

A Study to understand the attitudes of Orthopaedic surgeons towards Physiotherapy profession in Bangladesh

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Abstract

Purpose: The aim of the study is to understand the attitudes of Orthopaedic surgeons towards the Physiotherapy profession in Bangladesh. **Objective:** To know the attitude of Orthopaedic surgeons about views of Physiotherapy profession, effectiveness of current Physiotherapy service and how Physiotherapy could be improved to enhance joint working between two profession (Physiotherapy and Orthopaedics) in Bangladesh. **Methodology:** A qualitative study was carried out through this study. The data was collected by using purposive and convenience sampling method. To obtain the information the researcher arranged semi-structured, face to face interview. In depth interviews were conducted with eight individual participants who were worked as an Orthopaedic surgeon of NITOR and DMCH. The data was analysed by using content analysis. **Result and discussion:** Five separate themes were suggested in the analysis process of transcript. These themes are divided in to some sub themes. The main themes were effectiveness of Physiotherapy treatment, Physiotherapy as a health profession, Evaluation of Physiotherapy treatment, Understanding attitudes towards Physiotherapy services and profession development. **Conclusion:** The most of the participant's attitudes were good towards the physiotherapy profession in Bangladesh. Most of the participants were expressed positive attitude about physiotherapy profession. Some of them spoke of negative things regarding the physiotherapy service delivery in Bangladesh.

Key words: Attitudes of Orthopaedic surgeon, Physiotherapy profession.

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Introduction:

Bangladesh is one of the most densely populated countries in the world (Survey of Bangladesh-1998). According to population the health care facilities is not available. Physiotherapy is one of the undeveloped professions in Bangladesh. The perception of the medical professional and average professional person's attitude is very important to develop a new health care profession and service. This study attempts to understand the attitude of Orthopaedic surgeons towards the Physiotherapy profession in Bangladesh. If the medical professional knows about the Physiotherapy professions, they will refer patients and then patients will be benefited (CSP-2000).

Defining concepts: A "good relationship" with medical colleagues was mentioned and this was felt to have come about through effective communication, education, knowledge of professional roles and a willingness to collaborate in the management of patient (Atkins, 2003).

Review of literature: Physiotherapy is a health care profession, which emphasizes the use of physical approaches in the profession, maintains and restoration of an individual's physical, psychological and social wellbeing, encompassing variations in health status (CSP, curriculum Framework 1996). Orthopaedics Medicine and surgery has been a well-established part of Physiotherapy for many patients (Cyriax, 1984). In the United Kingdom (UK) Orthopaedic field, the role of Physiotherapy is recognised as being fundamental to the rehabilitation and recovery of the

patient (Fiona et al., 2000). Orthopaedic surgeon in the UK accept that the outcome of surgery, however successful, only part of the solution for the patient problem. Without Physiotherapy input the patient will not maximize their potential (Fiona, et al., 2000).

Aims: To understand the attitudes of Orthopaedic surgeons towards the Physiotherapy profession in order to Physiotherapy in Bangladesh.

Objectives: To find out the attitude of Orthopaedic surgeons towards the Physiotherapy profession. To understand how the physician views the Physiotherapy profession. To gain the Orthopaedic surgeons views on how the Physiotherapy profession could be improved to enhance joint working between the two professions. To recommended further activity for improving Physiotherapy professions.

Methodology:

Study of design: The study design selected a qualitative research approach. "The method used by qualitative researchers exemplifies a common belief that they can provide a 'deeper' understanding of the social phenomenon" (David Silverman, 2001). As the research is exploratory and no work has been done in this field before, the qualitative research design is selected as described by Bogdon (1998). This research design is particularly appropriate to reveal a great deal of useful descriptive information performing an in depth data analysis and to produce understanding attitudes of individual participants about the Physiotherapy

profession.

Sample selection: In this project study the participants were 8 Orthopaedic surgeons. The researcher selected the sample from the National Institute of Trauma and Orthopaedic Rehabilitation (NITOR) and Dhaka Medical College and Hospital (DMCH) of Orthopaedic Department. The sample was selected on the basis of different categories such as educational status, professional status, practicing experience and working places etc. The researcher arranged a meeting with them (individual) and informed them about the procedure of this project study.

Data Collection: The researcher collected all the data. In a qualitative study the instrument is the researcher whose knowledge, understanding and insight are brought to bear on the data collection and analysis (Cook and Kamp, 2000).

Inform consent: The researcher took consent from each participant with signature on a written consent form to participate in the face to face interview. He explained to the participants about his aim in this project study. The participants were clearly informed that their information may be published but their personal (name, address) identity would be confidential. Participants were explained that they are free to decline answering any question during interview and free to withdraw their consent and stop participating at any time, without any reasons. The researcher took signature of and witness before interview.

Ethical issues: The ethical approval had been taken from CRP's academic section Bangladesh Health Professions Institute (BHPI) ethics committee. The researcher took permission from the Director of NITOR and DMCH.

Data analysis: The researcher used a semi-structured questionnaire and all participants were asked the same question. The step was content analysis. Each interview is segmented by these topics into categories. The content analysis process was analysing the data by looking for repeated words, phrases or concepts (Bailey, 1997).

Results and discussion:

The result and discussion were presented together in the same section. There were eight participants in this study. The transcripts suggested 5 separate themes in the analysis process. These themes were related to understanding the attitude of Orthopaedic surgeons towards Physiotherapy profession in Bangladesh. From these it is clear that the attitude towards Physiotherapy, as with other health care process is multifaceted (Fitzpatrick, 1991). The following themes were identified from the transcript:

- " Effectiveness of Physiotherapy treatment.
- " Physiotherapy as a health profession.
- " Evaluation of Physiotherapy treatment.
- " Understanding attitudes of Physiotherapy.
- " Professional development.

Effectiveness of Physiotherapy treatment: From this section it was found that most of the participant stated that Physiotherapy is a good treatment. Fifty percent participants stated that the patient's is verily need Physiotherapy for complete recovery, partial recovery for the restoration and preservation of the previous motion and to come normal life.

They also stated that it's has bright future. Thirty percent participants stated that "The quality of Physiotherapy is not provided" because some have taken it as a commercial, their assistant giving treatment instead of them. Quality service carried out by qualified person and is also well equipped with good relation with patient and other professionals. Another participants reported "Effectiveness depends on the relationship between Orthopaedic surgeons and Physiotherapists and in Orthopaedic practise Physiotherapy is very helpful, it may be for pre-operative, post-operative or other conditions. Actually evidence based practise must be effective for any kind of condition.

Physiotherapy as a health profession: As a health professional the Physical Therapist is responsible to assess the clients need for Physical Therapy care, develop a Physical Therapy diagnosis, plan the care and ensure that the care plan is correctly implemented and evaluated (WCPT, 1995). Physiotherapy as a health profession, it is a one of the main themes in this project study. These themes divided into two sub themes, one is Physiotherapy in multidisciplinary team (MDT) and another is Physiotherapy treatment in rehabilitation programmes.

Physiotherapy service in a multidisciplinary team (MDT): This area covered the issue of the Physiotherapy service is important in a multidisciplinary team. Most of the participants stated that, as a health professional their (Physiotherapists) activity is very important and actually patient's first come round dependent on effective Physiotherapy treatment. It is easily assumed that, "As a medical professional Physiotherapy is very important part of multidisciplinary team (MDT).

Physiotherapy treatment in rehabilitation programs: This area discussed the reflection of participants about the importance of physiotherapists in rehabilitation program's as health care professionals. Most of the participants stated that Physiotherapy is only treatment process to fulfil the rehab program. Every physiotherapists should gain knowledge about rehabilitation program, when a patient come to a physician, then the patient got medication by him but for fulfil recovery it is important to apply the Physiotherapy treatment. Most of the participants believe that Physiotherapy is the best step to rehab the patient.

Evaluation of Physiotherapy treatment: The evaluation of Physiotherapy treatment from the point of view of participants created from self-practice by Orthopaedics & physician, problem in referral system in proper way and less number of Physiotherapists. Most participants stated that the number of physiotherapists is not sufficient, because physiotherapists are now working only in specialist hospital. **Understanding attitudes about Physiotherapy:** Physiotherapy is scientific treatment processes that help the patients to come round easily. Most of the participants stated that Physiotherapy is a modern treatment process that provide the effective service for fulfil treatment protocol. Some are stated that, "It is a non-divided part of Orthopaedic surgery". **Professional development:** Most of the participants stated that for professional development academic qualification of Physiotherapists is very much important. Then improve

skills, improve professional status and also development of professional relationship.

Limitations of the study: The study topic was completely new for Bangladesh; therefore it was difficult to find any appropriate information and literature on this. Particularly in this topic no research carried out. Time was limited which had a great deal of impact on the study. Purposive and convenient samples were selected and the numbers of participants were too small to have a better summation.

Recommendation: The study is a new topic for the research project in Bangladesh. The researcher tried more to create a wide area for further research associated with this topic as Orthopaedic surgeons understood the attitude about Physiotherapy profession in Bangladesh. It has been suggested from the study to do further research. So the researcher suggested that further research on this area by taking a large number of participants to get better result.

Conclusion: The study shows that there is clearly a wide range of issues about which participants have different opinions towards the Physiotherapy profession. Participants think that it is very effective not only for the Orthopaedics but also other medical related sectors. Most of the participants view was 70%-80% in agreement that Orthopaedic patients need Physiotherapy.

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