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AWARENESS TOWARDS PHYSIOTHERAPY SERVICE AMONG GENERAL PUBLIC IN AND AROUND VIRUDHUNAGAR DISTRICT

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Abstract:

Background:

Physiotherapy service is considered as an integral part in healthcare delivery system in India. Although there is an increased knowledge about physiotherapy among healthcare providers, there is still a difference exists in lack of awareness among the general public especially within various parts of Tamil Nadu.

Objective:

To find out the level of awareness towards physiotherapy service among general public in and around Virudhunagar district.

Materials and Methods:

This is a non experimental study of Observational type with a sample size of 254 subjects which was taken based on the selection criteria and were provided with the self structured questionnaire depicting the awareness of physiotherapy and data's were collected accordingly.

Results :

Among recruited 254 subjects male population accounts for around 49%,females-51%.On categorizing them upon education level 33% were educated, 47 were completed schooling level,20% were illiterate. More than 54% of the respondents are aware of the profession. 46% of them are unaware of the physiotherapy profession.

Conclusion:

The present study depicts that around 80% the study population falls under literate category. Totally 254 people participated the study. It was found that more than 54% of the respondents are aware of the profession. 46% of them are unaware of the physiotherapy profession. We suggest the use of available resources including social media to increase the awareness among the general public, living in both in rural and urban areas. It is imperative to take measures by professional bodies to initiate the formation of a central regulatory body in controlling malpractice in this professional field.

Key words: Awareness, Physiotherapy, General public, Knowledge.

INTRODUCTION

- Physiotherapy is defined as `A Health care profession concerned with human function & Movement & maximizing its potential. It uses physical approaches to promote, maintain & restore physical, psychological & social wellbeing, taking account of variations in health status (1).
- Physiotherapists are health care professionals who maintain, restore and improve movement, activity and health for individuals in all age groups (1).

- Although physiotherapy has a great role to play in the society, there still exists a clear identity with the public who demonstrate limited awareness and understanding of the scope of the profession and have difficulty in differentiating it from other medical practitioners(2).
- Despite having wide role as a crucial health care partner, the extent of awareness about physiotherapy service among general public is still unclear.
- Awareness about physiotherapy is very important in improving the well being of the Society(3).
- Hence this study was undertaken to assess the level of awareness and knowledge of physiotherapy service among the general public in and around virudhunagar District.

MATERIALS AND METHODS

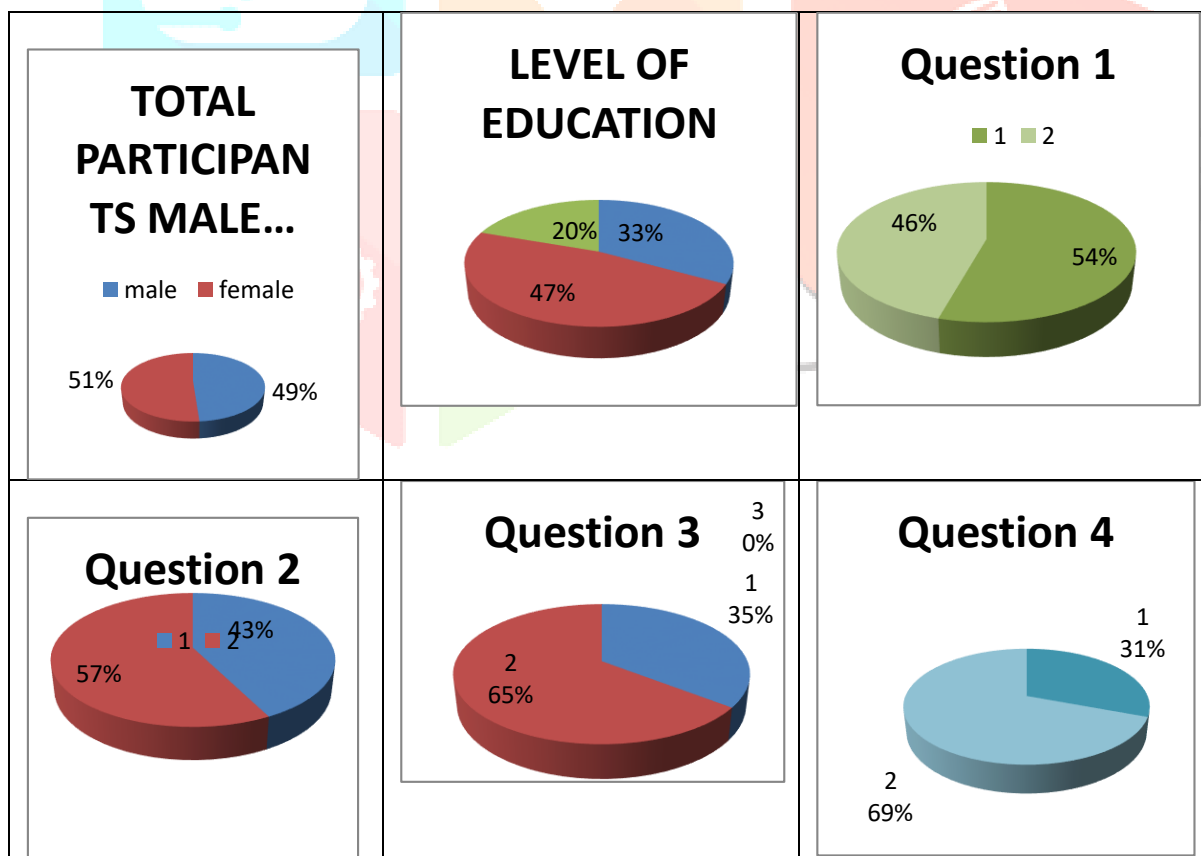
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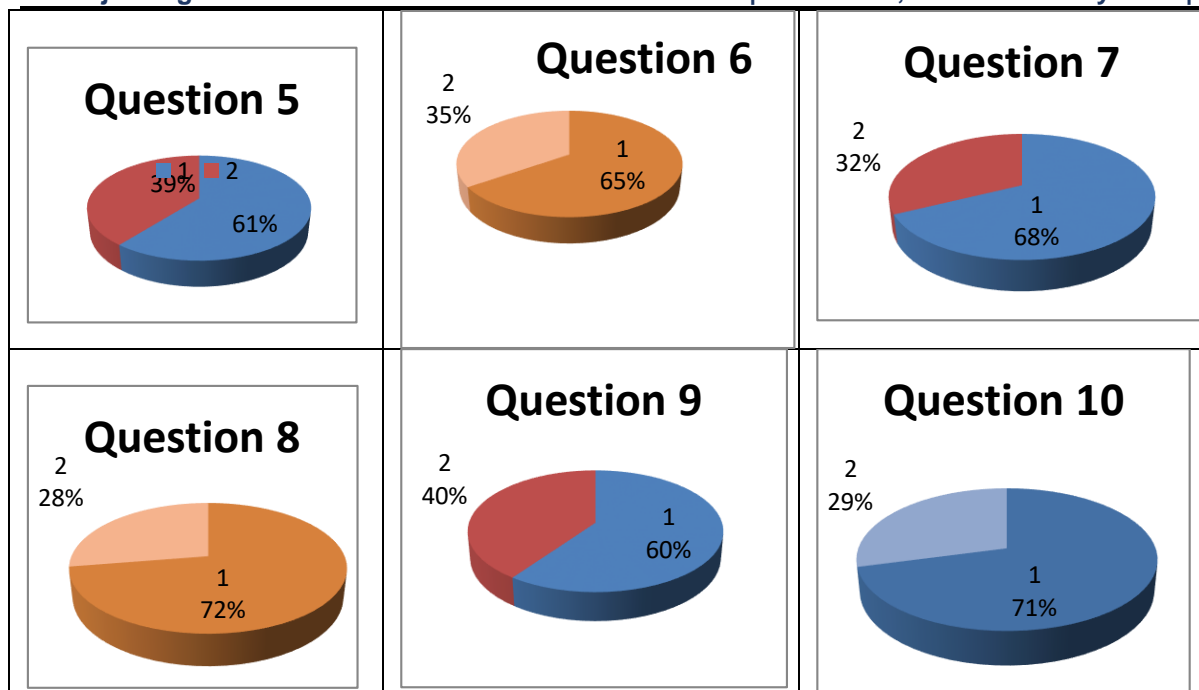
PROCEDURE

- The subjects were selected based on the inclusion and exclusion criteria. The purpose of the study has been clearly explained and 'Informed consent' was obtained from the subjects.
- This is a non experimental study of Observational type with a sample size of 254 subjects and were provided with the self structured questionnaire depicting the awareness of physiotherapy and data's were collected accordingly.
- After obtaining data's subjects received regular therapy and also a handout was given to them which carries the clear basic content about the profession and its role.

RESULTS

Among recruited 254 subjects male population accounts for around 49%,females-51%.On categorizing them upon education level 33% were educated, 47 were completed schooling level,20% were illiterate. More than 54% of the respondents are aware of the profession. 46% of them are unaware of the physiotherapy profession.





DISCUSSION

A total of 254 subjects participated in the study. In this male population accounts for around 49%, females around 51%.

On categorizing them upon education level 33% were educated, 47 were completed schooling level, 20% were illiterate.

More than 54% of the respondents are aware of the profession. 46% of them are unaware of the physiotherapy profession.

43% of them responded that their family members were taken therapy and they are aware about this profession.

35% of them responded positively for the awareness of differentiation between a general physician and a physiotherapist.

Around 60% of the respondents positively stated regarding consideration of physiotherapy as the medicine less treatment and it doesn't carry any side effects and also least percentage (31%) of subjects expressed their fear in undertaking this therapy.

Around 70% of subjects responded that physiotherapy treatment and can be applicable for all age groups starting from children to elderly population and it can be very well given to post operative patients too, and subjects also acknowledged positively that all the ailments are curable with exercises.

- The reason behind this increase awareness of physiotherapy profession might be the literacy level of study population which accounts for around 70%.
- It has been identified that mass media serve as the main source in providing awareness to the general public in most of the situations,
- Understanding about the medical conditions and identifying the first point of contact and referral points is better with higher levels of literacy [7].
- Lack of information regarding the profession in rural areas, poor communication among community health careworkers, and poor referral practices found to be the hindering factors leading to lack of awareness in general public.

We suggest that the authorities and professional bodies must take the responsibility of bringing awareness among general public regarding the profession, the conditions managed by therapists, identifying fake courses and quack practitioners (8).

CONCLUSION

The present study depicts that around 70% the study population falls under literate category. Totally 254 people participated the study. It was found that more than 54% of the respondents are aware of the profession. 46% of them are unaware of the physiotherapy profession.

We suggest the use of available resources including social media to increase the awareness among the general public, living in both in rural and urban areas. It is imperative to take measures by professional bodies to initiate the formation of a central regulatory body in controlling malpractice in this professional field.

LIMITATIONS AND RECOMMENDATIONS:

- The number of participants from each age group and literate level was not selected in equal proportion.
- Future studies can be focused on comparing the awareness levels between
 - a) Men and women of various range of age groups.
 - b) Subjects of Rural and urban areas.
- Correlating the literacy level and its influence on awareness levels of individuals can also be focused.

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- **CONFLICT OF INTEREST:** Nil
- **SOURCE OF FUNDING:** Self Fund
- **STATEMENT OF INFORMED CONSENT:** We hereby declare that we have abided by the rules and guidelines of this journal and not disclosed the information which could affect the privacy of the participant.

ANNEXURE:

S.no	Questions	Yes	No
1.	Are you aware of Physiotherapy treatment? பிசியோதெரபி சேவை பற்றி உங்களுக்குத் தெரியுமா?	54%	46 %
2	Any of your family members has taken physiotherapy treatment? உங்கள் குடும்பத்தில் யாரேனும் பிசியோதெரபி சேவையைப் பெற்றுள்ளீர்களா?	43%	57%
3	Injections and drugs are part of physiotherapy. .மாத்திரைகள், ஊசி மருந்துகள் பிசியோதெரபியில் ஒரு பகுதியாகும்	35%	65 %
4	Are you scared of taking physiotherapy treatment? .பிசியோதெரபி சிகிச்சையை எடுக்க நீங்கள் பயப்படுகிறீர்களா மற்றும் தயங்குகிறீர்களா	31%	69%
5	Do you know that physiotherapy treatment does not have any sideeffects? பிசியோதெரபி சிகிச்சை எந்த பக்கவிளைவுகளும் இல்லாதது என்பது உங்களுக்குத் தெரியுமா?	61%	39%
6	Pain can reduce by physiotherapy treatment without any medicines or drugs. மாத்திரை மற்றும் ஊசி இல்லாமல் பிசியோதெரபி சிகிச்சையைப் பயன்படுத்தி வலியைக் குணப்படுத்த முடியும்	65%	35%
7	Is there difference between general physician and physiotherapist ? ஒரு பொது மருத்துவர் சிகிச்சைக்கும் பிசியோதெரபி சிகிச்சைக்கும் இடையில் ஏதேனும் வேறுபாடு உள்ளதா?	68%	32%
8	Can we cure the problem only through the exercises? எந்தவொரு உடல் இயக்கக் கோளாறுகளையும் உடற்பயிற்சியின் மூலம் சரி செய்ய முடியுமா?	72%	28%
9	Can we give physiotherapy treatment post operatively? அறுவைசிகிச்சைக்குப் பிறகு பிசியோதெரபி சிகிச்சையைச் செய்யலாமா?	60%	40%
10.	Can we give physiotherapy treatment for all age groups? அனைத்து வயதினரும் பிசியோதெரபி சிகிச்சையை மேற்கொள்ள முடியுமா?	71%	29%