

Knowledge, Attitude, Use and Perception Towards Evidence-Based Practice (EBP) Among Physiotherapists of Ahmedabad

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ABSTRACT

Background: Evidence-based medicine (EBP) is where the concept originated from evidence-based medicine. EBP is defined as "the methodical, straightforward, and reasonable application of current best evidence from research endeavors in determining protocol regarding the specific patient's supervision.". This study looked at the knowledge, attitudes, and behaviors of physiotherapists working in a rehabilitation context related to evidence-based practice (EBP) using a survey approach.

Aim: The study aimed to find out the level of Knowledge, Attitude, Use, and Perception Towards Evidence-Based Practice (EBP) among physiotherapists of Ahmedabad

Method: A cross-sectional survey was conducted among physiotherapists of Ahmedabad. A survey of 62 physiotherapists, both male and female, was conducted using an evidence-based practice questionnaire. The responses were submitted through Google Forms. Ethical clearance has been taken.

Result: Ninety-three percent with an average age of 26 knew about evidence-based practice. It showed that 42.75% could start search tactics to identify research and evaluate the literature, 39% fully comprehended meta-analysis, and just 5% grasped forest plots. 48.11% of people had a favorable opinion of evidence-based practice. The biggest obstacle was thought to be a lack of critical appraisal skills.

Conclusion: The adoption of evidence-based practice (EBP) in physiotherapy may be hampered by constraints such as a lack of knowledge about how to apply EBP in everyday practice and despite physiotherapists' strong positive sentiments toward it.

Keywords: knowledge, perception, attitude, evidence-based practice, physiotherapists

INTRODUCTION

Physiotherapy is a procedure that works in collaboration with families, healthcare providers, and the community to help people with disabilities, activity restrictions, and participation limits achieve their ideal level of physical and/or social functioning (WCPT, 2001) (6). Clinical service delivery in the healthcare industry is seen to need the use of Evidence-Based Practice (EBP) (8). Physiotherapy is practiced worldwide, and this reflects significant differences in the range of problems treated and the resources

available for medical care. These regional variables have a significant impact on the patients and issues that physiotherapists should be aware of, as well as the process by which clinical judgments are reached.

Evidence-based practice in physical therapy refers to the use of high-quality, pertinent clinical research in the practice. Integrating patient references and practice expertise with evidence - that is, high-quality clinical research - is an essential part of evidence-based practice. Professional practice and experience yield "practice knowledge".

Physiotherapists contribute to their private knowledge base, whether they realize it or not, with every patient interaction (2).

Decision-making processes ought to include identifying and implementing patient preferences. Since physical medicine and rehabilitation physicians are more likely to involve patients in making educated decisions, the idea of shared decision-making has gained popularity in the past 10 years (1). Health outcomes are maximized when healthcare decisions are made based on the greatest available evidence. The number of scientific publications directly related to the practice of physical therapy has increased, indicating that issues in evidence-based practice (EBP) have garnered increasing attention and discussion. Clinical judgments are also influenced by the available resources (1).

Less effective interventions may be necessary in certain situations, such as when the most effective solution for a certain issue requires a significant amount of staff, time, or expensive equipment that is unavailable. The abilities of a physiotherapist could be another resource to take into account (2).

A practice grounded in evidence is demanded of physiotherapists. To ensure that the five EBP steps—asking clinical questions, looking for and analyzing research evidence, integrating the information into clinical practice, and evaluating this process - are used, evidence-based practice (EBP) should be a core component of the curriculum. Numerous investigations have looked into physiotherapists' perceived attitudes, usage, knowledge, and impediments to evidence-based practice (EBP) (7). No comparable study has, however, been conducted among Ahmedabad's physiotherapists.

MATERIALS & METHODS

This cross-sectional observational study was conducted among physiotherapists residing

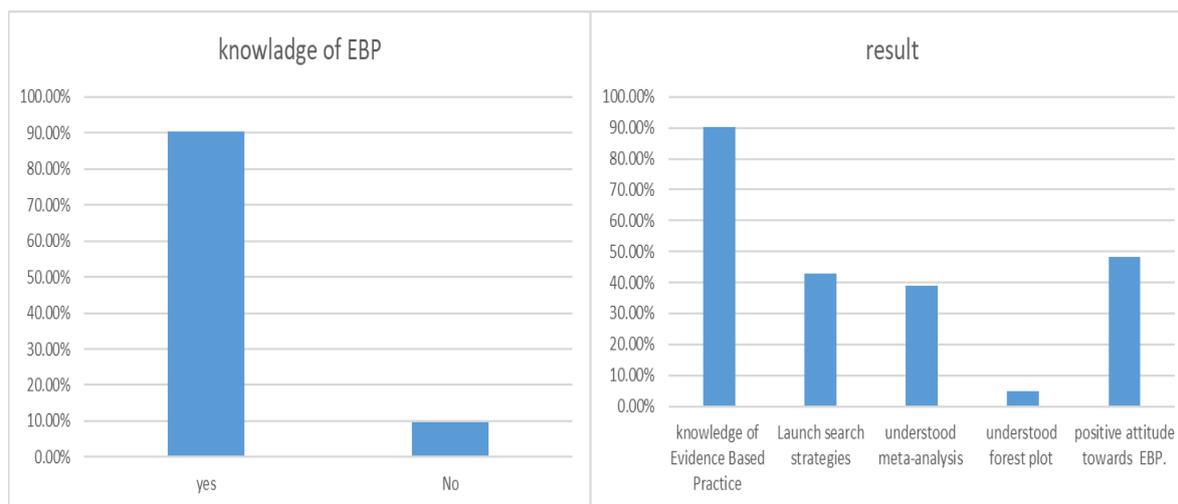
in Ahmedabad, Gujarat, India. Ethical clearance has been taken from The Ethical Committee of the Institute. subjects were selected according to the inclusion criteria.

Inclusion criteria were 1) Both male and female 2) Physiotherapists who were willing to participate 3) Working physiotherapists who have experience of >1 year. A survey of 62 physiotherapists was conducted using an evidence-based practice questionnaire. ($r = 0.90$) (9).

The questionnaire that was used for the survey had a total of 26 items: (1) characteristics of the respondent (2) knowledge and capacity for critical evaluation of the literature (3) application and perceived efficacy of EBP. The questionnaire was sent to the physiotherapists of Ahmedabad using online methods such as WhatsApp and email in the form of Google Forms. Microsoft Excel 2016 was used for the calculation of collected data.

RESULT

The results showed that among the respondents 72.6% were female and 27.4% were male with 26 years of mean age. The result was analysed using Microsoft Excel 2016, and the result showed that 90.3% were familiar with Evidence-Based Practice (EBP). 42.75% were able to launch search strategies for finding research and critically review the literature. 39% understood meta-analysis completely whereas only 5% understood forest plot completely and only 24.2% were able to correctly deduce that exercise therapy and manual therapy had the same efficacy of a given systematic review, comparing exercise versus manual therapy in acute low back pain for reducing disability at 3 months of follow-up. 48.11% had a positive attitude towards Evidence-based Practice yet only 16.1% considered literature and research findings useful in their daily practice. Poor ability to critically appraise the literature: the highest barrier



DISCUSSION

The present study shows Knowledge, Attitude, Use, and Perception Towards Evidence-Based Practice (EBP) among physiotherapists of Ahmedabad. Positive attitudes toward EBP were reported by the respondents. The majority of respondents knew what evidence-based practice (EBP) was yet few people, nevertheless, were aware of how to critically evaluate the literature and start search tactics for locating research. Only a few of the respondents thought that literature and study findings were helpful in their day-to-day work, despite almost half of the respondents having a positive attitude toward evidence-based practice.

Additionally, we noted that respondents' levels of education and the nature of their jobs had an impact on their awareness of EBP as the majority of therapists (79%) were occupied most of their time in patient care. Therapists relied on and discussed with their colleagues most of the time when they were unsure of how to handle a clinical issue.

Cobo-Sevilla, V., de Oliveira-Ferreira et al (2019) conducted a study and concluded that Physiotherapists showed a positive attitude and interest towards EBP however lack of information resources and absence of support among co-workers were reported as the main barriers that prevent physiotherapists from practicing EBP.⁽³⁾

Scurlock-Evans, L., Upton, P., & Upton, D. (2014) conducted a study and concluded that Many physiotherapists hold positive attitudes towards EBP with Many barriers to EBP implementation are apparent, including lack of time and skills, and misperceptions of EBP.⁽⁴⁾

Iles, R., & Davidson, M. (2006) Concluded that positive attitude toward evidence-based practice and the main barriers to evidence-based practice were the time required to keep up to date, access to easily understandable summaries of evidence, journal access, and lack of personal skills in searching and evaluating research evidence.⁽⁵⁾

CONCLUSION

Physiotherapists viewed evidence-based practice (EBP) with highly favorable attitudes; nonetheless, barriers were found, including a lack of knowledge about how to use EBP in practice and daily, which could impede the use of EBP in physiotherapy. Reducing perceived barriers should be the main goal of efforts to enhance evidence-based practice in physical therapy. Physiotherapists of Ahmedabad need to improve their knowledge, perspective, and proficiency with EBP. Further studies with a bigger sample size and varying years of clinical experience from various Ahmedabad zones may be conducted. Subsequent studies could examine the relationship between Ahmedabad

physiotherapists perceived and actual understanding of evidence-based practice.

Declaration by Authors

Ethical Approval: Approved

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