

WARENESS OF PHYSIOTHERAPY AMONG FASHION DESIGNING STUDENTS OF FAISALABAD

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Introduction

Physiotherapy is a health-care profession that works with human function and mobility and assists patients in reaching their full physical potential. It assists the patient in improving his quality of life by the application of physical techniques to promotion, prevention, treatment/intervention, and rehabilitation. It is science-based, and it is committed to growing, implementing, evaluating, and revising the evidence that supports and governs its practice and delivery. Clinical judgement and educated interpretation are at the heart of the process. In today's environment, inter-disciplinary teamwork among members of the health-care team is becoming increasingly important (4).

Physiotherapy is done in collaboration with a medical professional and is based on scientific principles. Physiotherapy as a profession requires expertise in a various subjects for the benefit of society, while physiotherapy as an occupation is a job. Physiotherapy has grown to a higher position as a result of the education system, research, and extended practice. Despite the fact that physical therapy is a rapidly growing and emerging field, little research has been done to assess public awareness of the field. As a result, this study is being conducted in the hopes of bettering marketing strategies, as many of these students may become practitioners as well as patients in the future. Understanding the reasons why students do not pick Physical Therapy as their initial career choice can assist in identifying misunderstandings about the field that need to be addressed (6).

A lack or poor understanding of a profession can

lead to misconceptions about it and inter-professional disputes. As a result, understanding the usage of physiotherapy may be influenced by its position in -health care delivery. In India, physiotherapy as a first- contact practice is not commonly used. Physical therapists are frequently reliant on recommendations from doctors in many fields of medicine. Most physicians' practice of "prescribing physiotherapy" has been a source of worry for physiotherapists all over the world (3).

There has been a paucity of knowledge about physiotherapy among medical doctors and medical students in the literature. A better understanding would also contribute to better patient treatment and resource usage. Early referral to a physiotherapist has been found to increase the efficiency of physiotherapy treatments. There is no survey of the physiotherapy referral community has been published (7).

Physical therapists are an important element of the health-care team because they help patients stay in the hospital for less time, recover faster, and rehab for a better recovery. As a result, it is essential for medical physicians to understand how physical therapy might help an individual keep their functional capacity. According to many research, medical practitioners lack information regarding physical therapy.

Methodology

Study design:

The study design was an observational cross-sectional survey.

Sampling Method

Non-Probability Convenient sampling technique was used to conduct the study.

Setting

Patients were selected from NTU and GCU

Duration

The study was completed within the period of 6 months after the approval of synopsis

Sample Size

The sample size was 323 calculated by formula with 95% of the confidence interval and 5% of margin of error.

Sample Size $n = N * [Z^2 * p * (1-p)/e^2] / [N - 1 + (Z^2 * p * (1-p)/e^2)]$

Selection Criteria Inclusion criteria

- Only students are included.
- Students of Fashion designing.
- Direct relation with fashion industry.
- Age from 20 to 35.
- Male & Females both are included

Exclusion Criteria

- Professional fashion designers or expert.
- People more than 35 of age.
- Indirect relation with fashion industry

Enrolment Method

Individual participants who met all of the inclusion criteria signed consent forms. Participants were provided the required information regarding the study, its repercussions, and the study's goals and objectives. Participants' personal information was kept secret and was only used for research purposes. Only participants who completed a permission form were included in the study.

Data Collection Procedure:

A participants filled the form from which 323 were fulfilling the study criteria were added into study. Total 323 participants were selected for this study. Data was collected before and consent was taken from people which full fill inclusion criteria. 400 after a physiotherapy awareness session. Questionnaire was filled by all participants. After that a 1 hour long awareness lecture was given to all participants regarding physiotherapy. After the lecture again data was collected from all the participants

Outcome Measures

Outcomes were measured by Physiotherapy awareness form.

RESULTS & INTERPRETATIONS

Table no 1: Gender Distribution

Gender of participants					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	126	39.0	39.0	39.0
	Female	197	61.0	61.0	100.0
	Total	323	100.0	100.0	

What margin of error can you accept?	<input type="text" value="5"/> %
5% is a common choice	
What confidence level do you need?	<input type="text" value="95"/> %
Typical choices are 90%, 95% or 99%	
What is the population size?	<input type="text" value="2000"/>
If you don't know, use 20000	
What is the response distribution?	<input type="text" value="50"/> %
Leave this as 50%	
Your recommended sample size is	323

In above table no 1 gender distribution of participants shown. There were total 323 participants added into study. 126 male and 197 were female participants in this study.

Table no 2 Age Distribution:

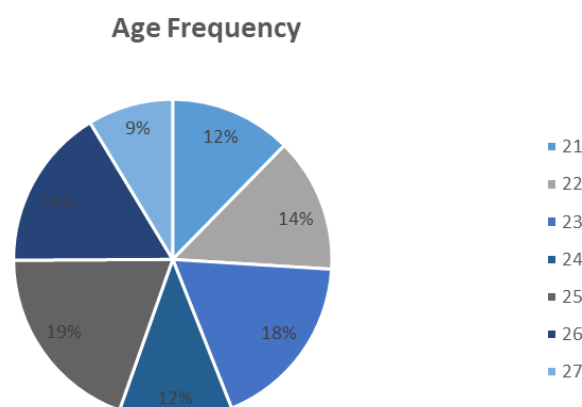


Figure 2 is the pie chart which represent the data of age of participant in this study.

Table no 3 Frequency Tables are you aware about Physical Therapy Field?

Are you aware about Physical Therapy Field?				
	Before		After	
	Frequency	Percent	Frequency	Percent
Yes	65	20.1	309	95.7
No	258	79.9	14	4.3
Total	323	100.0	323	100.0

Above table shows frequency distribution of a question Are you aware about Physical Therapy Field? It shows before and after results. Out of 323 participant only 65 were aware of physical therapy field and majority 258 people don't know about physical therapy before the lecture and after physiotherapy lecture values change to the 309 people said yes and still 14 participant said no.

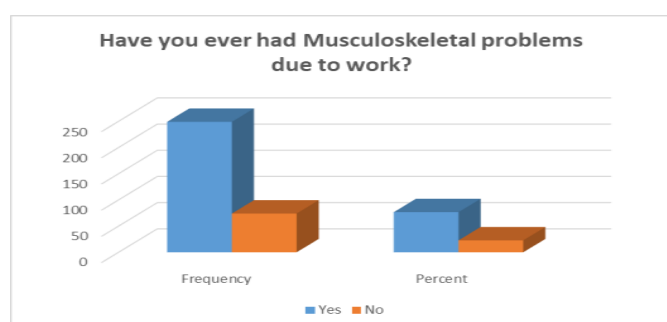
Table no 4: Frequency Tables Have you ever had problem which required physiotherapy?

Have you ever had problem which required physiotherapy?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	125	38.5	38.7	38.7
	No	198	60.9	61.3	100.0
	Total	323	99.4	100.0	

Frequency distribution of Have you ever had problem which required physiotherapy? Question shown in above table and out of 323 participant only 125 said yes and 198 participant said no to the question.

Table no 5: Frequency Tables Have you ever had musculoskeletal problems due to work?

Above is bar chart which represent percentage of participant who said yes or no to the question.

**Table no 6 Frequency Tables Do you agree****Physiotherapy is effective in reducing pain?**

Do you agree Physiotherapy is effective in reducing pain?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	64	19.7	19.8	19.8
	No	113	34.8	35.0	54.8
	Don't Know	146	44.9	45.2	100.0
	Total	323	99.4	100.0	

Frequency distribution of Do you agree Physiotherapy is effective in reducing pain? The 64 participant said yes out of 323 participant 113 said no and majority of participant were don't know about that.

Table no 7 Paired T Test for different Variables

Paired Samples Statistics						
		Mean	N	Std. Deviation	Std. Error Mean	Sig.
Pair 1	Awareness Before	1.798	323	.401	.022	.000
	Awareness After	1.043	323	.203	.011	
Pair 2	Heard About Physiotherapy Before	1.687	323	.464	.025	.000
	Heard About Physiotherapy After	1.055	323	.229	.012	
Pair 3	Specialization Before	1.808	323	.394	.021	.000
	Specialization After	1.182	323	.386	.021	
Pair 4	Awareness About Treatment Before	1.805	323	.396	.022	.000
	Awareness About Treatment After	1.272	323	.445	.024	
Pair 5	Modalities Before	1.817	323	.386	.021	.000
	Modalities After	1.222	323	.416	.023	
Pair 6	is occupational therapy & physiotherapy same Before	2.523	323	.692	.038	.000
	is occupational therapy & physiotherapy same After	1.885	323	.581	.032	
Pair 7	Duration Before	4.916	323	.903	.050	.902
	Duration After	4.922	323	.382	.021	

Total 7 pairs are shown in above table with paired t test. In pair 1 we have mean \pm SD of Awareness before and after the lecture which was 1.7988 ± 0.40155 and 1.0433 ± 0.1135 respectively the sig p value is .000 which is less than 0.05. Mean \pm SD In pair 2 before lecture was 1.6873 ± 0.4643 and after lecture mean \pm SD was $1.0557 \pm .22975$ the sig p value is .000 which is less than 0.05. In pair 3 we have mean \pm SD before and after the lecture which was $1.8080 \pm .39445$ and $1.1827 \pm .38699$ respectively the sig p value is .000 which is less than 0.05. Mean \pm SD In pair 4 before lecture was $1.8050 \pm .39685$ and after treatment mean \pm SD was $1.2724 \pm .44591$. Mean \pm SD the sig p value is .000 which is less than 0.05. In pair 5 before lecture was $1.8173 \pm .38699$ and after lecture mean \pm SD of was $1.2229 \pm .41684$. Mean \pm SD In pair 6 before lecture was $2.5232 \pm .69286$ and after lecture mean \pm SD was $1.8854 \pm .58118$ Mean \pm SD the sig p value is .000 which is less than 0.05. In pair 7 before lecture was $4.9164 \pm .90331$ and after mean \pm SD of was $4.9226 \pm .38231$.

DISCUSSION

This study was conducted to check the awareness of physical therapy in fashion students. There is very limited literature is present on the internet which is related to the awareness of physical therapy. Because due to the lack of knowledge of the posture and positioning fashion students face a lot of problems which is related to the joint pain, and muscles pain. And some people these pain and problems lead to disability. Because fashion student mostly spends their time stitching, cutting, and making sketches. They have a very high workload especially on exam day .due to the high workload they don't care about their health and posture.

This study is based on a survey from a physiotherapy awareness questionnaire is filled by students. The question of this survey form is based on a simple and typical question that is related to awareness of physical therapy. Physical therapy intervention and guidelines help them from preventing body problems that they face daily due to their bad posture.

The result of this survey shows that a few students know about physical therapy. But these students

do also not know about physical therapy intervention and services that physiotherapists help them to prevent their daily problems. 80% of students have no idea and knowledge about physical therapy in the simple word this student was totally unknown about physical therapy and its services.

The general population in Gujarat's main cities is well informed about the practice of physiotherapy. The majority of respondents who had been treated by physiotherapists were satisfied and impressed with the treatment. Participants would prefer physiotherapy services to IHS if they had a condition that could be treated with it.

LIMITATIONS

It was quite difficult and challenging for us to collect data from only two sources. Few of students were not cooperative with us and a lot of students refused to fill the form. There was always a chance that students filled the wrong information.

RECOMMENDATIONS

To improve quality of research for future these are following recommendation which are based on our research for other researchers. Select the population from different areas and cities. Duration of research should be increased to get better results from study. The sample size of study should be large for better results. Further studies can be done on larger scale and can focus on physiotherapy services to fashion designing students to manage their MSK disorders.

CONCLUSION:

Majority of fashion students of Faisalabad were not aware or heard about physical therapy or its specialization, duration of degree and its treatment.

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