

REVIEW ARTICLE

Assessing Awareness of Physiotherapy in Cardiorespiratory and OBG Health in Non-Medical Students

Mahi Noor¹, Nazim Khan², Sumayya Moin³, Fahad Alam⁴, Shipra Gangwar⁵

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ABSTRACT

Background: Physiotherapy plays a significant part in prevention, treatment, rehabilitation and health promotion in various medical fields including cardiorespiratory and obstetrics & gynaecology (OBG). Still, the general population is primarily unaware of its expanding scope.

Aim: To assess the awareness and understanding of the role of physiotherapy in cardiorespiratory and OBG health among non-medical students.

Methods: A cross-sectional survey was conducted among 200 non-medical students (18-25 years) for Teerthanker Mahaveer University. Participants were drawn in through random sampling. After obtaining informed consent, a structured questionnaire on awareness questions of cardiorespiratory and OBG was administered. Data were looked at by SPSS software and were expressed as percentages and frequencies.

Result: In a list of the 200 participants, 107 (53.5%) were females and 93 (46.5%) were males. Mean age was 20.15 ± 1.63 years. 73.2% of the participant was aware concerning cardio respiratory physiotherapy along with 26.8% was unaware concerning it. In the same method, 73.2% demonstrated awareness regarding physiotherapy in OBG health whereas 26.8% did not appear aware. Topics that included respiratory rehabilitation, post-cardiac surgery rehabilitation and the role in physiotherapy in breathing disorders had an elevated level of awareness. However, knowledge gaps remained with respect to the management of urinary incontinence, pelvic redevelopment, and specific women's health physiotherapy interventions.

AUTHOR'S AFFILIATION:

¹ Student, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

² Student, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

³ Student, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

⁴ Student, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

⁵ Assistant Professor, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

CORRESPONDING AUTHOR:

Shipra Gangwar, Assistant Professor, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

E-mail: gangwardrshiprapt@gmail.com

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Conclusion: The findings suggest a high level of awareness of physiotherapy among non-medical students. Still, important knowledge gaps persist, particularly in the area of physiotherapy for women's health. But we continue to have large knowledge gaps, in particular in relation to women's health physiotherapy. Educational programs, awareness campaigns and integration of physiotherapy related knowledge into the academic curricula may help to improve understanding and effective utilisation of the physiotherapy services.

KEYWORDS

• Physiotherapy Awareness • Cardiorespiratory Physiotherapy • Obstetrics and Gynaecology • Non-Medical Students • Women's Health • Health Education

INTRODUCTION

Physiotherapy is a health care profession primarily concerned with the enhancement, maintenance, and restoration of normal movement patterns and physical well-being across an individual's life. It contains an important role in the management of orthopedic, neurological, cardiopulmonary, paediatric and women's health conditions. Despite significant improvements in physiotherapy practice, awareness of its scope remains inadequate among many sections of society.

Cardiorespiratory physiotherapy is the prevention and management of heart and lung diseases through the use of standardized pulmonary rehabilitation, breathing exercises, airway clearance techniques, and post-operative rehabilitation. In obstetrics and gynaecology, physiotherapy is similarly focused on dealing with pregnancy-related discomforts, pelvic floor dysfunction, postnatal rehabilitation, urinary incontinence and menopausal health issues. People might not receive timely physiotherapy services due to lack of awareness regarding these specialized areas. Therefore, it is crucial to assess the awareness level of non-medical students in order to recognize the knowledge gaps and to establish educational strategies to improve the public understanding.

MATERIALS AND METHOD

1. Study Design:

The perception of physiotherapy among non-medical students was investigated through a cross-sectional survey.

2. Study Population:

The study population included undergraduate students of non-medical disciplines in the age category 18 to 25 years of age.

3. Sample Size:

during the study, the total quantity of participants recruited had been 200.

4. Sampling Method:

Random sampling technique was applied when choosing participants to give these individuals equal opportunity to be accepted.

5. Inclusion Criteria:

- Under Graduate Students (Non-Medical).
- Age about age 18 to 25 years.
- Ability to read and recognize the questionnaires
- Ability to participate and to provide informed consent.

6. Exclusion Criteria:

- Individuals older rather than 25 years.
- Participants with major health-related conditions that could influence their responses.
- The people who had challenges with language or who were unable to comprehend the questionnaire adequately.

7. Data Collection Protocol :

The participants were informed concerning the research project and, after having given their consent, they were asked to fill out the structured questionnaire the fact that was developed to assess their knowledge and awareness

on physiotherapy in cardiorespiratory and obstetrics & gynaecology (OBG) health care. The questionnaire was created with 20 items and divided into two parts, cardiorespiratory physiotherapy and OBG physiotherapy.

8. Statistical analysis:

The high level of awareness Statistical Analysis Data were entered into Microsoft Excel and analyzed with IBM SPSS Statistics version 25.0. We used descriptive statistics to summarize the data. Continuous variables, like age, were shown as mean $\pm$ standard deviation (SD). Categorical variables were shown as frequencies and percentages. We analyzed awareness of physiotherapy in cardiorespiratory and obstetrics & gynecological health using frequency distribution and percentage calculations. The results appeared in tables and graphs to make interpretation easier. A p-value of less than 0.05 was considered statistically significant when applicable.

RESULT

The study included a total of 200 participants. Of the sample, 53.5% (n=107) seemed females as well as 46.5% (n=93) seemed males. Mean age was 20.15 ± 1.63 years.

In terms of their awareness concerning physiotherapy in cardiorespiratory health, 73.2% reported awareness along with 26.8% were unaware. Similar awareness regarding physiotherapy in OBG health was discovered among 73.2% of participants as well as 26.8% were not aware.

Awareness analysis question-wise was more about the physiotherapy role in asthma management, pulmonary rehabilitation, cardiac rehabilitation, and respiratory disorders. However, knowledge about the treatment for urinary incontinence, pelvic floor rehabilitation and menopausal health interventions was lower.

Table 1: Demographic Characteristics of Participants
(N = 200)

Characteristics	Value
Age (Mean $\pm$ SD)	20.15 $\pm$ 1.63
Age Range	18–26 years
Female	107 (53.5%)
Male	93 (46.5%)

Table 2: Awareness of Physiotherapy in OBG and Cardiorespiratory Health

Domain	Aware n (%)	Unaware n (%)
OBG	145 (73.2)	53 (26.8)
Cardiorespiratory	145 (73.2)	53 (26.8)

Note: Data for 2 participants were excluded from this analysis due to incomplete questionnaire responses

DISCUSSION

The present study examined the awareness of physiotherapy in cardiorespiratory and obstetrics and gynecological (OBG) health among non-medical undergraduate students. The findings showed that most participants had a satisfactory level of awareness about physiotherapy. Specifically, 73.2% of respondents were aware of both cardiorespiratory and OBG health areas. These results indicate that physiotherapy is slowly becoming recognized among young adults as an important part of healthcare and rehabilitation.

The high level of awareness seen in this study may result from more exposure to healthcare information through schools, hospitals, social media, and public health campaigns. Participants demonstrated better understanding of physiotherapy's role in respiratory rehabilitation, breathing exercises, and recovery after heart problems. This finding shows the increasing recognition of physiotherapy in treating respiratory and cardiovascular issues, especially with the recent focus on respiratory health.

Nevertheless, there was comparatively less awareness of specialized areas of women's health physiotherapy. Many participants were unaware of the role of physiotherapy in the management of urinary incontinence, pelvic floor dysfunction, musculoskeletal problems during pregnancy and postnatal rehabilitation. This suggests that while students have an understanding of physiotherapy as a health care career, their knowledge of its specialties is limited.

The findings presented are in agreement with previous studies that showed the average person's perception of physiotherapy is often limited to skeletal problems and pain management, with unawareness of other specialised fields. Insufficient awareness of women's health physiotherapy may contribute to under-utilization of physiotherapy services

and delayed seeking assistance amongst those who would benefit from these interventions.

These results highlight the need for further instruction to increase awareness of the full range of physiotherapy practice. Awareness programs, workshops, community outreach activities and social media campaigns could contribute to bettering public understanding of physiotherapy and its role in different health conditions. Educational institutions also may take on an important part in incorporating information about allied health professions in student health education programs.

The study was conducted among non-medical students of one institution which may limit the broad applicability of the data. Further studies are recommended with larger and more diverse populations to explore levels of awareness and factors affecting knowledge of physiotherapy services.

Overall research demonstrated a satisfactory awareness level regarding physiotherapy among non-medical students. However, there are some substantial gaps in knowledge especially in the field about obstetrics and gynaecological physiotherapy. Building public awareness could boost the acceptance of physiotherapy services and help produce better health care outcomes.

CONCLUSION

The study revealed that non-medical students generally possess moderate to good awareness regarding physiotherapy in cardiorespiratory and OBG health. But there still exist important gaps in knowledge, especially with regard to women's health physiotherapy services. In order to improve the public understanding and applying of healthcare, it would be beneficial to increase awareness campaigns, educational programs and to introduce physiotherapy material in non-medical educational programs.

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