

Three levels of knowledge

Knowledge

Knowledge refers to individual knowledge that can be classified under different types:

- **Declarative:** knowledge related to theory, to facts emanating from basic sciences (to know that...). For example, thinking about signs and symptoms of a disease or functions of the cardiorespiratory system.
- **Procedural:** knowledge linked to procedures, techniques, rules and contraindications applied to a particular case (to know how to). A concrete example would be the appropriate technique to use in a given context, taking into account the client's characteristics.
- **Conditional:** knowledge that occurs in action and answers the questions "when?" and "why?". For instance, the trainee uses conditional knowledge to determine the best moment and place to end an intervention.

Know-how

Know-how refers to the psychometric skills in carrying out a task, which can be classified under different types:

- **Cognitive:** includes the trainee's ability to synthesise, question himself, analyze the situation, demonstrate clinical reasoning.
- **Structural:** includes the trainee's ability to plan his day, prioritize his tasks, identify good studying strategies.
- **Technical:** includes the trainee's ability to take action, do an intervention, experiment a technique (for example proceed to patient mobilization, ask questions [know how to say], etc.).

Self-management

Self-management (emotional) includes **attitudes, values and feelings**. It can be divided into these categories:

- **Personal:** has to do with motivation, introspective ability.
- **Interpersonal:** has to do with the ability to establish relationships, to communicate.
- **Professional:** has to do with professional, ethical and deontological qualities.

(Bernard & Goodyear, 2019; Carper, as quoted by Gopee, 2018; Epstein & Hundert, as quoted by Falender & Shafranske, 2017; Gopee, 2018; Legendre, 2005; Molina, as quoted by Colognesi, Lenoir & Van Nieuwenhoven, 2018; Raynal & Rieunier, 2014)