



# Erfolg Fortsetzen

Neue Evidenzbasierte Paradigmen

**Maastricht UMC+**



academisch ziekenhuis  
Maastricht



Maastricht University



**EUNAAAPA**

EUROPEAN NETWORK FOR ACTION  
ON AGEING AND PHYSICAL ACTIVITY

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Healthy Living, **TNO**  
CAPHRI, **University Maastricht-MUMC+**

Chair, **EUNNAAPA**



## Content

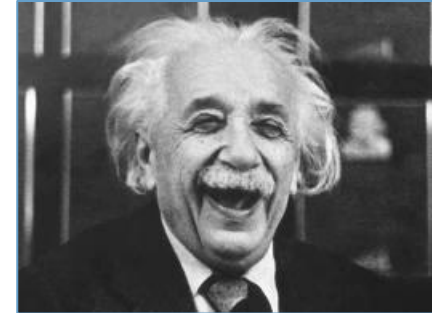
*Wenden ... mit Passion und Präzise*

- › Alte Helden
- › Kasus
- › Fünf paradigmawenden
- › Also
- › Neue Helden ... Daniel Haid<sup>PT, MSc (Cand.)</sup>



## Bitte um Aufmerksamkeit

*Paradigmenwechsel* Albert Einstein ...



- › “If at first the idea is not absurd, there will be no hope for it”





# Alte Helden

*Paradigmenwechsel ...*





# Gratuliere

*Großartig Physiotherapie , gerade die Deutsche Kollegen ...*



“If ‘I’ is replaced by ‘we’,  
even *illness* turns into *wellness*”





# Wenden mogelijk?

*Zum Beispiel...*



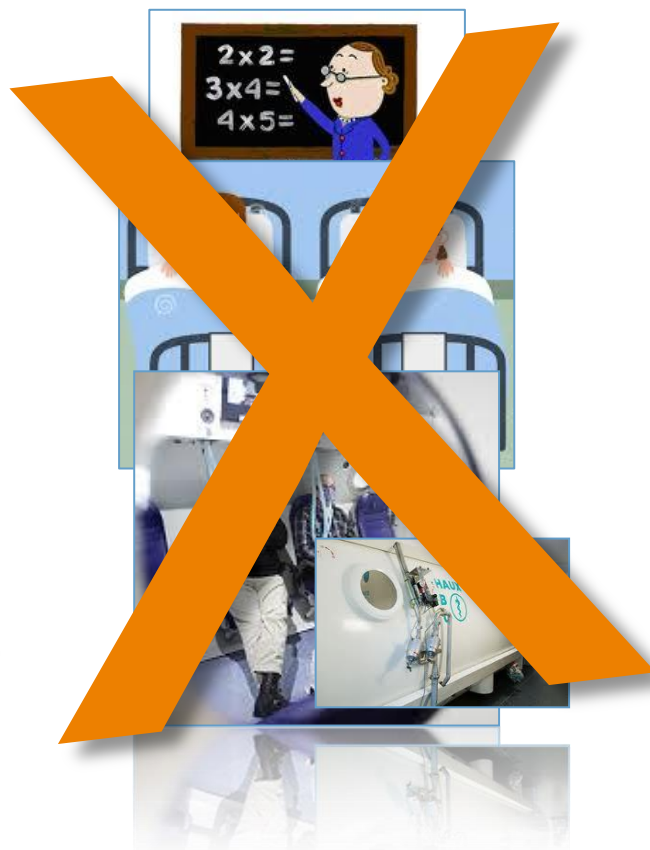
- 2014 -





## Wendungen nötig!

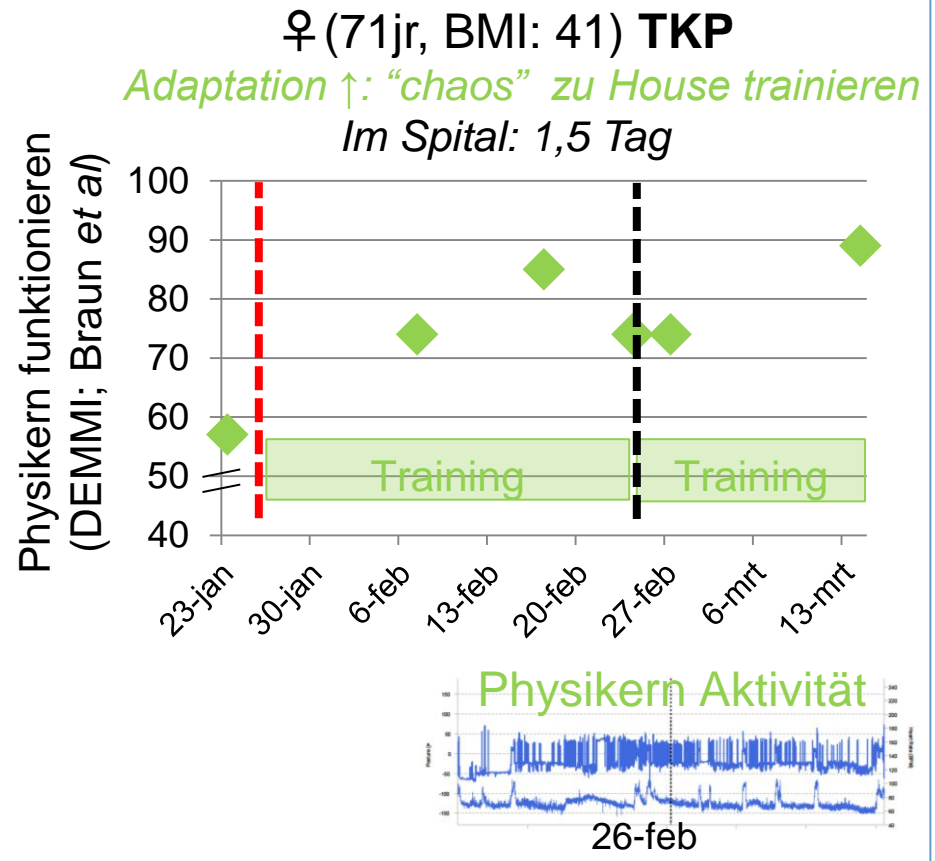
*Infrastruktur ... Lebenslange Inaktivität ... transformiert Kultur ...*





# Es wahr einmal

*Zum Beispiel...*







# Wende

*"People first" ...*



Business case

Value case





Also

*Fünf Paradigmenwechsel ...*



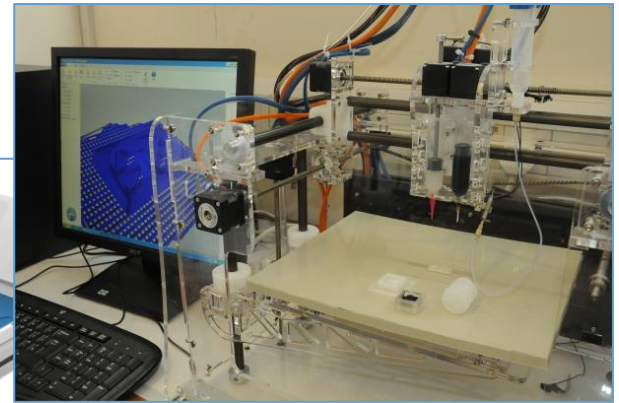
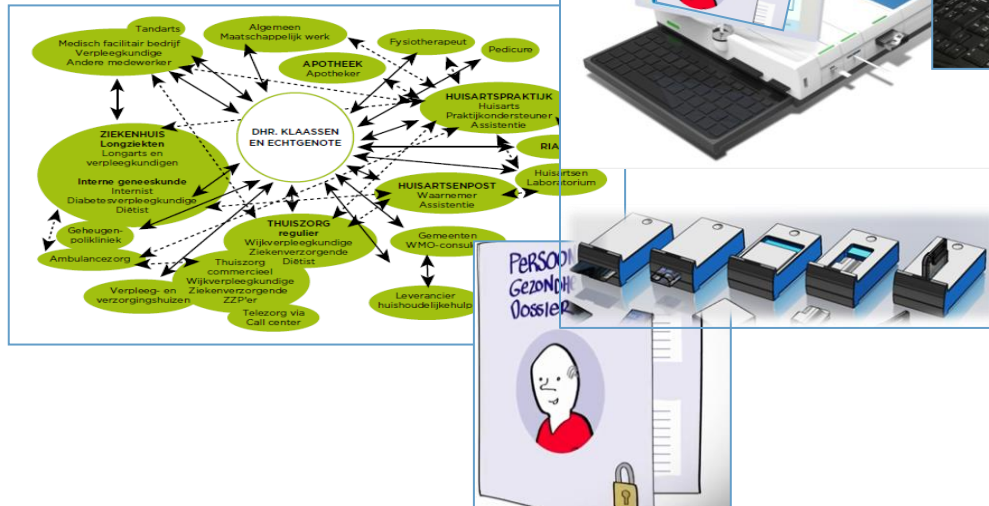
Politick





# Paradigmenwechsel

## Technologische Innovationen ...



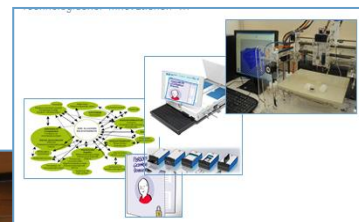


# Also

## *Fünf Paradigmenwechsel ...*



Politick



Patient

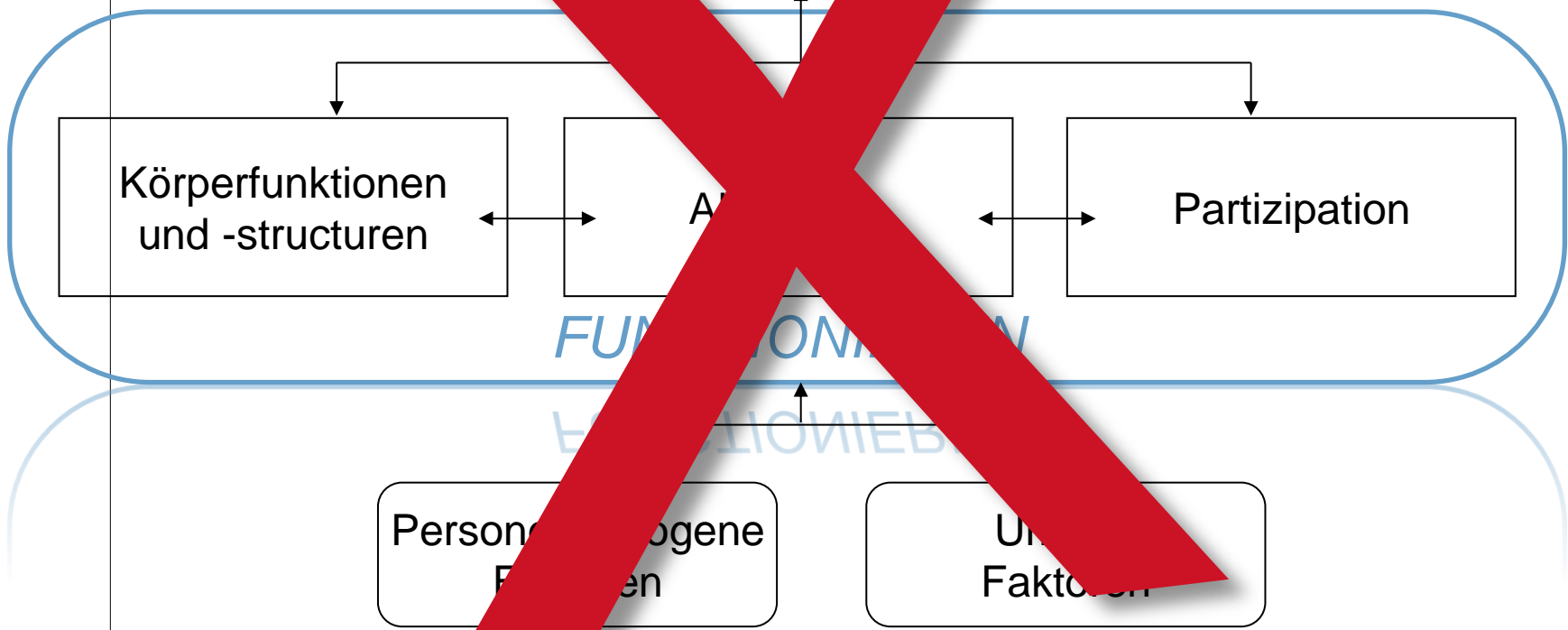




# Paradigmen

WHO Framework ... ICF ... 2002 ...

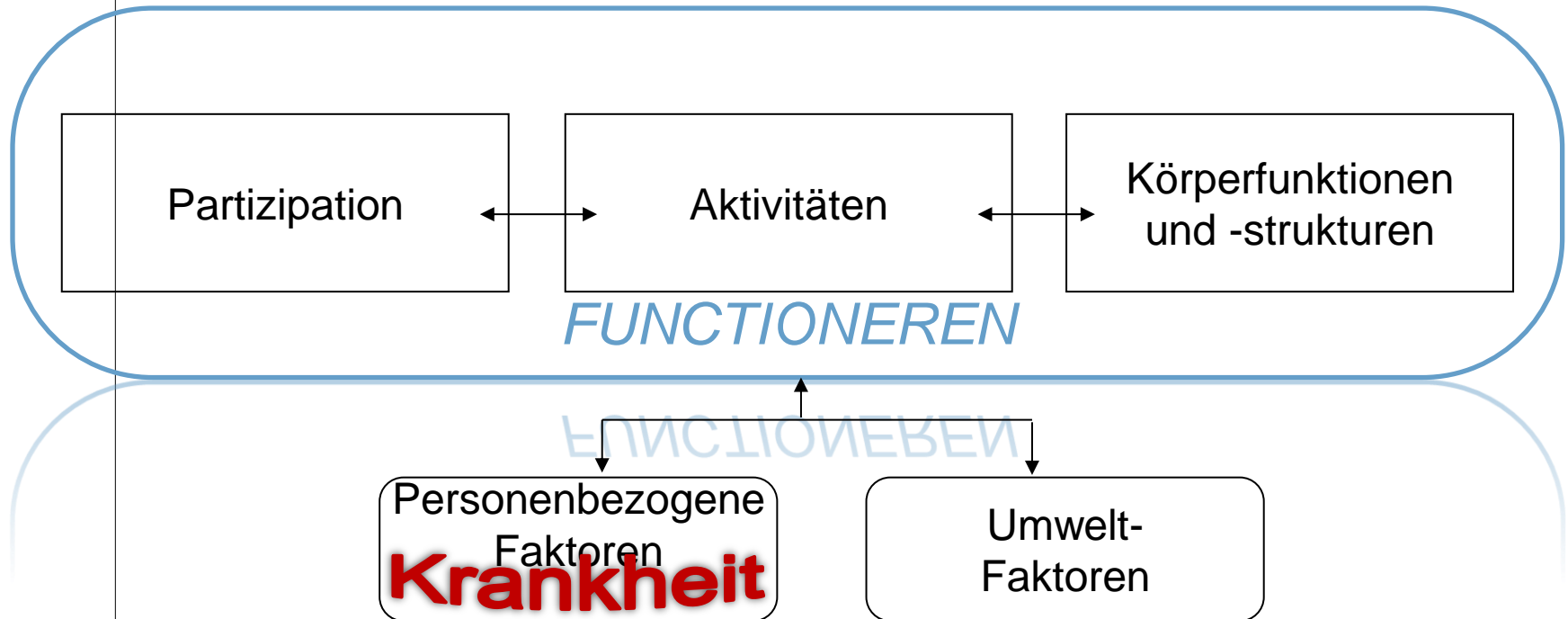
Gezondheidsprobleem  
(Krankheit)





# Paradigmenwechsel

WHO Framework ... ICF ... 2015 ...







# Also

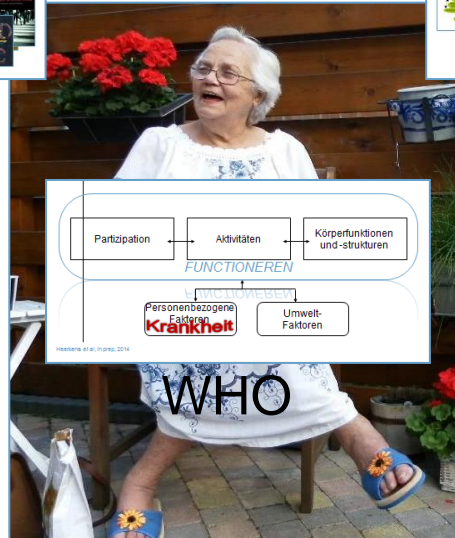
## Fünf Paradigmenwechsel ...



Politick



Patient





# Funktionieren

*Chaos managen zu Hause ...*

## Komplexität und Variation

Chaos  
Chaos  
Chaos  
Order

Komplexität und Variation

Adaptation  
(Able)



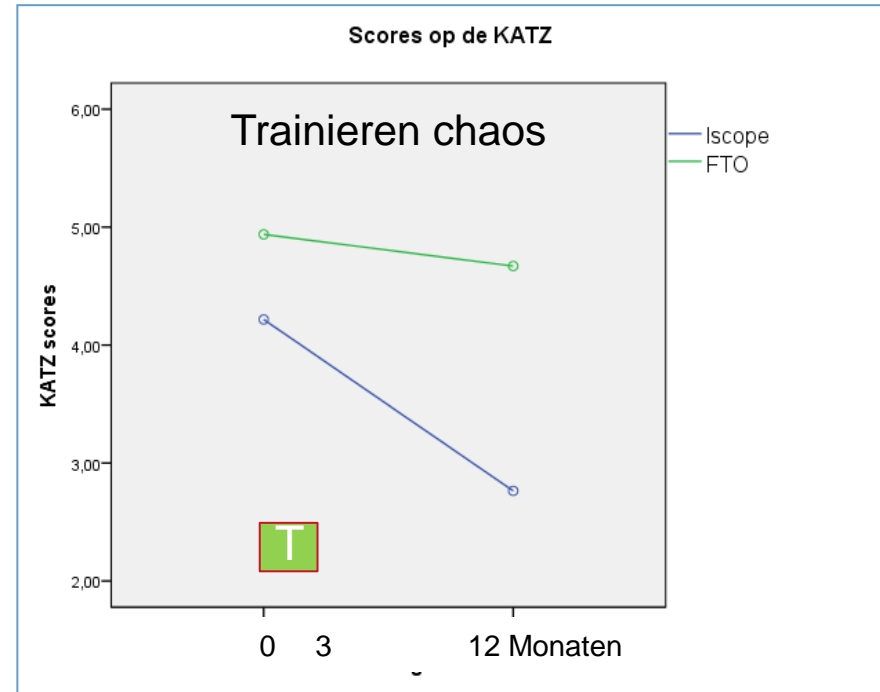
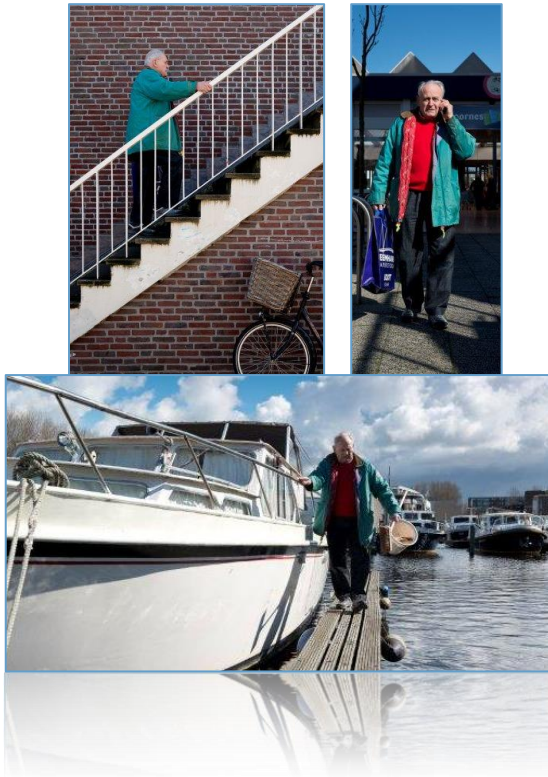
(Enable)  
Kompensation





# Therapeutisch Trainieren

Erfolg von *Adaptation* ...





# Also

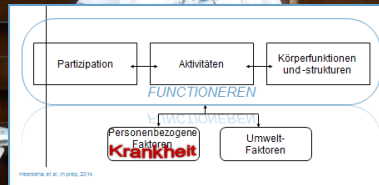
## Fünf Paradigmenwechsel ...



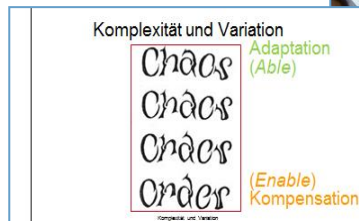
Politick



Patient



WHO

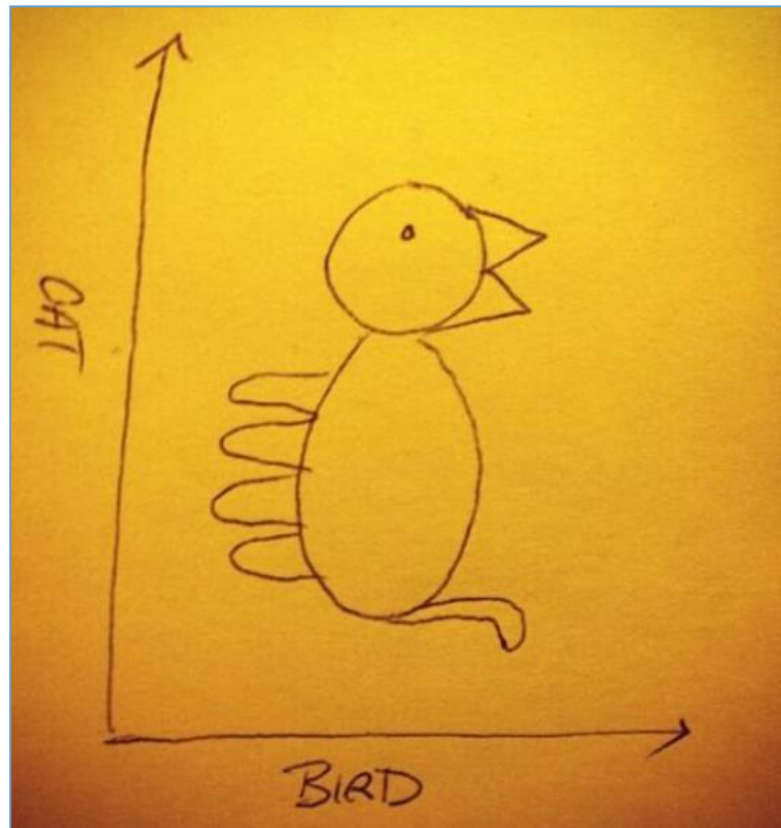


Praxis



# Aber

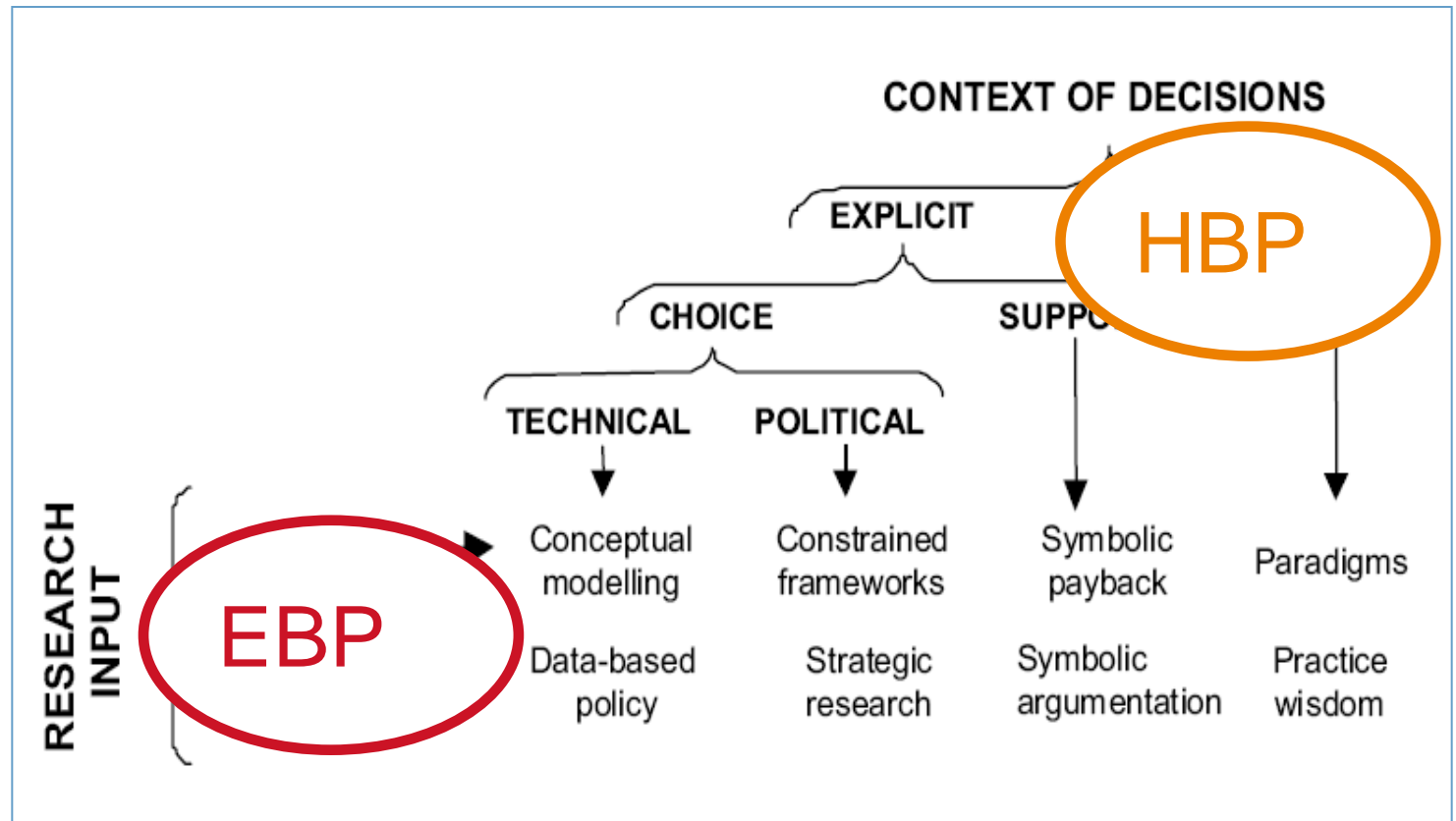
Wissenschaft und Statistik ...





# Entscheidungen

EBM ...







# Paradigmenwechsel

Evidenz(basierte Praxis) ...

BMJ



BMJ 2014;348:g3725 doi: 10.1136/bmj.g3725 (Published 13 June 2014)

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## BMC Medical Education



Debate

Open Access

### Sicily statement on evidence-based practice

ESSAY

Evidence



Trisha Greenhalgh

Published in final edited form as:

*Lancet.* 2014 January 11; 383(9912): 176–185. doi:10.1016/S0140-6736(13)62297-7.

### Increasing value and reducing waste in biomedical research regulation and management

Rustam Al-Shahi Salman, Elaine Beller, Jonathan Kagan, Elina Hemminki, Robert S Phillips, Julian Savulescu, Malcolm Macleod, Janet Wisely, and Iain Chalmers

Division of Clinical Neurosciences, Centre for Clinical Brain Sciences, University of Edinburgh, Edinburgh, UK (Prof R Al-Shahi Salman PhD, Prof M Macleod PhD); Centre for Research in Evidence-Based Practice, Bond University, Robina, QLD, Australia (E Beller MAppStat); Division of Clinical Research, National Institute of Allergy and Infectious Diseases, Bethesda, MD, USA (J Kagan PhD); National Institute for Health and Welfare, Helsinki, Finland (Prof E Hemminki MD); Centre for Reviews and Dissemination, University of York, York, UK (R S Phillips BM BCh);



# Also

*Fünf Paradigmenwechsel ... ein Konzept: P4<sup>Hood</sup> ...*

- Personalisiert
- Prädiktive
- Partizipative  
WHO
- Präventive

Praxis

Proof



# Paradigmenwechsel Chirurgische Pflege

*pt*\_Zeitschrift für Physiotherapeuten ... Kurse Q1 2015 ...



## »Better in, Better out«

Potenziale eines Trainings vor und nach großen Operationen

Thomas J. Hoogeboom, Jaap J. Dronkers, Erik H.J. Hulzebos, Nico L.U. van Meeteren

Deutsche Übersetzung: Erwin Scherfer



## »Better in, Better out« – practical implications

Interview with Professor Dr. Nico van Meeteren and Dr. Thomas Hoogeboom

### Zusammenfassung

Zweck des Reviews\_For  
führen zu einer im Durc  
Ältere Menschen sollten  
gesellschaftlichen Leben  
lassen jedoch adaptive K  
vor und nach kritischen  
Krankenhausaufenthalten

### AT A GLANCE

BiBo™ – »Better in, Better out« – is a new comprehensive concept for the improvement of the perioperative management of patients undergoing major surgery. Its effectiveness has been proven, provided that it is offered to patients at risk for poor surgical outcomes. Tanja Rossmann has spoken with

BiBo is a process for patients undergoing major surgery that has multiple professional steps from indication to re-integration into society. What are the components of the preoperative assessment?

There are two important professional components in the preoperative stage: a medical assessment by a surgeon and



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FREIER ZUGANG

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# Neue Helden

*Sind ... und Sie, Physiotherapeuten ...*

second love



“If ‘I’ is replaced by ‘we’,  
even *illness* turns into *wellness*”



LIFE