responses post-treatment.

Biography

Alex Wharton is a clinical physiotherapist. He has a mixed background working in sport, inpatients, and private services. His main interest is behavioral medicine, and how it is integrated into everyday practice. He is a clinical physiotherapist with a strong interest in behavioral medicine.



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