

Need of Emerging Software Technologies among Physiotherapists during COVID 19 Pandemic in Punjab

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Corona virus disease (COVID-19) is a life threatening disease that was officially announced by World Health Organization on 11th march, 2020. In order to prevent its spread there started a lock down which not only hindered the daily living activities but also caused big hurdle in the providence of health care facilities specially physical therapy. As physical therapy requires a manual contact in order to provide proper treatment to the patient so in this global crisis physiotherapists from all over the world were unable to provide their services. ¹

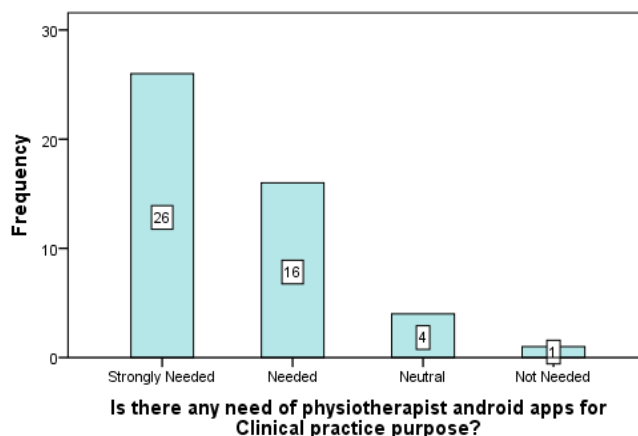
This interruption in the physiotherapy services causes a tremendous influence on the quality of life.² So there was an hour of need for new emerging software technologies in order to follow proper standard operating procedure (SOPS) especially in maintaining social distancing along with physical therapy services.³ There are a variety of software technologies ranging from digital physical therapy to mHealth technologies. (3)Virtual reality plate form is also available for learning and reasoning from expert professionals. ²

The physical therapist can use smart phone apps to deliver specialized exercise plans by the mutual contribution of both patient and physical therapist. It is also an efficient way for proper follow up which most of the patients cannot. ⁴ With the help of digital therapeutic plans, one can modify his or her treatment plan from home if it does not suit. Motion coach services are also available who provide feedback in both audio and visual aids in the implementation of home exercise plans.⁵

The current study was an observational cross sectional survey conducted on 52 physical therapists of Punjab. Sampling technique used was probability purposive sampling.

This study included both genders having experience of more than five years in either academics or clinical physical therapy. The novice practitioners are excluded. This study is conducted on the physical therapists of both private and government hospitals and institutes of Punjab. A self-structured Questionnaire was administered online and through email. Overall, 63% physical therapists were strongly needed the android apps for updated knowledge for clinical practice,55% therapists were strongly needed apps for the clinical training, clinical practice purpose and differential diagnoses, 59% therapist were needed android apps for pre and post-surgical management,57% physical therapists were needed android apps for patient home plan management.

The results of this survey provided an evidence based percentage of need of android apps among physiotherapists. This survey benefits the physiotherapists in developing the



awareness of android apps which are the most strongly needed app for updated knowledge clinical practice (Evidence based Practice, clinical discussions), clinical practice purpose, patient load management, education about assistive devices. Moreover, there is need to do this research on big scale so that large population of physiotherapists get awareness about android apps.

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