

‘Improving rehabilitation - the need for theories – but which one and how do we apply it?’

Masterclass 26th September 2019

There is an increasing focus on theory in relation to rehabilitation research, evaluation and education. We need theories to drive knowledge and practice in rehabilitation forward. Theories must be used and explicated when developing, piloting, implementing and evaluating rehabilitation interventions and in relation to identifying and describing rehabilitation practice. According to Wade, ‘we need to have a logically consistent, clear model or set of models or theories to form the foundations of rehabilitation.’

The need for explicit theories is further emphasized in several guidelines guiding intervention development, evaluation and research, such as the *Medical Research Council (MRC) guideline* about complex interventions and the *Logic Model Development guideline* from the Kellogg Foundation. The TIDieR checklist also requires researchers to describe the theories used in order to explain the expected mechanisms of their intervention.

Several types of theories are required in rehabilitation. According to Wade, three types of theories are needed: 1) one needs to relate “to illness and disability, explaining how activity limitation arises and thus what factors might be treated”; 2) one needs to relate to the processes and organization of rehabilitation; and 3) one needs to explain how behaviour is changed. Other authors might suggest other types of theories, models or frameworks; with it being difficult to know which is best or how they should be applied.

At this masterclass / seminar we want to discuss the use of theories in rehabilitation research and evaluation. More specific, we want to discuss which types of theories are required in different fields of rehabilitation practice, how are theories identified and chosen, and how are they applied when developing complex rehabilitation interventions (e.g. following MRC-guidelines), or when planning a (theory-driven) process evaluation.

The day (10 am – 15.00pm) will be made up of lectures, interactive practical sessions and discussion sessions.

We invite PhD students, master students and researchers from rehabilitation and public health and teachers from the bachelor’s degree programme in Physiotherapy, Occupational Therapy and Nursing to take part.

The master class will be held at DEFACTUM, Aarhus in collaboration with REHPA and Master of Rehabilitation (SDU).