



## Physiotherapy

## PERCEPTIONS, BELIEFS AND KNOWLEDGE OF PEOPLE UNDERGOING POST OPERATIVE CARDIAC REHABILITATION IN A MULTI-SPECIALITY HOSPITAL IN JAIPUR.

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**ABSTRACT** With increasing cardiac problems day by day, need of rehabilitation and improvement of quality of life has increased. A study was conducted in post cardiac surgery patients in order to know their knowledge and their perception towards physiotherapy. A questionnaire was prepared and all the demographic as well as educational details were gathered so that an accurate idea of physiotherapy knowledge can be collected. 15 patients participated and also their referral rates from physicians was noted. It was concluded that people in Jaipur city are still unaware about the profit physiotherapy and rehabilitation can yield in improving their life and its quality.

**KEYWORDS :** Physiotherapy , Cardiac Rehabilitation , Knowledge.

**Purpose:**

A number of patients get admitted for CAD, TVD in CTVS Department of Fortis Escorts Hospital, Jaipur. It includes patients above 35 years of age, both male and female coming from all kinds of lifestyles. A study was conducted here to study the knowledge of patients about physiotherapy, what are their perceptions about it and whether they find it helpful or not.

**Subjects & methods:**

About 15 patients aged between 45-65 years including males & females (Males>Females).

Diagnosis: CAD, TVD.

EF= 30% - 55%

Surgery – CABG X 4 [LIMA → LAD, RSVG]

A questionnaire was made and it was used for data collection.

It was first consulted with senior surgeon and HOD of Physiotherapy who were dealing with all the post CABG patients. It was also sent to five other doctors for pilot review & study to ensure that questions were clear and easily understood by the patients.

A questionnaire with 20 questions was finalized for data collection. It included different sections about demographics, educational levels and knowledge about physiotherapy and its role. It included questions regarding perception and attitude of patients towards Physiotherapy, its role and as a profession and if they find physiotherapists capable of treating patients.

First, patients who were admitted for pre-surgery investigations were approached with cardiac team. An introduction was given to them and roles of physiotherapy were explained along with pre-operative physiotherapy i.e. spirometry and diaphragmatic breathing Exercise.

This study was conducted between June 2017 to September 2017.

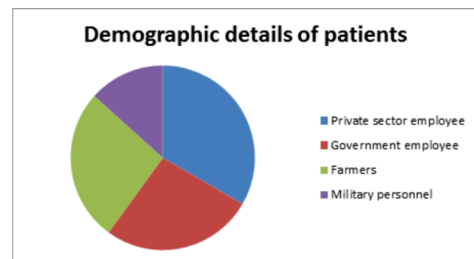
The patients were given a questionnaire (Table No. 1) and were asked to answer it and a few verbal questions were also asked from them. The questionnaire chart was then collected and analysed and results were recorded.

**TABLE No. 1 Questionnaire for General Awareness about Physiotherapy:-**

No	Question	No of patients	
		Yes	No
1	Are you aware about Physiotherapy?	8	7
2	Do you know the role of exercises in cardiac patients?	8	7
3	Have you taken any physiotherapy treatment earlier?	2	13
4	Do you in general feel physiotherapy can help you in living a healthy life?	6	9

**Results:**

Out of 15 patients, 4 were females and 11 were males: four working in Govt-Sector [1 teacher, 2 bank employees, 1 policeman, 2 military personnel, 5 were working in private sector [1 CA, 2 Teachers, 1 HR Manager] and 4 were farmers (as shown in chart no.1)

**Chart No.1**

Out of these 15 patients only four were uneducated. And 10 out of 15 were aware of physiotherapy and its significance. And 8 patients had knowledge that physiotherapy & exercises also play a role in treating cardiac patients. 2 patients had taken physiotherapy treatment earlier, one for cervical spondylosis and another for plantar fasciitis but none had a clue regarding cardiac rehabilitation (Table No.2).

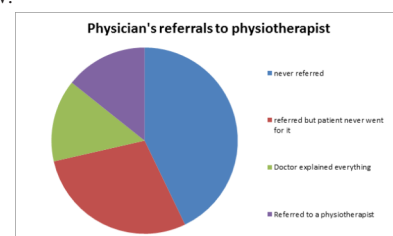
**Table No.2**

Educational details of patients and their physiotherapy awareness details	
Q	No of patients
1 Educated-	11
2 Uneducated-	4
3 Heard about physiotherapy family/ friend/ newspaper-	5
4 Taken any physiotherapy treatment-	2
5 Accompanied any family member to physiotherapist-	3
6 Attended any lecture or awareness camp regarding physiotherapy	2
7 Do their work place provide physiotherapy facilities?	2

Only 6 patients believed that physiotherapy actually helps in living a healthy life and the rest felt it had nothing to do with betterment of health. After analyzing this questionnaire, a quick lecture was also taken for explaining physiotherapy and its role and importance in treatment. Then they were again asked if they feel post-operative physiotherapy is going to help them or not. 13 out of 15 patients said they believe it would help them in their treatment.

**Referral by doctors to physiotherapy:**

All the patients were asked if any doctor referred them to physiotherapists or explained them the role of it. It was found that 2 out of 15 were referred by the doctors and they took treatment for their health conditions. And to these 2 patients the doctors had explained about physiotherapy and its role in healing. 5 out of 15 were referred to physiotherapist but they never went for physiotherapy. 6 out of 15 were never referred to physiotherapy. The details are shown below in chart no.2 below:-



**Chart No.2**

Perceptions of patients & their beliefs regarding physiotherapy:  
 After analyzing the results the perception of patients came out to be negative due to multiple reasons.  
 3 out of 15 felt that physiotherapy had nothing to do with healing.  
 4 out of 15 felt that physiotherapy doesn't cure but medicines do.  
 7 out of 15 had no clue what physiotherapy is all about.  
 1 out of them felt that it take a lot of time and patience to follow the regime so its tough to continue it.

The details are shown in table no.3 below:

**Table No.3**

Perceptions towards physiotherapy and why it is negative	
Perception	No of patients who had the perception
1. Because i feel physiotherapy has nothing to do with health problems	3
2. Physiotherapy doesn't treat diseases, medicines do.	4
3. Because I have no/ little knowledge about physiotherapy	7
4. Because physiotherapy is all about exercises and massages, nothing else.	1

Some verbal questions were asked by the patients regarding this survey. The questions asked and the conclusions drawn from the questions they had asked are:

1. What is physiotherapy and how it works?

It came out that people in Jaipur and nearby areas in Rajasthan are not aware about Physiotherapy.

2. Are physiotherapists & trainers capable of prescribing exercises?

Due to unawareness about Physiotherapy, people don't think that physiotherapists are trained enough to help someone in their treatment.

3. Do people get well by doing exercises?

Physiotherapy takes longer time in treating so people remain doubtful whether it treats or not.

4. How long does it take to see any results while on physiotherapy treatment?

Physiotherapy is time consuming treatment procedure and different conditions have different duration of treatment. So, it is hard to tell how long will it take to see results.

5. If physiotherapy is so important then why don't doctors prescribe for it?

For this, awareness camps should be organized to make people aware about the role of physiotherapy in different neuro, muscular & cardiac conditions.

**Discussion:**

This study came up with the results of patients' perception, knowledge & beliefs regarding physiotherapy. Majority of patients were from nearby areas of Jaipur. The results are that people are still unaware about physiotherapy and its role in treating different health conditions, also there was lack of referrals from doctors even when it was much required.

Compared to other hospitals in metro-cities like Delhi & Mumbai, Jaipur had very less awareness regarding cardiac rehab. This means that there isn't a good platform to explain people the importance of physiotherapy and how it can improve the patients' conditions. Some people are aware about physiotherapy but even they are not sure if physiotherapy helps in treatment or not. This highlights that there should be camps, workshops & lectures which may help in creating awareness in the society regarding physiotherapy.

Also, doctors and physicians should also be consulted & explained about the role that physiotherapy plays in early recovery so that more and more patients get referred for physiotherapy.

The belief that Physiotherapists are not health professionals but technicians should be erased from the minds of the people. Also, work places should have physiotherapy services so that many work related injuries can be managed. Along with medical check-up, physical

check-up of the employees should also be done time to time so that health complications can be managed timely.

Also, there is no reimbursement of Physiotherapy charges for the Government employees which is also a reason that the patients hesitate in undergoing Physiotherapy treatment when needed.

There should be a rise in level of physiotherapy treatment and knowledge about it so that physiotherapists can convince doctors as well as patients to go for physiotherapy treatment. The patients in Fortis Escorts on discharge, agreed that Chest expansion, early mobility Exercise and Breathing Exercises helped them recover quite early and effectively. So, more of such results should be shown to people & doctors so that physiotherapy can be treated as a major part of rehabilitation.

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