

# Barriers To Physical Therapy Practice Regarding Promotion Of Active Life Style In Patient Management

Saher Pasha, Muhammad Asif, Hira Islam Rajput, Shazia Tabussum, Muhammad Riaz Baig Chughtai, Muhammad Atif Khan

**Abstract**—Physical activity is the main priority of public health in all over the world. It helps to reduce the risk of various factors that lead to the development of cardio vascular disease, obesity, diabetes mellitus and many other diseases which are harmful for health. Primary care practitioner's counseling plays a vital role in the increment of physical activity among adults. The aim of the study was to evaluate the obstacles to physical therapy practice regarding promotion of active life style in patient management. A cross sectional study with 150 sample size was conducted in different universities of Karachi. Valid questionnaire was used to collect data and Chi square test of independence was applied to examine the relationship between total physical activity and different variables. Data was analyzed through SPSS 20 version, frequency and percentage was calculated. In conclusion, the most common barrier of the study is lack of interest. On the contrary, other barriers are lack of time, lack of encouragement. The outcomes of the study shows that the governing body of physical therapy should be organized different programs like workshops and seminars.

**Key words:** Obstacles, Active lifestyle, Patient Management

## 1 INTRODUCTION

Physical activity is the main priority of public health in all over the world. It helps to reduce the risk of various factors that lead to the development of cardio vascular disease, obesity, diabetes mellitus and many other diseases which are harmful for health. Because of lack of training, beliefs as well as confidence, people were not capable of changing their habits of health. Moreover, majority physical therapist had same views about counseling about physical activity promotion it would be better into daily visits of patients treatment session. promotion activities which created a major barrier to health promotion by professionals.(1) Health problems were rapidly growing day by day due to less physical activity which was harmful to public health.(2) Counseling plays a vital role to increase the physical activity among population for primary care for medical practitioners. (3)

Cure and management was broadly admitted to play a major role in an active life style.(4) There was in the behavioral harmony that changes low degree of interactivity was not more effective than with high degree interactivity.(5) Feasibility and approval of physical activity promotion was the significant measure to determine the research from public health.(6) For the support and motivation of public health, primary care takes a part to become active physically.(7) Physical activity is a changeable process for the cure of different diseases like cardiovascular disease.(8) In United States of America, there was a study of physiotherapists which showed about the main target for health promotion's attitude. There were no more concepts of counseling skills in Nigerian physical therapists to the patients due to lack of time because physical therapist had treated huge number of patients in a very less time which was the main barrier in the promotion of physical activity in clinics. Nigerian physiotherapists should be increase their consultation time and treated the patient individually with proper counseling.(9) It is consign that physical therapy could diminish hurdles in rehabilitation and improve functional activities.(10)

Daily consultation is more effective to any adult as compared to comprehensive intervention because regular advices from consultants increases the support of active physical life style and covers a large proportion of population.(11) There was a need of public health interventions which aimed at promoting physical lifestyle by the reduction of several risk factors about

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behavior in the adult population. (12) Counseling played a vital role in the progress of physically active lifestyle by general practitioners.(13) The main roles of general practitioners are the detection and foundation of intercession for the prohibition of chronic diseases and risk factors.(14) The essential factors influenced in the proper management of behavioral risk factors were attitudes of adults in physical life style, gender, self-efficacy of adults, effects of trust and behavior, age, area of practice, size of practice, lack of awareness, techniques and confidence, relationship between general practitioners and client acceptance. Physical therapists are responsible to show that obesity will increase due to the lack of physical activity and bad diet habits.(15) Most of the medical comorbidities could be reduced by increasing physical activity in the daily routine of patients (16) The general practitioners should not neglect their duty about regular activities and health promotion procedures because counseling is the main role of physicians and it takes only few minutes.(17)

Physical therapists are responsible for the promotion of health problems. On the other hand, patients do such physical activities which are essential for them by the assistance of physical therapist.(18) Objective of this study was to evaluate the obstacles to physical therapy practice regarding promotion of active life style in patient management.

## 2 METHODOLOGY

The sample consisted of 150 male and female physiotherapists of different hospitals located in urban areas of province of Sindh named Karachi and Hyderabad. It was a cross-sectional study. Graduate Physical therapists and post graduate (physiotherapy students) in the different Hospitals and academic institutions of Karachi were contacted randomly to fill the consent form if they wanted to be selected for participation in the study. The total duration of study was six months from April, 2014 to September 2014. The study was designed for post graduate students enrolled in physical therapy courses as well as graduate physiotherapists. Diploma Holders and undergraduate students were excluded. Frequency and percentage were calculated. It was also assured to the participant that the information will be completely confidential. Data was analyzed by the use of software Statistical Packages of Social Sciences (SPSS) version 20.

## 3 RESULTS

This study was conducted to investigate the obstacles to physical therapy practice regarding promotion of active life styles in patient management. In this study sample size was 150 male and female graduate physical therapist and post graduate (physical therapy students) in the different hospitals and academic institutions of Karachi. The results show the question related to the feasibility of brief counseling integrated into

your regular consultations. Participant's response was as followed: the percentage of those respondents who replied highly feasible was 58.0%. Other categories were as follows: 40.7% individuals replied somewhat feasible and 1.3% respondents replied not really feasible. The question related to lack of interest in promoting physical activity in patients. Participant's response was as followed: 16.0% participants replied never, 26.7% individuals replied rarely, 57.3% individuals replied often. The question related to feasibility of separate one-on-one consultation. Participants responses are as follows: 36.0% (54) participant response were highly feasible, 56.7% (85) individuals replied somewhat feasible, and 7.3% (11) respondents replied totally unfeasible. The question related to area of physical therapy where they do practice. Out of 150 participants 59.3% participants worked in musculoskeletal area. 12.7% respondents worked in cardiopulmonary area. 10.0% participants were working in the area of neurological department. 18.0% participants were working in pediatrics department.

Table 1. General Statistics

	N	Mean	Std. Deviation
Age	150	29.13	4.393
working experience	150	5.37	3.977
Average number of patients you see each week	150	39.94	15.825
working hours per week	150	39.05	12.111
Valid N (list wise)	150		

Table 2. Gender

	Frequency	Percent
Valid Male	52	34.7
Female	98	65.3
Total	150	100.0

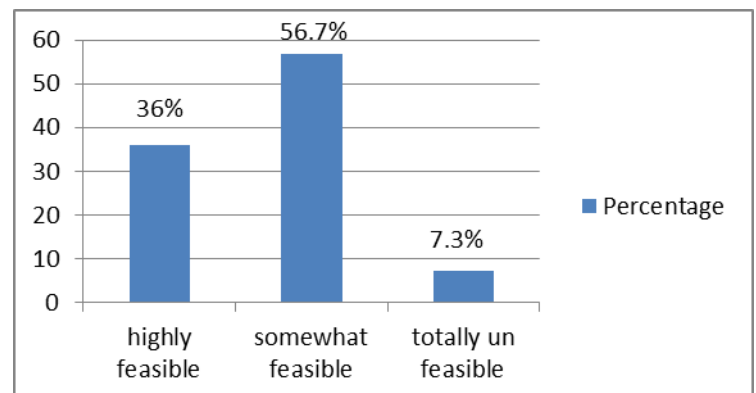


Fig. 1. Feasibility of Separate one-on-one consultation

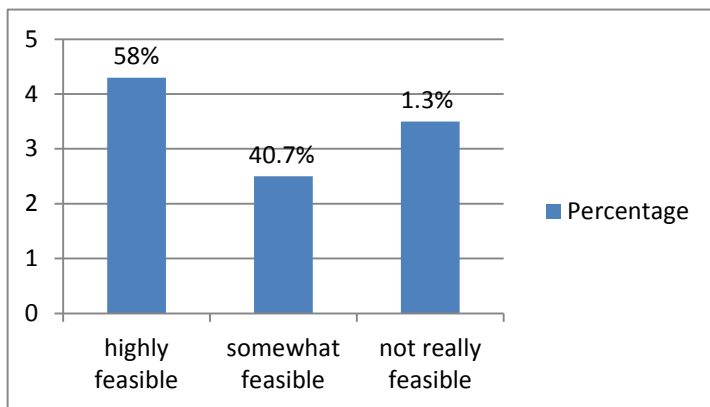


Fig. 2. Feasibility of brief counseling integrated into regular consultations

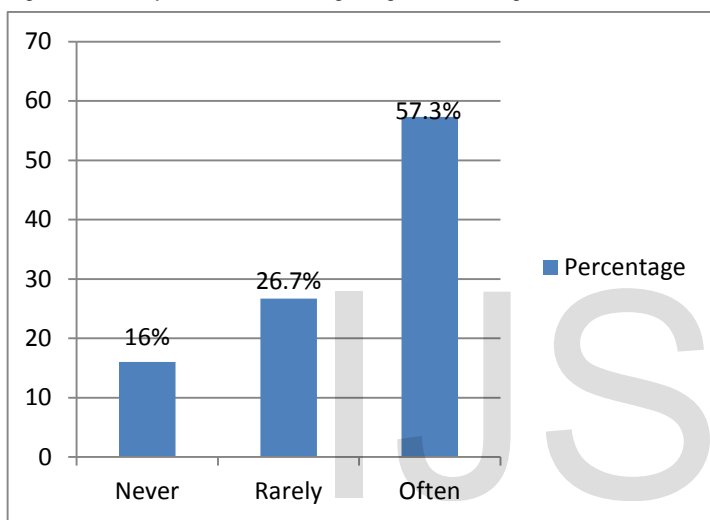


Fig. 3: Lack of interest of physical therapist in promoting physical activity

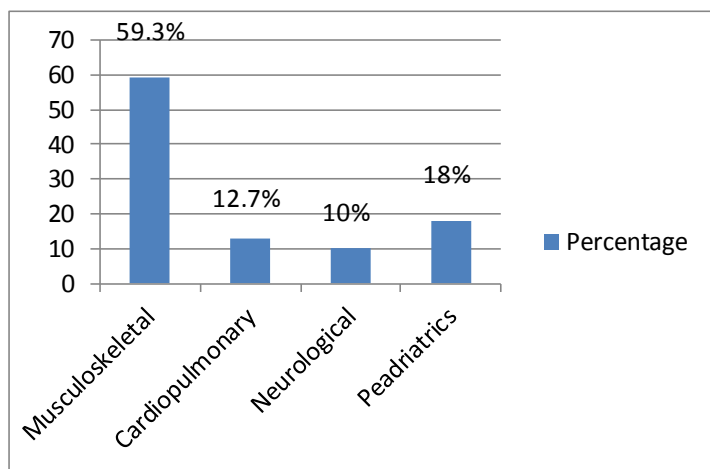


Fig. 4. In what area of physical therapy do you practice?

**DISCUSSION**

The current study indicated that physical therapists have lack of interest in promoting active lifestyle in patient management. The study results show that some people are not sure

regarding feasibility of brief counseling integrated into your regular consultation. Present study shows that more than 50 percent physical therapist have no interest to promote physical activity in patient management.

Debra Shirley et al observed that Physical therapists indicated the promotion of physical activity, separate one-on-one consultations which were less feasible. In this latest research, 36.0% participant response were highly feasible, 56.7% individuals replied somewhat feasible, and 7.3% respondents replied totally unfeasible. Furthermore, more than half of the respondents believe that brief counseling was highly feasible in regular treatment sessions, which was same as previous study of Shirley on same survey.(1)

Happiness a Aweto et al, findings showed that Nigerian physiotherapist was observed that 60.7% of the therapist found lack of consultation time which played a role as an obstacle in the promotion of active life style among population, while, our study showed 56.7% of the respondents observed rarely insufficient consultation time acted as a barrier. This study was determined the most common barrier, which was lack of interest (57.3%), it means more than half of the physical therapist have not taken interest in the promotion of physical active lifestyle in patient management.(9)

Brenda L Rea et al has done the study on the role of health promotion among physical therapist in California, New York and Tennessee to investigate the perception of practice patterns. As a result, the most common practice setting was related to orthopedics (48%) same as the result of our study in which majority physical therapist worked in musculoskeletal practice area (59.3%).(18)

**CONCLUSION**

Physical therapists are responsible for the promotion of active lifestyle in patient management because they are basically primary care practitioners. They should be educated patient regarding posture and exercises to enhance active lifestyle during treatment session. Current news about physiotherapist is included in the list of tertiary prevention discipline due to their skills and to play a role in primary prevention. There are no clear views about physical activity promotion by physical therapist. According to this research, it is evident that most of the therapist recognizes the barriers of physical active life style promotion in patient management. Physical therapists are confident to promote advices and believe that feasibility of brief counseling integrated into your regular consultations are somewhat feasible but some of them believe that counseling during patient visits are somewhat feasible. The current study shows that mostly physical therapist have no interest to promote physical activity during patient management. On the contrary, other barriers were lack of time, lack of encouragement. The outcomes of that study showed that the governing body of physical therapy should be organized different programs like workshops and seminars which would enhance the knowledge of physical therapist towards promotion of active

lifestyle in patient management.

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