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## CONFERENCE PROCEEDINGS

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#### A SURVEY ON ATTITUDES OF REHABILITATION PROFESSIONALS ON THE USE OF IMMERSIVE GAMIFICATION TECHNOLOGY SYSTEMS IN THERAPY

<https://doi.org/10.46409/002.LPLD8532>

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**Introduction:** This study aimed to determine attitudes of rehabilitation professionals in using immersive gamification technology systems (ImGTS) in rehabilitation.

**Methods:** This cross-sectional descriptive survey utilized a self-administered online questionnaire, the modified Unified Theory of Acceptance and Use of Technology (UTAUT) Questionnaire, to determine perceptions of performance expectancy, effort expectancy, facilitating conditions, and social influence on using ImGTS for therapy. The study utilized purposive and snowball sampling in recruiting occupational therapists, physical therapists, speech pathologists, and psychiatrists in the Philippines to answer the survey.

**Results:** Results from 47 participants indicate that rehabilitation professionals quite agree that using ImGTS can improve job performance and impact likely functional outcomes among their patients (performance expectancy) [mean 5.5 (SD 0.17)]. They slightly agree that using ImGTS is easy and manageable (effort expectancy) [5.0 (0.12)]. Moreover, they slightly agree with intending to use ImGTS in rehabilitation [4.9 (0.27)] and that they already use ImGTS in clinical practice [4.7 (1.69)]. Yet rehabilitation professionals neither agree nor disagree that significant others in their field of profession influence them when considering the use of ImGTS in therapy (social influence) [4.3 (0.16)] or that they have resources to use ImGTS with their patients and knowledge how to use it (facilitating conditions) [4.3 (0.25)].

**Discussion:** The study showed that rehabilitation professionals intend to use ImGTS and are currently using it as part of their therapy. They also have positive attitudes toward ImGTS with regard to performance expectancy and effort expectancy. These results support the potential for the adoption of ImGTS as part of clinical practice as efforts to strengthen the evidence for their effectiveness continue.

**Keywords:** immersive gamification technology systems, rehabilitation professionals, UTAUT

**Funding:** Not applicable

**Ethics Approval:** University of the Philippines Manila Research Ethics Board (UPMREB 2022-0197-EX)

#### BARRIERS AND FACILITATORS TO THE PARTICIPATION OF PHYSICAL THERAPISTS IN DISASTER RESPONSE FOLLOWING NATURAL HAZARD-DRIVEN SUDDEN-ONSET DISASTERS: A SYSTEMATISED INTEGRATIVE REVIEW OF THE LITERATURE

<https://doi.org/10.46409/002.RIDK3099>

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**Introduction:** The occurrence and frequency of natural hazard-driven sudden-onset disasters have been increasing globally. Disasters cause injuries that can result in long-term disabilities or worsen pre-existing conditions, contributing to the vulnerability of individuals and communities to future disasters. This highlights the value of disability prevention through rehabilitative services, such as physical therapy, during disaster response. However, despite the growing recognition of the profession in disaster risk management, physical therapists (PT) remain underutilized, and no studies have explored the factors that facilitate and hinder their participation.

**Methods:** The study utilized a systematized integrative review design. A systematic search of the following electronic databases was conducted: PubMed, CINAHL, Scopus, Embase and Web of Science. Grey literature sources were also utilized. Thematic analysis was used to identify, analyze, and report patterns that emerge from the extracted data.

**Results:** Nineteen (19) publications were included. Factors that affect participation were extracted and two broad contexts emerged: initiation of participation and engagement during the actual response. Further analysis revealed four themes affecting participation within these contexts: personal and social factors, organizational support, factors related to the profession, and operational considerations.

**Discussion:** The identified personal and social factors encompass a range of attributes related to individual motivations, attitudes, and unique personal circumstances. This domain extends to the social environment, including language and culture. Organizational support encompasses a wide array of resources, collaborative efforts, and infrastructural provisions extended by various organizations, professional associations, and local entities. Factors within the profession encapsulate the full spectrum of clinical expertise, educational background, employment dynamics, and the broader recognition of the profession. This domain also encompasses the interplay of policies, guidelines, and structural reinforcement that collectively shape the profession. Lastly, identified operational considerations encompass role assignments, resource allocation, patient management, and the physical environment in which response activities take place.

**Keywords:** disaster response, disability prevention, sudden-onset disaster

**Funding:** This study was supported by a scholarship from the Department of Science and Technology – Science Education Institute.

**Ethics Approval:** Not applicable

## CONTENT VALIDATION AND PILOT TESTING OF THE PROMOTING ACTIVE LIFESTYLE AMONG CHILDREN WITH DISABILITY (PALS) QUESTIONNAIRE

<https://doi.org/10.46409/002.NOBG9032>

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**Introduction:** Primary carers and school teachers and administrators are key influencers in promoting active lifestyle among children with disabilities. The Promoting Active Lifestyle among Children with Disability (PALS) Questionnaire aims to

determine these influencers' perceptions, capabilities, opportunities, and motivations in active healthy lifestyle promotion. This study evaluated the content validity and feasibility of the Filipino and English versions of the PALS Questionnaire.

**Methods:** Six (6) experts rated the relevance of the items in the Filipino and English versions of the PALS Questionnaire. Item and scale content validity indices (CVI) and agreement among raters (modified kappa k\*) were computed. The questionnaires were revised and pilot tested among eleven participants comprising primary carers, and special education (SpEd) teachers and administrators using three methods of administration: online survey, phone interview, and pen-and-paper survey.

**Results:** Scale-level CVI indicated excellent content validity (0.96 - 0.97). Item-level CVI ranged between 0.67 and 1.00. Interrater agreement on the relevance of all items was excellent (k\* = 0.82 - 1.00), except for the item on teaching assistants (k\* = 0.56). Most participants found the items easy to understand. The average time needed to complete a questionnaire was 30 minutes. The online version of the questionnaire was identified as the most feasible mode of administration.

**Discussion:** The PALS Questionnaire is a valid and practical instrument for measuring the perceptions of Filipino primary carers and SpEd educators' perceptions on promoting children with disabilities' active healthy lifestyle. Information from the PALS Questionnaire could inform initiatives toward better health and quality of life for the children with disabilities.

**Keywords:** physical activity, pediatrics, instrument

**Funding:** National Institutes of Health, University of the Philippines Manila, Philippines

**Ethics Approval:** University of the Philippines Manila Research Ethics Board (UPMREB 2022-0157-01)

## AWARENESS, UNDERSTANDING, PERCEPTIONS, AND CURRENT PRACTICES OF FILIPINO PHYSICAL THERAPISTS IN ENVIRONMENTAL PHYSICAL THERAPY

<https://doi.org/10.46409/002.FEAK3176>

Taylor, Danielle C.; Malabed, Alexa Junno C.; Calisaan, Alessandra Lexine C.; Manding, Mia Angel B.; Rivera, Janine Melai F.; Gajes, Crizza Nicole B.; Trinidad, Charles Jay B.; Chua, Francis Clarence C.

Mariano Marcos State University

**Introduction:** Environmental physical therapy (EPT) is the incorporation of environmental health into the field of physical therapy that encompasses the relationships between the environment, human health and functioning, and physical therapy. This study determined the level of awareness and understanding of Filipino physical therapists regarding the general concepts of EPT, their perceptions regarding its barriers

and facilitators, and the current clinical practices in the Philippines.

**Methods:** This study employed a quantitative design. Subjects were Filipino clinical physical therapists with at least 3 years of clinical practice in the Philippines. A questionnaire containing 55 items was developed, validated, and pre-tested. Data analysis was done using descriptive statistical analysis.

**Results:** Eighty-eight clinical physical therapists participated in the study. Final questionnaire consisted of 55 items and had good internal consistency (Cronbach alpha>0.72). Findings show that Filipino physical therapists are extremely aware and find the general elements of EPT understandable. However, the subjects rarely utilized the environment and other-than-humans in practice, but were partially involved in sustainable practices. The top perceived barriers were the lack of availability and access to resources and to the physical environment, and the lack of knowledge and awareness on EPT practices. The top perceived facilitators were acceptance of adjustments to change and the positive emotional response of clinical staff and patients. The SGD provided an explanation on how the perceived barriers and facilitators affected clinical EPT practice.

**Discussion:** The study revealed that Filipino PTs demonstrate the prerequisite characteristics inclined towards the implementation of EPT in the Philippines which can facilitate a smoother transition and integration of EPT into clinical practice. Filipino physical therapists have the opportunity to be at the forefront of promoting environmental sustainability in the healthcare system.

**Keywords:** environmental science, physical therapy, environmental physical therapy

**Funding:** Not Applicable

**Ethics Approval:** Mariano Marcos State University Research Ethics Review Board

## THE DEVELOPMENT OF THE GUIDE FOR RESPONSIBLE ENVIRONMENTAL ENGAGEMENT AND PRACTICES APPROPRIATE IN PHYSICAL THERAPY (GREEN PATH)

<https://doi.org/10.46409/002.XZMX2766>

Taylor, Danielle C.; Malabed, Alexa Junno C.; Calisaan, Alessandra Lexine C.; Manding, Mia Angel B.; Rivera, Janine Melai F.; Gajes, Crizza Nicole B.; Trinidad, Charles Jay B.; Chua, Francis Clarence C.

*Mariano Marcos State University*

**Purpose:** Environmental physical therapy (EPT) is the incorporation of environmental health into the field of physical therapy that encompasses the relationships between the environment, human health and functioning, and physical therapy. A previous study had determined that Filipino physical therapists underutilize their environment in rehabilitation but display strong awareness, support, and grasp of EPT. Thus, this

study aimed to formulate guidelines aimed towards the smooth transition of EPT into clinical PT practice in the Philippines.

**Methods:** The study employed a research and development design based on the quantitative results of a study conducted relating to the awareness, understanding, perception, and current EPT practice in the Philippines as well as the qualitative data collected within this study through small group discussions and interviews. The interview guide for the small group discussion was developed and content validated. The guidelines were then guided by established strategies, mainly the Sustainable Development Goals (SDG), the One Health approach of the World Health Organization (WHO), and the EPT Agenda, all aimed at achieving universal environmental sustainability.

**Results:** The results of the data collection reveal that Filipino physical therapists show promise in adopting EPT to promote healthcare sustainability. Hence, the GREEN PATH was categorized into three priorities for action being: utilize the environment in clinical practice, utilize other-than-humans, and practice sustainable development. Each of these priorities for action were then subcategorized into areas seeking to address attitude and awareness, resource and facilities, and policy and practice.

**Discussion:** The development of the GREEN PATH acts as a guide to the clinical practice of EPT within the Philippines and as a set of practice suggestions tailored to address the intersection of physical therapy, environmental health, and sustainable development.

**Significance:** The GREEN PATH will provide physical therapy in the Philippines with a lens to which clinical practice can be modified as to adequately integrating EPT.

**Keywords:** environmental science, physical therapy, environmental physical therapy

**Funding:** Not Applicable

**Ethics Approval:** Mariano Marcos State University Research Ethics Review Board

## HEALTH EDUCATION STRATEGIES ON DIET AND EXERCISE FOR PERSONS WITH TYPE 2 DIABETES MELLITUS IN DUMAGUETE CITY: A PARTICIPATORY ACTION RESEARCH

<https://doi.org/10.46409/002.SMSII561>

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**Introduction:** This study aimed to assess the health education needs on diet and physical activity of persons with Type 2 Diabetes Mellitus managed by the Dumaguete City Health Office.

Furthermore, it aimed to allow participants to collaboratively identify, develop, and implement health education strategies that enabled them to comply with the prescribed diet and physical activity. An evaluation of the effectiveness of the health education strategies was also done.

**Methods:** This study utilized qualitative research design using participatory action research. The participants included 17 male and female clients at the Dumaguete City Health Office, medically diagnosed with Type 2 Diabetes Mellitus in the last five years, with or without comorbidities, aged 34-77 years old, able to speak, read, and understand the Visayan and English languages, reports inability to perform or follow regular diet and physical activity prescribed. Participants were recruited through a referral from the medical practitioner responsible for caring for these persons with Type 2 Diabetes Mellitus. Focus Group Discussion (FGD) was used to collect data on the participants' health education needs and health education strategies to address the health education needs. The data then analyzed narratives using the Braun and Clarke Thematic Analysis. Another FGD was done to evaluate the teaching strategies' effectiveness after the health education sessions.

**Results:** The findings generated three themes. Theme 1: identified health education needs; the participants wanted to have guidelines on diet and physical activity for them to follow. Theme 2: the variety of strategies needed for learning; the participants emphasized the importance of different teaching-learning strategies for learning diet management and appropriate physical activity. Lastly, in Theme 3: the effectiveness of the teaching strategies, the participants expressed that an individual's dietary habits through diet education and having learned and performed appropriate physical activities can positively impact persons with Type 2 Diabetes Mellitus.

**Discussion:** The findings in this study highlighted tailor-fit health education strategies that were made both by the researcher and participants for diet and physical activity. The education strategies were easy to follow by allowing the participants to comply with the lifestyle modifications on diet and physical activity and therefore considered effective.

**Keywords:** type 2 diabetes mellitus, participatory action research, diabetic health

**Funding:** Research and Development Center, Silliman University

**Ethics Approval:** Silliman University Research Ethics Committee

## THE VIABILITY OF A PHYSICAL THERAPY MOBILE MEDICAL CARAVAN IN DAVAO CITY

<https://doi.org/10.46409/002.BVJL1308>

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*San Pedro College of Davao*

**Introduction:** This study aimed to determine the viability of a proposed physical therapy mobile medical caravan in Davao City in the pursuit of accessibility and health promotion.

**Methods:** This descriptive quantitative study involved the barangay officials and health personnel, and the target recipients of the study in Marilog District, Davao City using a validated researcher-based questionnaire adopted from the World Health Organization and was analyzed using a validated researcher-made interpretation tool.

**Results:** A total of 57 respondents participated in the study, 38 from the barangay personnel and 19 from the target recipients. Notably, 84.2% of patients and 97.4% of barangay personnel had a history of musculoskeletal disorders, and 21.1% of patients and 94.7% of staff reported a history of stroke. However, only 21.1% of the respondents are aware of physical therapy. Results highlighted the need for a local physical therapist with 94.7% of patients and 86.6% of barangay personnel. And, all respondents believed that physical therapy could improve their lives and the majority.

**Discussion:** The study revealed a high prevalence of musculoskeletal and neurologic disorders in Marilog District however, physical therapy services are unavailable locally. However, most disregard their medical condition due to inaccessibility and financial constraints. Furthermore, it was discovered that there is very poor awareness about physical therapy as medical professionals. Therefore, in the proposed establishment of a physical therapy mobile medical caravan, it is highly relevant and important in their community.

**Keywords:** physical therapy, mobile medical caravan

**Funding:** Not Applicable

**Ethics Approval:** San Pedro College - Research Ethics Committee (2022-0265)

## PROMOTING PHYSICAL ACTIVITY FOR CHILDREN WITH DISABILITIES: EXPERIENCES OF KEY INFLUENCERS

<https://doi.org/10.46409/002.NXTP3835>

Rotor, Esmerita R.; Reyes, Howard Jake L.; Olegario, Carlos Dominic D.; Bandong, Aila Nica J.; Esguerra, Audrey Anne D.; Guisihan, Roselle M.; Kang, Mary-Grace D.P.; Lunar, Frances Rom M.; Mendoza, Kristofferson G.; Tablante, Gabriella Isabel R.; Palad, Yves Y.

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**Introduction:** Engaging in 60 minutes of moderate-to-vigorous activities daily is beneficial for children's health according to the WHO. However, children with disabilities are less likely to comply with the recommended amount of physical activity (PA). The 2022 Philippine Para Report Card indicates the country's need to take concrete actions to better promote PA among children with disabilities. Family and school teachers are key influencers

(KI) for children with disabilities to engage in PA. This study described experiences of KI in promoting PA among children with disabilities.

**Methods:** This qualitative study involved a focus group discussion (FGD) among five participants to explore their experiences in promoting PA among children with disabilities. The participants were purposely identified based on their experience as advocates for children with disabilities and/or qualifications in adapted PA. The FGD was transcribed for thematic analysis.

**Results:** Three themes emerged; (1) PA competencies/capabilities facilitate active lifestyle promotion, (2) Promoting PA involves collaborative and child-centered processes and (3) Sociocultural issues challenge PA promotion. The first theme refers to participants' description of the necessary knowledge, skills and attitudes that supported their activities and programs on PA. The second theme describes the processes in promoting PA through collaboration and focusing on the child's special needs. The third theme are the challenges to PA promotion including parenting styles, societal acceptance of children with disabilities, economic constraints and views on policy implementation.

**Discussion:** The participants acknowledged the need to have added competencies in order to promote PA experiences. This helps in developing programs/activities that highlight strengths and abilities of children with disabilities. Partnerships and collaborations, especially with families are helpful supports to promote PA. Participants recommend continuing advocacy for PA through parent and societal education to help overcome some socio-cultural challenges they encounter in PA promotion. Results of this study could serve as a basis for developing partnerships in promoting PA programs for children with disabilities.

**Keywords:** active lifestyle, health promotion, good health and well-being

**Funding:** University of the Philippines Manila NIH Faculty Research Grant (NIH 2022-013)

**Ethics Approval:** University of the Philippines Manila Research Ethics Board (UPMREB 2022-0157-01)

## EFFECTIVENESS OF VACUOTHERAPY AND DRY NEEDLING AS ADJUNCT TREATMENT FOR MUSCULOSKELETAL CASES: A COHORT IN A PT CLINIC

<https://doi.org/10.46409/002.HJCH6737>

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**Introduction:** Usage of vacuum therapy and dry needling in physical therapy management of musculoskeletal cases have gained increasing usage but there is a limited number of literatures regarding its effect. This study determines the effect size of the interventions, which are vacuotherapy and dry needling as adjunct treatment to exercises, performed in a local PT clinic to musculoskeletal cases in three different treatment sessions with a week gap in between.

**Methods:** The study is a retrospective-cohort where sampling was purposive in gathering historical patient charts. The numerical pain rating scales and relevant range of motion in the musculoskeletal cases were collected for analysis.

**Results:** Results showed large significant reduction in pain scale between sessions but no significant changes in all ranges of motion across different anatomically categorized musculoskeletal cases.

**Discussion:** The results of this study imply that using vacuum therapy and dry needling as adjunct to therapeutic exercises can reduce pain intensities significantly but not range of motion (ROM). Further research is recommended regarding effects of these tools for ROM and their retention of effects.

**Keywords:** vacuum therapy, dry needling, instrument assisted soft tissue mobilization

**Funding:** Not Applicable

**Ethics Approval:** TherapyBCD Board of Investors Resolution 002 s. 2023: Creation of Ethics Review Committee and Release of Appropriate Data to Researcher

## EXPLORING THE EXPERIENCES OF PHYSICAL THERAPISTS ON ASSESSMENT AND MANAGEMENT OF PELVIC FLOOR DISORDERS AMONG WOMEN IN REHABILITATION CENTERS IN METRO MANILA: A QUALITATIVE DESCRIPTIVE STUDY

<https://doi.org/10.46409/002.CJBK3058>

Nava, Jordan Barbra P.; Dela Cruz, Maria Eliza M.; Bañares, Elwyn Miguel E.; Barrios, Enrico Noel A.; Delos Reyes, Sophia Jeanne A.; Hernandez, Rennielle Pearl P.; Macatangay, Alex Gabrielle M.; Mariano, Rikki Miguel B.; Rutines, Coleen C.; Timbang, Jose Emmanuel C.

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**Introduction:** The study aimed to explore Physical Therapists' experiences in assessing and managing women with pelvic floor disorders from selected rehabilitation centers in Metro Manila.

**Methods:** This qualitative descriptive study used purposive sampling to recruit Physical Therapists who have managed pelvic floor disorders and have at least two years of working experience in rehabilitation centers in Metro Manila. The researchers conducted in-depth, semi-structured individual interviews using an interview guide approved by a women's health Physical Therapist. A pilot study, which identifies potential problems

before the implementation, included one participant, while five were included in the main study. Finalized transcription underwent coding analysis using the Taguette online software.

**Results:** Pelvic floor disorders are infrequently diagnosed as standalone conditions, often presenting as incidental findings and frequently co-occurring with other health issues, particularly post-surgical cases. Observational assessments, including urinary habits and internal examinations, play a role in diagnosis. Treatment strategies involve individualized exercise programs and interventions addressing pelvic floor weaknesses, including Kegel and core strengthening exercises. However, there are limited direct pelvic floor disorder referrals from physicians.

**Discussion:** Pelvic floor rehabilitation in the Philippines is in its early stages, with ongoing efforts to establish guidelines, training, and seminars. The advancement of the practice will be beneficial in giving patients a thorough assessment and individualized treatment plan. The lack of knowledge about pelvic floor disorders and rehabilitation among patients or even healthcare professionals is one of the primary reasons why the practice is still uncommon. Patient hesitancy and stigma around pelvic floor disorder treatment pose challenges, as patients may not receive the help they need. To enhance the practice, increasing public awareness and professional training are vital. Moreover, the widespread use of social media can be done to obtain information about the practice and to educate the public about pelvic floor disorders.

**Keywords:** pelvic floor disorders, physical therapy, rehabilitation center

**Funding:** Not Applicable

**Ethics Approval:** University of Santo Tomas College of Rehabilitation Sciences Ethics Review Committee (SI-2022-047)

### **A FEASIBILITY STUDY ON EXERGAMING VIRTUAL REALITY TOOL IN IMPROVING BALANCE OF INDIVIDUALS WITH RECURRENT PERIPHERAL VESTIBULAR DYSFUNCTION**

<https://doi.org/10.46409/002.XVNJ9479>

Manlapaz, Donald G.; Orpilla, Vergel B.; Versales, Cristine Rose S.; Angeles, Anna Ysabel V.J.; Boquiron, Nicole R.; Dela Rosa, Francis Ryan C.; Esguerra, Maria Lorraine V.; Fontanilla, Nica Francyne R.; Mendoza, Maria Angelica M.; Pizarro III, Angel Joseph J.; Que, Justin Ross R.; Ramos, Gail Bernice R.

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**Introduction:** Vestibular dysfunction includes symptoms such as dizziness, vertigo, nystagmus, balance loss, and instability. In rehabilitation, treatment options are exercise and physical activity. Exergaming has a potential therapy option yet available video games may not provide suitable exercise. The aim of this study was to assess the feasibility outcomes of an exergaming intervention in terms of recruitment, adherence, and retention.

**Methods:** This quasi-experimental feasibility study recruited participants diagnosed with recurrent peripheral vestibular dysfunction from the University of Santo Tomas clinic using purposive sampling method. Exergames LibraVR™ software, which is designed to enhance gaze, postural stability and reduce vertigo was utilized for 45 mins, three times a week for six weeks. A pragmatic criterion per feasibility outcome: recruitment, adherence, and retention, was set to determine if this study is feasibility, feasible with modification or not feasible.

**Results:** Over a three-month recruitment period, 38 individuals initially expressed interest in participating. After screening and implementation of eligibility criteria, seven participants consented and successfully completed the exergaming intervention. No participants dropped out or were terminated from the study during the 6-week intervention period. The retention rate stands at 100%. The adherence rate to the prescribed intervention frequency of 3 times per week is 62%.

**Discussion:** While the study fell short of recruiting 12 participants, the findings nonetheless indicate that it is feasible but with modifications. This conclusion is drawn from the study's ability to meet the feasibility criteria of achieving at least a 60% adherence rate and a minimum of 75% retention rate.

**Keywords:** exergaming, balance, vestibular dysfunction

**Funding:** Not Applicable

**Ethics Approval:** University of Santo Tomas - College of Rehabilitation Sciences: Ethics Review Committee Ethics UST-CRS ERC (SI-2022-036)

### **RESEARCH AND EXTENSION PARTICIPATION OF PHYSICAL THERAPY FACULTY MEMBERS IN THE PRESENCE OF INTRINSIC-EXTRINSIC MOTIVATORS AND RELATED CRITERIA IN PERFORMANCE APPRAISALS**

<https://doi.org/10.46409/002.VBFR5515>

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**Introduction:** The three thrusts of the Commission on Higher Education revolve around instruction, research, and extension. Performance appraisals (PA) have been utilized in various forms in different organizations, with the expected outcome of excellent employee performance. However, despite its utilization in universities, research and extension-related criteria seem to be limited in the appraisals. The study aimed to determine the following: (1) the likelihood of research and extension participation if related criteria are included in the PAs of physical therapy faculty members; (2) the relationship between intrinsic and extrinsic motivation and research or extension participation; (3) factors that are implemented or not by HEIs to enhance faculty engagement.

**Methods:** A mixed method design was utilized, with dominance of quantitative over qualitative data. Seventy-five full-time faculty members of Physical Therapy programs responded to the survey. Data were collected for six months using the Google Form online questionnaire. Spearman Rho and descriptive statistics were used to examine the results. Responses to open-ended questions were manually grouped into categories using thematic analysis.

**Results:** The research showed that physical therapy faculty members are more likely to participate in research and extension activities if related criteria are included in the appraisals. Further, the study revealed a significant relationship between the intent to participate in research and extension-related activities and intrinsic motivation, but it did not indicate an association when correlated with extrinsic motivation. Professional development is a strong intrinsic motivator.

**Discussion:** The inclusion of research and extension-related criteria in performance appraisals and consideration of intrinsic motivators must be considered by academic institutions to encourage faculty members to participate in research and extension activities. The author recommends maximizing the positive effects of performance appraisals by providing clear expectations to faculty members. Furthermore, intrinsic factors may serve as powerful motivators and, therefore, should be thought of to encourage participation. A strong, robust, well-supported policy centered on the organization's vision, mission, and goals is necessary for successful implementation.

**Keywords:** research, extension, performance appraisal, intrinsic motivation, extrinsic motivation

**Funding:** Not Applicable

**Ethics Approval:** Silliman University Research Ethics Committee

### **BEYOND LIMITS: SIX YEARS OF COMMUNITY-BASED PALLIATIVE CARE EFFORTS FOR A CHILD WITH SPINAL MUSCULAR ATROPHY (SMA) TYPE-1**

<https://doi.org/10.46409/002.XQFY9010>

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**Purpose:** Spinal Muscular Atrophy (SMA) is a rare neuromuscular disease that results in muscle weakness and atrophy, where symptoms appear at the first six months of life and most die by two years. Pediatric palliative care (PPC) prevents and relieves suffering in children with life-threatening illnesses. The study aims to enumerate the challenges encountered in rendering PPC for a child with SMA Type I and describe the best available community-based PPC practices in a resource-limited country.

**Case Description:** CM was referred to community-based PPC when she was 15 months old. At that time, she needed respiratory aid via ventilator through tracheostomy, feeding aid via percutaneous endoscopic gastrostomy tube, and she was confined to bed. She was taken cared for by the PPC team for six years and nine months delivered through home visits and continued through telemedicine during the pandemic. The care team comprises doctors, nurses, physical therapists, social workers, counselor, and administrative support.

**Outcomes:** Upon referral to PPC, examinations were conducted on biological, social, emotional, and spiritual dimensions. Interprofessional goal setting yielded the following consensual goals: Provide adequate control for impairments and optimum nutritional support, assist with family's needs, maintain a sense of peace among family members and care providers, and achieve the best possible quality of life. Interventions were based on the biopsychosocial-spiritual model (BSM) delivered across professions. The care team initiated creative ways to convert limited resources to optimum PPC. Throughout the provision of best available care to CM, the set goals were generally achieved, with positive feedback from the family and the benefit of surpassing the patient's life expectancy.

**Conclusion:** Children with conditions like SMA-Type 1 and their families may benefit from PPC employing a BSM approach.

**Keywords:** pediatric palliative care, rare disease, community-based

**Funding:** Not Applicable

**Ethics Approval:** Self-Funded

### **A CORRELATIONAL STUDY OF ERGONOMIC KNOWLEDGE AND LEVEL OF MSK DISCOMFORT DURING ONLINE CLASSES OF 1ST-4TH YEAR UST-CRS PHYSICAL THERAPY STUDENTS**

<https://doi.org/10.46409/002.SNCH2844>

Siy, Warrick T.; Sicut, Zyra Mae V.; Bautista, Trisha Mae S.; Formalejo, Andrei B.; Gatdula, Marx Emmanuelle L.; Ico, Ayhessa Ann M.; Julian, Carl James E.; Pabion, Ma. Cazandra S.; Reyes, Juan Lorenzo M.; Santander, Nicholai Marian E.

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**Introduction:** The pandemic's shift to remote learning in 2020 resulted in increased musculoskeletal (MSK) discomfort among physical therapy students, despite their familiarity with ergonomics, a knowledge-practice gap exists, with a significant proportion reporting MSK discomfort during online classes. This study, focusing on the University of Santo Tomas College of Rehabilitation Sciences (UST-CRS) Physical Therapy students, aims to determine the correlation between ergonomic knowledge and MSK discomfort.



**Methods:** The study utilized two questionnaires, the Ergonomic Knowledge Questionnaire (EKQ), and the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ), that determined the level of ergonomic knowledge and MSK discomfort, respectively. The EKQ demonstrated strong content validity (CVI: 0.98) and fair ( $r=.75$ ) to high reliability ( $r=.91$ ). While, the CMDQ indicated good psychometric properties and a validity score (0.62-0.92) and reliability score (0.56-0.95, 0.59-0.97, and 0.60-0.94 for frequency, severity, and interference scales). These are disseminated to 111 students through google forms. Analyses were done using Pearson Correlation Test in SPSS version 29.

**Results:** In this research involving 111 UST Physical Therapy students, we observed a mean age of 19.97 and a male-to-female ratio of 1:1.09. The research yielded findings indicating a weak positive correlation ( $r=0.080$ ) with a calculated p-value of 0.404.

**Discussion:** The study uncovered an association between higher ergonomic knowledge and increased reports of MSK discomfort. Notably, this observed association does not imply causation but signifies a partial link. Furthermore, integrating ergonomic knowledge into the ITE model offers a comprehensive understanding of its association with MSK discomfort. This holistic approach informs strategies for mitigating and preventing discomfort in diverse settings. Overall, there is a direct weak correlation between level of ergonomic knowledge & level of MSK discomfort signifying that there may be various other factors likely influencing the level of MSK discomfort observed in the students therefore, further research is needed to explore underlying factors contributing to this correlation.

**Keywords:** hybrid learning, ergonomics, msk discomfort, physical therapy students

**Funding:** Not Applicable

**Ethics Approval:** University of Santo Tomas-College of Rehabilitation Sciences Ethics Review Committee (SI-2022-040)

## DIAGNOSIS-RELATED BELIEFS OF FILIPINOS WITH CHRONIC BACK PAIN: A QUALITATIVE STUDY

<https://doi.org/10.46409/002.WXOR2069>

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**Introduction:** Patient education is needed in the effective management of chronic low back pain (CLBP). To be effective, education resources need to target key beliefs and attitudes around back pain. This study aimed to explore the diagnosis-related beliefs of Filipinos who are seeking treatment for CLBP. The specific objective is to explore patients' understanding of their

diagnoses and their beliefs about how health care professionals might help them.

**Methods:** We used a qualitative research design with an interpretive description approach. We conducted a semi-structured phone interview strategy, using piloted questions. Patients' understanding of diagnosis and their beliefs was explored using a thematic analysis. We had seven adult participants with non-specific CLBP of at least three months duration attending physiotherapy sessions at the Department of Rehabilitation Medicine outpatient clinic of a tertiary teaching hospital in Metro Manila. To the researchers' judgement, these selected participants could provide information-rich data, communicate experiences and opinions in an articulate (self-reported ability to understand, speak and write in Filipino), expressive and reflective manner.

**Results:** The analysis of data identified four themes with subthemes related to information that clinicians need to understand and consider when developing effective educational resources for patients with CLBP: (1) Beliefs about causes of back pain; (2) Experience of Back Pain; (3) Actions & Responses to Back Pain; and (4) What might help.

**Discussion:** The overall finding of this study is that many of the beliefs and experiences in this group of Filipinos with back pain are similar to those from other populations and some of the findings were somewhat unique or at the least nuanced to Filipinos with back pain. One of the themes that appeared more unique to these participants were the beliefs about cold and damp weather causing back pain. These beliefs appear to inform the choices of treatment – hot pack, liniments, and avoidance behavior described by the participants in relation to cold weather. Another unique theme that emerged in this study is the role of faith and religion in managing back pain. Participants from this study appeared to portray prayer as a potential form of therapy to manage back pain rather than as a form of coping mechanism. When developing education resources for patients with CLBP, clinicians may consider integrating information that matches the beliefs and understanding of Filipinos with CLBP to make the education resources more suitable, relevant, and fit to the Filipino context.

**Keywords:** chronic low back pain, belief, and language

**Funding:** Not Applicable

**Ethics Approval:** University of the Philippines Manila Research Ethics Board (UPMREB 2022-0381-01)

## PERCEPTIONS OF FILIPINO PHYSICAL THERAPISTS ON TELE-ERGONOMICS: A PHENOMENOLOGICAL QUALITATIVE STUDY

<https://doi.org/10.46409/002.EGKK7170>

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**Introduction:** Tele-ergonomics is a telehealth service that shows great potential use given people's growing reliance on the internet, highlighted during the COVID-19 pandemic. Studies have been conducted internationally regarding the implementation, feasibility, and efficiency of tele-ergonomics. As perceptions of physical therapists regarding this technology have not been explored in the Philippines, the objective of the study is to explore their perceptions on the practice.

**Methods:** The study utilized a phenomenological design involving 10 licensed Filipino physical therapists selected through purposive sampling. Key informant interviews were conducted via Google Meet for data collection. The interview questions derived from Rosenstock's Health Belief Model were self-made, semi-structured, and validated by two methodological experts. All interviews were audio-recorded, transcribed verbatim, coded, and analyzed for the emergence of patterns by thematic content analysis through manual coding using Google Sheets to group themes and subthemes. The data was consolidated into an in-depth analysis and was further proofread by all researchers.

**Results:** Thematic content analysis yielded a total of 52 codes, further categorized into four major themes, namely: (1) emergence of tele-ergonomics; (2) practices of tele-ergonomics; (3) its outcomes; and (4) recommendations for the future of the practice.

**Discussion:** The study found that tele-ergonomics is necessary with the rise of digitalization and provided recommendations for the continuity of tele-ergonomics. It highlighted the need for proper training to refine the skills of physical therapists. As digitalization opens up new avenues of learning and delivery of services, it is important to establish comprehensive training that incorporates a more in-depth assessment of digital aspects. Hence, readiness is contingent upon proper training. The data further emphasizes one's control over their motivation, behavior, and efficacy in providing the services.

**Keywords:** perceptions, tele-ergonomics, Filipino

**Funding:** Not Applicable

**Ethics Approval:** University of Santo Tomas - College of Rehabilitation Sciences Ethics Review Committee (SI-2022-042 Version 1)

## TELEREHABILITATION INTERVENTION PROTOCOLS FOR COVID-19 PATIENTS: A SCOPING REVIEW

<https://doi.org/10.46409/002.IGJD1866>

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**Introduction:** Since the start of the pandemic, it became clear to physical therapists through emerging studies that there are better

outcomes in managing the symptoms of COVID-19 patients if they undergo physical therapy; however, face-to-face rehabilitation of COVID-19 patients placed physical therapists at risk of cross-infection. To address this issue, the use of telerehabilitation as a mode of delivery of instruction and patient monitoring was considered. Recent studies have expressed its effectiveness; however, there are still no available standardized protocols for the telerehabilitation of COVID-19 patients. Thus, this study seeks to conduct a comprehensive search of the published literature regarding COVID-19 physical therapy interventions and to map out the current evidence and knowledge gaps surrounding telerehabilitation protocols for COVID-19 patients.

**Methods:** The study has a Scoping Review Design in accordance with the PRISMA-ScR guidelines. In this study, 939 articles were found through searching in the following databases with specific MeSH Terms: PEDRO, PubMed, BioMed Central, & Cochrane Central. These 939 articles were then screened and assessed for their eligibility, specifically, to match the inclusion criteria of the study. Specific details of each of the studies included the following: Title, Author & Country, Digital Technology Used, Research Design, Methodology, Intervention/Program, and Key Findings/Results. Similar details between studies were tallied and were then compared to their existing forms of literature.

**Results:** A total of 9 studies were reviewed after the 939 articles were screened and similar details were tallied as well. A majority of the studies were RCTs followed by Systematic Reviews/Meta-Analysis. The most common interventions used in order were (1) Strengthening Exercises, (2) Deep Breathing Exercises, and (3) Aerobic Exercises. The most used telerehabilitation technology was any internet-connected device that had access to video conferencing. Four of the studies have shown better outcomes as a result of telerehabilitation. Gaps in literature, specifically the lack of studies conducted in developing nations and unevidenced claims of better cost-effectiveness, were consistent in all studies.

**Discussion:** This study was able to map out the available research and the surrounding protocols conducted through telerehabilitation for COVID-19 patients. The current literature shows the most common interventions and outcome measures used during telerehabilitation and that some patients have become better as a result of telerehabilitation. The findings can be used as a basis for creating a telerehabilitation treatment plan and may be used to systematically compare said studies in turn would create a standardized protocol for COVID-19 telerehabilitation.

**Keywords:** telerehabilitation, COVID-19, outcome measure, standardized protocol, digital technology

**Funding:** Not Applicable

**Ethics Approval:** FEU-NRMF Institutional Ethics Review Committee (2023-0001)

## VALIDITY AND RELIABILITY OF ON-SCREEN APPLICATION-BASED PROTRACTOR IN ASSESSMENT OF HIP JOINT IN TELEHEALTH MEDIUM

<https://doi.org/10.46409/002.REWH1081>

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**Introduction:** The Google Chrome extension Protractor (GCE-P) by Ben Burlingham is a small software application where it can be used in a telerehabilitation setting by physical therapists and clinicians to measure active range of motion (AROM). This study is directed to determine the concurrent validity, intra- and interrater reliability of the GCE-P as compared to the universal goniometer (UG), in measuring the hip internal rotation (IR) and external rotation (ER) in a seated position.

**Methods:** This study is a descriptive validation study with cross-over design of 54 recruited healthy participants. The hip AROM IR & ER were first measured with a UG to set a standard, and then was digitally measured via Google Meet using GCE-P, all were done in 3 trials. The following were used for data analyses: Pearson moment correlation coefficient, intraclass correlation coefficient and Blant-Altman analysis in sitting IR and ER, with alpha set at 0.05.

**Results:** The GCE-P had a high agreement with the UG, with values of concurrent validity in hip IR ( $r=0.92$ ) and ER ( $r=0.88$ ). With a minimal mean difference of (3.44o) in hip IR and (0.30o) in hip ER, using Blant-Altman analysis. The GCE-P also had good intra-rater reliability, measured via intraclass correlation coefficient (ICC), with values for hip IR of (ICC=0.92, 95%CI=0.87-0.95), and for hip ER of (ICC=0.94, 95%CI=0.90-0.96). Interrater reliability was also shown to be excellent with values of ICC=0.91 (95%CI=0.84-0.94) in hip IR, and ICC=0.88 (95%CI=0.81-0.93) in hip ER.

**Discussion:** The Google Chrome extension Protractor is accurate and reliable for measuring hip joint AROM in IR & ER. This is valid to be used in a telerehabilitation setting during consultations, and initial evaluations within the context of quarantine protocols.

**Keywords:** Google Chrome extension, protractor, range of motion, hip joint

**Funding:** Not Applicable

**Ethics Approval:** San Juan de Dios Educational Foundation, Inc.- Institutional Review Board (SJIRB-2022-0032/I-AHE)

## MORAL SENSITIVITY OF PHYSICAL THERAPY CLINICIANS IN VARIED CLINICAL SETTINGS IN THE PHILIPPINES

<https://doi.org/10.46409/002.ESWP2993>

Relao, Andre F.; Advincola, Jayson Alexis D.; Guantero, Jessica Mae; Malayo, Gabriel R.; Nuida, Ian Louis L.; Ricahuerta, Dianne Eunice C.; Reballos, Christopher Allan F.; Graycochea, Kathlyne Jane F.

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**Introduction:** Moral sensitivity (MS) is the personal attribute needed to handle ethical conflicts in a specific scenario that the medical practitioner face in vulnerable situations due to the patient's presence of an illness. Physical Therapists (PTs) are licensed practitioners who assess, diagnose and provide treatment that restore patients to optimal function, which requires moral competence. Thus, this study aimed to determine the level of moral sensitivity of PTs clinicians in the Philippines in varied clinical settings.

**Methods:** This is a descriptive, cross-sectional study where the MS of 40 licensed PTs with at least 3 years of experience practice in the Philippines were assessed. The Lutzen's Moral Sensitivity (MSQ) questionnaire (1997) was modified to a 21-item checklist to meet the internal consistency reliability measured by Cronbach's alpha of 0.70 and above. The MSQ utilized a 7-point Likert scale along 6 elements of MS: interpersonal orientation, structural moral meaning, expressing benevolence, modifying autonomy, experiencing moral conflict and confidence in medical knowledge.

**Results:** Data shows that Structural Moral Meaning obtained the highest mean of 1.83+0.70. Overall MS of PTs in the Philippines was high (2.75+0.75). The levels of MS do not vary in all demographic profiles, except gender in Confidence in Medical Knowledge ( $X^2=7.417$ ,  $p=0.025$ ) and years of experience in Modifying Autonomy ( $X^2=17.625$ ,  $p=0.0072$ ). Male PTs have significantly higher MS compared to their counterpart; and >10 years of experience have significantly higher MS among the PTs.

**Discussion:** The years of experience towards modifying autonomy indicates the treatment choices and applications of PTs with more years of experience tend to be more flexible owing to their practice and knowledge of efficiency and effectivity. Moreover, the level of MS varies in gender towards confidence in medical knowledge as it demonstrate moral choices are governed by rules and regulations among the male PTs rather than subjective feelings on particular situation.

**Keywords:** physical therapist, moral sensitivity, Philippine clinicians

**Funding:** Not Applicable

**Ethics Approval:** San Juan de Dios Educational Foundation, Inc.-Institutional Review Board

## PHYSICAL ACTIVITY AND FITNESS LEVEL OF HEALTHCARE WORKERS IN A TERTIARY TEACHING HOSPITAL

<https://doi.org/10.46409/002.HQGQ7778>

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**Introduction:** Physical activity (PA) and health-related fitness (HRF) level are currently considered key factors in public health promotion, and as such, is healthcare workers need to be well because they are not only responsible for themselves, but of their clients as well. To determine the PA and HRF levels of healthcare workers in a tertiary hospital, disaggregated to age, sex, work assignments, and job tenure.

**Methods:** A cross-sectional research design was utilized to assess healthcare employees from the administrative, medical, nursing, and paramedical cohorts. ALPHA-FIT Test Battery was used to determine PA levels and assess cardiorespiratory fitness, muscular strength, lower extremity power and strength, upper body muscle endurance, balance, and body composition.

**Results:** A total of 282 participants were tested, with mean age 37.4 years, 62.54% females, 52.13% perceives average health status, and the following fitness scores (One-Legged Stance: 2.67/3; Figure-of-8 run: 2.45/3; Shoulder-neck mobility: 4.58/5; Modified push-up: 2.05/4; Hand grip strength: 2.5/5; Jump and Reach: 2.82/4; Dynamic sit-up: 2.62/3; Six-minute walk test: 475.38 meters distance covered). Physical activity levels of HCWs are generally light (at least once a week). There were no significant differences in PA and HRF levels across cohorts. The results show significant inverse correlation between balance and shoulder-neck mobility and age.

**Discussion:** Physical activity levels of HCW on average did not meet the World Health Organization's recommended PA levels. Healthcare professionals who are expected to be well aware of benefits of PA and HRF have shown low to mid-fit levels of grip strength, upper extremity endurance, core strength, and cardiorespiratory endurance.

**Significance:** Information on PA and HRF may aid in policy making on employee wellness such as appropriate workload and wellness facilities, which could highly impact health service delivery to the clients.

**Keywords:** physical activity, health-related fitness, healthcare workers, employee wellness, health promotion

**Funding:** Not Applicable

**Ethics Approval:** University of Santo Tomas-College of Rehabilitation Sciences Ethics Review Committee (SI-2022-040)

## PROPER BODY MECHANICS EXECUTION AMONG VEGETABLE PORTERS IN LA TRINIDAD, BENGUET

<https://doi.org/10.46409/002.XTNP2044>

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**Purpose:** This study aims to determine the execution of proper body mechanics (PBM) in lifting among vegetable porters. It likewise aims to determine the relationship between the average

load that the porters lifted and their performance of the proper techniques involved in lifting.

**Methods:** The study utilized an exploratory mixed approach under qualitative-quantitative design. This study utilized a researcher-made checklist with contents based on Philippine Occupational Safety and Health Standards (OSHS). There were 10 vegetable porters selected and observed through ocular and video recording while lifting during their work routine. The data was analyzed using mode analysis and spearman two-tailed coefficient.

**Results:** Findings revealed that vegetable porters are lifting less than 20kg of load which is compliant with the OSHS guidelines. In terms of the PBM execution the porters failed to use the leg muscles and stand slowly while keeping back straight while lifting. In addition, only 30% of the respondents do not twist the trunk and keep their head up and straight with the shoulders back in line with the hips as they move. This finding suggests that PBM in lifting was not executed by the porters. The spearman two-tailed coefficient was used to correlate data where results revealed that there is a negative moderate correlation between weight load and lifting techniques(T) of vegetable porters [ $p(28) = -0.327, p=0.078$ ].

**Discussion:** This study reveals that most of the participants did not execute proper body mechanics during lifting. Findings suggest that they are at risk for acquiring musculoskeletal disorders such as low back pain therefore they would need to be educated on PBM execution to be able to perform effective lifting to their work to prevent muscle pain, aches and injuries.

**Significance:** Proper body mechanics in lifting execution provides a way to reduce injuries during intense labor especially in the sector of porters. It allows medical practitioners to have an overview of execution of proper body mechanics in lifting. Through the study the community will then be knowledgeable avoiding instances that can lead to accidents and porters will be more productive in their work.

**Keywords:** proper body mechanics, porters, lifting technique

**Funding:** Not Applicable

**Ethics Approval:** University of Baguio-Research Innovation, Extension and Community Outreach

## CONTENT EVALUATION OF DIAGNOSTIC AND TREATMENT INFORMATION QUALITIES OF YOUTUBE VIDEOS ON CARPAL TUNNEL SYNDROME

<https://doi.org/10.46409/002.EJVX8354>

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**Introduction:** One of the leading video sharing platforms is YouTube (YT). Due to their increased use, these can possibly

create misconceptions about the condition, especially the associated treatment and signs and symptoms of carpal tunnel syndrome. Thus, this evaluates the information quality of YT videos about carpal tunnel syndrome (CTS).

**Methods:** This is a descriptive-evaluated study focused on assessing the information qualities of CTS videos on YT. Using Macleod et al. information quality index (2015), modified Diagnostic Information Quality Assessment Checklist (DIQAC) and Treatment Information Quality Assessment Checklist (TIQAC) were utilized. DIQAC measures the elements explanation, history, physical examination and ancillary procedures; while TIQAC, presurgical, surgical procedure, rehabilitation and complication elements. YT videos from 2020 onwards were searched using keywords "carpal tunnel syndrome", "diagnosis" and "treatment", and screened for duplicates, non-related to topic and without audio. Out of 31 videos retrieved, 11 YT videos on CTS were evaluated by physical therapists to determine the reliability of YT videos on CTS.

**Results:** Results showed that YT-CTS videos are highly reliable in the elements explanation (45%) and history (36.36%), moderate to reliable in ancillary procedure (54.54%) and moderately reliable in physical examination (36%), in terms of DIQAC scoring. Whereas in TIQAC scoring, YT-CTS videos obtained a highly reliable presurgical scoring (45.45%). Surprisingly, it is poorly reliable in complication scoring (45.45%), very poorly to poor reliable in rehabilitation scoring (72.72%), and very poorly reliable in surgical scoring (45.45%). Overall, diagnosis information quality is high (65%), but low treatment information quality (32%).

**Discussion:** This demonstrates that YT videos are technological tool that a physical therapist or a clinicians can utilize to educate and diagnose. Treatment information can hardly be explained in videos, which can vary form case to case, and is best explained through medical advice of a doctor to his patient with CTS.

**Keywords:** carpal tunnel syndrome, YouTube, video quality

**Funding:** Not Applicable

**Ethics Approval:** San Juan de Dios Educational Foundation, Inc.-Institutional Review Board (SJIRB-2022-0033/I-AHE)

## KNOWLEDGE, ATTITUDE, AND PRACTICES OF PATIENTS WHO HAD STROKE TOWARDS PHYSICAL THERAPY & PROSTHETICS AND ORTHOTICS SERVICES IN THE PHILIPPINES

<https://doi.org/10.46409/002.ASKC9836>

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**Introduction:** There is knowledge gap on the root causes of unfamiliarity, poor practices & attitude towards rehabilitation in the Philippines. This study aimed to gather patients within the National Capital Region who had stroke and determined their knowledge, attitude, practices (KAP), and willingness towards the rehabilitation services offered by Physical Therapy (PT) and Prosthetics & Orthotics (PO) in the Philippines.

**Methods:** The study used a quantitative-based cross-sectional correlational design. Convenience sampling was used to recruit participants. The KAP & Willingness Questionnaire was developed, validated, & pilot tested and was provided to participants. Pearson Correlations were used to assess the relationships between variable combinations.

**Results:** There were sixty-eight (68) eligible participants. Moderate positive relationships were found between the following: Knowledge-to-Willingness ( $r=0.43$ ,  $p<0.01$ ), Attitude-to-Education ( $r=0.51$ ,  $p<0.01$ ), & Willingness-to-Education ( $r=0.42$ ,  $p<0.01$ ).

**Discussion:** Moderate positive relationships between Knowledge-to-Willingness & Attitude-to-Education towards rehabilitation services in the Philippines were found & patients with higher levels of educational attainment had shown better knowledge & more positive attitude towards PT & PO services. This study can support health policy makers & public health educators into providing widespread knowledge on the importance of rehabilitation for stroke in the Philippines, especially as misconceptions still persist.

**Keywords:** KAP survey, rehabilitation services, stroke

**Funding:** Not Applicable

**Ethics Approval:** University of the East Ramon Magsaysay Memorial Medical Center, Inc. Research Institute for Health Sciences Ethics Review Committee (RIHS ERC Code 1192/C/2022/002)