BBTA Post Graduate Courses

UK National Guidelines state persons with neurological dysfunction should be treated by practitioners with specialist expertise. The British Bobath Tutors Association (BBTA) provides post graduate courses for both physiotherapists and occupational therapists. These courses are peer attended, delivered by expert practitioners and provide therapists with external training on the clinical application of evidence based practice and practical skills. Knowledge is synthesised with an understanding of clinical reasoning and the clinical decision-making process. In the UK the Bobath Concept is the most popular treatment approach used in the rehabilitation of persons with neurological disability. The contemporary Bobath Concept is underpinned by present day knowledge of motor control, motor learning, neuromuscular plasticity and human functional movement [Raine 2006, Raine 2007, Graham et al 2009, Kollen et al 2009] and components such as high intensity, repetition and functional task practice are integrated within the Bobath clinical practice framework. There has been suggestion that ‘adherence to the Bobath approach could delay independence in activities of daily living and increase length of hospital stay’ (Pollock & Morris 2010). This was based on a study comparing Bobath Based (BB) and Motor Science Based (MSB) therapies (Langhammer & Stanghelle 2000). However this study could not be replicated and no significant differences in movement abilities or functional independence between patients receiving a BB or an MSB intervention could be found (van Vliet et al 2005). Systematic reviews comparing the Bobath Concept with other approaches do not demonstrate superiority of any approach (Paci 2003, Van Peppen et al 2004, Luke et al 2004, Kollen et al 2009) although superiority of the Bobath Concept was found in the domain of balance control (Kollen et al 2009). BBTA deliver high quality education packages to those attending courses with an emphasis on developing effective clinical skills.

References