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PHYSICAL ACTIVITY READINESS IN POST COVID-19 PATIENTS

Physiotherapy

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ABSTRACT

Covid-19 the corona virus disease 2019 pandemic made a lot of changes in physical activity in individual who were tested positive for it. Physical activity was majorly affected during this phase. The readiness to participate in physical activity was determined using PAR-Q scale. **AIM:** To study the physical activity readiness in people affected with covid-19. **METHODOLOGY:** Survey research study of 207 convenient sampling **RESULTS:** The results were obtained using PAR-Q scale. Statistical analysis shows that physical activity readiness was not much affected in people who were tested positive for covid19. **CONCLUSIONS:** The conclusion of the survey was based on the responses, received from the people who were tested positive for covid-19 in the 1st , 2 nd and 3rd wave through google forms based on the result of this study around 207 participants.

KEYWORDS

PAR-Q, Physical activity readiness questionnaire, post covid-19

INTRODUCTION

The WHO declared on 11th March 2020, to the world about the pandemic of corona virus disease [1]. To stop the spread of disease regional and national government made certain rules like social distancing enforcement, business closure ranging from enforced recommendation to quarantine [2].

Physical activity is important to maintain health which was affected during the covid phase [2]. All-cause mortality has been linked to daily step count, a proxy for physical activity[3]. Regional step counts may serve as a proxy for social distance in addition to physical activity, offering real-time information to guide public policy decisions.[1]

For staying healthy an individual should daily do physical activity. Human body is constantly sensing the involvement and responding to their changes[4].

One of the major tissues in the human body is the musculoskeletal system. Which is the main aim of exercise training [5]. Exercise is one of the prescribed theories in both health and diseases [6].

The actions taken by the nations to stop the pandemic's spread have significantly worsened the situation. A large number of people were asked by the authorities to stay home due to world wide lockdown. This advice presents a significant obstacle to continuing to be physically active. [7].

The PAR-Q screening questionnaire which can be self-administered before starting an exercise or physical activity. When people raise their exercise level, the PAR-Q recognizes the risk. People who answered YES to any of the questions were advised to meet there Dr. before they increase their exercise levels. People who answered NO to all the questions were advised to incorporate physical activity into their daily lives [8].

The first PAR-Q investigation was carried out in 1978. PAR-Q is extensively used all around the globe as a screening device before physical activity and fitness surveys [9]. The main public health issue is sedentary living Sedentary life could cause premature deaths, chronic disease, Disability that affects individuals [10].

It will take several years of use for the improved PAR-Q to yield conclusive information regarding its specificity and sensitivity. However, in order to assess the updated questionnaire, responses to the original and updated PAR-Q were compared. [11]

METHOD

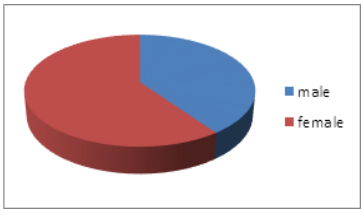
The study is survey study using the PAR-Q. About 207 patients are taken under survey. The survey is conducted through web-based data collection.

DATA ANALYSIS AND RESULTS

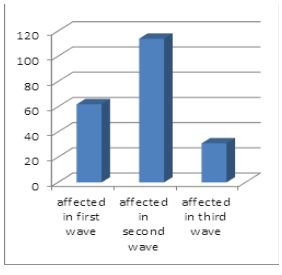
A total of 207 subjects participated in the online survey conducted using Google form. Statistics were used to find out the frequency of response to the questionnaire.

Table 1: Table showing distribution of samples on the basis of gender

Male	Female	Total
83	124	207



Graph 1: Graph showing distribution of samples on the basis of gender



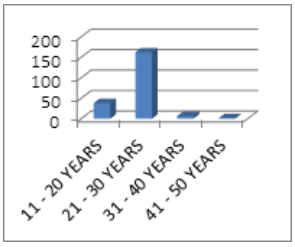
Graph 2: Graph showing distribution of samples on the basis of wave affected

Table 2: Table showing distribution of samples on the basis of wave affected

11 – 20 YEARS	38
21 – 30 YEARS	162
31 – 40 YEARS	6
41 – 50 YEARS	1
Total	207

Table 3: Table showing distribution of samples on the basis of age

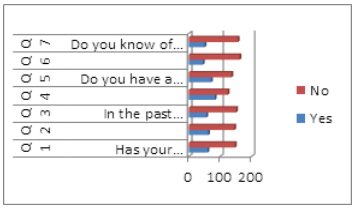
Affected in second wave	114
Affected in first wave	62
Affected in third wave	31
Total	207



Graph 3: Graph showing distribution of samples on the basis age

Table 4: Table showing the overall responses to the questionnaire

Q.NO	Question	Yes	No
Q1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	60	147
Q2	Do you feel pain in your chest when you do physical activity?	62	145
Q3	In the past month, have you had chest pain when you were not doing physical activity?	56	151
Q4	Do you lose your balance because of dizziness or do you ever lose consciousness?	83	124
Q5	Do you have a bone or joint problem that could be made worse by a change in your physical activity?	71	136
Q6	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	45	162
Q7	Do you know of any other reason why you should not do physical activity?	15	156



Graph 11: Graph showing the overall responses to the questionnaire

CONCLUSION

The study infers that the physical activity readiness is not very affected in people who were tested positive with covid-19.

It also concludes that the subjects who were tested positive for covid-19 can be trained for physical activity as majority of the subjects do not have any clinically significant underlying condition.

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