

# Case Scenarios | Role of Physiotherapist in Multidisciplinary Team



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## Content

Case 1: Post-Stroke Rehabilitation .....	4
Case 2: Recurrent Falls and Osteoarthritis .....	4
Case 3: Alzheimer’s disease .....	5
Case 4: COPD with Recurrent Hospitalizations.....	5

## Case Scenarios | Role of Physiotherapist in Multidisciplinary Team

### ILO 1 | Identify the role of a physiotherapist as a multidisciplinary team member to address the multifaceted healthcare needs of older adults

- Lecture – 1 hr (Refer the attached ppt presentation)
- Interdisciplinary discussions with multidisciplinary team members – 3 hrs (Refer the attached moderator guide)

#### Case 1: Post-Stroke Rehabilitation

A 76-year-old retired accountant was recently discharged from the acute stroke unit following a left-sided ischaemic stroke that resulted in right-sided hemiparesis, impaired balance, expressive aphasia, and dysphagia. He has lived alone since his wife passed away five years ago. He has two adult children who live in nearby cities and visit occasionally. Prior to the stroke, he was independent in all activities of daily living and socially active, frequently attending community centre events. He is highly motivated to regain function, though his expressive aphasia makes communication challenging.

Discussion Prompts:

1. What are the primary rehabilitation needs for this patient?
2. What are the short- and long-term goals for the physiotherapist?
3. How does the speech therapist contribute to both swallowing and communication?
4. What role does the occupational therapist play in ADLs?
5. How can the team coordinate a smooth transition from hospital to home?

#### Case 2: Recurrent Falls and Osteoarthritis

An 82-year-old woman living alone, has presented to the community falls clinic after experiencing three falls in the past six months. She has a long-standing history of bilateral knee osteoarthritis, contributing to joint instability and pain. She reports increasing fear of falling and mild depressive symptoms due to her functional decline.

Discussion Prompts:

1. What physical, environmental, and emotional factors are increasing fall risk?
2. What specific fall prevention strategies can physiotherapy address?
3. How can the MDT reduce her fear of falling and support mental health?

4. What home modifications may be helpful?
5. How should follow-up care be coordinated?

### Case 3: Alzheimer's disease

An 81-year-old man with moderate Alzheimer's disease, lives at home with his wife, who is his primary caregiver. Recently, he has exhibited frequent wandering, becoming increasingly disoriented and unsafe. His wife is struggling to manage his behaviour and is experiencing signs of caregiver burnout.

Discussion Prompts:

1. What are the key safety risks for this patient at home?
2. How can physiotherapy support safe mobility and reduce falls?
3. What behavioural strategies can the team implement for wandering?
4. What support does the caregiver need from the MDT?
5. How do we plan for future care escalation?

### Case 4: COPD with Recurrent Hospitalizations

A 70-year-old woman with advanced chronic obstructive pulmonary disease (COPD), has been admitted to hospital multiple times in the last year due to exacerbations. She complains of breathlessness on minimal exertion, fatigue, and muscle wasting. She also reports feeling isolated and overwhelmed by her condition. Upon discharge planning, she is referred for physiotherapy.

Discussion Prompts:

1. What are the core goals of rehabilitation of above scenario?
2. How can the physiotherapist tailor a rehabilitation plan considering her fatigue?
3. How do other MDT members address her isolation?
4. How do we ensure follow-up after discharge?

### Case 5: Hip Fracture Following Fall in Care Home

A 92-year-old man with dementia lives in a nursing home. He is walking with the aid of a walker. Recently, he experienced a fall and now reports left thigh pain and difficulty bearing weight on the affected leg. He denies chest pain, palpitations, dizziness, or shortness of breath. There was no loss of consciousness or evidence of head injury at the time of the fall. He was transferred to the emergency department for evaluation, where imaging confirmed a subtrochanteric fracture of the left femur, with significant extension down the shaft.



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Discussion Prompts:

1. What are the immediate rehab priorities after hip fracture surgery?
2. How does physiotherapy begin early mobilization in dementia patients?
3. What coordination is needed for return to the care home?
4. What preventive strategies can be implemented to avoid future falls?