

Assessment of the Referral of Patients for Physiotherapy among Medical Professionals of Isra University Hospital

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Abstract:

Background: Physiotherapy is a health care profession and Physiotherapist now a days working in a wide range of health related problems and dealing health related problems of every aspect in society and improving quality of life people. Physiotherapist needs autonomous authority in their field for independent practice. Physiotherapists are required to make independent referral and treatment decision and there is need for open referral in which patient will be passed direct from physiotherapist from medical practitioners for physiotherapy treatment of patients

Objective: The purpose of this study is to explore the influence of Assessment of the Referral of Patients for Physiotherapy among Medical Professionals among Isra University Hospital Hyderabad Sindh

Study Design And Methods: It was cross sectional type of descriptive study that was conducted in Isra University hospital Hyderabad. Data has obtained from questionnaire. It contains 3 sections A, B, C and having total 10 questions from all portions for the Assessment of the Referral of Patients for Physiotherapy among Medical Professionals among Isra University Hospital Hyderabad Sindh.

Result: 50 Medical practitioners comprising 46% males and 54% females participated in this study. Their ages ranged between 24 to 63 years. In this study four Departments of Isra hospital were participated that comprising of 24% from medicine, 26% surgery, 24% Gyne & Obs and 26% from Pediatrics. When respondents were asked about physiotherapy everyone knows physiotherapy department and accepted it as an autonomous profession. After analysis of data it was found that 84% participants refer their patients for physiotherapy treatment when required and 16% don't refer due to multiple reasons. 58.3% respondents viewed physiotherapy as expensive treatment, 37.50% said it's not expensive treatment, 4.20% participants have no idea about physiotherapy treatment in Isra hospital. When respondents from different departments were asked about the effectiveness of physiotherapy treatment it was viewed that 20% from medicine & Surgery accepted its effectiveness, 24% from Gyne & Obs and 18% Pediatrician admit that physiotherapy is effective for patient remaining denied its effectiveness.

Conclusion: The Isra university participants were found to be well aware about the profession of physiotherapy and majority of participants admit physiotherapy as an autonomous profession and have an opinion that physiotherapists are trained enough to determine the right treatment for their patients for physiotherapy.

I. Introduction

Physiotherapy is a health care profession established with maximizing mobility and quality of life by using clinical reasoning to select and apply the appropriate treatment (APTA). Physiotherapy profession now established theoretical and widespread clinical applications. In allied medical field, it has emerged not only as an important medical and rehabilitative complement in health care delivery but also a health profession with a vital therapeutic tool and integral part of treatment (American Physical Therapy Association 1997). Low level of awareness has been seen about the role of physiotherapy not only in undeveloped countries but also in developed countries as well. (Odebiya 2010).

Health care profession concerned with human function, its movement and maximizing its potential and makes a person able to remain active in their life and perform maximum independent daily activities of life, Physiotherapist working in health setup and improving quality of life and maximizing potential for remaining well being (Apurv Shimpi et al 2009).

Physiotherapist now a days working in a wide range of health related problems and dealing health related problems of every aspect in society and improving quality of life people (Bjork, 1998). Physiotherapist now practicing in a wide variety of setups like as clinical, Educator, Administrator, Consultants, Researchers. (Shujayat Ghani, 2007).

Physiotherapist use physiotherapy skills and knowledge for the assessment of various diseases that need physiotherapy treatment as well as helps in the management of various conditions related to musculoskeletal, disability related issues and handicap patients. Physiotherapist plays a vital role in the rehabilitation of patients in every setup they work as a backbone in public health (Apurv Shimpi et al 2009).

Physiotherapist needs autonomous authority in their field for independent practice and independent clinical decision making for their patients to achieve professional goals. (Richardson et al 1999). Studies have shown physiotherapy service become more efficient by early referral for physiotherapy to physiotherapist, It is also been seen that physiotherapy remains second referral profession in many part of the world, The referring authority is under the professionals, his interest, understanding about physiotherapy and interaction with the physiotherapist and his concepts about physiotherapy treatment.(Hendricks...et al 2011).

Physiotherapy is at top of the pyramid of health care professionals. Patients still rely on Medical practitioners for recommendation for physiotherapy and referring for physiotherapy rely on Medical professionals' knowledge and its awareness about Physiotherapy. Mostly part of the world The practice of physiotherapy as a prescription rather than as a referral on consultation basis now discouraged in developed countries..(Odebiya...et al 2010).

Physiotherapists are required to make independent referral and treatment decision. Referral relationship between medical practitioners and physiotherapist are prescriptive and responsibility for diagnosis and treatment decision rely on doctors, There is need for open referral in which patient will passed direct from physiotherapist from medical practitioners for physiotherapy treatment of patients.(Jancis k...et al 1987).

It has been seen where physiotherapy department established and offering physiotherapy courses their doctors ,medical students understand the worth of physiotherapy treatment and physiotherapy students and medical student are found interconnected in different wards, On the other hands it's been observed according to the reference of previous studies where physiotherapy degree not offering those medical colleges students and doctors not fully understand the worth of physiotherapy treatment and its need of referring to physiotherapist.

Public enjoys direct access to physiotherapist in many parts of the world, Physiotherapist treats every type of musculoskeletal disease., It has been found physiotherapist are highly qualified persons who graduated from medical school and have capability to treat patients in every rough and tough situation. Now a physiotherapist working in cancer related disease and treating chest complication by providing chest therapy.(Salathi 2004)The purpose of this study is to explore the influence of Assessment of the Referral of Patients for Physiotherapy among Medical Professionals among Isra University Hospital Hyderabad Sindh.

II. Methodology

2.1. Study design : Cross sectional observational study.

2.2. Study settings : Isra university hospital Hyderabad.

2.3 Population : All Physicians and surgeons who had at least two years of post qualification experience.

2.4 Sample: The sample size consisted of 50 participants, both male and female.

2.5 Sampling procedure: Convenient sampling

2.6 Inclusion criteria: Male and female both participants.

- Participants must have 2 years clinical experience excluding internship.
- Participants who agreed to participate and easily accessible.

2.7 Exclusion criteria

- Paramedics staff.
- Housejob doctors.

2.8 Data collection: The base of any study is data collection. This study has followed all rules of data collection including method of data collection, duration and procedure of data collection.

2.8.1 Method of data collection: Face-to-Face interview by the researcher were held by providing a semi structured questionnaire form. It is useful because this technique ensure that the researcher will obtain all information required, while at the same time gives the participants freedom to respond and illustrate concepts.

2.8.2 Questionnaire: For data collection a semi structured questionnaire were used to find out the view of medical practitioners about mode of referral for patients for physiotherapy. Which includes close ended question in part-1 to obtain socio demographic information and open ended question in part-2.

2.8.3 Duration of data collection:Data was collected carefully and confidentiality and maintained all ethical consideration each questionnaire took approximately 5-10minutes to complete.

2.8.4. Procedure of data collection:The questionnaire from were easy and filled up from medicine, surgery, Gynae and Obs, Peads department.

2.8.5. Data analysis procedure:Data analyzed by spss 21 version.

2.9 Ethical consideration:All the participants and the authority were informed about the purpose of the study. Maintained confidentially of participants and share the information only with research supervisor.

2.10 Informed consent:All the information was explained clearly about the study and verbally informed to the participants. The interview notes and recording words was not be shared or discussed with others.

Limitations:

- This is the first one in Pakistan But time was too limited. And all participants were busy.
- The study was conducted only in Isra university hospital Hyderabad District.
- The interviewing skills were not good enough to get in depth information from participants.
- This study has provided for the first time data on the assessment of mode of referral for physiotherapy by medical practitioners. No research has been done before on this topic. So there was little evidence to support the result of this project in the context in Pakistan

III. Result

50 Medical practitioners comprising 46% males and 54% females participated in this study. Their age ranged between 24 to 63 years. In this study four departments of Isra hospital were participated that comprising of 24% from medicine, 26% surgery ,24% Gyne &Obs and 26% from Pediatrics. When respondent were asked about physiotherapy everyone knows physiotherapy department and accepted it as autonomous profession. After analysis of data it was found that 84% participants refer their patients for physiotherapy treatment when required and 16% don't refer due to multiple reasons.58.3% respondents viewed physiotherapy is expensive treatment, 37.50% said it's not expensive treatment,4.20% participants has no idea about physiotherapy treatment in Isra hospital. When respondents from different departments were asked about the effectiveness of physiotherapy treatment it viewed that 20% from medicine & Surgery accepted its effective, 24% from Gyne & Obs and 18% Pediatrician admit that physiotherapy is effective for patient remaining denied its effectiveness.

IV. Discussion

This study was designed to evaluate the mode of referral of patients for physiotherapy treatment by medical practitioners in Isra University and possible factors for mode of referral for physiotherapy. The result revealed very positive response about the awareness of physiotherapy treatment among participants who had graduated from Isra University although; the department of physiotherapy had established 5 years back in Isra University. The positive response is may be due to the presence of physiotherapy department is Isra university and participants had exposure with physiotherapist in different wards that would be the reason of positive attitude toward physiotherapy treatment.

In this study it was found 84% refer their patients for physiotherapy treatment and 16% participants do not refer patients for physiotherapy treatment. The use of physiotherapy referral on a consultation basis rather than prescription by the majority of respondent who graduated from Isra University.58.3% respondents viewed physiotherapy is expensive treatment, 37.50% said it's not expensive treatment, 4.20% participants has no idea about physiotherapy treatment. The referral rate for physiotherapy can be increase if cost of treatment reduced. It's also been observed in a study those participants who graduated from the universities where department of physiotherapy not established are not fully aware about physiotherapy treatment effectiveness and they rarely refer their patients for physiotherapy.

This study revealed majority of participants admit physiotherapy as autonomous profession and have opinion that physiotherapist are trained enough to determine the right treatment for their patients for physiotherapy. When respondents from different departments were asked about the effectiveness of physiotherapy treatment it viewed that 20% from medicine & Surgery accepted its effective, 24% from Gyne & Obs and 18% Pediatrician admit that physiotherapy is effective for patient remaining denied its effectiveness.

Jackson (2004) mentioned that lack of knowledge about the role of profession may not only lead to misconception about the profession, but may also lead to inter-professional conflict. Physiotherapy referral has been attributed to the wrong attitude and poor knowledge by medical practitioners about the role of physiotherapy in health care delivery (Dunken, 2004).

V. Conclusion

The Isra university participants was found to have well aware about the profession of physiotherapy and majority of participants admit physiotherapy as autonomous profession and have opinion that physiotherapist are trained enough to determine the right treatment for their patients for physiotherapy. The rate of referral can also be increase if the cost of physiotherapy treatment decreased. It is recommended that medical institutions without a physiotherapy training program should endeavor to introduce it. This will discourage the practice of physiotherapy as prescription and encouraged the use of physiotherapy referral on consultation basis.

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