Awareness of Physiotherapy among Literate Population of Pakistan

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Abstract

Background & Objective: World Physical Therapy Day is celebrated on 8th of September of every year. This day is an opportunity for physical therapists from all over the world to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent. For this reason an awareness survey was conducted among literate population as to estimate the highest percentage of conscious about physiotherapy practice.

Method: A questionnaire was given to 70 individuals from different parts of the country of different age groups, with different level of education and exposure to various hospital settings.

Result: The survey showed that 42% of the population was familiar with physiotherapy and 63% individuals thought physiotherapists as qualified professionals. More or less many individuals were aware of different physiotherapy treatments available and rationale to see a therapist. However, 21% of the population underwent physiotherapy treatment and 12.85% were fully resolved, 10% marked improved, 2.85% slightly improved/ no change and only 1.42% were not improved. The survey also showed that the doctor’s attitude towards physiotherapy was 42.85% supportive while 40% did not know about the attitude and 1.42% people thought it was hostile and non committal. It was also revealed that 60% individuals did not have any concern about seeing a physiotherapist while 27.14% had some concerns. In the end most preferred treatment was said to be physiotherapy by 50% of population, 34.28% believed doctors/ medicines, 1.42% answered Hakeem/herbal, 2.85% retort homeopathic, 4.28% replied any other and 7.14% chose multiple treatments.

Conclusion: The above data showed that physiotherapy awareness among literate population is quiet sufficient but there is always a scope for improvement and by conducting such surveys and celebrating physiotherapy day each year can spread awareness of physiotherapy worldwide.

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