

THE VALUE OF PHYSIOTHERAPY SERVICE IN THE COMMUNITY- Perception of the community physiotherapist.

M. O. Haque ¹ A. Islam ²

Abstract

Introduction

Though physiotherapy service is not establish yet in Bangladesh, Center for the rehabilitation of the paralyzed (CRP) has started community based physiotherapy service as a project under CBR and trying to provide the service to the grass root level for last 1 year. The study was conducted to find out the benefit of the programme and the barriers that made the programme difficult and establish some recommendation to run the programme successfully in future.

Methodology

The study was done Qualitatively as it was found the most appropriate methodology to meet the objectives.

Sample

The Sample was selected conveniently. The qualified physiotherapist those who are Working at CRP's CBR project. The sample size was seven

Data Collection

Data was collected by an Open ended Questionare. No interview was taken.

Result and discussion

Some major categories were formulated. And then some themes were developed and described.

Conclusion

Physiotherapist are doing a tremendous job in community which has explored by the study.

The study might be helpful to improve the quality of service in future. The study also explored some of the barriers, among them prescribing medicine is the important issue and to run the programme effectively in future these issue should be consider.

Introduction

Physical rehabilitation is thought to be very important for people with disability in achieving their maximum physical, psychosocial; and vocational potential and also it provide a highly stimulating and educational; environment. A physiotherapist provides comprehensive evaluation, management and advisory services in every aspect of physical rehabilitation. (Twible and Henley, 2000)

Though physiotherapy service is not establish yet in Bangladesh, Center for the rehabilitation of the paralyzed

Md. Obaidul Haque

Physiotherapy Course Co-ordinator, Bangladesh Health Profession Institute (BHPI).

Asma Islam

Lecturer of Physiotherapy, Bangladesh Health Profession Institute (BHPI).

(CRP) has started community based physiotherapy service as a project under CBR and trying to provide the service to the grass root level for last 1 year. If the programme responds according to the aim of CRP then it may continue longer. The study was conducted to find out the benefit of the programme and the barriers that made the programme difficult and establish some recommendation to run the programme successfully in future.

Literature Review

Community Based Rehabilitation (CBR)

Rehabilitation is "The combined and coordinated use of medical, social, educational, and vocational measures used for training or re-training individuals disabled by disease or injury to the highest possible level of functional ability".

(Development and Community: Definition of Community (Part 1 of 2)

(www.dph.state.ct.us/OPPE/sha99/glossary.htm on date: 5/7/05)

Another definition "Programs which help patients adjust to health problems or disablement and return to a full productive life. Rehabilitation may involve physical restoration, such as the use of prostheses, or emotional help such as counseling or providing emotional support"

(tcdc.uth.tmc.edu/impact/glossary.html on date: 5/7/05)

CBR is a strategy under community development and should be achieved by making best use of resources with community involvement including people with disability. (Bhattarai, 1999)

Principles of CBR

CBR attempts to

- Change community attitudes and behavior towards disability.
- Empower people with disabilities, enabling them to function in society.
- Transfer appropriate knowledge to the community.
- Assist in the change from users of services to participant in health programs.
- Translate appropriate clinical knowledge to self-help skills.
- Increase level of knowledge of contact people,
- Develop appropriate rehabilitation.

(Mamun, 1999)

In UK there are several Center which offers the community physiotherapy service from many years successfully.

Community Physiotherapy Service (Primary care trust) are also called The Domiciliary Physiotherapy service in UK

offers assessment and treatment for older, adults and children with disabilities . ((www.dph.state.ct.us/OPPE/sha99/glossary.htm on date: 5/7/05,Open Access Physiotherapy Service)

St John's Therapy Centre, Wandsworth London offers co-ordinated services to people a neurological diagnosis eg. stroke, brain injury, Multiple Sclerosis, Motor Neurone Disease, Cerebral Palsy, Parkinson's disease and/or who require specialist therapy from a multi-disciplinary community neuro team to improve function, independence & quality of life for patients and/or carers.

Clients have a choice of being assessed & treated in their own homes, other community settings or at the Centre, whichever is most appropriate.

(Article Open Access Physiotherapy Service (www.dph.state.ct.us/OPPE/sha99/glossary.htm on date: 5/7/05)

In 1999 The World Confederation for Physiotherapy recognized a role for physiotherapists in the community based rehabilitation. The core strategy recommended by WHO for developing countries. Physiotherapists are involved in a number of different roles:

- Provision of direct care
- Education and training of physical therapists and other health care professionals.
- Basic training and technical/professional supervision of other CBR workers.
- Programme initiators.
- Team leaders and managers.
- Advisors to government , NGO'S and local communities on establishing CBR programmes(Commons, 2003)

In Bangladesh observer noted that in 1994 alone there were 6500 reported cases of disability as a result polio. These situation scan be improved by proper implementation of CBR programmes. In prevention of disability, CBR can play a significant role and or this need to be acknowledged . (Momin1999)

The overall situation of CBR is not yet establish well but beside CRP some other NGOs are continuing the CBR programme suchas-Action on Disability and Development (ADD), Action aid Bangladesh, Assistance for Blind Children (ABC), Bangladesh Dristihin Foundation (BDP), Bangladesh Council for Children Welfare (BCCW) and many more(Mamun, 1999)

Objectives of the study

1. To find out the existing service of physiotherapy in the community level.
2. To find out the need of physiotherapy service in the community.
3. To find out the barriers.
4. To find out how to overcome these barriers.
5. To find out the achievements.
6. To establish a recommendation to improve the service in future.

Methodology

Study Design

The study was done Qualitatively as it was found the most appropriate methodology to meet the objectives.

Gibson and Martin (2003) recommended that qualitative research approaches are the most appropriate for examining some crucial pysiotherapy research questions and should be considered in formulations of best available evidence .

"Qualitative methods are appropriate when the research question pertains to understanding or describinhg a phenomenon about which title is known; when seeking to understand the inside point of view of the study participants; and when context is integral to the question" (Bogdanand Biklen 1998 cited in Hammell et al, 2000,p.6)

Sample selection

The Sample was selected conveniently. The qualified physiotherapist those who are Working at CRP's CBR project.The sample size was seven

Inclusion criteria

Qualified Physiotherapist.

At least 6 month working experince in CBR programme

Data collection

Data was collected by an Open ended Questionare. No interview was taken. The questionnaire was in english and given to the participant. Participants also answered in english.

Data Analysis

The transcripts were read by researcher several times to get inside data, to find out what the participants actually wanted to say.

Data analysis is the process of systematically arranging and presenting information in order to search for ideas. The aim of the data analysis is to find meaning of information collect- ed (Minichiello et al , 1997).

Firstly the Questions were analyzed and some major categories were formulated. And then few themes were developed and described. The analysis of questions is similar to content analysis (Morse and Field, 1995). Content analysis is a process of analyzing data looking for repeated words, phrases , or concepts.(Bailey,1993)

Result& discussion

Physiotherapist responsibilities in the community

Providing treatment to the local people in the community in a specific place is the main responsibility of physiotherapist . Beside this the other roles are Patient assessment and to make the treatment plan as a first contact practioner "physical therapy has first contact status, a referral from a medical practitioner not being legally or ethically required before physical therapy services are provided"(WCPT 1995).Coordinating and observe the activities, Supervision Community rehabilitation technician and attend health camp. As physiotherapy service is not well known among people in the community awareness programme is very much essential.To raise the awareness succusfully the self help group

organized awareness programme in the schools, Madrashes, colleges where the the social leaders such as Imam, Chairman, Member, Government administrative officer, doctors, community people are invited. Discussion in the programme about physiotherapy service in different disease conditions like Cerebral palsy, stroke, back pain etc and different superstition. Prescribing medicine is the important issue in the community. Most of the physiotherapist realise to prescribe some basic drugs in the community. In different developed country physiotherapist are prescribing drugs. "Since 1976 physiotherapist in Australia have won the right to be first contact practioners.

Advising client about prescription Medications - A survey of physiotherapy practice in Australia says that in Australia A significant number 85.9% of physiotherapist give advice about prescription medications . (CSP Physiotherapy Journal 2002)

The referral system of our country is not strong so people are deprive from proper health service . The community physiotherapist used to refer to other Specialised Hospital if needed.

Patients availability

The people are awared by the awareness programme and come to physiotherapist to get the service. Most of the cases are Cerebral palsy, Stroke, GBS, Perkinsons disease, Spina bifida, Club feet, Scoliosis, Spinal cord injury , Soft tissue injury, fracture.

Service acceptency of the people

Initially patient are confused but when it is described most of them accept the service very possitively. They able to understand about physiotherapy and their need . they also follow the advice and attend the followup sessions. But people often request to give medicine as they don't have the ability to go specialised physician. A survey in Australia showed that patient often request physiotherapist to advice medicine as they receive inadequate advice from other health professionals and get the relatively relaxed atmosphere from the physiotherapist.(CSP Physiotherapy Journal 2002)

Nececity of the service

Physiotherapy service in the community is very important as the people in the community are not aware about the service and where the service is available. If they get the service in their community that would be much more acceptable as they can't effort the cost . Beside that the other health professional and the local leaders are also not aware of the service so it is also important to aware them. It is also mentioned that though some people are interested to take the service but they don't even have travelling cost . Some disabled or old person have difficulty to move far as they don't have any mobility aids and accesibility.

Achievements in different dimention

The first achievement is people are much aware about the service in those areas. Many patient get better who received other inappropriate treatment by other health professional and traditional healer and quack People are getting faith on this service. Local leaders are trying to convience the people about the service and improved communication with local health professional.

Barriers of the project

Some barriers are found in the community service such as, difficult to liaso with the local administration, people don't response to the service due to illeteracy and ignorance, Patient want free medication beside therapy service, very poor accesibility for ambulation for the disabled people with-in the community, poor referral from physician, lack of physiotherapy equipments etc.

Future need

The recommends are to raise awareness among community people about the service by meeting with individual or group meeting with UNO and other Govt officer in a upozila. Arranging workshop and seminar with other health professionals, local chairman, member and other respected person , lots of awareness programe using the mass media, liflet , postering, increase the number of community physiotherapists, giving the high prestigios remuneration and encouragement to the community physiotherapists. Giving the permission of prescribing few relevant drugs e.g. NSAID. providing enough equipment and well decorated place for treatment.

Conclusion

Physiotherapist are doing a tremendous job in community level, which has explored by the study. They are working in health camp which is arranged at community location with direct assistance from the local government administration at Upazila level.

CRP has covered 15 district so far by the CBR project . How ever 29 district left yet . It can be the challenge for CRP to cover those areas by next few years . CRP is already trying to expand the service (Report of Social Welfare department , CRP 2005).

The study might be helpful to improve the quality of service in future. The study also explored some of the barriers , among them prescribing medicine is the important issue and to run the programme effectively in future this issue should be consider.

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