

## Evidence-based Physiotherapy- Self reported Attitude and Belief among Physiotherapists: A cross-sectional study

Monika Moitra<sup>1</sup>, Meghmala Neogi<sup>2</sup>

<sup>1</sup>MM Institute of Physiotherapy & Rehabilitation, MM University, Mullana-Ambala-133203, Haryana, India. <sup>2</sup>Consultant Physiotherapist, Kolkata, West Bengal, India

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### ABSTRACT

**Background:** Evidence Based Practice is considered to be an essential component of clinical service delivery in healthcare. EBP is an outgrowth of evidence based medicine. Though there is increased awareness but still much has to be done. Many physical therapist professional organizations have identified EBP as priority.

**Purpose of the study:** To describe Physiotherapist's self-reported Attitude and believe about Evidence based practice.

**Method/Design:** This study has been carried out as cross-sectional study among physiotherapists of India by a simple random sampling technique. Questionnaire were sent to the physiotherapists and the physiotherapists were instructed to be true while filling the questionnaire.

**Result/Conclusion:** Our result suggest that physical therapists have a generally positive regard and attitude for EBP and are interested in increasing their skills and the evidence used in their clinical practice.

**Keywords:** Evidence Based, Practice, Physiotherapy, Attitude, Belief

### INTRODUCTION

Evidence Based Practice (EBP) is considered to be an essential component of clinical service delivery in healthcare.<sup>1</sup> EBP is an outgrowth of evidence based medicine. EBM initially emphasized the importance of evaluating a large body of medical literature and disseminating the most valid and important findings to medical community.<sup>2</sup> EBM broadens this conceptualization and is now defined to also include the integration of individual clinical expertise, individual patient preferences and best available external clinical evidence from systematic research in order to best guide clinical decision making.<sup>3,4</sup>

Though there is increased awareness but still much has to be done. Many physical therapist professional organizations have identified EBP as priority. Numerous authors have stated that

physical therapist have a moral profession and ethical obligation as to provide evidence based service and to move away from interventions based solely on anecdotal testimonies or expert opinion.<sup>5</sup> The goal of EBP is to guide clinical practice to an emphasis on data based, clinically relevant studies and research.<sup>6</sup>

Although the past decades have witnessed an increase in physiotherapy research, there remains a concern about the translation of research into clinical practice, a problem that to date has attracted relatively limited interest. The aim of the present study was to investigate perceptions and attitudes toward research, intentions to perform as well as actual engagement in research-related activities in a sample of Indian physiotherapists.

The primary purpose of the study was to describe Physiotherapist's self-reported Attitude and believe about Evidence based practice.

The main objectives were to identify physiotherapist's attitudes and understanding of EBP and their views as to its appropriateness in physiotherapy and what factors they felt promoted or discouraged its development.

### METHODOLOGY

**Study Design:** This study has been carried out as cross-sectional study.

**Sampling population:** Physiotherapists of India

Corresponding Author: Dr. Monika Moitra  
Tel: +91-7206086119  
Email: drmonika\_7900@yahoo.com

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**Sampling Technique:** Simple random sampling technique has been used.

**Sample size:** 50 physiotherapists

## SELECTION CRITERIA

**Inclusion Criteria:** Professionals who have done Physiotherapy

### Participant recruitment and procedure:

Questionnaires were sent to the physiotherapists' by-mail as well as with direct contact and get filled in person. The physiotherapists were instructed to be true while filling the questionnaire and to feel free to ask if any doubt was there regarding the study or the questionnaire.

**Outcome Measure:** Questionnaire on Evidence Based Practice by physiotherapist

**Data Analysis:** Descriptive statistics. Bar graph has been drawn using Microsoft Excel sheet.

**Questions asked to physiotherapist** in Evidence Based Practice are regarding the use and necessity of types of physiotherapeutic interventions, manual therapy, modalities, advance treatment techniques and physiotherapist's clinical skill, proficiency and views on it.

## RESULT AND DISCUSSION

Respondents stated that they held generally positive attitude regarding EBP. 70% stated that they had enough training to use the new intervention correctly. 60% agreed that they would like to use new types of therapy/intervention. 70% stated that they want to use new and different type of interventions developed by researchers. 80% agreed that they would use manualized therapy. Our result suggests that physical therapists have a generally positive regard and attitude for EBP. The result suggests that the use of evidence in practice is necessary and they believe that research based interventions are useful and quality of patient care is better when evidence is used. These beliefs have been similarly reflected in studies of physicians and nurses.

McColl et al found that most physicians in United Kingdom agreed that practicing using evidence improved patient care. In a study of pediatricians in the United States, 94% agreed or strongly agreed that they were motivated to use clinical practice guidelines by a desire to improve quality of care. McColl et al found that most of the physicians they surveyed were "welcoming" towards EBP.<sup>7</sup>

In Australia 87% of nurses surveyed in one medical center, believed that research helped their practice. Relatively little research has been conducted to identify factors that interfere with the ability of nurses to base their practice on research evidence. Using factor analysis procedures, barriers to the use of research evidence in practice were perceived. A large proportion of respondents indicated that they were interested in improving their skills related to incorporating evidence into practice and that they needed to incorporate more evidence.<sup>8</sup>

## CONCLUSION

The physiotherapists in this study showed generally positive attitude about EBP and stated that they are interested in increasing their skills and the evidence used in their clinical practice, which

offers hope for an increased use of evidence-based practice in the future. In order to facilitate this development, easily accessible database and literature could be provided. A cultural change within the profession, allowing more time for reading and discussing research reports should be encouraged. The inclusion of EBP into undergraduate physiotherapy curriculum may be beneficial as this will provide baseline knowledge about implementation of EBP in India.

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