

# Awareness of Physiotherapy Intervention in CA-breast

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## Abstract

**Introduction:** Physiotherapy is a healthcare profession that assesses, diagnoses, treats and works to prevent diseases and disability. Physiotherapy is a part of primary health care system. Every person has right to access to primary health care services. Physiotherapy has an important role in various illness and disorders but people are less aware about its benefits. Amongst these various diseases one is breast cancer. Physiotherapy has important role in treating the complications of Ca-breast. However there is limited research available on awareness of Physiotherapy intervention on post-operative Ca-Breast.

**Objective:** To find the awareness of physiotherapy intervention in post-operative CA-Breast.

To find awareness of Physiotherapy among Doctors.

To find out the number of post-operative Ca-Breast subjects referred to Physiotherapy.

To find the awareness of Physiotherapy intervention in post-operative Ca-Breast among medical doctors.

**Material and Methodology:** Total 120 doctors were included in survey. The questionnaire were self- devised pre validated. A survey were conducted with clinical doctors. Questions were closed ended to prevent any statistical error.

**Result:** In this survey we found that there are 50 percent doctors who are aware about physiotherapy and 50 percent are aware about physiotherapy intervention in individuals with Ca-breast.

**Conclusion:** The study on Awareness of Various Aspects of Physiotherapy among Medical Residents. In this study identified a need for physiotherapists to educate medical residents about various fields of physiotherapy like community based rehabilitation and industrial health physiotherapy, their extensive role in each of the specialty, treatment modalities and evaluative procedures through continuing education programs.

**Keywords:** Ca-Breast, Physiotherapy, Awareness, rehabilitation.

## Introduction

“Physiotherapy is defined as systematic method of assessing musculoskeletal, neurological, cardio-

respiratory disorder and psychosomatic illness with the help of manual therapies and mechanical agencies.”

There is a demand for profession as well as health care disciplines. Physiotherapy is a healthcare profession that assesses, diagnoses, treats and works to prevent diseases and disability.

Physiotherapy is a part of primary health care system. Every person has right to access to primary health care services. In 1999, the World Confederation for Physical Therapy (WCPT) adopted a general

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description of physiotherapy for worldwide use. It states that physiotherapy provides services to people and populations to develop, maintain and restore maximum movement and functional ability. In 2011, The USA labor describes Physiotherapists as primary healthcare professionals who diagnose and treat individuals of all ages. From newborns to the very oldest who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities as well in their activities of daily life. Physiotherapists are highly skilled health professionals that work to improve the health outcomes of the community.

The recognition of physiotherapy in the country stills remains a question. Accordingly, there is an urgent need to change the attitudes towards physiotherapy. This can be done with the help of both government and public support.

Physiotherapy has an important role in various illness and disorders but people are less aware about its benefits. Amongst these various diseases one is breast cancer.

A mass of tissue formed as a result of abnormal, excessive, uncoordinated, autonomous and purposeless proliferation of cells even after cessation of stimulus which caused it called neoplasm or tumour.1 Ca-breast is the most commonly diagnosed cancer in women with 15% of prevalence. 1,2.

There are many features of cancer but certain feature of cancer which are common in all cancers is the development of new growth. 2,3

The new growth often forms a lump or tumour, a term frequently used synonymously with neoplasm. There are two types of neoplasm. These are benign neoplasm and malignant neoplasm. Benign is also called as simple tumour. That give significance of tumour itself not destroy the host. This type of tumour may causes disturbances of function e.g. bowel obstruction. In other malignant neoplasm or cancer, if it remain untreated, it destroys the host. The tumour may be encapsulated for a limited period, but again it infiltrates and grows faster to involve the neighboring tissues. i.e. distant secondary sites. Its gross and histological characters are commonly irregular and degenerative changes are frequent. Malignant tumours arising from epithelial cells are called 'carcinomas'; those from connective tissues are called 'sarcoma'. 2,3,4,5

New growth or neoplasm, implies the growth of newly formed cells from normal body cells or their preceding development cells of origin. The new growth often, but not invariably, forms a lump or tumour, a term frequently used synonymously with neoplasm. There are two types of neoplasm. As a surgical management these surgeries has some side effect. 2,3,4,5

Cancer has many treatment option such as chemotherapy, radiation therapy, medical management and surgical management option etc. mastectomy is one the surgery for breast cancer. 2,3

### **There are many types of mastectomy<sup>2,3</sup>**

- Simple mastectomy
- Radical mastectomy
- Modified radical mastectomy
- Skin spring
- Nipple spring
- Axillary lymph node dissection
- Senital lymph node dissection etc.

### **Some complications may occurs after breast cancer surgery like<sup>2,3</sup>**

- Wound infection
- Seroma
- Pneumothorax
- Tissue necrosis
- Hemorrhage
- Injury to neurovascular structure of the axilla
- Lymphedema etc.

These all complications occurs after breast cancer and badly affects patient's daily life even after done a such long and expensive medical treatment. Which affects patient's personal and social life.

Physiotherapy has important role in treating the complications of Ca-breast. However there is limited research available on awareness of Physiotherapy intervention on post-operative Ca-Breast.

Therefor this study will help in creating the awareness of Physiotherapy intervention in post-operative Ca-breast.

### Material and Methodology

Total 120 doctors were included in survey. The questionnaire were self- devised pre validated. A survey were conducted with clinical doctors. Questions were closed ended to prevent any statistical error. Statistical analysis were done by using chi square test. Analysis were performed using instat statistical software.

#### Findings:

Questioner- [data collection sheet]

- Name : Age/Gender :
  - Qualification/Specialization : Duration of working :
1. Do you know about Physiotherapy? :  
(A) YES (B) NO
  2. Do you recommend Physiotherapy treatment for your patients?  
(A) YES (B) NO
  3. Do you think Physiotherapy is important for Post-operative CA-Breast patients?  
(A) YES (B) NO
  4. Do you think all hospital should have Physiotherapy Department?  
(A) YES (B) NO
  5. Do you think CA-Breast patients should be referred to Physiotherapy?  
(A) YES (B) NO  
If YES:  
(a) Pre-operative (b) Post-operative  
(c) Both
  6. Do you think patients have benefited from Physiotherapy treatment?  
(A) YES (B) NO
  7. Will you refer your patients to Physiotherapy?  
(A) YES (B) NO
  8. Do you know about Physiotherapy intervention after CA-Breast?  
(A) YES (B) NO
  9. Do you think patients should be referred to Physiotherapy treatment?

(A) YES (B) NO

10. For which all Post-operative CA-Breast complications you refer patients to Physiotherapy?
  - A. Lymphedema
  - B. Post mastectomy pain syndrome
  - C. Axillary wed syndrome
  - D. Restricted range of motion
  - E. Erythema

Among all doctors between 30-40 age group 32 were male doctors and 15 were female doctors. And between 40-50 age group 40 were male and 33 were female. Out of this 44.44% were male and 31.25% were female.

- I. In this questionnaire 60 doctors were aware of physiotherapy. In that 34 were male and 26 were female.
  - II. 40 doctors are recommend physiotherapy treatment for their patients. In that 26 were male and 14 were female.
  - III. Among all doctors 50 doctors think physiotherapy is important for post-operative CA-breast patients. In that 27 were male and 23 were female.
  - IV. Among all doctors 70 doctors think all hospital should have physiotherapy department. In that 30 were male and 42 were female.
  - V. Among all doctors 60 doctors think patients have beneficial from physiotherapy treatment. In that 29 were male and 31 were female.
  - VI. Among all doctors 90 doctors are going to refer their patients to physiotherapy. In that 50 were male and 40 were female.
  - VII. Among all doctors 40 doctors were knowing about physiotherapy intervention after CA-breast. In that 22 were male and 18 were female.
  - VIII. Among all doctors 90 doctors think patients be referred to physiotherapy treatment. In that 52 were male and 38 were female
- In question no 5 among all doctors 50 doctors think CA-breast patients should be referred to physiotherapy. In that 15 doctors think patient should referred pre-operatively [10 were male and 5 were female], 10 doctors think post-operatively [6were male and 4 were female] and 25 doctors think both [16 were male and 9 were female] the time patients referred to physiotherapy.

Among all doctors 20 doctors think [male were 10 and female were 10] for lymphedema complication they refer their patients to physiotherapy; 10 doctors think [male were 6 and female were 4] for PMPS; 30 doctors think [male were 18 and 12 were female] for axillary web syndrome; 20 doctors think [male were 9 and 11 were female] for restricted ROM; 40 doctors think [male were 33 male and 7 were female] erythema.

### Conclusion

In this survey awareness of physiotherapy intervention in Ca-breast was done. It was concluded that oncologists and medical students are less aware about role of physiotherapy treatment in carcinoma breast.

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