

# ENPHE Seminar 2025

The Future of Physiotherapy Education: Trends, Challenges, and Opportunities  
10 - 12 April 2025, Breda, The Netherlands

Emerging Topics in Education – Working Group

## AI Workflows in Education

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**2025**

# Objective

Participants will collaborate to tackle one real-world challenge using AI, guided by the Double Diamond Model (Discover, Define, Develop, Deliver).

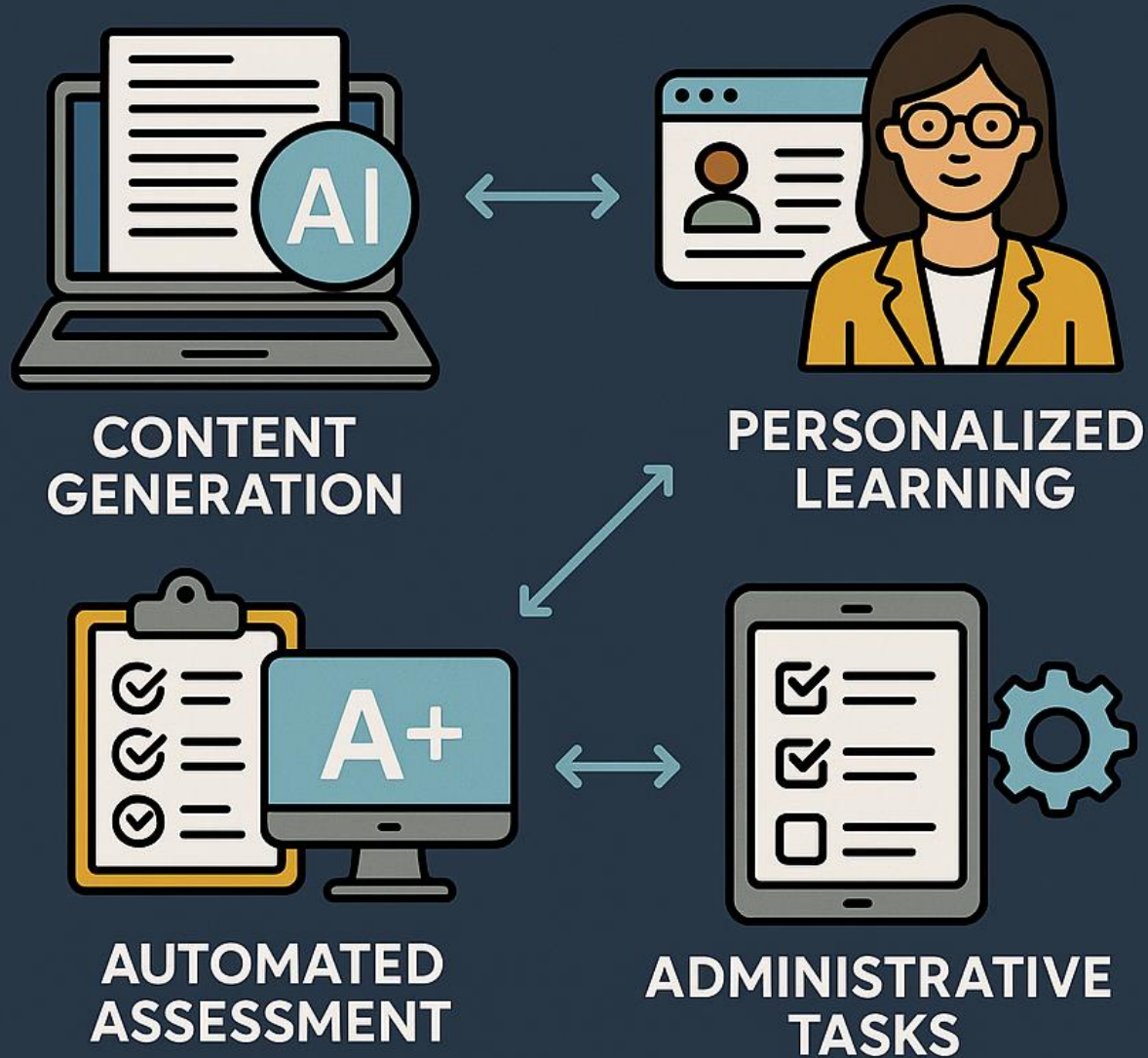
## Process:

- **Step 1 - Discover (Divergence)** - Groups select one challenge to work on, gather diverse insights related to their chosen challenge using discussion, and create a broad map of ideas, key pain points, and areas of opportunity (work analog!)
- **Step 2 - Define (Convergence)** - Groups analyse their ideas to identify patterns and core issues, create a focused challenge statement, search for supporting information and identify ethical considerations
- **Step 3 - Develop (Divergence)** - Groups brainstorm and test possible solutions and develop a basic prototype (e.g., a visual model, storyboard, or demo)
- **Step 4 - Deliver (Convergence)** - Groups pitch their solutions to the group, showcasing the *challenge, process, proposed solution*, and expected impact, receiving feedback, and reflecting on the process.

# Timeline

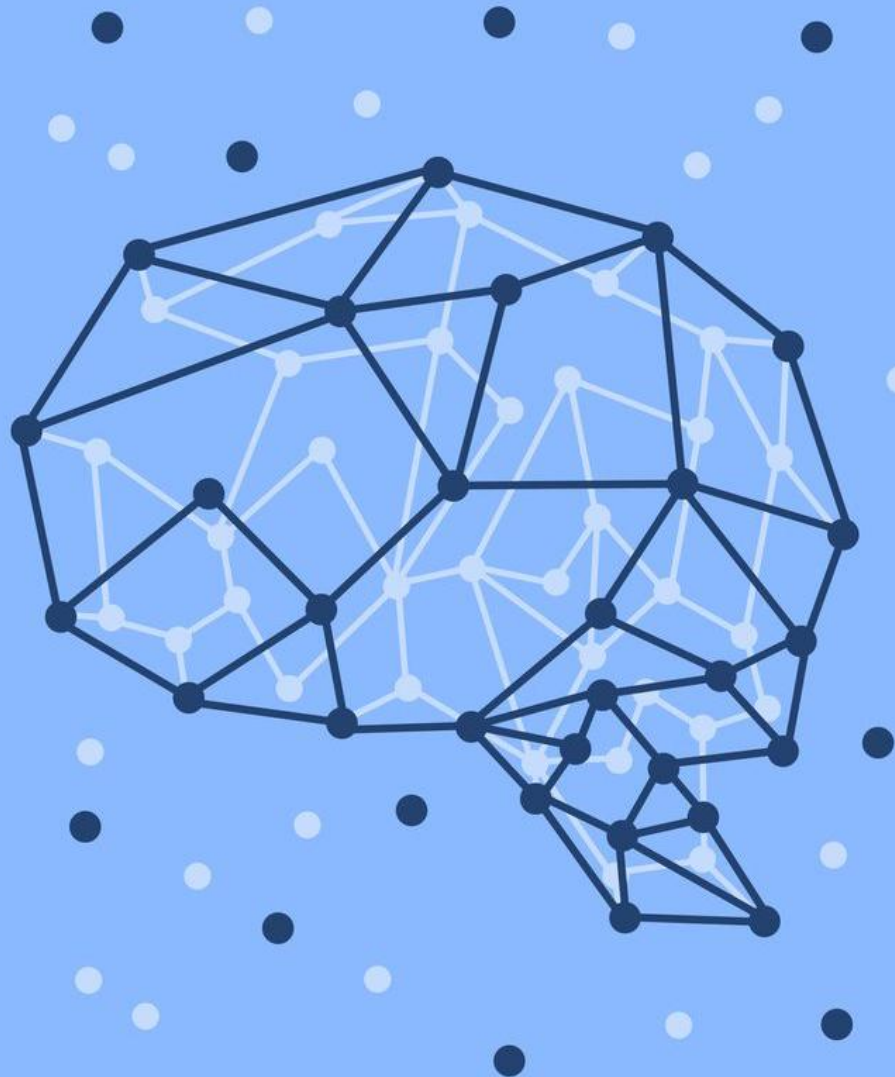
Workshop section	Time	Goal/work form
Introduction part 1	5 minutes	Presentation/instruction for workshop
Demonstration workflows	30 minutes	Presentation/demonstration of workflows
Group workflow choice	5 minutes	Group Creation and discussion
Group work	60 minutes	Group work on workflow (analogue and, after that digital) - (Step 1, 2, and possibly 3)
Closing part 1	5 minutes	Morning summing up
<b>Lunch Break</b>		
Opening part 2	3 minutes	Presentation/instruction for next steps
Finish group work	22 minutes	Group work on workflow and organise/create the mode of presentation/demonstration (Step 3)
Presentations group work	45 minutes	Presentation/demonstration (Step 4)
Closing workshop	5 minutes	Summing up and reflections

# AI WORKFLOWS IN EDUCATION



So, what is all the  
fuss about?

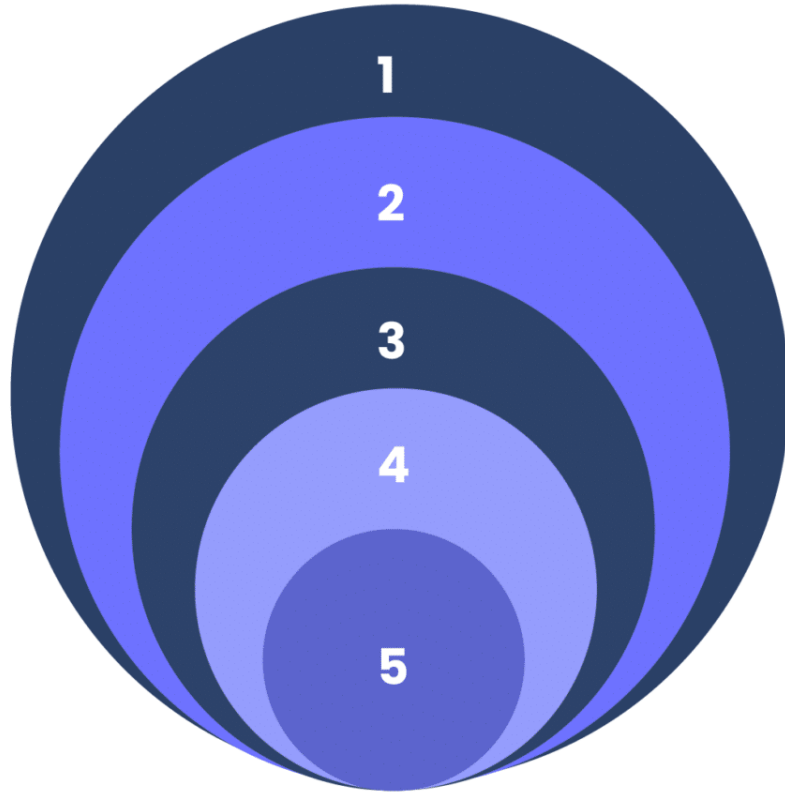
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# Artificial Intelligence

*[,är-tə-'fi-shəl in-'te-lə-jən(t)s]*

The simulation of  
human intelligence by  
software-coded heuristics.



## 1 Artificial Intelligence

A broad term encompassing the development and use of computer systems capable of performing tasks that typically require human intelligence.

## 2 Machine Learning

A subset of AI that trains systems to learn from data and make decisions or predictions based on patterns.

## 3 Neural Networks

A type of machine learning algorithm that mimics the structure and function of the human brain—allowing AI systems to learn and process complex data.

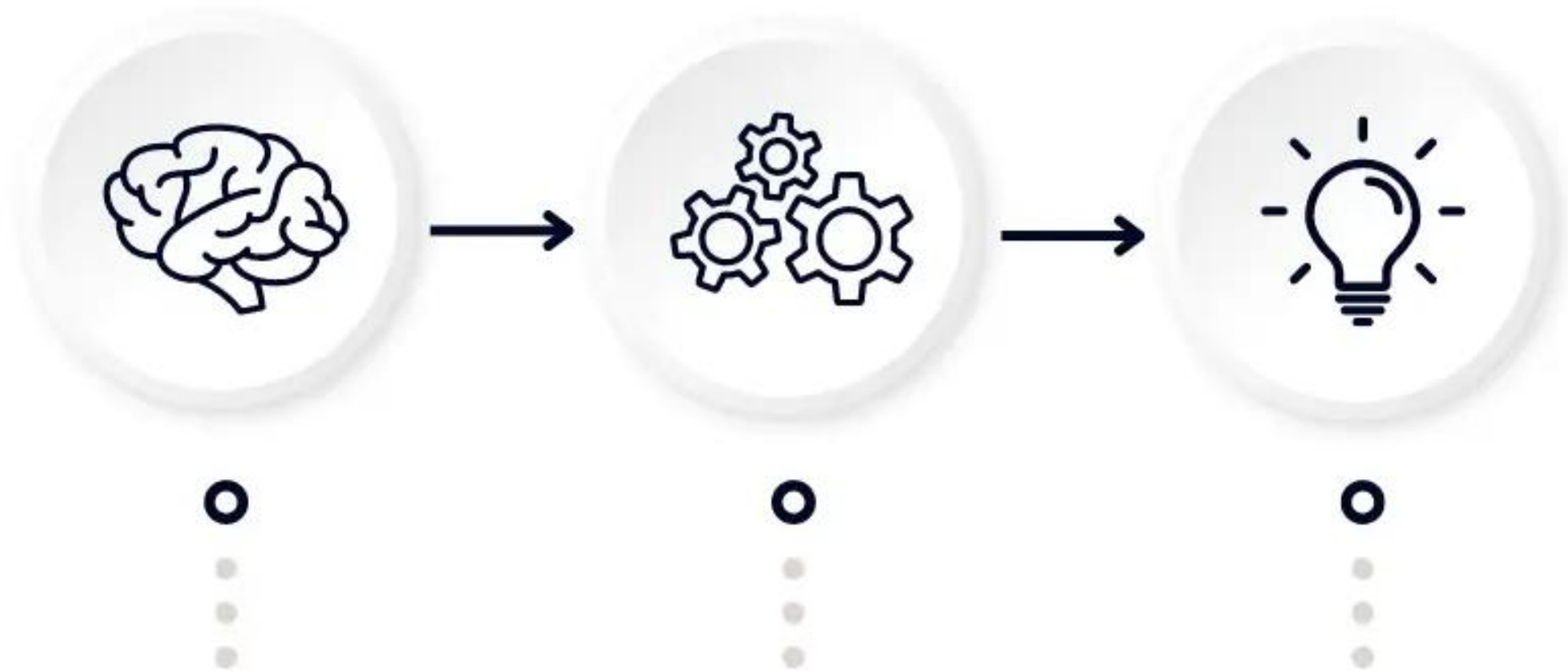
## 4 Deep Learning

A subfield of machine learning that uses neural networks with multiple layers to learn and extract features from data.

## 5 Generative AI

A subset of AI that focuses on generating new content, such as text or images, based on patterns learned from data.

# GENERATIVE AI WORKS

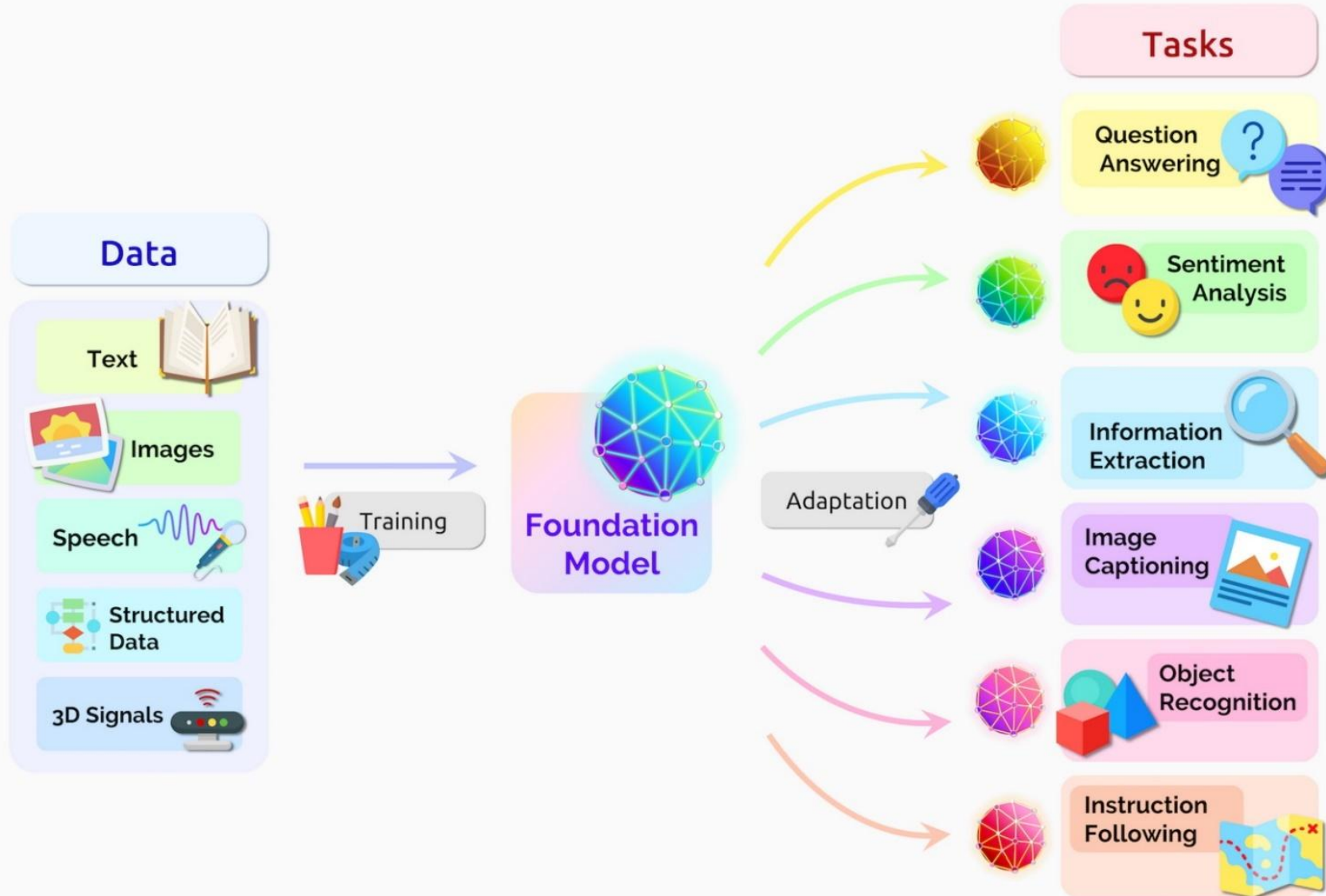


Analyze vast amounts of data to learn patterns and structures.

Information is processed in Generative AI engine

Generate entirely new content: text, images, music, and videos.

# GENERATIVE AI



Choices, choices,  
choices...

+  
○ ●



ChatGPT



Copilot



Claude

Gemini



Meta AI  
AI ✨



GROK



perplexity



deepseek

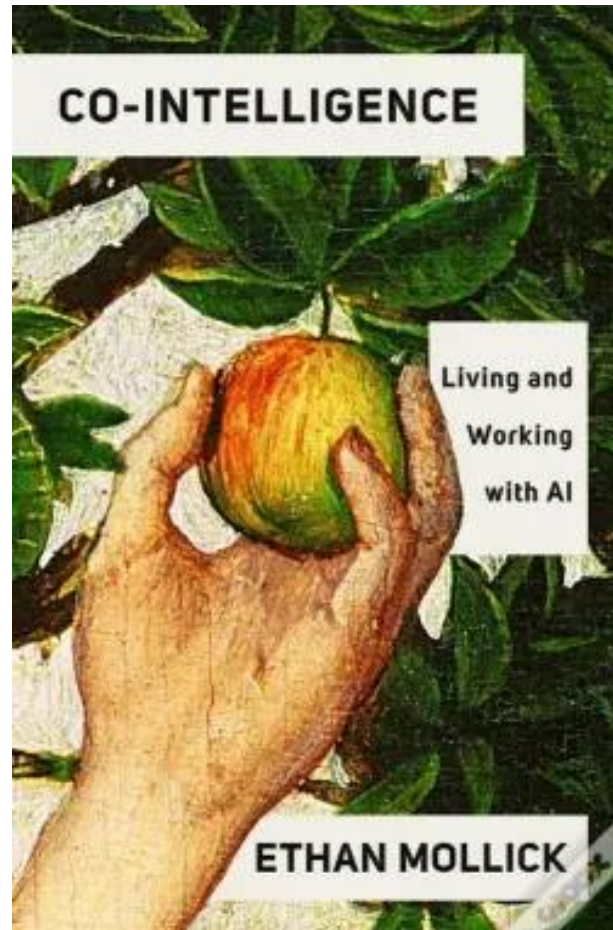


Qwen2.5

# Rules of engagement...



# Principles for AI use



**Principle 1:** Always invite AI to the table

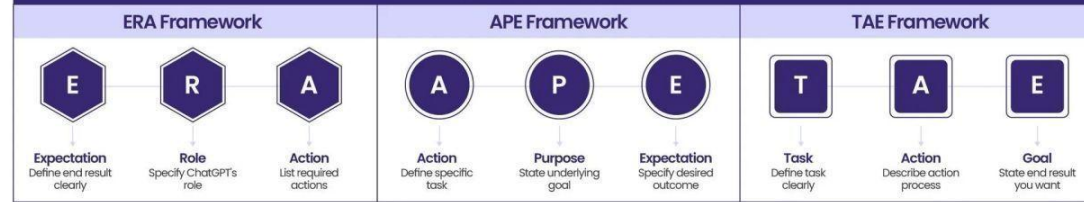
**Principle 2:** Be the human in the loop

**Principle 3:** Treat AI like a person (but tell it what kind of person it is)

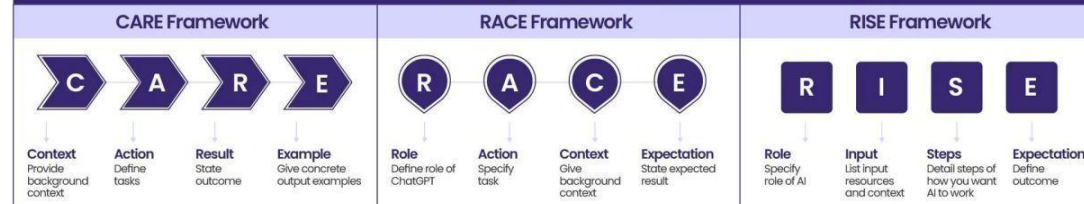
**Principle 4:** Assume this is the worst AI you will ever use

# ChatGPT Prompting Frameworks

## Classic Frameworks



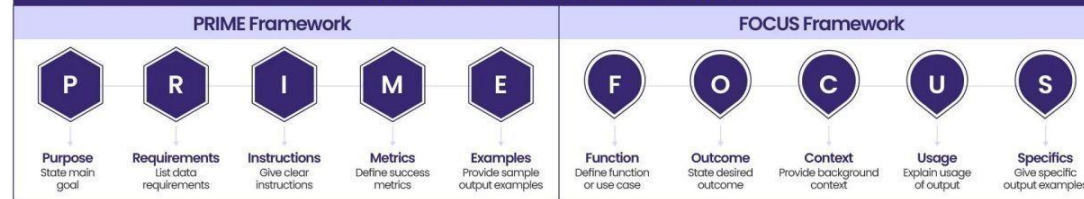
## Strategic Frameworks



## Enhanced Frameworks



## Additional Advanced Frameworks



## Expert Frameworks



# Prompt frameworks

## R.T.F

BO

I want you to act as an interviewer. ....> **Role**

I want you to ask the competency-based interview questions for the position of Service Desk Analyst. All questions should require the candidate to demonstrate knowledge of the industry. ....> **Task**

Show this as a list of 5 questions. ....> **Format**

## Human

Review, adjust, modify, add,  
remove, grammar check,  
plagiarism check, add your soul



## ChatGPT

Outputs not based on truth, idea  
starters, semi-finished content



## Human

A series of engineered  
text prompts



# Workflows...

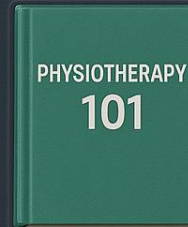
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# PHYSIOTHERAPY EDUCATION

AI ENHANCED



AI chatbot



# Workflow 1 — Improve communication

Please assist in revising professional emails for communication with colleagues and partners from diverse global locations. The communication should maintain a clear, neutral tone and be articulate and respectful to facilitate effective collaboration and understanding across cultural and geographical boundaries. Please ensure that the tone is professional, unbiased, and conducive to open dialogue and exchange of ideas, using UK English. When the content is in Portuguese, please correct it to European Portuguese.



# Workflow 1 — Improve communication

Derar Collagues

Thank you for your contact. In the fall semeyeter we can only accept for inteship, because we reun only the Minor in acutes care (20 ECTS) in the spring semethers.

If the reply is yes for the fall the semester... how many weeks/credits the students needs to pcomplete.

Kind regrads

**Subject:** Internship Availability – Fall Semester

Dear Colleagues,

Thank you for your message.

Please note that in the **fall semester**, we are only able to accept students for internships, as we offer the *Minor in Acute Care* (20 ECTS) **only** in the **spring semester**.

If your students are interested in an internship during the fall semester, could you kindly let us know how many weeks or ECTS credits are required for completion?

Kind regards,

[Your Name]



# Workflow 2 – Organize my week

As a time management expert, your task is to organize the working week for a physiotherapy teacher in a health school. The teacher's top priority is finalizing a scientific article by Friday afternoon, in addition to giving classes on Tuesday and Wednesday from 09:00 to 16:00. There is also a department meeting on Wednesday from 14:00 till 16:00. The working hours start at 08:00 and end at 17:00 due to parental responsibilities.

Please create a detailed weekly schedule that allocates time for focused work on the scientific article, class preparation, teaching, the department meeting, and any other essential tasks or commitments. Your schedule should optimize productivity and ensure that all necessary tasks are effectively completed within the given time constraints, taking into account the best times for focused work on the scientific article and accommodating parental responsibilities.



# Workflow 2 — Organize my week

## Weekly Schedule Overview

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:00–09:00	Article writing (deep focus)	Final prep for classes	Class prep / Article brief notes	Article writing (deep focus)	Article writing (finalising)
09:00–10:30	Article writing (deep focus)	Teaching	Teaching	Article writing (deep focus)	Article writing (finalising)
10:30–10:45	Short break	Short break	Short break	Short break	Short break
10:45–12:00	Article writing (deep focus)	Teaching	Teaching	Article writing (deep focus)	Buffer / Final edits
12:00–13:00	Lunch / light admin	Lunch	Lunch	Lunch	Lunch
13:00–14:00	Class preparation	Teaching	Teaching	Admin / Emails	Admin / Backup writing
14:00–16:00	Admin / Emails	Teaching	<b>Department Meeting</b>	Class preparation	Light admin / reading
16:00–17:00	Light admin / Reading	Teaching	Debrief / light tasks	Class preparation	Week wrap-up & planning



# 11 WAYS TO SAVE YOUR TIME

## Pomodoro Technique (h/t Francesco Cirillo)



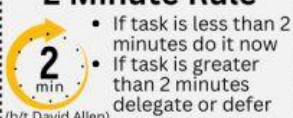
## 3-3-3 Method (h/t Oliver Burkeman)



## Eisenhower Matrix



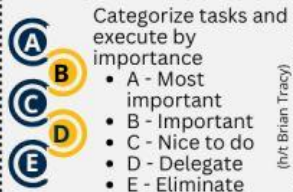
## 2 Minute Rule



## 80/20 Method



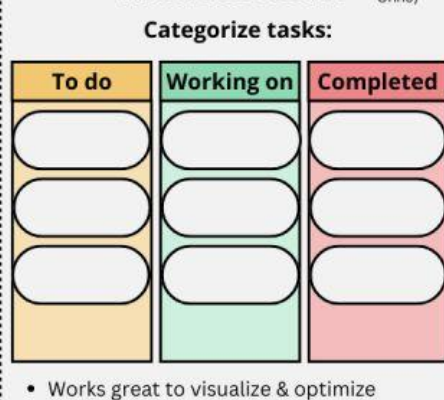
## ABCDE Method



## Eat the Frog



## Kanban Board



## Time Blocking



## Getting Things Done



## MSCW Method



# Workflow 3 – Customize content for social media



Act as a communication office specializing in healthcare, your task is to assist in creating a post to present my institution on various social networks, including Facebook, Instagram, and Twitter. The post should effectively showcase the institution's mission, values, and services in a compelling and engaging manner tailored to each platform. Please ensure that the post reflects the professional and caring nature of the healthcare institution while being informative and visually appealing. Additionally, consider incorporating relevant hashtags, imagery, and engaging content to maximize reach and impact on each social network. Begin by asking me for text to create the different posts

Now use this text to create the post: Training Therapists since 1957, the Escola Superior de Saúde do Alcoitão (ESSAlcoitão) is a benchmark in the Portuguese and international landscape. The Undergraduate, Master and Post-graduate degrees in Speech and Language Therapy, Physical Therapy and Occupational Therapy include partnerships in 17 countries and worldwide recognition, with our professionals working all around the world. Under the ERASMUS+ Program, ESSAlcoitão holds 43 bilateral agreements with European countries and is part of several other Projects of a transnational nature. Integrated in similar European schools networks, ESSAlcoitão actively participates in several student and teacher exchange and mobility programs, which allows them to carry out their activities within the highest international standards and to proudly see its 3 degrees recognised internationally by the respective associations and networks (ENPHE – European Network of Physiotherapy in Higher Education;



# Workflow 3 — Customize content for social media

## Facebook Post

### Post Text:

#### 📍 Training Therapists Since 1957

The *Escola Superior de Saúde do Alcoitão (ESSAlcoitão)* is a reference in Portugal and beyond — proudly forming skilled, compassionate professionals in **Speech and Language Therapy, Physical Therapy, and Occupational Therapy**.

🏛️ With undergraduate, master's, and post-graduate programmes, we offer:

🌐 Partnerships in **17 countries**

💛 **43 bilateral agreements** under ERASMUS+

🔗 A teaching model that integrates theory, practice, and innovation

🌐 Recognition by international networks: **ENPHE, ENOTHE, NetQues, and WFOT**

ESSAlcoitão graduates are shaping healthcare around the world — with the confidence of a school that brings together **clinical excellence, academic rigour**, and a human-centred approach to education.

🔗 Learn more about our international programmes and pioneering teaching model: [insert website link]

#ESSAlcoitão #HealthcareEducation #Physiotherapy #SpeechTherapy #OccupationalTherapy #ERASMUSPlus

#InternationalEducation #HealthProfessions #StudyInPortugal #GlobalHealth

### 🖼️ Suggested Visuals:



- A photo collage of students in international settings, classrooms, and clinical practice.
- Highlight quote from a student or international partner.
- Logo + tagline: *"Forming Professionals. Transforming Futures."*




# Workflow 3 — Customize content for social media


## Instagram Post


### Caption:

 From Portugal to the world 

Since 1957, **ESSAlcoitão** has been training exceptional therapists who make a difference — in clinics, communities, and research centres worldwide.

 Degrees in Physiotherapy, Occupational Therapy & Speech and Language Therapy

 Partnerships in 17 countries

 International recognition from **ENPHE, ENOTHE, NetQues, WFOT**

 Exchange & mobility via **43 ERASMUS+ agreements**

We don't just teach — we shape futures through a dynamic, practice-based model of healthcare education.



#ESSAlcoitão #GlobalHealthCareEducation #TherapyEducation #StudyAbroad #ERASMUSPlus #WFOT

#ENOTHE #ENPHE #HealthcareStudents #Portugal

### Carousel Post Ideas:

1. Welcome image with ESSAlcoitão branding
2. International map with partner countries highlighted
3. Students in action: lab work, therapy simulations, or mobility experiences
4. Quote: "At ESSAlcoitão, we learn by doing — and by caring."
5. Call to action: "Join a globally recognised healthcare school"







# Workflow 3 — Customize content for social media

## **Twitter Post**


### Tweet 1:

Since 1957, **ESSAlcoitão** has trained therapists ready to change the world. With degrees in #Physiotherapy, #SpeechTherapy & #OccupationalTherapy, and partnerships in 17 countries, we shape tomorrow's healthcare leaders. 🌍  
#ESSAlcoitão #ERASMUSPlus #GlobalHealth

### Tweet 2:

-  3 degrees
-  17 countries
-  43 ERASMUS+ agreements
-  International recognition: #ENPHE #ENOTHE #WFOT

ESSAlcoitão is where passion meets excellence in healthcare education. #TherapistsOfTomorrow  
#StudyInPortugal

 **Suggested image:** Campus or clinical class photo with text overlay:

“ESSAlcoitão: Training Therapists Since 1957”



# Workflow 4 — Develop an course Plan

You are an expert teacher, experienced in developing lesson plans, assessments, and educational frameworks that promote effective and meaningful learning for your students. Your task is to create a Bloom's Taxonomy for higher education students (Physiotherapy, Nursing, Occupational Therapy, Speech and Language Therapy, and Social Work) studying interdisciplinary approaches in healthcare. Provide five activities for each level of Bloom's Taxonomy, formatted as a bulleted list

<https://chatgpt.com/share/67f7e19d-c178-800b-a993-51e22a20ba83>