

Attitudes and Beliefs of Physiotherapy Students Towards Treatment Approach for Low Back Pain: A Cross-Sectional Study

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ABSTRACT

Introduction: Low back pain has been defined in simple topographical term as “Pain and discomfort, localized below the costal margin and above the inferior gluteal folds, with or without leg pain. “Various physical, lifestyle, psychological and social factors are known to be linked to low back pain and its associated disability and chronicity. Apart from these factors, the attitude and belief of health care practitioners also play key role in the approach they take in treating their patients. There are two possible and important physiotherapist’s attitude and beliefs regarding low back pain exists. First – Biomedical model and second is bio psychosocial model of low back pain. Physiotherapist when compared to other healthcare practitioners; tends to spend more time with patients and interact more with patients, therefore they may have a greater opportunity, directly and indirectly to influence their recovery, hence this study was conducted in physiotherapy students to assess their attitude and belief.

Method: Ethical committee approval was obtained from Institutional Ethical Committee, Cross-sectional study was done with the help of PABS-PT questionnaire among total 52 students from Final years, Interns and postgraduates enrolled in physiotherapy Institute, Responses were collected.

Result: As biomedical and biopsychosocial factor was compared in final years, interns and postgraduates, final years had biomedical orientation (57.5%) and biopsychosocial orientation (18.25%). Interns had biomedical orientation (59.63%) and biopsychosocial orientation (19.05%). Postgraduates had biomedical orientation (53.69%) and biopsychosocial orientation (19.15%), which suggests that final years, interns and postgraduates all had more biomedical orientation than bio psychosocial orientation which was highly significant.

Conclusion: This study concluded that, there is need for education to improve positive attitude and beliefs for bio psychosocial factor towards the treatment approach for low back pain.

Keywords: Survey, Physiotherapist, Low back pain

