

# Professionalism among Physical Therapist Working in the Clinical Setups of Lahore

MUHAMMAD UMER SIKANDER<sup>1</sup>, SHOAB WAQAS<sup>2</sup>, HAFIZ MUHAMMAD ASIM<sup>3</sup>

<sup>1</sup>Junior Physiotherapist, Lahore College of Physical Therapy, LMDC, Lahore

<sup>2</sup>Associate Professor, Lahore College of Physical Therapy, LMDC, Lahore

<sup>3</sup>Professor, Lahore College of Physical Therapy, LMDC, Lahore

Correspondence to Dr. Shoaib Waqas, Email, shoaib.waqas@lmdc.edu.pk

## ABSTRACT

**Aim:** To determine the professionalism among physical therapists, working in clinical setups of Lahore.

**Methods:** A descriptive cross sectional study was conducted at different public and private hospitals of Lahore with non-probability convenient sampling technique. A sample of 350 therapists was calculated. A pre designed questionnaire from (American physical therapy association) APTA was used for the collection of data. The examiner himself filled the questionnaire by interview method. The data was collected from patients who agreed and met the inclusion and exclusion criteria for the research. Qualitative variables (accountability, altruism, compassion/caring, excellence, integrity, professional duty, social responsibility) was assessed in the form of percentages while quantitative variables (age) was assessed by mean and standard deviation.

**Results:** The age of the patients was between 18 to 70 years old with a mean of 41 years and standard deviation 13.843 years. Out of 272 patients (sample size) 190(69.86%) were male and 82(30.15%) were female. Out of 272 patients, 102 were strongly agreed, 75 were agreed, 44 were normal, 21 were disagreed and 20 were strongly disagreed.

**Conclusion:** The conclusion of this study was that most of the patients were satisfied from their physical therapist as they behaved professionally.

**Keyword:** Professionalism, physical therapist, integrity, compassion

---

## INTRODUCTION

Professionalism is an attitude towards a job or work with full professional skills, better decision making, and polite conduct<sup>1</sup>. Professional competence is an art to communicate in decent way, transfer skills and information and emotions in sensitive way for better understanding which reflects in our daily life for the betterment of humanity<sup>2</sup>. Professionalism is multidimensional having three subsets professional parameters, behaviors, and responsibilities<sup>3,4</sup>. This is the responsibility of instructors to encourage students regarding professional development, their knowledge and skills to overcome the basic barriers for better professionals which can be easily communicated through visual and perception feedbacks<sup>5</sup>.

APTA (American physiotherapy association) has defined and given seven core values which define the professionalism which includes accountability, altruism, compassion/ caring, excellence, integrity, professional duty and social responsibility<sup>6</sup>.

Professionalism is one of the most important parts of practice to improve the standards of practice, level of treatment and patient satisfaction. Till now very little work has been done on professionalism in Pakistan.

The level of clinical practice and level of professionalism is improving worldwide in Pakistan we also have to improve ourselves so we can compete and stand along the other medical professionals in the whole world. As previously no work has been done and published regarding professionalism in physiotherapy in Pakistan therefore, I

have decided to conduct the current research to determine the level of professionalism in physiotherapists of Lahore to compare and improve it to international standards

## METHODOLOGY

A descriptive cross sectional study was conducted at different public and private hospitals of Lahore with non-probability convenient sampling technique. A sample of 350 therapists was calculated. A pre designed questionnaire from (American physical therapy association) APTA was used for the collection of data. The examiner himself filled the questionnaire by interview method. The data was collected from patients who agreed and met the inclusion and exclusion criteria for the research. Qualitative variables (accountability, altruism, compassion / caring, excellence, integrity, professional duty, social responsibility) was assessed in the form of percentages while quantitative variables (age) was assessed by mean and standard deviation.

## RESULTS

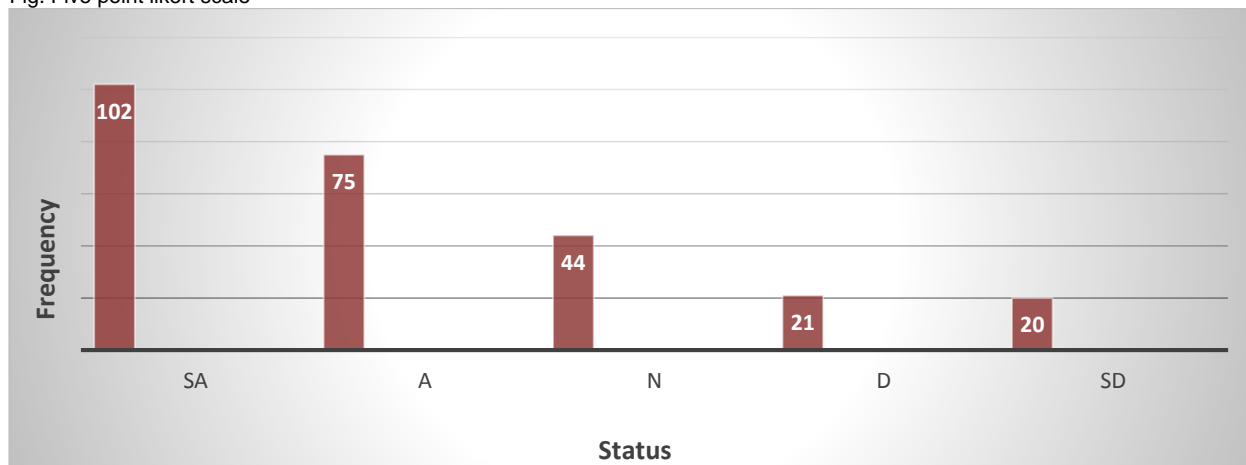
The age of the patients was between 18 to 70 years old with a mean of 41 years and standard deviation 13.843 years. Out of 272 patients (sample size) 190(69.86%) were male and 82(30.15%) were female. Out of 272 patients, 102 were strongly agreed, 75 were agreed, 44 were normal, 21 were disagreed and 20 were strongly disagreed.

---

Received on 14-10-2020

Accepted on 12-02-2021

Fig. Five point likert scale



**DISCUSSION**

The data collected from 350 patients 54.6% male and 45.4% female having at least 3 sitting with the physical therapist in different clinical set up divided in to three categories in which 38% were filed in private 34.6% in government and 27.4% from trust hospitals. Collectively patients answered that 55.5% Strongly Agree with the accountability, 53.1% Strongly Agree with their professional duty, 51.4% Strongly Agree with their integrity, 55.3% Strongly Agree with compassion/caring, 44.85% Strongly Agree with the excellence, 50.6% Strongly Agree with the altruism and 54.6% Strongly Agree with their social responsibility<sup>7</sup>.

In compassion between male and female physical therapist in accountability patients Strongly Agree with male are 58.60% and with female therapist 46.66%, professional duty male 59.53% and female 42.96%, integrity male 56.74% female 40.74%, compassion/caring male 58.83% female 49.62%, excellence male 48.83% female 38.51%, altruism male 57.67 % female 39.25%, social responsibility male 57.67% female 49.62%. In comparison among between the hospital category in accountability patient 66.91% in private 28.92 in government 72.39% trust hospital Strongly Agree , in altruism 72.18% private 19.83% government 59.37% trust patients Strongly Agree, in compassion/ caring 71.42% private 26.85% government 68.75% trust, in excellence 59.39% private 20.24% government 55.72% trust, in integrity 66.16% private 23.96% government 65.62% trust, in professional duty 63.15% private 28.92% government 69.79% trust, in social responsibility 71.42% private 33.88% government and 57.29% trust hospital patients Strongly Agree<sup>8</sup>.

Overall physiotherapists of Lahore are professional regarding all the 7 core values of professionalism in comparison between male and female therapist male scored better marks then female physical therapist<sup>1</sup>. In comparison among hospital no significant difference was

found between private and trust hospitals but government hospital lies below average and there have to improve their self the government also has to give attention towards the hospitals to increase their standards. Any non-significant findings may be due to the lack of statistical power. It is recommended that future researches should focus the larger platform for better generalizability.

**CONCLUSION**

The conclusion of this study was that most of the patients were satisfied from their physical therapist as they behaved professionally.

**REFERENCES**

- Steinert y, o'sullivan ps, irby dm. Strengthening teachers' professional identities through faculty development. *Academic medicine.* 2019;94(7):963-8.
- Epstein rm, hundert em. Defining and assessing professional competence. *Jama.* 2002;287(2):226-35.
- Brehm b, breen p, brown b, long l. An interdisciplinary approach to introducing professionalism. *American journal of pharmaceutical education.* 2006;70(4):i1.
- Mylrea mf, gupta ts, glass bd. Professionalization in pharmacy education as a matter of identity. *American journal of pharmaceutical education.* 2015;79(9).
- Wear d, castellani b. The development of professionalism: curriculum matters. *Academic medicine.* 2000;75(6):602-11.
- Prestridge s. Categorising teachers' use of social media for their professional learning: a self-generating professional learning paradigm. *Computers & education.* 2019;129:143-58.
- Alni jr, borhani f, ebadi a, bazmi s, kiani m. Effective factors of professional ethical competency in medical students: a qualitative study. *Middle east journal of family medicine.* 2017;7(10):234.
- Fanelli s, lanza g, zangrandi a. Competences management for improving performance in health organizations: the niguarda hospital in milan. *International journal of health care quality assurance.* 2018 (just-accepted):00