

# Are Belgian physiotherapists ready for the preventive medicine challenges of tomorrow ?

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## Introduction

Preventive medicine education is essential to give adequate tools and behaviors for future physiotherapists.











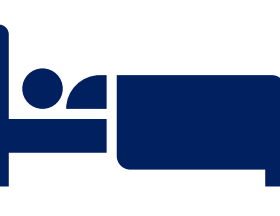

**What is the current curriculum content in preventive medicine at the University of Liège and Hasselt ?**

## Methods

12 domains related to preventive medicine were predetermined according to the literature, and reviewed from the Blue Zone Interreg Meuse-Rhine consortium.

Qualitative analysis of publicly available curriculum documents based on established domains guideline was performed.

## Results

	Domain	U Hasselt (n=49)	U Liège (n=67)
	1. Preventive medicine*	71%	12%
	2. Health literacy*	55%	26%
	3. Cardiometabolic health	33%	40%
	4. Mental health**	35%	13%
	5. Quality of life**	23%	7%
	6. Communication techniques*	69%	3%
	7. Stress management	4%	1%
	8. Social connection*	50%	12%
	9. Healthy eating	4%	7%
	10. Physical activity	45%	46%
	11. Restorative sleep	0%	1%
	12. Minimisation of harmful substances	6%	1%

% = Courses with [domain] / All courses \* 100

\*p<0.01, \*\*p<0.05, grey p>0.05

## Conclusion

Preventive content is more prevalent at the University of Hasselt compared to Liège.

However, both universities offer limited coverage of stress management techniques, healthy eating, restorative sleep, and minimization of harmful substances content.

This analysis will be extended to the Universities of Maastricht and Aachen, as well as to other healthcare professions, to further validate the observed trend.

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