

Awareness of Palliative Care among Physical Therapy Student of ISRA University Hyderabad

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Abstract:

Background: Palliative care is an approach that improves the quality of life of patient and their families facing the problem associated with a life limiting and relief of suffering by mean of early identification and assessment and treatment of pain and other problems, Education and training in palliative care influences not only the level of care provided but also the level of team participation of the healthcare professionals.

Objective: To assess awareness about palliative care among physical therapy student of Isra University Hyderabad.

Study Design And Methods: It was cross sectional type of descriptive study that was conducted in physical therapy students of Isra institute of rehabilitation sciences, Isra University Hyderabad. Data has obtained from questionnaire. it contain 3 section A,B,C and having total 25 question from all portion to determined the palliative care among physical therapy students of Isra University Hyderabad.

Result: Out of total 50 It was found that 80% strongly agreed that palliative care is important as curative care in physiotherapy, 16% disagreed and only 2% somewhat agreed. 70% student of physiotherapy agreed that palliative care should be included in course content of physiotherapy education, 16% somewhat agreed, 8% neutral on that and remaining 6%. Along with it 46% strongly agreed that palliative care had supportive role in our society, 18% somewhat agreed, 14% were neutral and 22% disagreed. By comparison 28% strongly agreed curative care more important than palliative care and 34% strongly disagree.

Conclusion: This study demonstrates widespread of understanding among Doctor of physical therapy undergraduate students of Isra University Hyderabad about palliative care.

I. Introduction

Background

Palliative care is an approach that improves the quality of life of patient and their families facing the problem associated with a life limiting and relief of suffering by mean of early identification and assessment and treatment of pain and other problems, physical ,psychological and spiritual (WHO).Palliative care involves an integrated multidisciplinary collaborative teamwork of patients, their families, health professionals and general public toward a continuum of care emphasizing on physical, mental, social, spiritual and emotional aspects of care for life-limiting or life-threatening conditions. Education and training in palliative care influences not only the level of care provided but also the level of team participation of the healthcare professionals. Palliative care team includes medicine, social work and nursing, Physiotherapist. Training palliative care consist of delivering direct patient care, educating the patient-family care unit and fellow health professionals, and functioning as a team member. literature describing the point of view of doctors ,nurses, patient, care takers About palliative care but surprisingly least result comes out with the physiotherapist and physical therapy profession about palliative care although physiotherapist plays a important role in improving patient condition through manual, therapeutic skills (java j Sharma...et al 2014). It has been seen globally patient expire due to the lacking of palliative care in hospitals and lack of awareness among Medical and General Practitioners. Many studies shown many practitioners have lack of knowledge and confidence to care for dying patient.(Sakshi sadhi).Palliative care decreases death ratio and dying ratio ,cost of dying and it also decrease different symptoms and life threaten condition(billing ja ..Et al 1997).Physical therapy plays important role in multidisciplinary palliative care team from the symptom control to improve patient's quality of life with life threaten disease and condition (senhil P kumar).Palliative care training should be a part of curriculum in health care professionals (j.j sharma).It also be included in post graduate study and in masters in science program (senhil...et al).In undergraduate program this is necessary to teach because it makes physiotherapy graduates competent, responsible member of palliative care team in society and helps to lead physical therapy profession successfully (zubia vigar..et al 2013) It also provides information and realistic implementation, Evaluation plans in palliative care training curriculum (sakshi sadha ,,et al).It has been viewed that curriculum of Medicine, Nursing and other paramedical profession such as Physical therapy, Occupation therapy etc do not included palliative care as a subject specializing in post graduation or as a subject at undergraduate study curriculum (jivan j sharma ...et al) .Palliative Medicine

became a medical specialty in Uk and other European countries in 1987 but in other part of the world it's still negligible (Doye D..et al).There is need to implement palliative care training program at undergraduate level and introduce training in palliative care that helps to make graduates more competent and good member of palliative care,.

II. Methodology

Study Design: study design was cross sectional type of descriptive study

Study Setting: Study had conducted on physical therapy students of Isra institute of rehabilitation sciences, Isra University Hyderabad.

Study Duration: 1 October 2014 to 1 December 2014.

Sampling: 50

Sampling Technique: Data collected from a convenience sample from a student of Doctor of physical therapy students in Isra University Hyderabad.

Inclusion Criteria: inclusion criteria was Professional training, Educational intervention, Curriculum development, Program evaluation

Exclusion Criteria: Exclusion criterion was Unwillingness of student, absent students, religion, cast, and sect.

Data Collection Method: Data collected through questionnaires from the participants.

Data Collection Instrument: data obtained from questionnaire. it contain 3 section A,B,C and having total 35 question from all portion to determined the palliative care among physical therapy students of Isra University Hyderabad.

Data Analysing Method: Obtained data analyzed by statically packets for social sciences (SPSS) version 21.

Ethical Consideration: Data had collected from the students by giving them questionnaire in the class room with the permission of the ethical review committee.Informed consent form had given to the students before the questionnaire.

Study Limitation: There isn't any difficulty faced during this study, Student of physical therapy department well aware about palliative care. Few student faced difficulty in understanding of palliative care and its need in curriculum of physical therapy.

III. Result

Out of total 50 undergraduate student from Isra university doctor of physical therapy department who had participated in this study, It was found that 80% undergraduate student of physiotherapy in Isra University Hyderabad strongly agreed that palliative care is important as curative care in physiotherapy, 16% disagreed and only 2% somewhat agreed. 70% student of physiotherapy agreed that palliative care should be included in course content of physiotherapy education, 16% somewhat agreed, 8% neutral on that and remaining 6% Were found disagreed that there is no need to include palliative care education in course content of physiotherapy education. Along with it 46% strongly agreed that palliative care had supportive role in our society, 18% somewhat agreed, 14% were neutral and 22% disagreed. By comparison between palliative care and curative care it was found that 28% strongly agreed curative care more important than palliative care and 34% strongly disagree.

IV. Discussion

Palliative care now has been evolved to include a wide range of therapies in the treatment of a person with serious illness. It's a care provided by medical, nursing and other professionals for people who are seriously ill. No papers were found about the palliative care courses in physiotherapy at undergraduate. A lots of literature has been found that are giving information about the teaching material are being used globally to teach palliative care to medical, nursing, other health professionals and undergraduate students, and implementation of palliative care in hospitals and its significance, Medical students and other health care professional students throughout the world are still not uncomfortable in facing death. Death is a medical failure if it's happened due to the un expertise of health care professionals. Unfortunately many trainees do not view palliative care skills as core clinical competencies. There is a need to implement palliative care education in undergraduate and postgraduate curriculum of health care profession. In this study it was found that 80% undergraduate student of physiotherapy in Isra University Hyderabad strongly agreed that palliative care is important as curative care in physiotherapy, 16% disagreed and only 2% somewhat agreed. The obtained result showing palliative care knowledge present among the undergraduate physiotherapy student in Isra University, General Medical council in the United Kingdom also recommends that medical school graduates must understand the principal treatment in palliative care (Paes and wee,2008).16% disagreed students attitude showing lack of awareness about palliative care that means still there is need to educate student about the role of palliative care in physiotherapy so they may understand it's worth. In this study the other component has been analyzed is about the addition of palliative care in course content of physiotherapy in which 70% student of physiotherapy agreed that palliative

care should be included in course content of physiotherapy education, 16% somewhat agreed, 8% neutral on that and remaining 6% disagreed. As we know physiotherapist treat a wide range of physical condition associated with neuro musculoskeletal, cardiovascular, Respiratory and now in cancer so there is need to include palliative care in course content so the student of physiotherapy becomes more trained and compatible and enhance their knowledge and skills to care for dying patients. The review found that the most commonly used strategies for teaching palliative care globally used were lectures, small group discussions and clinical case presentations (spruyt 2007) In this study 46% strongly agreed that palliative care had supportive role in our society, 18% somewhat agreed, 14% were neutral and 22% disagreed. By comparison between palliative care and curative care it was found that 28% strongly agreed curative care more important than palliative care and 34% strongly disagree. Palliative care has supporting role in our society it helps to gain patient confidence improve quality of life. It's focused on helping patients get relief from symptoms caused by serious illness along with it provide support to caregiver. The all obtained results taken from the undergraduate students of physiotherapy of Isra University showing positive attitude, belief and knowledge about palliative care in hospital setups, and curriculum of physiotherapy education, along with it they understand their role in palliative care as well as.

V. Conclusion

This study demonstrates widespread of understanding among Doctor of physical therapy undergraduate students of Isra University Hyderabad about palliative care, There is need to integrate palliative care into health care training and hospitals, along with it there is need to implement palliative care education into physiotherapy curriculum and healthcare professionals curriculum. Palliative care is very important branch of medicine that is teaching globally very successfully but unfortunately it is the neglecting area in health care practice and education in Pakistan and other Asian countries, Physiotherapist play a very important role in multidisciplinary team of palliative care so there is need to added a course of palliative care at undergraduate level of physical therapy education curriculum that will enhance the awareness of palliative care education among physical therapy and other health care professions.

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