International Perspective in Physiotherapy

Physiotherapy in Romania

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Overview

• Healthcare System
  o Statistics
• Education System (Physiotherapy) in Romania
  o Curriculum content
• Physiotherapy profession in Romania
• Comparison between Romania and Belgium
  o Similarities
  o Differences
Romania

Total population (2013) 21,699,000

Gross national income per capita (PPP international $, 2013) 18,060

Life expectancy at birth m/f (years, 2012) 71/78

Probability of dying between 15 and 60 years m/f (per 1 000 population, 2012) 207/82

Total expenditure on health per capita (Intl $, 2012) 873

Total expenditure on health as % of GDP (2012) 5.1
However...

- More than 3 million Romanians immigrate towards more developed countries
The big WHY?
Healthcare

- 461 hospitals (drastically underfunded)
- 3 of them correspond to European standards
- 109 private hospitals
- 165 GP cabinets
- 300 euro/monthly salary for a doctor
- 250 euro/monthly for other health practitioners (nurses, PTs)

More than 20,000 doctors go abroad
Life expectancy (years), 2012

<table>
<thead>
<tr>
<th></th>
<th>Country</th>
<th>WHO region</th>
<th>World Bank income group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life expectancy</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>At birth</td>
<td></td>
<td>74</td>
<td>76</td>
</tr>
<tr>
<td>At age 60</td>
<td></td>
<td>20</td>
<td>22</td>
</tr>
<tr>
<td>Healthy life expectancy</td>
<td></td>
<td>66</td>
<td>67</td>
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<tr>
<td>At birth</td>
<td></td>
<td></td>
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<tr>
<td>Condition</td>
<td>No of deaths (000s) 2012</td>
<td>Crude death rate 2000-2012</td>
<td>Change in rank 2000-2012</td>
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<tr>
<td>-----------------------------------------</td>
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<tr>
<td>Ischaemic heart disease (21.4%)</td>
<td>54.5</td>
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<tr>
<td>Stroke (17.8%)</td>
<td>45.4</td>
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<tr>
<td>Hypertensive heart disease (11.3%)</td>
<td>28.8</td>
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<tr>
<td>Cirrhosis of the liver (4.3%)</td>
<td>11.0</td>
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<tr>
<td>Trachea, bronchus, lung cancers (4.1%)</td>
<td>10.3</td>
<td></td>
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<tr>
<td>Colon and rectum cancers (2.4%)</td>
<td>6.2</td>
<td></td>
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<tr>
<td>Lower respiratory infections (2.2%)</td>
<td>5.6</td>
<td></td>
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<tr>
<td>Chronic obstructive pulmonary disease (2.1%)</td>
<td>5.4</td>
<td></td>
<td></td>
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<tr>
<td>Cardiomyopathy, myocarditis (1.6%)</td>
<td>3.9</td>
<td></td>
<td></td>
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<tr>
<td>Stomach cancer (1.5%)</td>
<td>3.7</td>
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</tbody>
</table>

**Rank**
- **Green** decreased
- **Red** increased
- **Yellow** no change
Because...
PT Admission

• Based on Baccalaureate Diploma and score (until 2011):
  • Buget (exemption of the tuition fee) (max. 30)
  • Taxa (need to pay the tuition fee -> 600 euro/year)

• From 2012 Multiple choice exam -> Human Anatomy and Physiology + Baccalaureate diploma
Education

3 years Bachelor (180 ECTS)

- 17 Faculties of Physical Education and Sport => Physiotherapy and adapted motility (kinetoterapeuti)
- 1 Faculty of Science
- 10 Faculties of Medicine and Pharmacy => Balneo-Physiotherapy (balneofiziokinetoterapie)

Thesis Defense
(Academic degree/diploma)

2 years Master (120 ECTS)

- 12 faculties of Physical Education and Sport (few specializations)
- 3 faculties of Medicine and Pharmacy (balneotherapy, rheumatology)
- 1 Faculty of Science

Thesis Defense

Association of Romanian Physiotherapy Students (ASFR)
Curriculum content

- Faculties of Physical Education and Sport + Faculty of Science => 1.5 years Physical Education and Sport courses
- Faculties of Medicine and Pharmacy => provide more basic biomedical sciences courses
- Very limited number of courses are taught by PTs

However....

In April 21, 2015 the legislative proposal of a common curriculum for all the physiotherapy of the FRAF on the profession of physiotherapist received a favorable opinion from the Committee of Public Health in the Senate.
Status of profession

• Professional Titles/Qualifications: Kinetoteraput and balneofiziokinetoterapeut (Physiotherapist and Balneo-Physiotherapist)

• The rules of professional conduct are determined directly by the state through national legislation.

• The physiotherapist must be state registered and obtain a license to practice (the authorization of practice) from the Departments of the Public Health.

• The national authority responsible for the physiotherapy profession in Romania is the Romanian Federation of Physical Therapy (FRAF).

• There are sufficient employment opportunities for physiotherapists in the country.
Practice of physiotherapy

• The physiotherapy services in Romania are not determined by the profession

• The physiotherapist is however allowed to determine the clinical intervention of physiotherapy him/herself

• Romania offers both public and private physiotherapy services

• The insurance cover for physiotherapy is mainly paid through the national health care system
Number of Physiotherapists

- In the Romanian Federation of Physiotherapy (FRAK): 225
- In the country: 2225
Comparison

Romania

Romanian Education System

Vocational Education

Doctorat
Maste
Licență
Universitate

Bacalaureat

An de completare
Licee Teoretice
Licee Tehnologice
Școala de Arte și Meserii

Gymnaziu

Şcoala primară
Grădinițe / Preprimar

Belgium

Education system Belgium - Flanders

Doctor
FIB

Master-na-Master
(university education)

Bachelor-na-Bachelor
(higher professional education)

Master(academic)
(university)

Bachelor(academic)
(university)

Bachelor(professional)
(higher professional education)

Transfer Programme
(university education)

HBO5

ASO
(senior secondary general education)

KSO
(senior secondary artistic education)

TSO
(senior technical education)

BSO
(senior vocational education)

Diploma van Secundair Onderwijs
(secondary education)

Key:

Compulsory Education
Apprenticeship-based qualifications
Basic Education
Vocational Education
Vocational Education: Post-Secondary Non-Tertiary Education
General Education
PT education similarities

- Academic degree
- Study length: 5 years
- Basic biomedical sciences courses (e.g.: physiology, human anatomy and biomechanics, kinesiology)
- Physiotherapy courses: pediatrics, respiratory and cardiovascular diseases, musculoskeletal, neurological conditions, rheumatology,
- Research methodology, Psychology
PT education differences

Romania
- Content (outdated material from 1980-2000)
- Clinical placements starting at bachelor level (100-120h)
- Eastern European standards of academic performance
- Locally renowned (Romania)
- Language: only Romanian
- More practical rehabilitation concepts (e.g. Bobath, Vojta)
- Clinical experience acquired through volunteer work

Belgium (Flanders)
- Always up to date
- Research oriented
- Clinical placements starting at master level
- High standards of academic performance
- Worldwide renowned
- Language: English and Dutch
- 3 months fulltime clinical placements (8 months for Belgian students)
- Mental health courses
Questions are guaranteed in life; Answers aren't.
References

- [Link](http://www.physio-europe.org/index.php?action=15&subaction=details&member=40)
- [Link](http://www.who.int/tobacco/surveillance/policy/country_profile/rou.pdf?ua=1)
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