

Current Practice of In-Home Physiotherapy in Switzerland: A National Cross-Sectional Online Survey

The questionnaire is available in French, German, and Italian. To change the language of the questionnaire, please click at the top right of this page.

A national survey is conducted using an online questionnaire to identify the characteristics of physiotherapists practicing at home, explore their working environment, evaluate their job satisfaction, and highlight their professional needs.

To participate in the survey, you must have been practicing in-home physiotherapy for at least one year and perform at least three in-home therapies per week. It will take about 20 minutes to complete the questionnaire. You can complete the questionnaire in multiple sessions by clicking "Save and return later." You will then receive a code allowing you to resume the questionnaire at your convenience.

Thank you for your interest in our study, and we invite you to complete the questionnaire below.

Thank you in advance for your participation in this survey!

If you have any questions, do not hesitate to contact us at the following address: lauriane.rime@students.bfh.ch.

Inclusion criteria:

Do you practice in-home physiotherapy in Switzerland for at least one year?

- Yes
- No

Do you perform at least three in-home therapies per week?

- Yes
- No

A. Demographic Information

Please indicate your age (in years):

Please indicate your gender:

- Female
- Male
- Other

Year of obtaining the physiotherapy degree (Bachelor of Science (BSc) or equivalent qualification):

Country of training:

- Switzerland
- Other

If other, please specify:

Number of years of practice as a physiotherapist:

Number of years practicing in-home physiotherapy:

In which canton(s) do you practice in-home physiotherapy?

- Appenzell Ausserrhoden
- Appenzell Innerrhoden
- Aargau
- Basel-Landschaft
- Basel-Stadt
- Bern
- Fribourg
- Geneva
- Glarus
- Graubünden
- Jura
- Lucerne
- Neuchâtel
- Nidwalden
- Obwalden
- St. Gallen
- Schaffhausen
- Schwyz
- Solothurn
- Ticino
- Thurgau
- Uri
- Valais
- Vaud
- Zug
- Zurich

In which areas do you practice in-home physiotherapy?

- Urban

- Rural
- Mountainous

What is your current employment status?

- Employed
- Self-employed
- Both employed and self-employed

In which work settings do you currently practice physiotherapy?

- In-home
- Practice
- Hospital
- Rehabilitation clinic
- Private clinic
- Nursing home
- Other(s)

Please specify:

What is your total work rate as a physiotherapist? (in percentage)

How many in-home therapies do you perform on average per week? (in number)

How often do you conduct in-home sessions within the following treatment durations?

	Never	Sometimes (<50% of your therapies)	Regularly (50- 75% of your therapies)	Very Often (>75% of your therapies)
≤ 20 minutes				
21-30 minutes				
31-45 minutes				
46-60 minutes				
> 60 minutes				

What is/are your current domain(s) of practice?

- Orthopaedics/Musculoskeletal
- Neurology
- Cardiorespiratory
- Geriatrics
- Oncology
- Palliative care
- Paediatrics

- Sports
- Urogynaecology
- Wellness/Ergonomics/Prevention
- Other(s)

Please specify:

What is your highest level of education?

- Bachelor of Science (BSc) or equivalent qualification
- Master of Science (MSc)
- PhD

Have you completed post-graduate education in physiotherapy?

- No
- Yes

Please specify the type of post-graduate education:

- CAS (Certificate of Advanced Studies)
- DAS (Diploma of Advanced Studies)
- MAS (Master of Advanced Studies)
- Other(s)

Title of CAS:

Title of DAS:

Title of MAS:

Title of other post-graduate education:

B. Patients, Professional Collaboration, and Working Environment

How often do you deal with issues of the following domains during home interventions?

	Never	Sometimes (<50% of your patients)	Regularly (50- 75% of your patients)	Very Often (>75% of your patients)
Orthopaedics/ Musculoskeletal				
Neurology				
Cardiorespiratory				
Geriatrics				
Oncology				

Palliative care				
Paediatrics				
Sports				
Urogynaecology				
Wellness / Ergonomics / Prevention				

How often do you treat patients from the following age categories during home interventions?

	Never	Sometimes (<50% of your patients)	Regularly (50- 75% of your patients)	Very Often (>75% of your patients)
0-10 years				
11-19 years				
20-49 years				
50-64 years				
65-79 years				
80 years +				

How often do you involve caregivers in your home interventions?

- Never
- Sometimes (<50% of your patients)
- Regularly (50-75% of your patients)
- Very often (>75% of your patients)

How often are the referrals for in-home physiotherapy treatment received from the following categories of physicians?

	Never	Sometimes (<50% of your patients)	Regularly (50- 75% of your patients)	Very Often (>75% of your patients)
Doctor working in hospital				
Doctor working in a rehabilitation clinic				
General practitioner				
Geriatrician				
Paediatrician				

Neurologist				
Cardiologist				
Pulmonologist				
Oncologist				
Chiropractor				

Do you receive prescriptions from other physician categories not listed above?

- No
- Yes
If yes, please specify:

Which professionals do you collaborate with in your homecare practice?

- Physiotherapists
- Physicians
- Occupational therapists
- Nurses
- Community health and care assistants
- Dieticians
- Psychologists
- Social workers

How often do you work with physiotherapists?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with physiotherapists?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with physiotherapists?

- Requesting the professional to intervene with a patient

- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with physicians?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with physicians?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with physicians?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with occupational therapists?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with occupational therapists?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record

- Other

Please specify:

What types of collaboration do you have with occupational therapists?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with nurses?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with nurses?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with nurses?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with community health and care assistants?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with community health and care assistants?

- Phone

- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with community health and care assistants?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with dietitians?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with dietitians?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with dietitians?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with psychologists?

- Sometimes (for < 50% of cases)

- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with psychologists?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with psychologists?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy
- Other(s)

Please specify:

How often do you work with social workers?

- Sometimes (for < 50% of cases)
- Regularly (for 50-75% of cases)
- Very often (for >75% of cases)

How do you communicate with social workers?

- Phone
- Email
- Face-to-face
- Official electronic health record (EHR)
- Other electronic patient record
- Other

Please specify:

What types of collaboration do you have with social workers?

- Requesting the professional to intervene with a patient
- Exchange of information and knowledge
- Co-therapy

- Other(s)

Please specify:

Do you have access to specific medical information necessary for managing patients at home (e.g., patient health history, primary and secondary diagnoses, list of medications)?

- Yes
- No

Please specify the form:

Do you keep written records of your therapeutic care for patients?

- Yes
- No

Please specify the form:

- Paper
- Electronic

Are your records accessible to other healthcare professionals?

- Yes
- No

Please specify who has access:

- Physiotherapists
- Physicians
- Occupational therapists
- Nurses
- Community health and care assistants
- Dietitians
- Other(s):

Please specify:

Which sources of information do you use when you have doubts about managing a patient at home?

	Never	Sometimes (< 50% of cases)	Regularly (50-75% of cases)	Very often (> 75% of cases)
Colleagues/peers				
Scientific literature				

Documentation received during basic training				
Physicians				

Do you use other sources of information not mentioned above when you have doubts about managing a patient at home?

- Yes
- No

If yes, please specify:

Do you actively participate in a network or program specific to in-home physiotherapy in your region or canton?

- Yes
- No

If yes, please describe this network/program:

Do you bring equipment when visiting patients' homes?

- Yes
- No

What equipment do you bring to patients' homes?

- Walking aids
- Muscle strengthening equipment (e.g., theraband)
- Balance, proprioception, and coordination training equipment
- Respiratory physiotherapy equipment
- Other

Please specify:

What mean(s) of transport do you use to travel to patients' homes?

- On foot
- Regular bicycle
- Electric bicycle
- Public transport
- Petrol/diesel car
- Electric car
- Petrol/diesel scooter/motorcycle
- Electric scooter/motorcycle
- Other

Please specify:

How often do you travel the following distances when commuting from your home/workplace to a patient's home or between two patients' homes?

	Never	Sometimes (< 50% of trips)	Regularly (50-75% of trips)	Very often (>75% of trips)
0-2 km				
3-5 km				
6-10 km				
11-15 km				
>15 km				

Do you supervise physiotherapy students as part of your in-home practice?

- Yes
- No

Do you believe physiotherapy students acquire sufficient skills during their studies to manage home-based patient care?

- Yes
- No
- I don't know

How often do you encounter the following difficulties during your home-based patient care?

	Never	Sometimes (<50% of therapies)	Regularly (50-75% of therapies)	Very often (>75% of therapies)
Intrusive interference in the patient's private sphere				
Intrusive interference in the family's private sphere				
Poor ergonomics				
Lack of space at the patient's home for therapy				
Poor hygiene at the patient's home				
Lack of therapy equipment				

Patient's unavailability at the scheduled time				
Poor cooperation from the patient				
Excessive involvement of the patient's relatives in treatments				
Excessive involvement of the patient's relatives in decisions				
Insufficient medical information on the patient's history/diagnosis				
Lack of interdisciplinary collaboration				
Unexpected incidents during the commute to the patient's home				

Do you identify other difficulties in your home-based patient care?

- Yes
- No

If yes, please specify:

What is your opinion regarding the potential benefits of in-home physiotherapy compared to outpatient physiotherapy?

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
More functional therapy					
Therapy more adapted to the patient's environment					
Comfort for the patient					

Reduction in transport costs for the patient					
Reduction in transport-related risks for the patient					
Faster patient recovery					
Better support from the patient's family					
Better communication between the physiotherapist and the patient					
Better therapeutic relationship between the physiotherapist and the patient					

Do you identify any other benefits of in-home physiotherapy compared to outpatient care?

- Yes
- No

If yes, please specify:

C: Job Satisfaction

How do you evaluate your average professional satisfaction regarding the following statements in the context of your in-home practice?

	Poor	Low	Average	Good	Excellent	I don't know
My overall professional satisfaction as an in-home physiotherapist is:						
Respect for professional ethics in the context of my in-home practice is:						

The participation of patients in therapy is:						
The involvement of caregivers in therapy is:						
Interprofessional collaboration with home care teams is:						
Interprofessional collaboration with prescribing physicians is:						
Professional recognition by home care teams is:						
Professional recognition by prescribing physicians is:						
The autonomy I have in my in-home practice is:						
The diversity of my in-home practice is:						
Time management during my in-home practice is:						

D: Needs

What is your opinion on the following statements regarding the improvement of your daily work and/or your practice in the field of in-home physiotherapy?

	No	Rather no	I don't know	Rather yes	Yes
The network of in-home physiotherapists (number of physiotherapists available to meet the demand) in my canton of practice					

should be further developed.					
Intraprofessional collaboration (i.e., with other physiotherapists) should be further developed.					
Interprofessional collaboration should be further developed.					
Patient medical information should be more easily accessible.					
The development of digitalization is necessary.					
More postgraduate education related to in-home physiotherapy should be offered.					
The topic of in-home physiotherapy should be more extensively addressed in basic education.					

Do you identify any other needs that could improve your daily work and/or practice in this field?

- Yes
- Non

If yes, please specify: