

# KNOWLEDGE, ATTITUDES AND PRACTICE REGARDING THE COVID-19 PANDEMIC AMONG THE PHYSIOTHERAPISTS WORKING IN INTENSIVE CARE UNIT ACROSS SINDH, PAKISTAN.

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## ABSTRACT:

**Introduction:** To evaluate the knowledge, practices and attitudes of healthcare providers regarding COVID-19 in Larkana, Pakistan.

**Method:** A cross-sectional survey was organized in different hospitals across the Sindh province, Pakistan from February to August 2023. A self-built survey was utilized among the 116 health care providers and SPSS version 23 was utilized for analysis the data.

**Results:** The majority (n=154, 55.6%) were male, (n=252, 91%). having aged between 23 to 33 years. In educational status (n=209, 74.4%) were graduates. During the appraisal of the knowledge, practices and attitudes results revealed that the majority (n=266, 96%) have adequate knowledge and (n=164, 59.2%) have positive attitudes towards COVID-19 but most of the healthcare providers (n=159, 57.4%) were in doing bad practice.

**Conclusion:** This Study summed up that the physiotherapists working across the province of Sindh in different hospitals have great information and an uplifting outlook towards Coronavirus, while the act of Pakistani medical care suppliers requires very serious consideration because the outcomes uncovered that the training is underneath the imprint.

**Keywords:** Knowledge, Attitude, Practice, COVID-19, Physiotherapist, Intensive care.

## INTRODUCTION:

In December 2019, a highly contagious novel coronavirus outbreak was discovered in a seafood market in Wuhan, Hubei, China. Patients who were reported

to different hospitals with sudden onset of symptoms like cough, fever, myalgia, and sore throat are main signs of COVID-19, as well as acute respiratory distress syndrome (ARDS), sporadic GI

(gastrointestinal) symptoms, unclassified viral pneumonia (unspecified etiology), and though it may seem strange the seizures were among the patient's Little variation was detected in the COVID-19 symptoms, and some individuals were also reported to be asymptomatic (1-6). Children, older people, and those with any chronic illness are more susceptible to COVID-19(7-8). The COVID-19 reservoir is thought to be the Asian civet cat, or *Paguma larvata* (9, 10).

In addition to finding small droplets caused by the sneezing, coughing, and talking of COVID-19-infected people, COVID-19 spreads through contact with contaminated surfaces and the air for up to 72 hours (2, 5, 10–12). The only means of prevention for COVID-19, even though it is a recent and contagious disease, is the protection of suspects (2, 13). The (WHO) declared COVID-19 a public health emergency in the final days of January 2020, and a pandemic in the middle of March 2020 (6, 14). Since its identification, COVID-19 has been exported to developing nations on a global scale in less than 30 days (1, 15). As of the publication of this article, COVID-19 had a 2.9% global fatality rate (10). Approximately millions of cases with COVID-19 conformed diagnostic have been reported globally (14). Up till the end

of March 2020, Pakistan had recorded over one thousand COVID-19 cases (4, 14). Understanding the impact of points of view & observes on the feast of ailments can be fundamental in creating aversion & monitoring the syndrome (16-18). Physiotherapists' information in regard to any exceptionally communicable and pandemic sickness like (Coronavirus) assumes a fundamental part in diminishing the spread of diseases (16-18).

## **METHODOLOGY:**

This cross-sectional survey was held from February to August 2023. The Data was gathered from the Physiotherapists who were working in intensive care units in different hospitals across Sindh, Pakistan. The Convenient Non-Probability Sampling Method was used among 116 participants who were consented and included to take part in the overview. A member who was working in the ICU who consented to participate was incorporated. While hesitant to sign illuminate assent was excluded. The poll comprised two unique parts: first is comprised of the socioeconomics that incorporates age, Gender, and educational level. The second one comprises information, disposition and practice (KAP) by Chasing after the proposals for clinical and local area organization of Coronavirus given by the Public Wellbeing Commission of the

Individuals' Republic of China (8, 13). The creator fostered the survey that comprised of complete 25 unique inquiries (Knowledge=11, Practice=10, Attitude=04). The information was gathered by utilizing a self-designed questionnaire, and physiotherapists were drawn nearer to complete the overview on the spot, upon request simply minor help was given on request. Information was analyzed and displayed in recurrence and rates for straight-out factors, and mean and standard deviations were introduced for persistent factors. Inferential insights (Individual Connection) were used to perceive the connection between Information, disposition and practice. The permission was obtained from the Departmental ethical review committee

(ERC) of the Institute of physiotherapy & rehabilitation sciences, Shaheed Mohtarma Benazir Bhutto Medical University, Larkana, Pakistan. Before filling out the questionnaire, Informed consent was taken from members (Physiotherapists, who stated that their support is thoughtful, their data will be kept classified and they can leave the review whenever they want, after that the pro forma was filled for information collection.

## RESULTS:

### Demographic Characteristics:

The Demographic Characteristics are reported in Table 1, which shows that the majority (n=81, 69.8%) belongs to the age group between 23-33 years and (n=89, 76.6%) were male.

**Table 1: Demographic Characteristics**

Characteristics	Frequency (n=116)	Percentage (100)
<b>Age group</b>		
23-33 years	81	69.8
34-44 years	25	21.5
45 and above	10	8.6
<b>Gender</b>		
Male	89	76.7
Female	27	23.2
<b>Education</b>		
Graduate	77	66.3
Post-graduate	39	33.6

### Assessment of Knowledge towards COVID-19

The answers of people about their understanding of COVID-19 are shown in

Table 2. Questions are focusing on the signs and symptoms, method of transmission, and preventive strategy were employed to evaluate knowledge. Each

response was either "Yes" or "No," with "Yes" receiving the score of 1 and "No" receiving the score of 0. The knowledge questionnaire had a maximum (11), a minimum (0), and a range of scores (0). The assumption was that knowledge with a score of 6 or less was insufficient, whereas knowledge with a score of 7 or more was considered enough. The individual points

were included to establish the final score. Out of 116 participants, (n=11, 9.4%) fell into the inadequate knowledge category for COVID-19, whereas (n=105, 90.5%) fell into the appropriate category. Inadequate knowledge was evident in the question's response relating mode of transmission of COVID-19.

**Table 2: Answer to COVID-19 knowledge components**

<b>COVID-19 Knowledge components</b>	<b>Yes n(%)</b>	<b>No n(%)</b>
Do you consider COVID's significant clinical aftereffects are fever, weakness, dry hack, and solid agony (myalgia).	98(84.4)	18(15.5)
Regardless of the standard cool, runny nose (rhinorrhea), nasal blockage, and sniffing are not normal in that frame of mind from Coronavirus infection.	82(70.6)	34(29.3)
Right now there is no solid solution for Coronavirus, yet starting indicative and intriguing treatment might assist larger part patients with recuperating from disease.	111(95.6)	05(4.3)
Not all COVID-19 patients develop severe signs; the elderly and those with chronic conditions, including obesity, are at higher risk.	77(66.3)	39(33.6)
Consumption and openness to the animals are prone to get contaminated by the Coronavirus infection.	61(52.5)	55(47.4)
People with Coronavirus could not feast the infection among others not having a fever	14(12)	102(87.9)
The Coronavirus infection feasts through breathing drops of infected person	113(97.4)	03(2.5)
In current episode of Coronavirus, for kids and youthful grown-ups is it not obligatory for taking security drives to forestall the contamination?	21(18.1)	95(81.9)
To forestall the disease by Coronavirus, medical care suppliers should overlook visiting too packed areas like train stations and disregard utilizing public transportation	66(56.8)	54(46.5)
Seclusion and medicine of patients who are enduring with the Coronavirus infection are powerful techniques to diminish the range of Coronavirus.	109(93.9)	07(6)
Medical services suppliers having contact with patient experiencing the Coronavirus infection should be segregated in a particular spot. By	111(95.6)	05(4.3)

and large, the perception period is 14 days.

*Note: Evaluation of Knowledge was completed by giving 1 to the right answer and 0 to the wrong answer. The range of scoring of the knowledge questionnaire consisted of a max of 11 and a min of 0. The 6 and lower points were presumed as adequate knowledge whereas the 7 and above were supposed as adequate knowledge.*

**Assessment of Attitude towards COVID-19**

Table 3 portrays the reaction of people concerning the Demeanor of Coronavirus. The mentality (positive and negative) was evaluated with the assistance of four (04) inquiries. In mentality there was a score of maximums (4) and least (0), a score of 1 was doled out to uplifting perspective, and 0 to negative disposition. A score of 2 and below is accepted as a regrettable disposition while 3 or more is for an uplifting outlook. The absolute score was figured by summarizing the scores independently. Out of 116 members,

(n=68, 58.6%) showed an uplifting perspective, while (n=48, 40.3%) showed a negative disposition. A larger part (n=76, 65.5%) of members concurred that the Coronavirus will be commanded effectively. While (n=70, 60.3%) of individuals expressed that Pakistan can't acquaint the legitimate treatment to fix the Coronavirus. Likewise, (n=79, 68.1%) of individuals had a certainty in their country that it would win the fight against the Coronavirus. Even though (n=96, 82.7%) of members refreshed their insight in regards to Coronavirus since the month before.

**Table 3: Response to COVID-19 Attitude components**

COVID-19 Attitude components	Yes n (%)	No n (%)
Do you concede that Coronavirus will ultimately be controlled?	76(65.5)	40(34.4)
Do you concede that Pakistan can acquaint the legitimate treatment with fix the Coronavirus?	46(39.6)	70(60.3)
Do you have believe that Pakistan may effectively accomplish the triumph in the event of Coronavirus infection?	79(68.1)	37(31.8)
Did you refresh your insight basically for once with respect to the Coronavirus since the month before?	96(82.7)	20(17.2)

*Note: Evaluation of Demeanor was finished by giving 1 to address the answer and 0 to some unacceptable answer. In demeanor, there was a score of most extreme 4 and least 0. A score of 2 and underneath is accepted as a regrettable disposition though 3 or more for an uplifting outlook.*

**Assessment of Practice to COVID-19**

Table 4 depicts the reaction of people concerning the training towards

Coronavirus. The training (Great and awful) was assessed by the 10 inquiries. Every reaction was comprised of "Yes" and "No" where the "yes" was relegated to 1 score and "No" to 0. The scoring size of the training poll was comprised of the most extreme (10), and least (0). The 6 and beneath focuses were seen as terrible practice while the 7 or more was seen as great practice. The complete score was determined by summarizing the scores separately. Against Coronavirus, out of 116 members, (n=67, 57.7%) were doing terrible practice, though (n=49, 42.2 %) were doing great practice. A larger part (n=101, 87%) of members went to all fundamental preparatory lengths in their working environments towards Coronavirus and (n=91, 78.4%) showed

the individual drive to forestall the disease (Coronavirus). Among all members (n=61, 52.5%) separated themselves from their families. Nonetheless, the greater part (n=85, 73.2%) of members were not going to swarm places, even though, (n=107, 92.2%) were wearing a veil when they were venturing out from home. The (n=104, 89.6%) members were cleaning up for 20 seconds. Among all, (n=60, 51.7%) of members were stamping themselves to have the option to distinguish the associated patient with Coronavirus. Moreover, (n=67, 57.7%) of members didn't get the individual defensive gear (PPE) from their separate medical clinic, and (n=109, 91.5%) had seen a patient of Coronavirus.

**Table 4: Response to COVID-19 Practice components**

<b>COVID-19 Practice components</b>	<b>Yes n (%)</b>	<b>No n (%)</b>
As a health care worker, do you go to all prudent lengths at your working environment for Coronavirus infection?	101(87)	15(12.9)
To prevent Coronavirus contamination, as a healthcare provider, do you take any specific measures?	91(78.4)	25(21.5)
To prevent the spread of Coronavirus, a healthcare provider should maintain distance from their family.	61(52.5)	55(47.4)
In current circumstance, have you visited any jam-packed area?	31(26.7)	85(73.2)
In current circumstance, have you worn a veil especially while escaping home?	107(92.2)	09(7.7)
Do you clean up for 20 seconds routinely?	104(89.6)	12(10.3)
Do you experience any quiet who is suspect to Coronavirus?	93(80.1)	23(19.8)
Might it be said that you are ready to recognize the associated patients with Coronavirus?	60(51.7)	56(48.2)

Does your clinic gave you the individual defensive gear (PPE)?	49(42.2)	67(57.7)
Have you encountered any patients with Coronavirus?	109(91.5)	07(6)

*Note Practice was appraised by giving 1 to the correct reply and 0 to the wrong reply. The scoring scale of the practice questionnaire was consisting of a maximum of 10 and a minimum of 0. The 6 and below points were perceived as bad practice whereas the 7 and above were perceived as good practice.*

**Overall Knowledge, Attitude and practice** positive attitudes along with bad practices among the physiotherapists of Pakistan.

Table 5 describes good knowledge and

**Table 6: Overall Knowledge, Attitude and practice**

	Good knowledge n (%)	Poor knowledge n (%)
<b>Knowledge mean score 8.86</b>	111(95.6)	05(4.3)
	<b>Positive Attitude</b>	<b>Negative Attitude</b>
<b>Attitude mean score 2.61</b>	71(61.2)	45(38.7)
	<b>Good Practice</b>	<b>Bad Practice</b>
<b>Practice mean score of 5.18</b>	49(42.2)	67(57.7)

*\* The cut of score for the knowledge was  $\leq 6$ , Attitude  $\leq 2$  and for practice  $\leq 6$ .*

**Correlation among Knowledge, Practice, and Attitude Scores** practice( $r=0.127$ ,  $p<0.39$ ). The results adjust the positive connection between the information disposition and mentality practice against COVID-19.

Table 6 portrays the critical positive connection between the information mentality ( $r=0.239$ ,  $p<0.00$ ) and demeanor

**Table 6: Correlation between knowledge, attitude, and practice scores**

Variable	Correlation coefficient	P-value
Knowledge- Attitude**	0.239	0.000
Knowledge-Practice	0.101	0.095
Attitude –Practice*	0.12	0.39

Correlation is significant at the 0.05 level (2-tailed)

Correlation is significant at the 0.01 level (2-tailed)

## DISCUSSION:

The constant review was spread determined to assess the information, demeanor & practice (KAP) to Coronavirus amid the clinical advantages physiotherapists of Pakistan, which uncovered that they had sound information

and moving perspective towards Coronavirus, however, regrettably, horrendous practice was noticed with them. Among those ( $n=116$ ) people, the ( $n=67$ , 57.7%) were doing horrendous practice towards Coronavirus. As a greater piece of Physiotherapist was viewed as

related to horrendous practice, due to not giving the particular defensive gear (PPE) by their various focuses, the stream study was according to the outcomes revealed by Polly Pallister-Wilkins in 2016 (19), which expected to be that, utilization of PPE is principal to save the presence of patients with in various ejection of overpowering sicknesses. Additionally, reviews were created by Chia et al in 2005, Fischer et al in 2014, Macintyre et al in 2015 Tomas et al in 2015, and Adams et al in 2020 that to diminish the responsiveness of convincing burdens such as Coronavirus which is astoundingly adaptable and can be nosocomial, it's basic to give the agreeable number and revived pinion wheels of individual security (20-26).

It is fundamental to see that, various evaluations were addressed from the US of America and pondered that considering the strong nature and release up conditions, Coronavirus can be connected to essential anxiety about being self-destroyed which additionally may be the fundamental wellspring of stunning practices amongst the Physiotherapist (27, 28). As we have examined the appraisals, facilitated in the US of America by Gery and Gloria in 1989, Barone et al in 2009, Consumes et al in 2012 and Oladimeji et al., 2015 in Nigeria and settled that because of the in-satisfactory and nonappearance of

preparing of related to the affliction episode like Coronavirus, subsequently horrible practice was seen among them. (29-33) Furthermore, the government ought to manufacture the scores of practices by chipping away at the adequacy and number of concerned course of action stages by which Physiotherapist comprehend, how to manage and arrange the episodes of such diseases (34-37). Moreover, when stood apart from metropolitan, in country regions the unsuitable clinical advantages of working environments concerning Coronavirus were seen near the horrendous showing of Physiotherapist (36, 38-41). At long last the Execution of good practice needs adequate sources, remarkable association and fair preparation from the public authority is typical on a crushing basis (42-43).

The review uncovered that the general information on clinical advantages suppliers are wonderful with moving perspective notwithstanding the way that they didn't arrange the remarkable information and lifting point of view into mind-boggling rehearses, the enormous explanation could be this kind of pandemic which has never been fit at this point and the clinical advantages working environments come up short on working environments concerning confirmation.



Additionally, they have not been organized exactly as expected to battle what's going on, so appropriate preparation and approaches of insurance work environments will empower clinical thought suppliers to integrate the information and supportive perspective to battle against this pandemic.

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#### CONCLUSION:

The study revealed that most physiotherapists were not performing good practice against COVID-19 because of the fear of being self-infected even in 2023. In the practice of Physiotherapist, the unavailability of personal protective equipment and lack of training were observed and found that the leading causes of substandardized practice in intensive care units.

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