



## TO ASSESS THE ADHERENCE OF PATIENT FOR PHYSIOTHERAPY TREATMENT COMING TO THE PHYSIOTHERAPY DEPARTMENT.

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**ABSTRACT** **Background:** Physiotherapy plays important role in healthcare system offering rehabilitative & preventive care in various musculoskeletal, neurological and cardiovascular condition. Due to factors like prolonged time treatment, high treatment cost and etc patient discontinue the treatment. A problem frequently faced by physiotherapists is that patients may fail to recover from their injury in spite of there being no apparent pathological basis for this poor outcome. This may lead physiotherapists to wrongly think the treatment programmed is not fulfilling the needs of the patients; a decision that is based solely on their physical status. However, had the patients' psychological and behavioral responses to their injury and treatment been taken into account then it is possible poor treatment adherence might have been detected. The degree to which patients adhere to the clinic- and home-based treatment requirements is considered to be responsible in some part for the success of physiotherapy programs. **Methods:** The study enrolled 385 participants. The GRAS Questionnaire was used to assess the adherence for physiotherapy treatment. **Results:** 62.33% of participants have high adherence as they are more aware of physiotherapy treatment, physical fitness & health conscious. And 21.81% is good adherence, 14.8% is partial adherence & 1% is low adherence due to different kinds of barriers like lack of finances, dependent on family & others, health illiteracy and lack awareness of importance of physiotherapy treatment. Conclusion, the study concludes that in pune region we found that participants have high adherence i.e. 62.33% to physiotherapy treatment coming to physiotherapy OPD.

**KEYWORDS :** Physiotherapy treatment, Adherence, Barriers to physiotherapy treatment, GRAS Questionnaire

### INTRODUCTION

Adherence to medication is a crucial aspect of health care, encompassing various health-related behaviors beyond prescriptions. The WHO Adherence meeting in 2001 defined adherence as the patient's ability to follow medical instructions, but this term was deemed insufficient for describing the range of interventions used to treat chronic diseases. Adherence to any regimen reflects various therapeutic behaviors, such as seeking medical attention, filling prescriptions, taking medication appropriately, obtaining immunizations, attending follow-up appointments, and implementing behavioral modifications. The relationship between the patient and healthcare provider must be a partnership that leverages each other's abilities. The quality of the treatment relationship is an important determinant of adherence, with effective relationships characterized by exploring alternative therapeutic means, negotiating the regimen, discussing adherence, and planning follow-ups.<sup>[1]</sup>

Physical therapy (PT) is a type of specialty care given by a physiotherapist that aims to reduce the disability related pain, improves functional capacity and adjust the disability in life thereby improving the patients' quality of life. Adhering to the physical therapy schedule can improve a patient's health outcomes and achieve the goals of therapy.<sup>[2]</sup>

Physiotherapy is a vital component of healthcare, playing a crucial role in the prevention, treatment, and rehabilitation of various physical conditions. It involves the assessment and treatment of individuals to restore movement and function when someone is affected by injury, illness, or disability. The need for physiotherapy spans a wide array of conditions, from musculoskeletal injuries and neurological disorders to respiratory issues and post-surgical rehabilitation.

- Musculoskeletal Conditions
- Neurological Disorders
- Respiratory Conditions
- Post-Surgical Rehabilitation
- Palliative care

Highlight WHO's definition of palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and

precise assessment and treatment of pain and other problems, physical, psychosocial and spiritual. The importance of physiotherapy in life limiting disorder prevention and management has become generally well accepted. It focuses on providing relief from symptoms such as pain, fatigue, physical stress and mental stress at any stage of illness.<sup>[2][12]</sup>

### Physiotherapy Aims To:

1. Maintain an optimum respiratory function.
2. Maintain optimum circulatory function.
3. Prevent muscular atrophy.
4. Prevent muscle shortening.
5. Prevent joint contracture.
6. Influence the pain control.
7. Improve the mobility of the patient.
8. Improve the quality of life of the patient.
9. Improve the functional independence.
10. Educate about and participate in the care.

### MATERIAL AND METHODS

The study was carried out in pune region. Total number of participants were 385 included according to inclusion and exclusion criteria. To assess the adherence for physiotherapy treatment General Rehabilitation Adherence Scale (GRAS) was used and demographic data was collected. The consent was taken of the participants. Questionnaire consist of 8 question with scoring of 0-24. Adherence was explained in terms poor adherence (0-7), low adherence (8-11), partial adherence (12-16), good adherence (17-19), high adherence (20-24).

All the data were collected and analyzed by using MS Excel 2019. Data were reported in the form of frequency and percentage table.

### RESULT

The research was conducted to assess the adherence of patient to physiotherapy treatment. A total of 385 participants were included in the study.

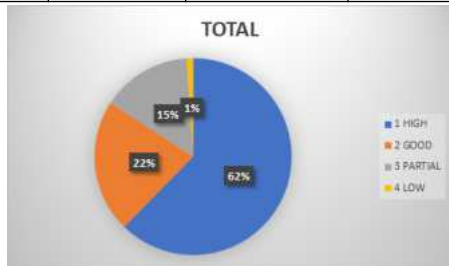
62% of participants have high adherence as they were more aware of physiotherapy treatment, physical fitness & health conscious. And 21.81% is good adherence, 14.8% is partial adherence & 1% is low

adherence due to different kinds of barriers like lack of finances, dependent on family & others, health illiteracy and lack awareness of importance of physiotherapy treatment. Conclusion, the study concludes that in pune region we found that participants have high adherence i.e. 62.33% to physiotherapy treatment coming to physiotherapy OPD.

#### Distribution Of Grading For Overall Rehabilitation Adherence.

Table No.1

Sr.No.	GRADE	TOTAL	PERCENTAGE
1	HIGH	240	62.33%
2	GOOD	84	21.81%
3	PARTIAL	57	14.8%
4	LOW	5	1%
5	POOR	0	0%



Graph No.1

**Interpretation:** Out of 385 subjects, High adherence is 62.33%, Good adherence is 21.81%, Partial adherence is 14.8% & Low adherence is 1%

#### DISCUSSION

The study aimed to assess the adherence of patient for physiotherapy treatment coming to the physiotherapy department, for which, General Rehabilitation Adherence scale (GRAS) was used. The scale contains of 8 questions which were used to assess the adherence of patient to physiotherapy treatment.

We recruited 385 participants where 51% participants were male and 48% female. Men may develop musculoskeletal issues at a younger age due to lifestyle factors, impacting their need for physiotherapy. Accessibility of physiotherapy services may also differ between genders, influenced by factors such as economic status, transportation, and availability of services tailored to female patients.<sup>[3]</sup> In this study we got 92.7% of patients with musculoskeletal, 5.9% neuro & only 1.2% of cardio-vascular patients. Some study shows that financial constraints significantly affect patient's ability to attend rehabilitation sessions. High costs associated with transportation and program fees often deter individuals from participating in rehabilitation and it is observed that a staggering 95% of stroke patients cited a lack of finances as a primary reason for poor attendance in physiotherapy sessions and as the neurological disorder patients initially shows good adherence to therapy later discontinue due to prolonged duration of rehabilitation.<sup>[4],[5],[6]</sup>

The study shows that there are more number of young adults age (21-30 year) and middle-age adults (31-40 year). This tends to exhibit that young adults have higher adherence to physiotherapy treatments compared to older populations due to a combination of psychological, socio-demographic, and motivational factors. The younger individuals often have greater psychological resilience and a more positive outlook towards recovery. This translate into higher motivation to adhere to treatment protocols and also having a higher self-efficacy. Young and middle-aged adults typically have a higher baseline level of physical fitness and are less likely to encounter debilitating health issues that can impede their ability to perform exercises. This population are more aware about the importance of physical therapy and physical fitness, they are more health conscious and have better health literacy than old adults.<sup>[7],[8],[9]</sup>

Table no.1 of study shows that 62.33% participants have high adherence as they are more aware of physiotherapy treatment, physical fitness & health conscious. And 21.81% is good adherence, 14.8% is partial adherence & 1% is low adherence due to different kinds of barriers like lack of finances, dependent on family & others, health illiteracy and lack awareness of importance of physiotherapy treatment.<sup>[10],[11]</sup>

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