



Assessing Knowledge, Attitude And Practices Towards Physiotherapy In Knee Osteoarthritis At Visnagar, Gujarat.

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ABSTRACT

Objectives: The aim of the study was to assess the Physiotherapy management in Osteoarthritis related knowledge, attitude, and practice in people living in Visnagar, Gujarat.

Materials and Methods: A cross sectional study was carried out among 200 participants from 40-50 yrs. of age group [Female 140 (70%) and male 60 (30%)] in Visnagar using self-administered questionnaire. It was conducted as a survey; from 5th Jan 2023 to 17th Jan 2023. Examination was carried out by NPRS test.

Results: Among total population of 200, 78% of the population knew about physiotherapy, 86% ought to know that about Knee Osteoarthritis, enough number of the population 70 % knew about physiotherapy management and good result in knee pain due to Osteoarthritis, if they approach therapist at the preliminary stages. Among total population, 130 gave the history of pain in knee joint in past. The majority of people believe that Visnagar's population needs more in-depth consultations since it will help them receive treatment in a timely manner.

Conclusions: More awareness campaigns should be held in the context of osteoarthritis, and better positive attitudes can always be attained no matter how much the subjects already know about physiotherapy and related preventive measures.

Keywords: knowledge, attitude, practice, physiotherapy, osteoarthritis.

INTRODUCTION

A published study suggests that osteoarthritis is more than just wear and tear in knee joints that are 6,000 years old. According to Lieberman, osteoarthritis of the knee is now twice as common as it was before the 1950s, even after adjusting for age and body mass index. In light of this, it is crucial to engage in regular physical activity. "Our environment has substantially changed in terms of how much time we and our children spend sitting down. And that could have an impact on how our joints age and change."^[1]

Osteoarthritis is the most common form of arthritis which affects joints, if impacts knee, it reduces mobility along with lively participation within the society. Immobility similarly can deteriorate the situation of patients, if right guiding principle isn't given by the physiotherapist. This intern brings about different associated conditions like obesity, depression, deformities, incorrect gait and lots of extra. It is maximum usually influencing humans above 40-50 years. Previous studies show that during a 365 days period, 1 / 4 of humans aged >55 have an episode of chronic knee ache, of which approximately one in six consults their widespread practitioner approximately it.^[2]

One can have the stiffness, ache, reduced ROM and all this will be cured through journeying physiotherapist on the preliminary levels. Physiotherapist can relieve the ache and the ROM through the use of modalities, sporting events together with Stretching and strengthening sporting events often to preserve the patience and flexibility. Then unloading sporting events might be practiced. Due to ache and immobility there are possibilities of bad stability and danger of fall, so stability sporting events may also be guided through the therapist. Patient might be requested to do domestic regime sporting events additionally in an effort to have properly healing in conjunction with the precautions^[3,4] Despite some research conducted, the etiology, onset, and precise reasons for OA continue to be unknown however repetitive mechanical loads, age, and excessive ranges of state of being inactive play the maximum crucial function within side the improvement of OA; therefore, taking a cautious attention of the age, hobby level, and analysis of the affected person/customer is essential in growing a plan of take care of maximum clinicians.^[5] Even though it's not unusual sickness however there may be nevertheless lack of know-how concerning its therapy through physiotherapy management. If affected person is drawing near therapist at acute levels alternative surgical procedures may be avoided. The International Classification of Functioning, Disability and Health (ICF) framework became permitted through the World Health Organization in 2001. It considers symptoms, restricted activities, and restrained participation as a result of any scientific situation similarly to environmental and private elements that might have an effect on the affected person.^[6] Studies suggests that experts are running difficult to unfold focus and information on this situation and nevertheless extra paintings should be done^[7] Assessment of pain history may be very helpful, descriptive terms like 'mild', 'moderate', 'severe' or a numerical scale is added to the VAS, one speaks of a Graphic Rating Scale (GRS) Or NPRS.^[8]

Pain assessment in this study was helpful to know their severity of pain and promote physiotherapy advice and management for future.

Central to that, the purpose of this study is to examine the knowledge, attitude and practice among populace in Visnagar, Gujarat.

MATERIALS AND METHOD

A cross-sectional study was conducted to assess the role of physiotherapy in osteoarthritis related knowledge, attitude and practice among 200 population of Visnagar, Gujarat. The study protocol was reviewed and approved by the Ethical Committee of Nootan college of Physiotherapy, Visnagar. The questionnaire was explained to the peoples before being delivered to them. A self-administered structured questionnaire consisting of 15 questions on demographic data, osteoarthritis knowledge, attitude and practices was distributed. Informed consent was obtained orally from all the patients. Questions were asked to individuals and questionnaire was filled. All answers were treated with utmost confidentiality. Study was carried out from 5th Jan 2023 to 17th Jan 2023. Patient's knowledge, attitude, and practices were assessed by using a questionnaire which included the following:

- I. Knowledge: Information and awareness about role of Physiotherapy.
- II. Attitude: Attitude toward the management in OA.
- III. Practices: Any of the practice patients is doing in order to get relieved from pain.

After completing the questionnaire, examination was carried out by trained and calibrated therapists. Examination was carried out by NPRS test. It took an average of 3 minutes to complete the examination.

Statistical analyses

Data was collected via Google form and compiled then subjected to statistical analysis using statistical package for social sciences (SPSS) version 17. Descriptive statistics was obtained and mean, standard deviation was calculated.

RESULTS

Result was obtained by asking questionnaire from 200 populations. (60 men and 140 women, or 70% and 30% respectively).

Table 1 shows that 156 (78%) knew about physical therapy, 172 (86%) knew about osteoarthritis of the knee, 120 people (60%) understood that crepitus and discomfort in the knee joint are symptoms of OA, and 80 people (40%) knew that physical therapy is effective in reducing knee pain.

As in Table 2, among the population, 30 (15%) and 150 (75%), were doing Knee exercises, once or twice a day, respectively, 150 (75%) Avoided sitting on the ground with your legs crossed, 50 (25%) people shunned the Indian toilet, 54 (27% of the population) avoided prolonged standing and walking and 40(20%) neglected stair climbing.

Table 3 shows that 130 people (65%) previously reported experiencing knee pain. That included 35 (26.7%) who self-medicated for pain alleviation, 58 (44.6%) who sought out Orthopaedics, and 30(23%) experienced knee discomfort and visited Physiotherapists, 48(36.9%) visited Physiotherapy department in past. 30(62.5%) Among them daily, 12(25%) Alternate days and 06(12.5%) Weekly.

Reason for not visiting Physiotherapy department was recorded as 56(68%) Ignored, 23(28%) Busy/not required 03(3.6%) expensive treatment, NPRS examination 200, 65% Moderate Pain, 25% Mild, 10% Severe 66.6 Plus minus 8.93

TABLE:1 PHYSIOTHERAPY MANAGEMENT RELATED KNOWLEDGE AMONG PATIENTS

Sr.no	Knowledge towards Physiotherapy management in OA knee	No of Patients (n)	Percentage
1.	Are you aware about Physiotherapy	156	78%
2.	Do you know what is OA knee	172	86%
3.	Do you know that physiotherapy is helpful in reducing pain in knee OA treatment?	170	85%
4.	Are you aware that pain and crepitus in knee joint is sign of OA?	120	60%

TABLE:2 PHYSIOTHERAPY MANAGEMENT IN OSTEOARTHRITIS RELATED PRACTICE AMONG PATIENTS

Sr.No.	Practices	No. of Patients (n)	Percentage
1.	Knee Exercise 1.Once in day 2.Twice in a day	1.20 2.10	15%
2.	Avoid cross leg sitting on the ground.	150	75%
3.	Avoid Indian washroom	50	25%
4.	Avoid walking and standing for long time.	54	27%
5.	Avoid Stair climbing	40	20%

TABLE:3 ATTITUDE TOWARDS PHYSIOTHERAPY MANAGEMENT IN OSTEOARTHRITIS AMONG PATIENTS

Sr.No.	Attitude	No. of Patients (n)	Percentage
1.	Did you have knee pain in past. 1.Yes 2.No	1.) 130 2.) 70	1.) 65% 2.) 35%
2.	If Yes what did you do for pain relief? 1.Self medication 2.Consult Orthopedics 3.Consult Physiotherapist 4.Nothing	1.) 35 2.) 58 3.) 30 4.) 7	1.) 26.9% 2.) 44.6% 3.) 23% 4.) 5%
3	Have you visited Physiotherapy department in past. 1.Yes 2.No	1.) 48 2.) 82	1.) 36.9% 2.) 63%
4.	If Yes, then how often do you visit 1.Daily 2.Alternate days 3.Weekly	1.)30 2.) 12 3.)06	1.) 62.5% 2.) 25% 3.) 12.5%
5.	Reason for not visiting Physiotherapy department. 1.Ignored 2.Busy/not required 3. Expensive treatment.	1.)56 2.)23 3.)03	1.) 68% 2.) 28% 3.) 3.6%

TABLE: 4 PHYSICAL EXAMINATION BASED ON AND NPRS

S.no	Physical examination	No. of Patients (n)	Percentage	Mean	SD	Discussion
1.	NPRS	200	65% Moderate Pain 25% Mild 10% Severe	66.6	Plus minus 8.93	KAP surveys, short for

"Knowledge, Attitudes, and Practices Study", are important research methods used in various fields to gather information about people's knowledge, attitudes, and behaviors on a particular topic or issue. In the context of public health, KAP research is often used to understand behaviors and practices related to health promotion and disease prevention. In this study, it was helpful to assess knee pain and identify barriers to developing healthy behaviors after consulting with a physical therapist. Physical therapy is essential in the treatment of this disease. This includes approaches to joint prevention, exercise planning, and pain management. Various means are used to treat pain, such as heat and cold therapy, ultrasound, and TENS. Strength training, flexibility training and cardio are included in separate training programs. Gentle exercises such as Tai Chi, cycling, and swimming are recommended to reduce stress on joints. Physical therapists help people with osteoarthritis by recommending changes in activity, teaching proper body mechanics, and offering advice on using assistive devices. In addition, we provide training on osteoarthritis development, self-management techniques, nutrition and assistive devices. A physical therapist will check if these devices are needed and make sure they are fitted correctly. Physical therapy is done in collaboration with other health care providers as part of an interdisciplinary approach. Research shows that physiotherapists now have a new role to re-envision a holistic approach that incorporates wellness promotion as a cornerstone of this role, and may help transform physical therapists in practice.^[9]

Previous studies have shown that physical therapists are knowledgeable about, positive about, and practice health promotion. As physiotherapists are professionals who prescribe exercise and physical activity, it is very important to increase physical therapy practice and health engagement. Despite of lack of patient awareness, early studies show that patients are well informed and that therapeutic exercise is being used to treat knee arthritis.^{[10, 11].}

Conclusion

More awareness campaigns should be held in the context of osteoarthritis in Visnagar, and better positive attitudes can always be attained no matter how much the subjects already know about physiotherapy and related preventive measures. Additionally, patients, particularly those in rural areas, could benefit from more encouragement and pickup services for their regular physiotherapy treatments for OA knees.

Conflicts of interest - There are no conflicts of interest.

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