



Survey on awareness of physiotherapy in caretakers of disabled childrens in rural areas

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Abstract

Background: Physiotherapy is one of the oldest branches of healthcare profession which is concerned with holistically rehabilitating the patient. In recent years, the field has evolved rapidly providing evidences based quality based health services. There is no awareness in rural area about physiotherapy .The purpose of this study was to find level of awareness of physiotherapy among disabled child's caretakers in rural area.

Methodology: Total 88 subjects were taken according to the inclusion and exclusion criteria. Questionnaire was filled subject were given self designed physiotherapy awareness questionnaire and then according to the grade score was marked, the data was then taken on excel sheet and statistical analysis was done.

Result: There is excellent (79.54 %) awareness about physiotherapy in rural areas .it was obtained by using self designed physiotherapy awareness questionnaire .and (20.45 %) people have no awareness.

Conclusion: This study concluded that there is excellent awareness about physiotherapy in disabled child's caretakers in rural areas. Irrespective of illiteracy in rural area.

Keywords: Physiotherapy awareness, disabled child caretakers, rural areas

Introduction

WHO defines that physical therapy is concerned with identifying and movements potential within the spheres of promotion, maximizing quality of life, treatment/intervention, rehabilitation, relieve and prevention [1]. Mary McMillan is known as a mother of physiotherapy and Per Henrik Ling is a father of physiotherapy.

Physical therapist plays an important role in healthcare in reducing hospital stay, rehabilitation for better quality of life and quicker recovery [1]. It is important for the health care professionals to be aware about the importance of a role of physical therapist in maintaining functional ability of an individuals and approaches and principles. A good awareness of the health care system would develop an enhanced lifestyle and a faster recovery [1]. Physiotherapist are health care professionals who maintain, restore and improve movements, activity and health for individuals in all age groups. In some continents, they are addressed as physical therapist and in other continents as physiotherapist [2].

Physiotherapist are involved in health promotion, prevention and treatment of diseases to ensure optimal functioning and better quality of life of individuals and population [2]. They develop and implement programs for screening and prevention of common physical ailments and disorders [2]. Physiotherapy is a healthcare profession that assess, diagnoses treat and work to prevent diseases and disability by physical means. It involves providing services to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan forming an essential part of the health and community / welfare services delivery system [3].

The presentation of cerebral palsy can be global mental and physical dysfunction or isolated disturbances in gait, cognition, growth or sensation. it is the most common

childhood physical disability and affects 2 to 2.5 children per1000 born in the united states [4]. The role of physiotherapy in disabled children is to evaluate and treat problems relating to mobility, strength, coordination and endurance. It also assess the children and treat the children. It also provide appropriate orthotics Walking aids and minor equipment's, provision of individualized exercise program which patient can follow to improve their mobility, agility and strength to maintain independent living [5]. Disability is defined as physical, mental or psychological condition that limits a person activities [5]. Disability is seen solely as the result of an individual's inability to function.

According to the social model, disability is the outcome of the interaction of the person and their environment and thus is neither person nor environment specific. The international classification of functioning, disability and health (ICF) developed by the World health organization are the starting point for recent developments in measuring Functional capacity. Disability in the ICF arises out of activity limitations and restrictions placed upon participation that grow out of the interaction between body structure and function limitations and an unaccommodating environment [5]. Prevention of disabling living conditions is a general societal concern and responsibility of all sectors.

Prevention of disabling living conditions is a general social concern and responsibility of all sectors. Prevention of disabling conditions include a environmental health, living condition, working conditions and poverty reduction and alleviation. There are some provision acts like prevention and early detection of disabilities, education, employment, Non –Discrimination, research and man power, social security etc [5].

The P.W.D. Act, 1995 defines many aspects including various types of disabilities of handicap they are an blindness, low vision, cerebral palsy, hearing impairment,

leprosy cured, locomotor, mental retardation, mental illness etc [5]. Globally , many people suffer from physical challenges .According to the World Disability Report (2023) 10% of the world population has disability and around 80% of these live in rural areas, where the probability of the population taking physiotherapy and rehabilitation treatment is very small. The prevalence of disability in India in 2021 was 2.21% of the population. From the disabled population, those suffering from disabilities in seeing, hearing, and movements are around 20 % each – thus about 60 % of the disabled population suffers from these three disabilities [6].

The majority of people with disabilities find that their situation affects their chances of going to school, working for a living, enjoying family life, and participating as equal in social life. Quality of life is compromised not only for the disabled person, but also for the family. The presence of one person with disability in a family has negative consequences of social stigma which affect the entire household social segregation of disabled person is also widespread. The mortality and morbidity among disabled as much greater as compared to people without disability estimated that only 2% of people with disabilities in developing countries have access to rehabilitation and appropriate basic services [9].

Method

Ethical Statement

The study received approval from the institutional ethics committee. It was conducted following the ethical guidelines of the declaration of Helsinki (updated 2013) for medical research involving human subjects, as well as the 2017 National Ethical Guidelines for Biomedical and Health Research involving human participants from the Indian council of medical research.

Design

A total of 88 sample were selected on the basis of inclusion criteria who were disabled child’s caretakers. Survey was done to find out awareness about physiotherapy in disabled child’s caretakers in rural areas by using self designed questionnaire the result of this survey were collected and analysed to find out awareness about physiotherapy in disabled child’s caretakers in rural area.

Participants

Total 88 participants were chosen on the basis of selection criteria of the study. The inclusion criteria of study included disabled child’s caretakers in rural area. The analysis of the study was done by using Ms excel sheet. Person correlation was used to find out awareness about physiotherapy in disabled Childs caretakers in rural area using self designed questionnaire.

Outcome Measure

- Self designed physiotherapy awareness questionnaire among disability caretakers. ‘Physiotherapy awareness self designed questionnaire’ is used to assess the awareness of physiotherapy in caretakers of disabled children in rural area.

Interpretation: Total -10

- No awareness
- 2 = poor awareness

- 3-4 = average
- 5-6 = fair
- 7-8= good
- 9-10 = excellent

Questions	Yes	No
1) Have you heard about physiotherapy before?		
2) Do you know about physiotherapy?		
3) Do you know about who is physiotherapist?		
4) Do you know physiotherapy helps in improvement of especially abled children?		
5) Do you know when to visit physiotherapist for the treatment of especially abled children?		
6) Did you know physiotherapy can help to prevent long term disability and reduce pain?		
7) Do you think physiotherapy could help improve your ability to work without pain?		
8) Do you know exercise therapy is given to treat the especially abled children?		
9) Do you know electrical modality are given during physiotherapy treatment?	\	
10) Do you know any schemes for especially abled children through government?		

Procedure

Ethical Clearance was obtained From the Ethical Committee. Subject was selected according to the inclusion and exclusion criteria.self designed questionnaire was used to find out awareness about physiotherapy that questionnaire was validate from senior physiotherapist .Consent was taken from each participants. Outcome measures was explained to the participants in their best Understood. Data was collected and analysed

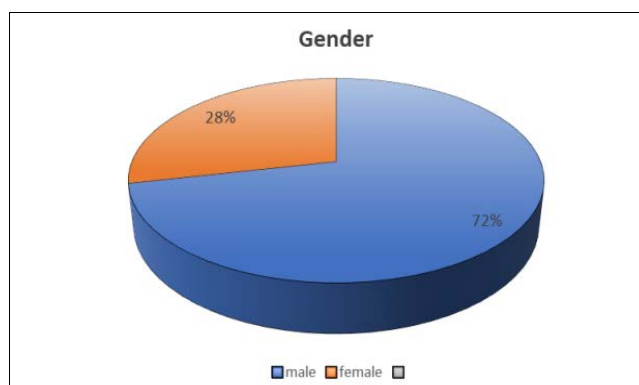
Data Analysis

The data obtained was entered in a Microsoft Excel sheet, and statistical analyses was performed using a statistical package for the (SPSS) (Version 20). Results was presented as, counts and percentages, and diagrams.

Result

Table 1: Depicts frequency and percentage of frequency distribution of gender

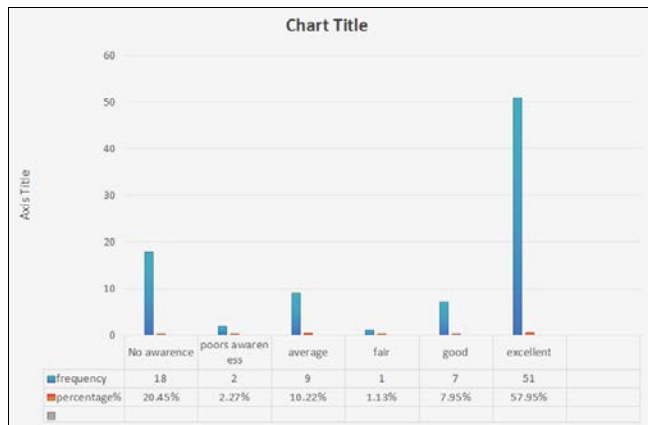
Gender	Frequency (n)	Percentage (%)
Female	25	28.40 %
Male	63	71.59%
Total	88	100%



Interpretation: Graph -1 it shows that frequency and percentage frequency distribution with gender group, 28%were female and 72%were males

Table 2: It shows that awareness about physiotherapy in caretakers in percentage.

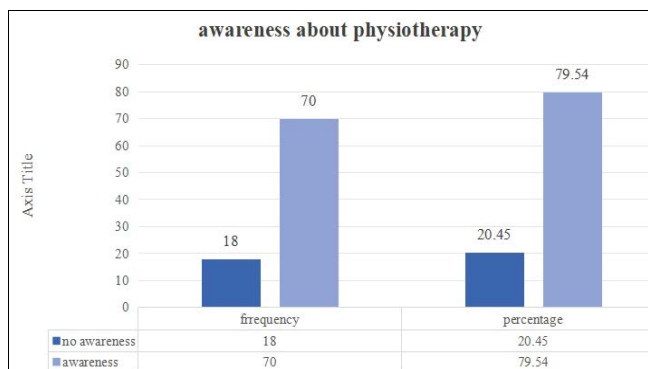
No awareness	20.45 %	18
Poor awareness	2.27 %	2
average	10.22%	9
fair	1.13%	1
good	7.95%	7
Excellent	57.95%	51



Interpretation: It shows that 20.45% participants have no awareness, 2.27 % participants have poor awareness, 10.22% participants have average awareness, 7.95% participants have good awareness, 57.95 % participants have excellent awareness.

Table 3: It shows that awareness about physiotherapy awareness and no awareness.

No awareness	18
Awareness	70



Interpretation: Graph 3 shows physiotherapy awareness in yes or no awareness. There is 18 people have no awareness and 70 participants have excellent awareness.

Discussion

This study was done to observe the prevalence of awareness about physiotherapy among disabled child's caretakers in rural areas. In this study the participants responded to questions about physiotherapy awareness. Total 88 caretakers was participated in this study. In developing countries it was estimated that not more than 2 % -3 % of the disabled could benefit from rehabilitation services [9]. significant dispartise in health and medical care utilization were found for adult with developmental disabilities relative to non disabled adult [9]. There was considerable need for the

improvement of facilities, services and opportunities for the disabled [9].

As per the data by using self designed physiotherapy awareness questionnaire, in total of 88 population about 20.45% people have no awareness, because of illiteracy. There is considerable need for the improvement of facilities services and opportunities for the disabled [9]. A similar study shows A survey about physiotherapy was conducted in rural area around Delhi from the general public and in that study a total of 200 respondents comprising 104 (52%) men and 96 (48 %) women participated in the study majority of respondents never heard about physiotherapy and new only of physiotherapy services in bone joint and nerve related dysfunction but were least aware of its result in other community services and medical conditions .the main sources of information was newspaper and relatives [18], (2.27%) population have poor awareness in rural area because there is no physiotherapy center near the village .and no other sources of information . there is lack of health education and awareness campaigns, financial constrains etc. (10.22%) participants have average awareness because those peoples live nearby city, they know about physiotherapy but they don't know about proper information about physiotherapy. They have not information about what kind of treatments are given in physiotherapy and they don't know about electrical modalities used in physiotherapy treatment so those people have average knowledge about physiotherapy. Physiotherapy was considered massage by many participants this finding is consistent with literature. various studies have shown that individuals correlate massage with physiotherapy and assume it to be a specialization of physiotherapy [19]. so they have not good knowledge about physiotherapy [1.13%] people have fair knowledge about physiotherapy in rural area due to limited access to services, fewer trained professionals, low literacy rates and cultural preferences for traditional healing . In terms of sources of knowledge, most participants have heard about physiotherapy from family members [19]. This finding is in contrast with study done in Sudan which reported that very few participants came to know about physiotherapy from a family member [19]. There is a dire need to take a measures to improve awareness of the field and its specialties of physiotherapy [20]. [7.95%] participants have good knowledge about physiotherapy because those peoples receive physiotherapy services from healthcare profession. Those people live near the city so they know about physiotherapy services. A similar study was conducted in healthcare professionals as compared to nonhealthcare professionals this study reveled that the awareness of physiotherapy was better. the probable reason for this could be that the health professionals have studied and acquired knowledge of physiotherapy during their studies [4]. [57.95 %] participants have excellent awareness in rural area due to those people receive physiotherapy for their children's, those people are well educated, most of participant believed that patient should visit physiotherapy center [1]. a similar study showed that according to the analysis of the obtained data , it was observed that of the total interviewed sample of 151 volunteers 100% volunteers were aware about physiotherapy.

Conclusion

This study concluded that there is excellent awareness about physiotherapy in disabled child's caretakers in rural areas. Irrespective of illiteracy in rural area.

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