

Journal Watch – Rehabilitation – March 2018

Article:

'The horse has bolted I suspect': A qualitative study of clinicians' attitudes and perceptions regarding palliative rehabilitation

Fiona Runacres, Heidi Gregory, and Anna Ugalde.

Palliative Medicine 2017; Vol. 31 (7) 642-650.

Article Link: DOI:[10.1177/0269216316670288](https://doi.org/10.1177/0269216316670288)

Review:

Strengths: Qualitative study about rehab in Palliative care, inpatient unit relevant to tertiary palliative care setting (particularly frail population), large sample size, similar to Edmonton program (inpatient unit, consultation service, community)

Weaknesses: Narrow view of rehabilitation (gain focused), not generalizable to other setting areas outside of metropolitan inpatient units, and other international settings, snowball sampling could create bias either for or against rehab's role, recruitment limited to Palliative Care physicians, a missed opportunity to understand the heterogeneous population and individualistic nature of rehab's involvement.

Relevance to Palliative Care: Rehabilitation is an important component of quality Palliative Care from a physical, and psychosocial perspective. With few rehab professionals working in Palliative Care in Canada, studies like this, and further research will be valuable in developing roles, funding and education programs.