



Original Article

Kap Survey of Awareness of Physiotherapy Among Urban and Rural General Population of Gujranwala Division

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ABSTRACT

Physiotherapists play an important part in providing health care and physiotherapy is a recognized profession around the globe. Physiotherapy is a medical specialty that focuses on human function and mobility in order to aid people attain their full potential; It is significant to have a good understanding towards careers associated to one's field of study. **Objective:** The aim of the study was to assess the awareness regarding physiotherapy among urban and rural general population in Gujranwala Division. **Methods:** This observational study was carried out on a sample size of 384 divided equally into 192 urban and 192 rural population of people including male and female both from age group 20 years or above through non probability random sampling. The study was carried out in general population of Gujranwala Division for 6 months. Self-made Likert scale was developed to collect data. The responses were analyzed through SPSS. **Results:** Out of 384 participant's population of urban area had high knowledge attitude and practice level regarding awareness of physiotherapy whereas rural population showed moderate to low knowledge attitude and practice level. According to association between education and awareness from category Undergraduate-post graduate were highly aware of physiotherapy, while other participant's awareness was moderate to low. **Conclusions:** A very good response was seen in urban population of Gujranwala Division, mostly people were highly aware of physiotherapy, whereas in rural population there was a moderate to poor response. A strong association was seen between education and physiotherapy. Higher level of education displayed powerful impact on awareness of people. Education plays an impactful role in better understanding of physiotherapy.

INTRODUCTION

Physiotherapy is a type of treatment that is used to help people considerably more than the treatment of musculoskeletal sports injuries. Despite the fact that this is perhaps the most popular notion of the Occupation [1]. It is a broad approach that employs a variety of techniques [2]. A dynamic profession that employs a variety of therapeutic strategies to help people regain movement and function in their bodies. Physiotherapists provide comprehensive care for patients with a variety of medical and surgical conditions [3]. A physiotherapist is a healthcare provider who collaborates with other medical practitioners in inter-professional activities [4]. Physiotherapist are trained to help people develop, maintain, and recover their maximal mobility and functional capacity throughout their lives. Aging, injuries, illnesses or environmental factors can all cause movement

dysfunction [5]. Physiotherapists are self-employed professionals who can work alone or as part of a multidisciplinary team [6]. There is an obvious need to enhance awareness and expertise of physiotherapy [7]. Physiotherapy services are now accessible in a wide range of contexts, including health institutions, private practices, schools, sports, and workplaces, with interaction between physical therapists, patients, other health professionals, families, caregivers, and communities [8]. A successful physiotherapy intervention and appropriate patient care are built on a foundation of proper education [9]. Physiotherapists who want to provide a high quality of therapy to adult or child clients must combine diverse forms of information and viewpoints in their practice, despite the biomedical prominence during physical activity [10]. One of the primary issues that

influences access to rehab services is a weak referral system that does not properly utilize the expertise available inside the system [11]. It would be inaccurate to claim that medical experts are unaware of the different physiotherapy therapies and their advantages [12]. It is thought that early referral and recognition by medical practitioners, as well as public awareness, leads to improved optimization and delivery of physiotherapy services, which are currently underutilized [13]. Although general practitioners are aware of physiotherapy's applications in musculoskeletal, pediatrics, neurological, cardio-respiratory, and sports conditions, they are less aware of developments in the field of women's health, cancer and geriatric conditions, and transplantation units. The physiotherapist's involvement in the prescription of orthotics and prostheses often underappreciated. Physical therapists play an important part in critical care unit settings and various phases of cardiac and pulmonary rehabilitation [14]. Physical therapy, which is widely accepted across the world as a remedy, is not justified when it comes to general awareness in Pakistan, which has a population of over 185 million. Only 13.5 percent of our population is aware of the profession [15]. A major increase in the incidence of chronic illnesses is occurring in tandem with the ageing of our people. As a result, the demand for physical therapists and physical therapy services has surged across the board [16]. Between 2001-2005, physiotherapy consultations for adults over 65 years old increased by 43%. For nine of the previous ten years, the Department of Employment and Workplace Relations has identified a nationwide shortage of physiotherapists in Australia [17]. 98% prevalence reported in people who have never heard of physiotherapy in Nigeria. Those with musculoskeletal problems reported that they mainly utilized traditional medicine or home remedies and their health-seeking behavior was mainly determined by affordability (41.8%) [18]. The prevalence of awareness of physiotherapy among general public in an African market showed relatively high level of awareness (68.6%) demonstrated by respondents in this study, who were drawn from a market place; and were expected to show a low level of awareness [19]. In today's technologically advanced world, with the development of newer medical and surgical options for patient care, it is time for all health-care professionals to recognize that the profession of physiotherapy has advanced to the point where it can treat and rehabilitate a wide range of aches, conditions, and syndromes [20]. With the implementation of treatments to enhance a person's quality of life, physiotherapy is considered a vital aspect of the health-care delivery system. The general public's use of physiotherapy services can be impacted by their understanding of the function of

physiotherapy in healthcare system [21]. Through use of only modalities should not describe physiotherapy practice; instead, it should be described by the combination of examination, history, and analysis of movement dysfunction [22]. Stereotypical perceptions about it must be addressed in a burgeoning profession whose patient base is still heavily reliant on referrals from medical practitioners. Lack of awareness of physiotherapy has had a strong impact on its standing [23]. This purpose of the study is to assess the level of awareness about physiotherapy among the urban and rural general population in Gujranwala Division. The results may highlight the need to take certain steps to raise awareness among the rural population of Gujranwala division which may include publicizing the positive aspects of the physiotherapy profession, boosting the number of employment opportunities for Bachelor and Masters trained physiotherapists in governmental departments, giving conferences to other medical practitioners about the significance of physiotherapy, and growing social interactions and networking in the physiotherapy profession.

METHODS

A Descriptive comparative study was conducted; non-probability convenient sampling was used to select the sample. The study included 384 confirmed participants from Gujranwala Division according to inclusion and exclusion criteria. A self-made Likert scale questionnaire was used to collect data regarding awareness of physiotherapy among urban and rural population. Data was entered and analyzed through statistical package for social sciences (SPSS). For descriptive analysis mean and standard deviation was calculated for quantitative or numerical data. Whereas frequencies and percentages were calculated for qualitative variables appropriate graphical representation was done. Level of significance or Confidence Interval was (95%), and all data were analyzed at 95% confidence interval and p-value less than an equal (0.05) was considered as significant value.

RESULTS

In account with other variables, according to gender 225(58.6%) males and 159(41.4%) females participated then according to the age group 203(52.9%) were from Age group 20-29, 96(25.0%) were from age group 30-39 whereas 68(17.7 %) participants were from age group 40-49, and 17(4.4%) were from age group 50-59. Which shows most participation was from group 20-29 years of age.

Demographic Data		
Variables	Categories	N (%)
Age of Participants (years)	20-29	203(50.9%)
	30-39	96(25.0%)
	40-49	68(17.7%)
	50-59	17(4.4%)
Socio-economic Status	Upper Class	80(20.8%)
	Middle Class	194(50.5%)
	Lower Class	110(28.6%)
Education of Participants	<Primary	106(27.6%)
	Primary/Elementary	61(15.9%)
	SSC/HHSC	29(7.6%)
	Undergraduate/Postgraduate	188(49.0%)
Gender of Participants	Male	225(58.6%)
	Female	159(41.4%)
Total		384(100%)

Table 1: Demographic data of participants

influences access to rehab services is a weak referral system that does not properly utilize the expertise available inside the system [11]. It would be inaccurate to claim that medical experts are unaware of the different physiotherapy therapies and their advantages [12]. It is thought that early referral and recognition by medical practitioners, as well as public awareness, leads to improved optimization and delivery of physiotherapy services, which are currently underutilized [13]. Although general practitioners are aware of physiotherapy's applications in musculoskeletal, pediatrics, neurological, cardio-respiratory, and sports conditions, they are less aware of developments in the field of women's health, cancer and geriatric conditions, and transplantation units. The physiotherapist's involvement in the prescription of orthotics and prostheses often underappreciated. Physical therapists play an important part in critical care unit settings and various phases of cardiac and pulmonary rehabilitation [14]. Physical therapy, which is widely accepted across the world as a remedy, is not justified when it comes to general awareness in Pakistan, which has a population of over 185 million. Only 13.5 percent of our population is aware of the profession [15]. A major increase in the incidence of chronic illnesses is occurring in tandem with the ageing of our people. As a result, the demand for physical therapists and physical therapy services has surged across the board [16]. Between 2001-2005, physiotherapy consultations for adults over 65 years old increased by 43%. For nine of the previous ten years, the

KAP Survey		
Variables	Categories	N (%)
Knowledge Level	Poor (4-8)	45 (11.7%)
	Neutral (9-12)	99 (25.8%)
	High (13-16)	240 (62.5%)

Attitude Level	Poor (4-8)	70 (18.2%)
	Neutral (9-12)	88 (22.9%)
	High (13-16)	226 (58.9%)
Practice Level	Poor (4-8)	63 (16.4%)
	Neutral (9-12)	104 (27.1%)
	High (13-16)	217 (56.5%)
Total		384 (100)

Table 2: Division of participants according to their Knowledge Attitude and Practice (KAP) level from poor to neutral to high.

Co-relation of Residency With	Chi-Square Value	p-Value
Knowledge	184.48	>0.001
Attitude	232.55	>0.001
Practice	214.13	>0.001

Table 3: Association of Knowledge Attitude and Practice (KAP) with urban and rural population.

DISCUSSION

The present study involves 384 participants from which most of the Urban population showed high level of awareness, Whereas the rural population had moderate to low percentage of awareness regarding the profession in general population of Gujranwala Division. While associating education with awareness participants from undergraduate-graduate group displayed high level of awareness. Previously a cross sectional was conducted in 2019 with a sample size of 198 students about knowledge and awareness of physiotherapy among medical and health sciences students. The result of previous study showed undergraduates with satisfactory level of awareness were only 37.4%. So the results suggest a very low level of awareness regarding physiotherapy among undergraduates [24]. This cross-sectional report was written in 2020 He, Danmei to assess the public awareness and knowledge towards physiotherapy which comprised of total 308 eligible participants. Only 13.6% had adequate knowledge and exhibited the more educated the participants were the higher the knowledge was regarding physiotherapy. Socioeconomic status was also a variable in this study. The study also highlighted that income was associated with the level of awareness of people. The study concluded that public of China was ignorant regarding physiotherapy. In Another study on awareness and knowledge of physiotherapy among general population of an African market in Ghana which included 500 participants consisting of 209 (41.8%) men and 291 (58.2%) women. They were aged 20 years and above from the market which showed 68.6% participants were aware of physiotherapy emphasized on there was still a need to educate the general population of Ghana about physiotherapy [20]. Though the present study is comprised of 126 participants 76 (60.32%) were female while 50 (30.68%) were male and an overall adequate level of awareness (81.75%) was seen and age [25].

CONCLUSIONS

A very good response was seen in urban population of Gujranwala Division, mostly people were highly aware of physiotherapy, whereas in rural population there was a moderate to poor response. A strong association was seen between education and physiotherapy. Higher level of education displayed powerful impact on awareness of people. Education plays an impactful role in better understanding of physiotherapy.

Conflicts of Interest

The authors declare no conflict of interest.

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