

To assess level of awareness about physiotherapy in School and College Students in Delhi-NCR: Survey

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ABSTRACT

Background: There is a lack of fundamental knowledge about physiotherapy among students in high schools and universities. As a result, we're trying to spread the word about physiotherapy at schools and colleges in order to increase the number of students interested in pursuing a career in the field. With this study, we want to raise awareness about the importance of physiotherapy among students in the National Capital Region.

Materials & Methods: A questionnaire was developed using questions from article regarding the knowledge of physiotherapy and its unit. The questioner was asked to fill by so students of schools and collages of Delhi NCR. Both male and females' students were included in the study. Total 200 students fill the form using pen and pencil method. All the students gave their consent for the data to be used in the study.

Results: in this study involved use of survey questionnaire which included 7 questions, in which survey subject had to answer on 4 point included each questions and results was 38.75% right answer, 37.75% wrong answer, and 17.5% not answered (question 1), in response sheet scoring was done in question 2 (38.45%, 37.5%, 23.5%). In question 3 was done 26.5%, 40.25% and 32.25%. Question 4 was done 32.25%, 31.75% and 35.5%. Question 5 was done 29.75%, 30.75% and 39%. Question 6 was 27.75%, 45%, and 35.25%. Question 7 was done 22%, 29.75% and 47.25%, according to the survey.

Conclusion: Students in high school and college were surveyed about their knowledge of the physiotherapy profession and their sources of information. The study's participants, who were mostly science majors, had little familiarity with physiotherapy. Many people said they got their knowledge from television, which was regarded by many people as a major source of information in the survey. According to the results of the poll, physiotherapists in general population should take a more active role in teaching the general population.

INTRODUCTION

Paramedical professions such as physiotherapy are less well-known in the healthcare business than doctors and nurses. Even while physical therapy is an important part of health care delivery, it's not universally accepted (Goodwin et al., 2020). There are several health professions, such as physical therapy, that focus on human function, mobility, and potential. As a result, physiotherapists work in a wide range of healthcare settings, from acute care to mental health to stroke rehabilitation to occupational health to the elderly care (Josephson et al., 2013). Physical therapy involves a lot more than only treating sports injuries, despite the fact that this is the most common notion in the field. When it comes to promoting and restoring physical, psychological and social well-being, physical approaches are used, taking into account differences in health status; it is science-driven; it is clinically oriented; and it emphasizes clinical judgement and informed interpretation (Potter et al., 2003). To achieve rehabilitation, physiotherapy focuses on "restoring an individual section or parts to normal function following a devastating disease, injury, addiction, or incarceration." Ageing individuals (those over 65) are expected to increase from 600 million to 2 billion between 2000 and 2050,

according to World Health Organization estimates (Kulju et al., 2013). Worldwide interest in physiotherapy is expected to rise in the next years because of its importance in the rehabilitation of the elderly. Only a fraction of the many schools, colleges, and other higher education institutions, clubs, and other organizations throughout the globe that engage in various sports programmes regularly employ a physiotherapist on an ongoing basis. For the most part, national teams are no exception (Zangata et al., 2019).

It is the goal of a physiotherapist (also known as a physical therapist) to restore patients to normal function without the need of medicine by using exercise, manual therapy, rehabilitation techniques, and physical activity (Walther et al., 2004). To help patients heal and/or rehabilitate from conditions such as neurological, musculoskeletal, cardiac, sports and geriatrics, cancer, a physical therapist's purpose is to assist. He or she is tasked with helping the patient's body return to its pre-injury state. Experts in the prevention and treatment of injuries, especially those sustained while participating in a sporting activity, are also crucial health professionals (Baker, 1977).

For people with Long COVID, physiotherapists have played an important role in their recovery by helping them find a healthy balance between physical activity and rest (Agata et al., 2010).

There are many types of exercise that may be used to cure health problems, including aerobic, resistance, and a combination of the two, as well as exercises that are tailored to a particular ailment, such stretches or balancing training (The Chartered Society of Physiotherapy (CSP), 2020). Rehab under the guidance of a physiotherapist, whether in person or through videoconference, is advised for those with moderate to severe symptoms, since it is regarded a safe and effective way to guide patients through evaluation and treatment with little transmission risk. In the event of a pandemic, it helps maintain treatment continuity (Ellis et al., 1998).

One must be aware of a wide range of vocations and professions related to the topic one is studying in order to plan one's future career (Gupta & Joshi, 2013). Despite the fact that some people have a clear idea of what they want to do in the future, the majority of people are still confused. Most people undertake these preparations in their late teens and early twenties. For the most part, students don't know about the wide range of job options open to them, and when they do, they base their assessments on factors like the social status of a field and its potential for upward mobility (Dissanayaka & Banneheka, 2014a). Students in India, like those in other countries, make professional decisions depending on the results of their advanced level tests, and this is no different in India.

As a result, the majority of parents and teachers continue to encourage their children in the biology stream to go to medical school, placing them under unnecessary stress (Rajan, 2017). We set out to find out how much advanced level science stream students in the Delhi NCR area knew about various aspects of physiotherapy and what resources they have at their disposal for learning about physiotherapy. The study's authors hope that their findings will help educate the Indian people about physiotherapy as a therapeutic alternative and as a viable career choice in health care (Steyl, 2011).

Direct engagement from the school's physical therapy team will concentrate on educational outcomes (Malik et al., 2020). Physiotherapy services may be used by schools to meet the specific needs of students with disabilities who have difficulty performing school-related activities. Physiology services may be hired to help particular student groups or to provide training for their employees. Additionally, if a school determines that a kid needs certain services, it may work with service providers to get them (Britnell et al., 2005).

In the treatment of musculoskeletal problems, chronic illnesses such heart disease, obstructive pulmonary disease (COPD, diabetes, osteoporosis, obesity, and high blood pressure, physiotherapy plays a significant role as a mixed modality approach. The goal of the current study is to evaluate the potential role of physiotherapy in primary healthcare and to examine the opportunities and difficulties that may arise. This will also assist in educating policymakers about the crucial role that physiotherapy can play in India's primary healthcare system (kumar, 2013)

Question Statement

To assess the level of physiotherapy of going to school and college students in NCR

Aims And Objectives Of The Study

The study will help to know level of physiotherapy awareness among schools and colleges students.

The study will help policy makers so that they can implement the establishment of physiotherapy unit in schools and colleges.

REVIEW OF LITERATURE

Definition Of Physiotherapy-

Physiotherapy can be defined in various ways. So, given below are various authors who have given different definitions:

Table no. 2.1 : shown the different definitions by different authors

S No.	Author	Year	Definition
1	(Paul)	(2015)	Physiotherapists are medical specialists who help people of all ages with their motions, activity, as well as health by maintaining, restoring, and improving them.
2	(Dissanayaka, 2014)	(2014)	The recovery of a portion or parts to normal or almost normal function following the onset of a debilitating illness, injury, incarceration, or addiction.
3	(kalra, 2021)	2021	Physiotherapy is described as "offering services to persons and community to maintain, develop and regain maximum movement and functional capacity across the life-span" by the World Confederation for Physical Therapy (WCPT).
4	(Melnick)	(2015)	According to the 'World Confederation of Physical Therapy 'refers to physiotherapy as physical therapy, which is a medical specialty focused on enhancing potential and human function and movement.

Importance- Importance of physiotherapy are the followings;

Physiotherapists are the primary health-care providers who examine, identify, treat, and prevent motion dysfunction and impairment in individuals of all ages. (kalra, 2021)

In order to improve or restore human motor function, maximize movement potential, reduce pain syndromes, and treat or avoid physical problems brought on by illnesses, injuries, and other impairments, physiotherapists assess, plan, and carry out rehabilitation program. They use a variety of physical therapy methods, including ultrasound, movement, warmth, and lasers (10). The field of physiotherapy has changed through time from basic forms of physical therapy to more specialized forms in areas including neurology, orthopedics, pediatrics, cardiac care, geriatrics, women's health, and sports, to name a few (12) (bolarinde, 2020)

There can be various goals while treating a patient:

- Pain management
- Muscle weakness
- Flexibility issues
- Postural problems or mal alignment
- Restoration of range of motion
- Balance training
- Gait training
- Fine motor skills
- Ineffective functional movement strategies.
- Impaired circulation

Table no. 2.2: There is various conditions below the table;

Musculoskeletal disorders	Neurological disorders	Sports conditions
Osteoarthritis Bursitis Plantar fasciitis Carpal tunnel syndrome (Norkin, 2005)	Wrist drop Claw hand Foot drop Cerebral palsy (maheshwri, 2014)	Golfer's Elbow Tennis Elbow Fracture/dislocation Contusion (khan, 2014)

Advantages Of Physiotherapy- Physiotherapist come with immense amount of skill and are highly- qualified. Followings are the advantages of physiotherapy;

In the electrotherapy various modality for the rehabilitation like;

Table no. 2.3: shown the advantages of physiotherapy

Heat therapy	Electrotherapy	Exercise therapy
Paraffin wax bath which is provides superficial heating to the tissue. It increase the local circulation to the area, increase the pliability of the skin and reduce stiffness (singh, 2005)	Ultrasonic therapy which is used widely used modality in physiotherapy department. It has been used as a valuable tool in rehabilitation of many different injuries, and to stimulate the repair of soft tissue injuries and relieve pain (singh, 2005)	Joint stretching which is help in burns contracture, prolonged immobilization contracture and traumatic contracture and relaxation of the body (narayanan, 2005)

Table no. 2.4: shown the findings for this study by different authors

S no.	Author	Findings
1	(Rajan, community physiotherapy or community-based physiotherapy, 2017)	Less than 10 research have only examined the efficiency of physiotherapy services in community rehabilitation in India as of 2005. For chronic conditions like cancer, stroke, fibromyalgia, and multiple disabilities, physiotherapy has shown to be effective.
2	(Samuel, 2021)	Therapists are committed to offering top-notch medical care. Physiotherapy is a key component of a mixed-modality approach in the prevalence of musculoskeletal issues, obstructive pulmonary disease (COPD), osteoporosis, diabetes, obesity and hypertension. The patient's rehabilitation and improved quality of life may benefit from their assistance with musculoskeletal physiotherapy in a number of ways, including increased muscle strength, flexibility, as well as mobility.
3	(Rajsekhar, 2015)	All pregnant women benefit from physical activity or workouts since they tend to gain weight, develop back problems, feel fatigued, have nausea, varicose veins, leg cramps, wrist and ankle swelling, and have trouble sleeping through the night. Therefore, continuing your exercise program after giving birth helps to strengthen your pelvic floor muscles and lower your risk of developing stress incontinence.

Table no. 2.5: shown the objectives and limitations

S no.	Author	Objectives	Findings
1	(Sharma, 2018)	To level of the physical fitness and level of mental stress in exercising and non- exercising physiotherapy students	This study's limitation was its confinement to a small number of colleges, which necessitates investigations from additional universities in order to generalize the findings.
2	(Sakshi Arora, 2020)	To assess the awareness and knowledge about use of manual hyperinflation in ICU patients among physiotherapy students	The limitation of the study was that a larger sample size and more diverse population may have been used.

3	(Dissanayaka, 2014)	This study was designed to assess high school students awareness and their sources of information on the physiotherapy professions	The author believes that people who practice physical therapy in Sri Lanka should be more involved in teaching the general public in light of the limitations of this survey.
4	(Mandeep jangra, 2021)	The main aim of this study was to assess the knowledge and awareness among physiotherapy students to combat COVID-19	This study's drawbacks include the possibility of include other healthcare population clusters, the small sample size drawn from a single institute, and the possibility that more reliable results would have been obtained with the use of a controlled sample.
5	(Richa Mahajan, 2020)	The main of this study was to determine the prevalence of thumb pain in physiotherapist practicing manual therapy in NCR in India and to determine its impact on the work.	Few physiotherapists responded in this study's survey than expected. It was unable to determine which manual treatment techniques a physiotherapist would need to use to treat thumb pain. Additionally, it was not looked into how long the physiotherapist had to take a break from treating their thumb pain.
6	(Jyoti Kataria) (jyoti kataria, 2021)	The aim of this study the effect of mechanical neck pain on neck disability and scapula position among school teachers in Delhi and NCR	The limitation was there Between the right and left sides, there is no discernible difference in any of the three scapular positions or in the upward rotation.
7	(Mohammed Abdulrazzaq jabbar, 2019)	The aim and objective of this study was to assess the level of Awareness and knowledge of physiotherapy among medical and health science student and to assess the need to emphasize inter-professional education I their curriculum.	The study's limitations were certain aspects of the methodology and research design that might have influenced or impacted the study's conclusions. First off, the data were gathered were collected just at one particular point in time because the design of the current study was cross-sectional.

Awareness of physiotherapy- (Shree vardhan, 2018) The study found that Ayurvedic and homoeopathic doctors are unaware of the importance of physiotherapy. Doctors and surgeons who practice allopathy are well aware of the value of physiotherapy in raising one's standard of living.

METHODOLOGY

Type of study: Survey study

Area of Project: Delhi NCR

Sampling Method:

- No. of Sample:200
- Sample place: convenience sampling
- Inclusion Criteria:
- AGE: 16-25 YEARS
- GENDER: Both Male and Female
- SUBJECT: College and schools students (9th to 12th class students from school).

Exclusion Criteria:

Students who had already visited in physiotherapy department

Instrumentation:

- Pen and paper
- Consent form

- questionnaire form

Procedure

A questionnaire was developed using questions from article regarding the knowledge of physiotherapy and its unit. The questioner was asked to fill by so students of schools and collages of Delhi NCR. Both male and females’ students were included in the study. Total 200 students fill the form using pen and pencil method. All the students gave there consent for the data to be used in the study. In this survey, consent form and questionnaire form was used form student which is Appendix A, B and C.

RESULT

Table No. 1 – Shows the Answers of different subjects and their responses.

Topic Question	Sub Questions	Right answer %	Wrong answer %	Don't know %
1. Physiotherapy is,	a. Practiced by the doctors	60	30	10
	b. A branch of acupuncture	37	47	15
	c. Practiced by masseurs	42	17	40
	d. An indigenous treatment method	70	24	6
2. A Physiotherapy unit (Department of Physical Medicine/ DPM) includes	a. A gymnasium with exercising machines, gym balls and other equipment	85	11	4
	b. Electrical modalities	55	40	5
	c. a section for manual treatments using bandages, tapes and splints	10	30	60
	d. A therapeutic pool	5	70	25
3. Places where the physiotherapy services can get	a. Private clinics	40	47	12
	b. Government hospitals	15	37	47
	c. Private hospitals	24	43	32
	d. NGOs	27	34	38
4. Physiotherapy treatments include	a. Manual therapy	15	15	70
	b. Ice/Heat therapy	22	37	40
	c. Hydrotherapy	45	53	2
	d. Electrotherapy and exercise therapy	47	22	30
5. Do you know when to meet a physiotherapist?	a. When you have an injury	40	15	45
	b. When there is pain arising in any body part with or without a known cause	42	20	37
	c. When you feel pain or discomfort in any of the sporting technique	22	40	37
	d. When you have fever or flu.	15	48	37
6. When a sport injury happens, physiotherapy,	a. Involves reducing the pain	22	70	7
	b. Can be used to improve the quality of muscles	40	10	50
	c. Helps to regain the full motion of the joints as it was before the injury	32	20	47
	d. Helps to prevent complications after injury	17	45	37
	a. Neurological conditions (stroke,	12	42	45

7. Uses of physiotherapy in any other conditions than in sport injuries	Parkinson)			
	b. Musculoskeletal conditions (osteoarthritis)	27	40	32
	c. Pediatric conditions (Cerebral palsy)	37	22	40
	d. Chest conditions (Bronchitis)	12	15	72

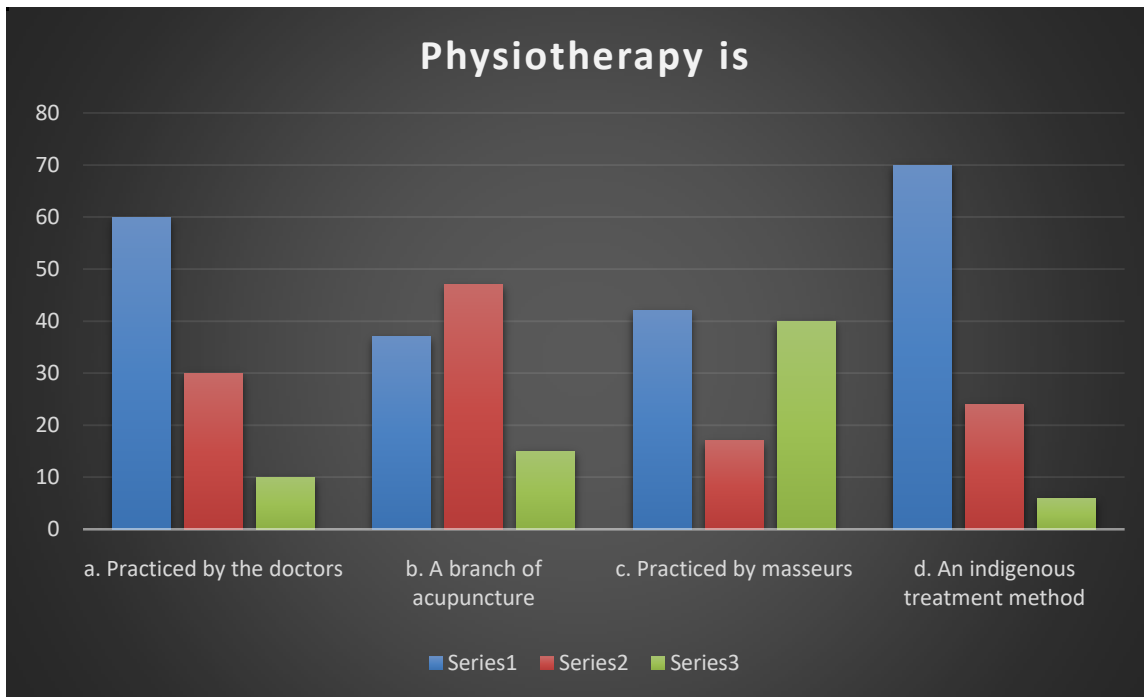
The study included 200 subjects from Delhi NCR. 100 Male and 100 females.

Question 1

The study involved use of survey questionnaire which included Physiotherapy is questions and the subjects had to answer on 4 point like scale.

a. Practiced by the doctors
b. A branch of acupuncture
c. Practiced by masseurs
d. An indigenous treatment method

In response sheet scoring was done 52.25% right, 29.5% wrong, not answer 17.75%
In the study the following response was noticed.



GRAPH 1

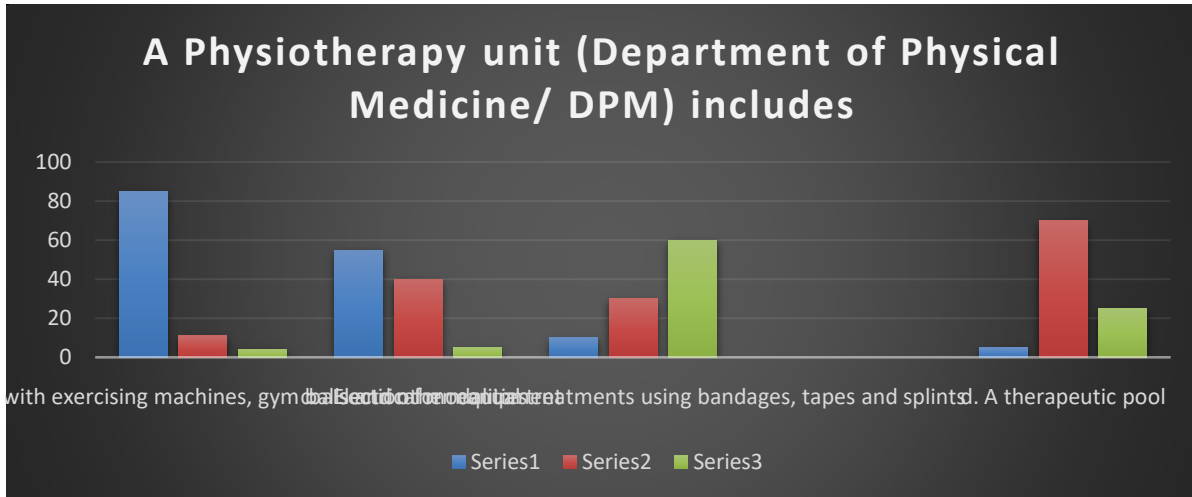
Question 2

The study involved use of survey questionnaire which included A Physiotherapy unit (Department of Physical Medicine/ DPM) includes questions and the subjects had to answer on 4 point like scale.

a. A gymnasium with exercising machines, gym balls and other equipment
b. Electrical modalities

c. a section for manual treatments using bandages, tapes and splints
d. A therapeutic pool

In response sheet scoring was done 38.75% right, 37.75% wrong, not answer 23.5%
In the study the following response was noticed.



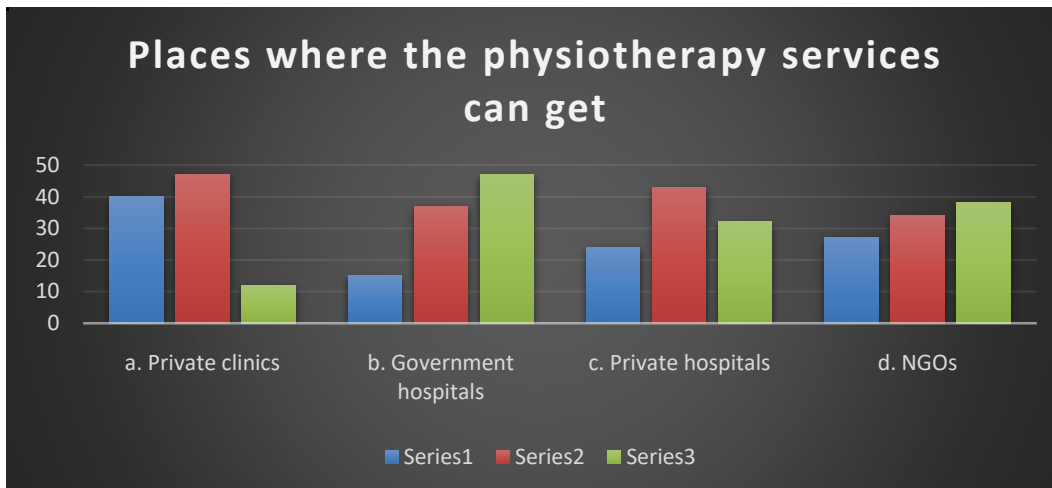
GRAPH 2

Question 3

The study involved use of survey questionnaire which included Places where the physiotherapy services can get questions and the subjects had to answer on 4 point like scale.

a. Private clinics
b. Government hospitals
c. Private hospitals
d. NGOs

In response sheet scoring was done 26.5% right, 40.25% wrong, not answer 32.25%
In the study the following response was noticed.



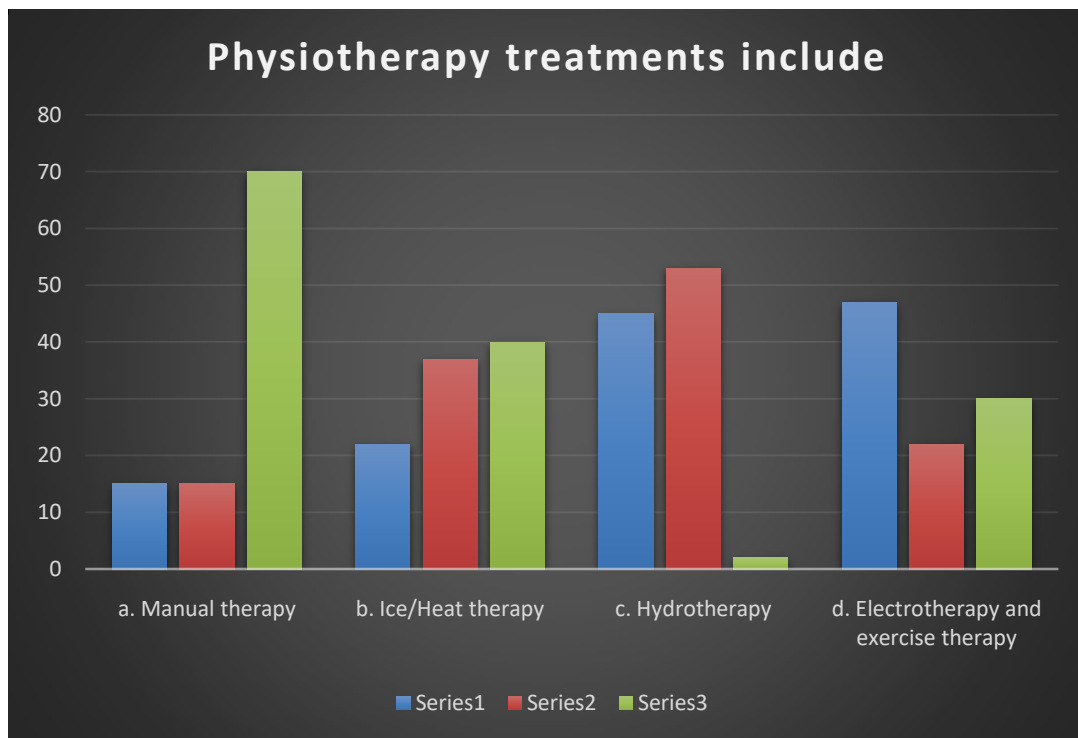
GRAPH 3

Question 4

The study involved use of survey questionnaire which included Physiotherapy treatments include questions and the subjects had to answer on 4 point like scale.

a. Manual therapy
b. Ice/Heat therapy
c. Hydrotherapy
d. Electrotherapy and exercise therapy

In response sheet scoring was done 32.25% right, 31.75% wrong, not answer 35.5%
In the study the following response was noticed.



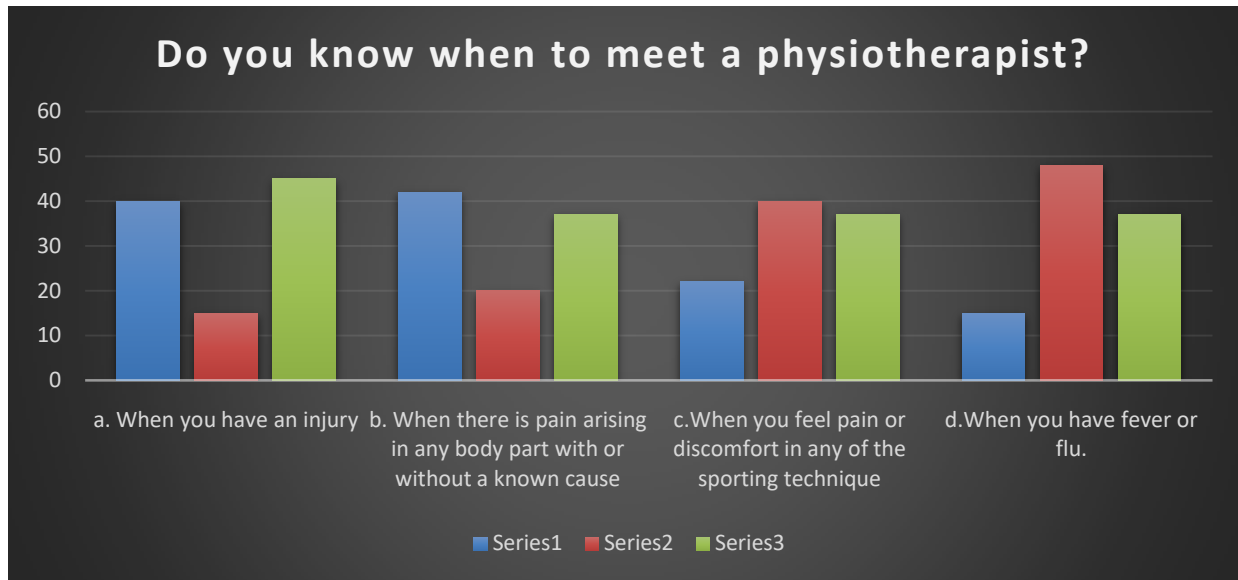
GRAPH 4

Question 5

The study involved use of survey questionnaire which included Do you know when to meet a physiotherapist? Questions and the subjects had to answer on 4 point like scale.

a. When you have an injury
b. When there is pain arising in any body part with or without a known cause
c. When you feel pain or discomfort in any of the sporting technique
d. When you have fever or flu.

In response sheet scoring was done 29.75% right, 30.75% wrong, not answer 39%
In the study the following response was noticed.



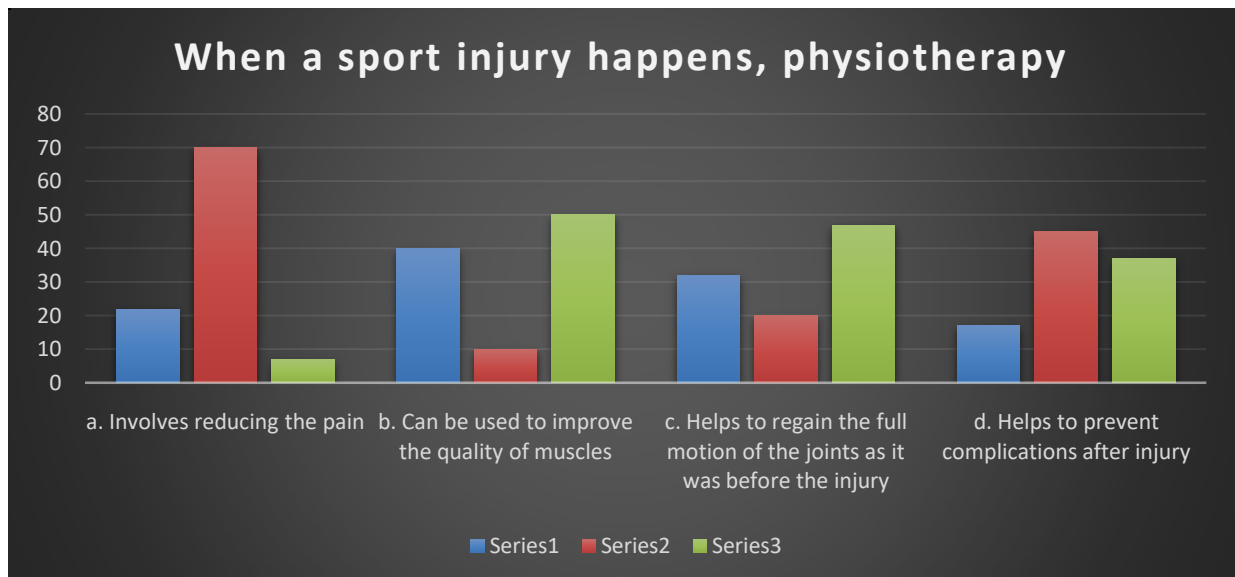
GRAPH 5

Question 6

The study involved use of survey questionnaire which included When a sport injury happens, physiotherapy, questions and the subjects had to answer on 4 point like scale.

a. Involves reducing the pain
b. Can be used to improve the quality of muscles
c. Helps to regain the full motion of the joints as it was before the injury
d. Helps to prevent complications after injury

In response sheet scoring was done 27.75 % right, 45% wrong, not answer 35.25%
In the study the following response was noticed.



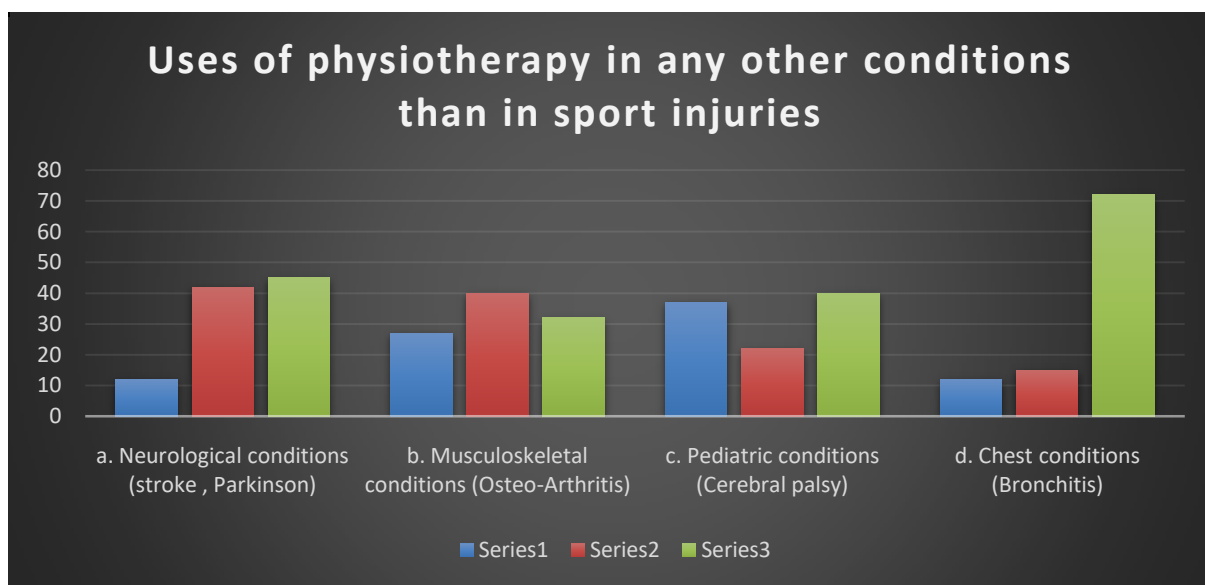
GRAPH 6

Question 7

The study involved use of survey questionnaire which included Uses of physiotherapy in any other conditions than in sportinjuries questions and the subjects had to answer on 4 point like scale.

a.	Neurological conditions (stroke, Parkinson)
b.	Musculoskeletal conditions (Osteo-Arthritis)
c.	Pediatric conditions (Cerebral palsy)
d.	Chest conditions (Bronchitis)

In response sheet scoring was done 22% right, 29.75% wrong, not answer 47.25%
In the study the following response was noticed.



GRAPH 7

DISCUSSION

We have observed school and colleges students have a poor understanding of physiotherapy. As a Result, we're trying to spread the word about physiotherapy or its unit at schools and colleges in order to increase the number of students interested pursuing a career in the field. There were 100 male and 100 female participants in this survey. Knowledge in general, physiotherapist's knowledge, the structure of physiotherapy unit, and the availability of physiotherapy services were lacking as a result like question 1 this question ranged from right answer rate 52.25% and wrong answer rate is 29.5% and not answer rate is 17.75%, this question show that how ,any students know physiotherapy, how many student don't know about physiotherapy. Most of the pupils had no idea physiotherapy departments provide electrical treatment options. When it came to knowing when to visit a physiotherapist, only 38.75% students know about the electrical modality and 37.75% don't about that (question2). In question 3, right answer was 26.5% and wrong answer was 40.25% in which it was asked that physiotherapy, right answer was 26.5% and wrong answer was 40.25% in which it was asked that where physiotherapy service is found, the students had no idea which therapy used in physiotherapy work; this was the question 4 in which student's right answer was 32.5%, 31.75% was wrong. In the question 5 only 29.75% students were aware that when they can meet the physiotherapist, according to this survey. The students did not know that physiotherapy may help rehabilitation sports injuries (45%), only 27.75 aware about that (question 6). Students were unaware that physiotherapy may be used to treat ailment other than sports injuries, such as bronchitis, cerebral palsys or other injuries(29.75%) and only 22% students was aware about that(question 7).

There is a growing awareness among today's school children of the importance of physiotherapy in their daily lives. It's still lagging behind because of misunderstanding and a lack of knowledge. Researchers are now looking at the role of physiotherapy in society since people are becoming more conscious of the value of good health. The necessity of educating students on the advantages of the physiotherapy cannot be overstated, especially in the NCR. So, it's crucial to get the word out about positive effects of physiotherapy among people, especially adolescence in high schools and college student population lacks a basic understanding of physiotherapy's foundational concepts. In order to help students better understand this unique profession, we are promoting physiotherapy education in schools and colleges. As a result our success, there may be more chances and scopes for physiotherapist to work in the future. Participants in this study, show a lack of familiarity with physiotherapy and the services it offers. People should be made aware of how swiftly this field of medical science is progressing, according to the conclusion of this study.

As this study shows, students have misconceptions and misunderstanding about the medical profession in general, not only the role of orthopedics or the breadth if their work in that field (such as cardiology, neurology, and pediatrics). Physiotherapy will become an essential part of the daily lives of students and others in the not-too-distant future. As a result, we must all do our part to raise awareness of this career path among the general public, so that more students may benefit from it in the future.

Limitation of this study-

- Sample size was low
- More colleges and schools can be include
-

CONCLUSION

Students in high school and college were surveyed about their knowledge of the physiotherapy profession and their sources of information. The study's participants, who were mostly science majors, had little familiarity with physiotherapy. Many people said they got their knowledge from television, which was regarded by many people as a major source of information in the survey. According to the results of the poll, physiotherapists in India should take a more active role in teaching the general population.

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