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The Importance of Specialized Services in Physical Therapy. A Narrative Research

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Abstract: Following the digitization process in recent years, the diagnosis and treatment of many conditions have become viral on social networks, these being given very often by people who have read about these conditions or who have encountered them, having no medical knowledge of specialty. We all know that is simpler and cheaper to be able to resolve our health problems only with advices given by people that we know or by people that we think that would have the solutions that we need but the real problem is that even if we believe that the condition has disappeared at the moment, in fact these unspecialized methods of recovery only aggravate the affected part over time or even extend the problem. The aim of the article is to reveal if the people are seeking to Physical Therapy Recovery at a specialized center after suffering of a physical affection and to make them understand that specialized recovery is necessary for a better recovery because the traditional ways or the recovery programs without assistance can leave marks for life.

Keywords: physicaltherapy; specialized recovery; health; exercises

1. Introduction

This research shows a narrative review (Brooks et al., 2011) of what are the risks of taking advices from different people on social media. Even if the people have or not training in medicine, a diagnosis can't be given only by explaining online the issue.

Ever since the practice period carried out during the undergraduate studies I have meet patients with aggravated conditions due to the fact that they did not turn to specialist staff at the first symptom. Even if some problems of a physical or biomechanical nature can only be solved through an exercise program, that program must be a very well-designed one that contains a dosage specific to the person, depending on the degree of damage, associated pathologies, age or weight and this program can be made only by a specialist.

The decision about writing regarding this subject I have taken it due the fact that I see daily on the social-media platforms different kind of people giving medical advices on different pathologies without having studies in this area (Smetana et. al., 2007). It would not be a problem if the advices were appropriate but this is the real issue: they are talking without thinking that every organism acts different and that some people could have associated pathologies.

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What this article wants to show is to see if the people who have this needs take into account the advice of relatives, friends or those from social media or if they seek specialist advice and treatment (Lee et al., 2014). By revealing this fact, my aim within this article is to show also how important it is to consult a specialist so that further medical problems cannot interfere.

2. Material and Methods:

2.1. Research Methods and Eligibility Criteria:

The current research was made including people from different cities from Romania, in the period 01.12.2023 – 15.02.2024. For this research I draw up a questionnaire in Google Forms, containing 8 questions regarding gender, the environment in which the participants live, age, studies and questions related to specialist consultation when needed, the answers to which will help us understand the importance of specialist medical services.

At the study have participated 107 persons, women and mans with different ages and studies and based on their answers, graphs and conclusions related to the topic of the article were made.

2.2. Participant Characteristics

Gender: At the study have participated people with ages between 20 and 100 years old, 73 of them being women and 34 mans.

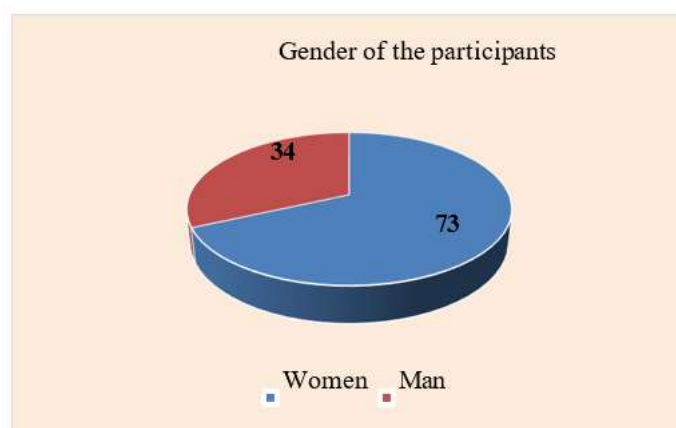


Figure 1. Regarding the Gender of the Participants

The environment where the participants live: The majority of the participants live in urban area. I took this item as a characteristic due the fact that in Romania the people that live in rural environment don't have so much possibilities to go to the doctor.

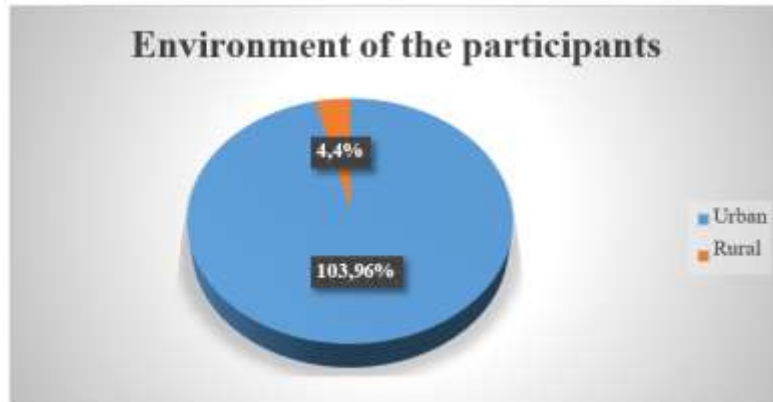


Figure 2. Regarding the Environment of the Participants

3. Age

The participants from this study have ages between 20 and 100 years old. This characteristic was chosen in order to see if the age counts when it comes to appealing to specialized treatment for muscle and joint pain. Most of the participants have ages between 51 and 60 years old (36), 25 participants have ages between 41 and 50 years old, 20 participants have ages between 31 – 40 years, 13 participants with ages between 61 – 70 years old, 11 participants with ages between 20 – 31 years and 2 participants with ages between 71 and 100 years old.

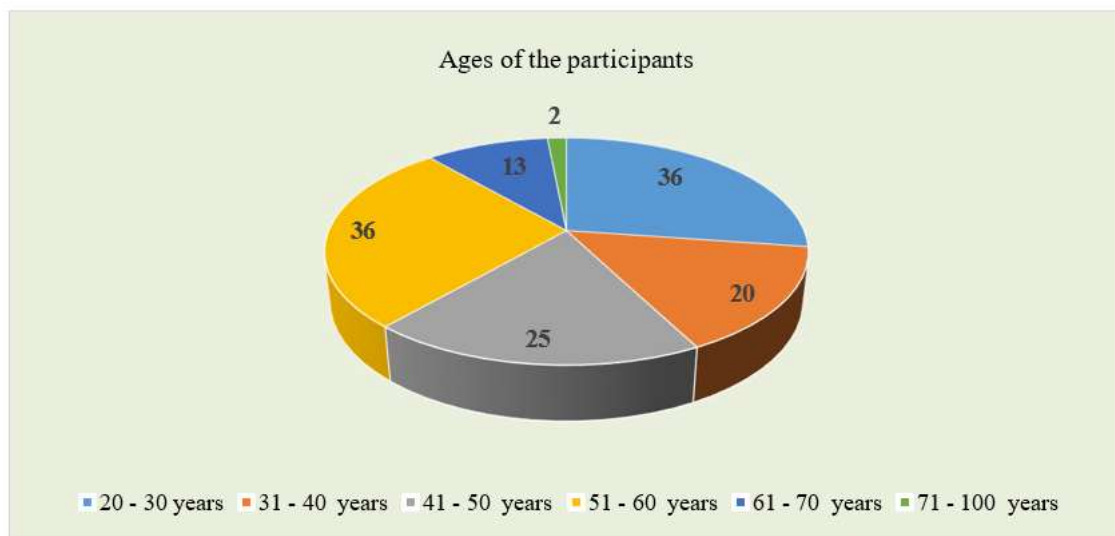


Figure 3. Regarding the Ages of the Participants

4. Studies

Another characteristic of the participants was the studies that they have. This characteristic is important due the fact that according other studies made in Romania by a national TV channel (PRO TV) and in the Romanian National Population Health Report from 2017 it was demonstrated the fact the the people that doesn't have higher education prefer to resolve their medical issues by asking persons on internet, relative or friends. From the participants of this research the majority of them have a Bachelor degree (83), 11 of them graduated high school, 7 are not graduates of high school, 3 have master degree, 2 are graduates of secondary high school and one of them is a PHD graduate.

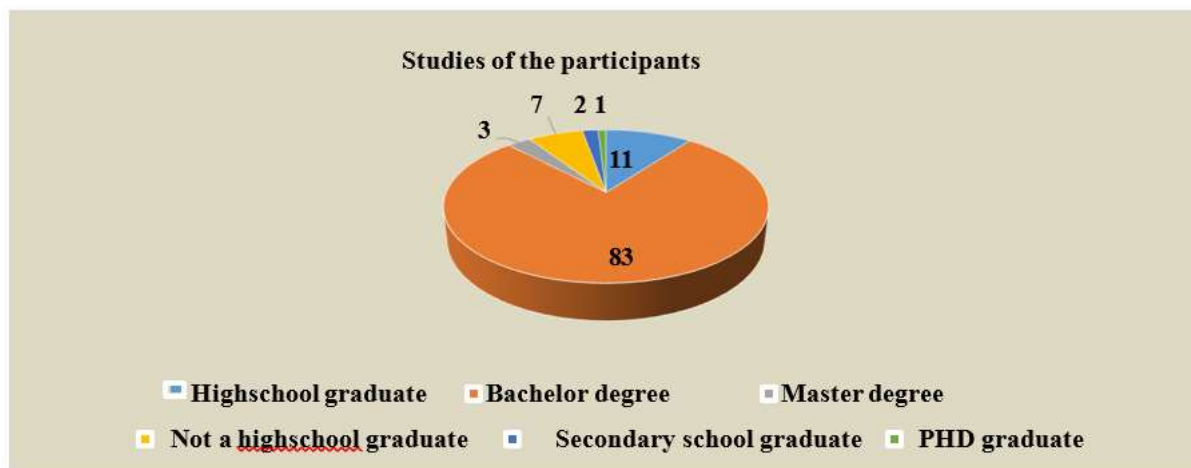


Figure 4. Regarding the Studies of the Participants

5. Suffering of Muscle or Joint Pain

In order to be able to have a veritable research regarding the main goal of it, another question of the questionnaire was if the participants have suffered of muscle or joint pain. 81 of them gave a positive answer on this question and the other 26 have answered that the never had this kind of pains.

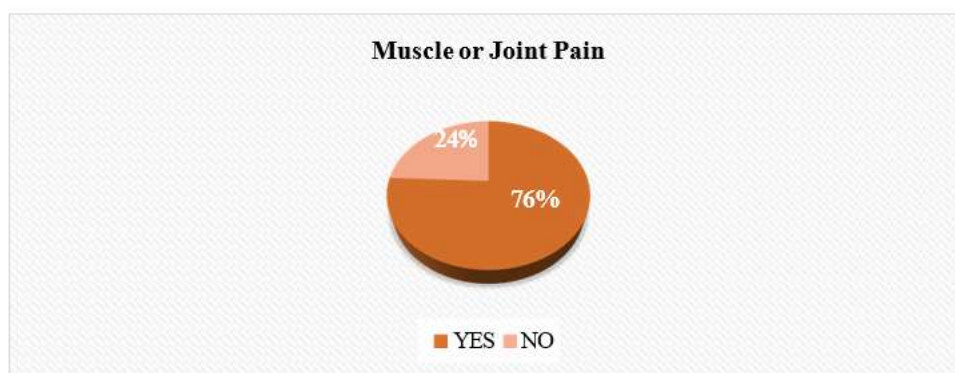


Figure 5. Regarding if the Participants have Suffered of Muscle or Joint Pain

3. Research Results

According to all this answers I have obtained the following results that will help us understand how important is for the participants the specialized consult and treatment in physical therapy. The results are based on the following items:

1. How did the participants that suffered of muscle of joint paint tried to solve the problem?

a. According to the gender of the participants:

In this item the evaluation is made from 58 ladies and 23 mans.

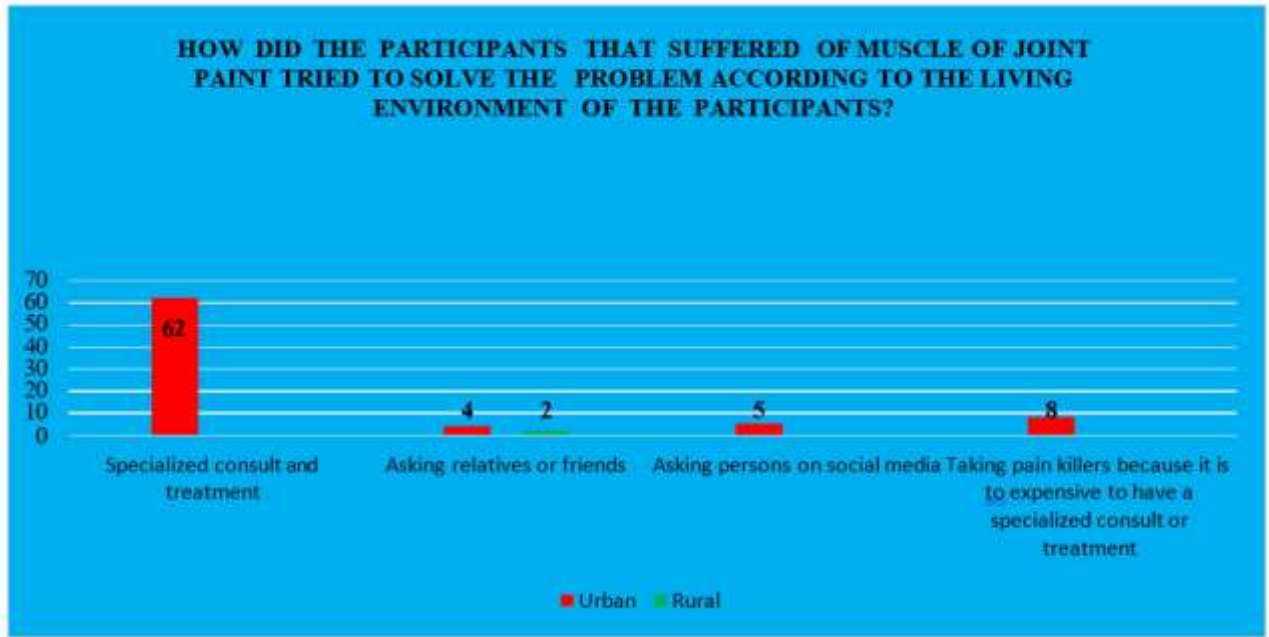
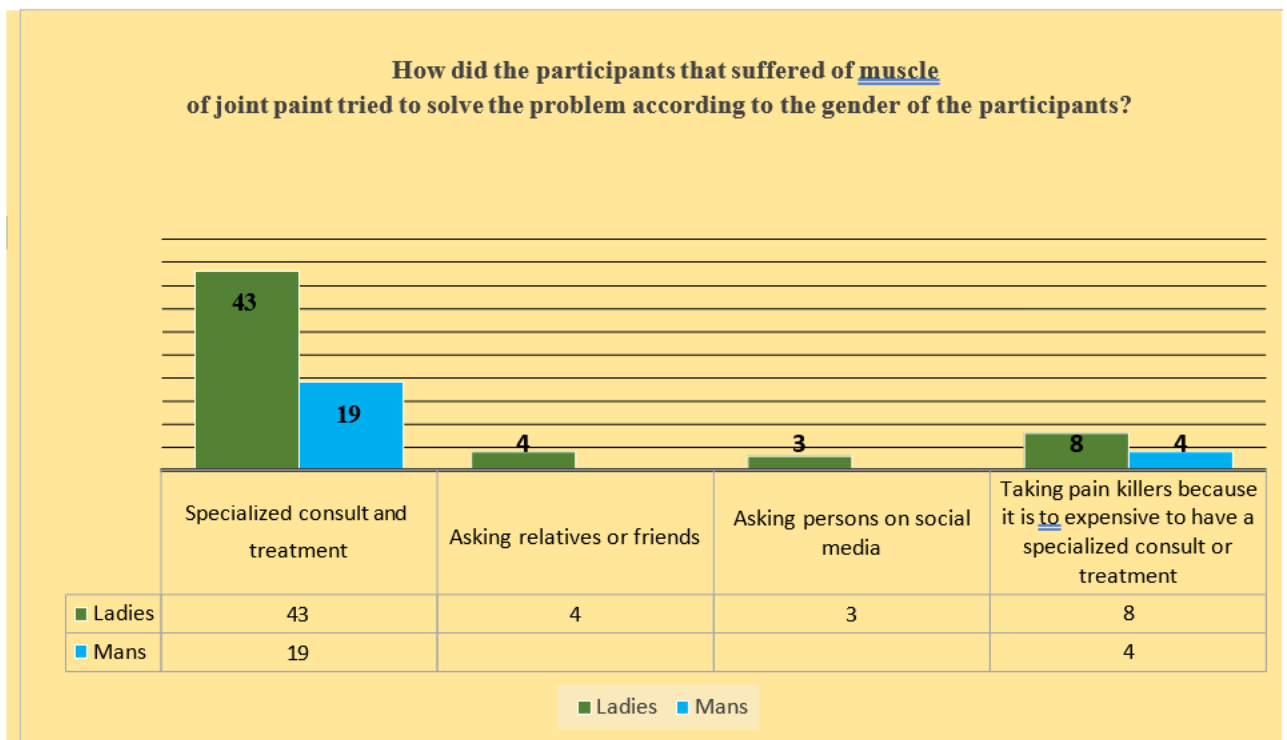


Figure 6. Regarding the Solution that the Participants Chose to Solve the Issue for Suffering of Muscle or Joint Pain According to their Gender



b. According to the living environment of the participants:

Figure 7. Regarding the solution that the participants chose to solve the issue for suffering of muscle or joint pain according to their living environment

c. According to the ages of the participants

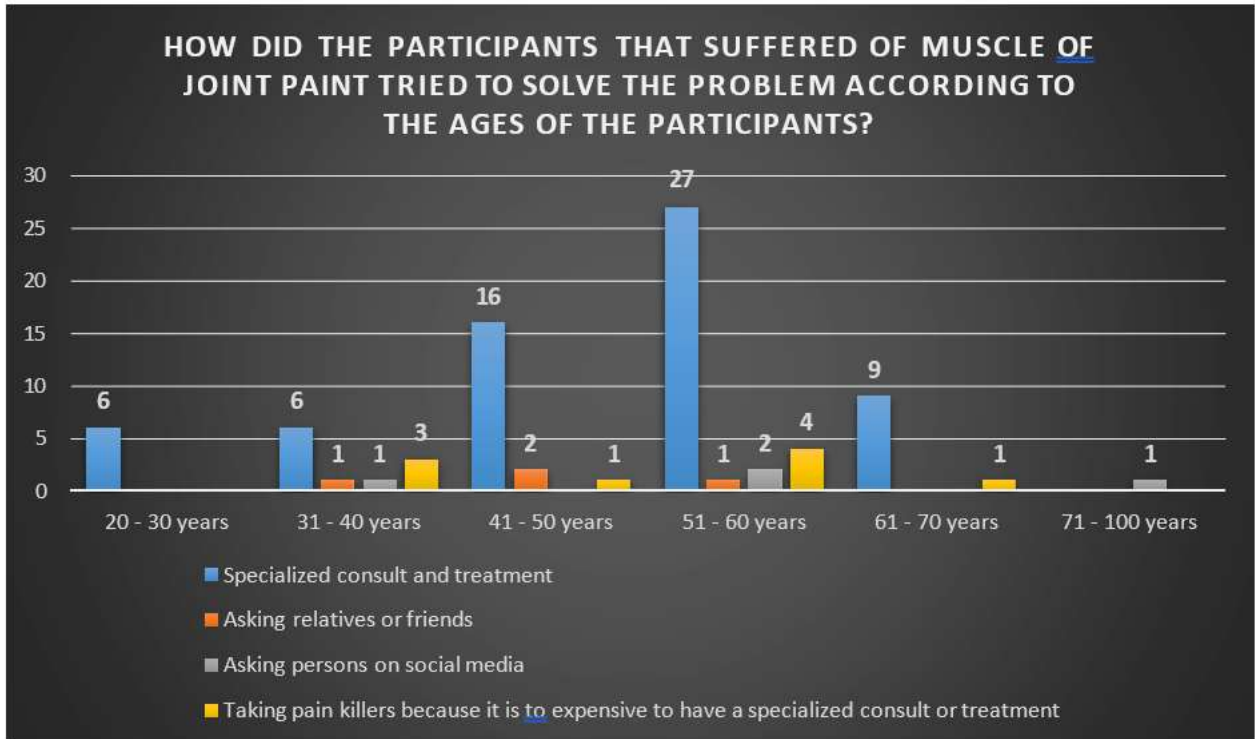


Figure 8. Regarding the Solution that the Participants Chose to Solve the Issue for Suffering of Muscle or Joint Pain According to their Age

d. According to the studies of the participants:



Figure 9. Regarding the Solution that the Participants Chose to Solve the Issue for Suffering of Muscle or Joint Pain According to their Studies

2. Was the problem solved according to the decision of the participants on the question

“How did you tried to solve the problem regarding suffering of muscle of joint paint tried?”

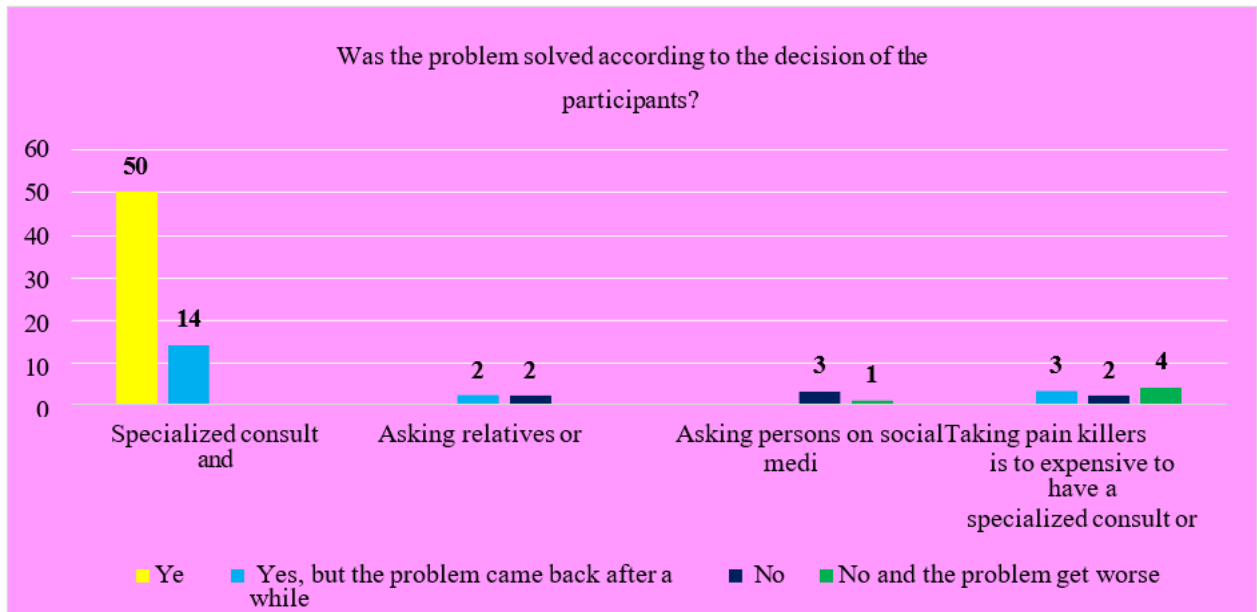


Figure 10. Regarding the Solution of the Medical Issue

3. If in the future the participants will suffer of muscle of joint pain how will they try to solve the medical issue.

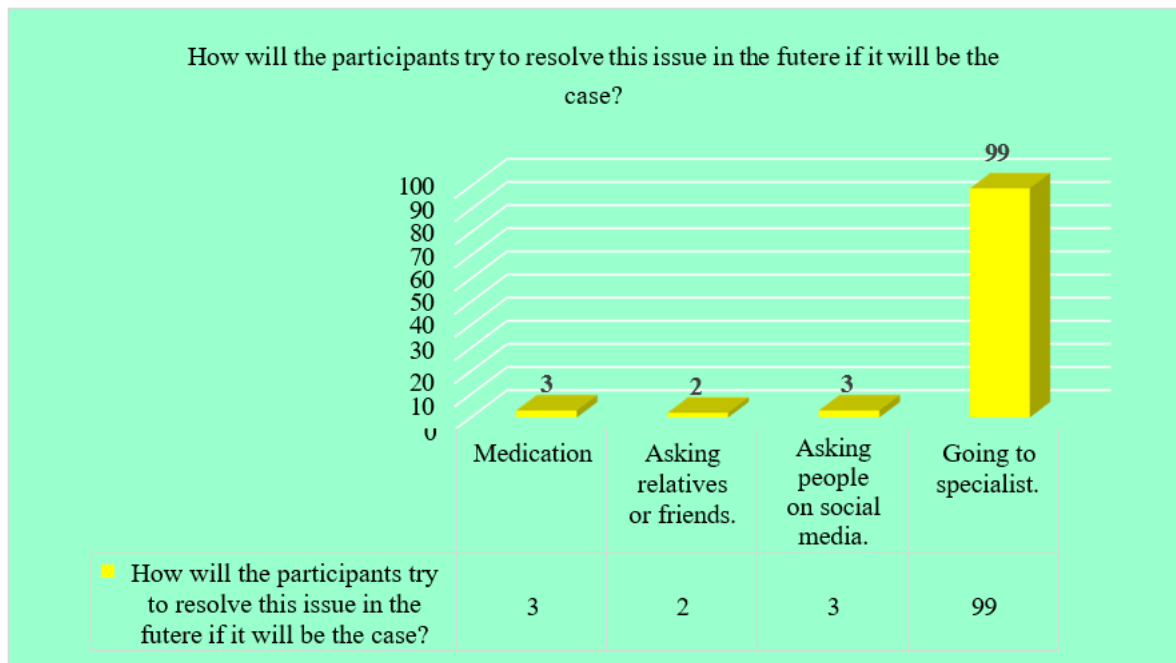


Figure 11. Regarding the Decision that the Participants will Take to Solve the Medical Issue

4. Discussions

This research was made in order to see if people seek for specialized physical therapy if they suffered of joint or muscular dystrophies (Abid H et al., 2024) and to help them in case they did not solve this problems as it should be done, from my opinion.

In the first item was revealed how many participants try to solve the muscle or joint problems with specialized treatment or they appeal to other methods, according to their gender, their living environment, their ages and their studies.

According to their gender, at the graphic number 1, we can see that the female gender is predominant in this research with a percentage of 68,2% and the mans that completed the questionnaire have a percentage of 31,8%. From the total number of participants 76% have suffered of muscle or joint problems, as the graphic number 5 shows us and from this total 58 are ladies and 23 are mans. In regards of our main topic the answers shows us that from the total number of participants that suffered of muscle or joint issues, 74,1% of the ladies and 82,6 % of the mans, have appealed at specialized consult and treatment; 6,89% of the ladies but no man have asked relatives or friend about methods of solving this medical issue, 5,17% of the ladies but no man have asked advices for this problems on social media groups and 13,79% from the ladies and 17,39% from the mans have been taking medicine in order to try to solve the issues.

According to the living environment of the 81 participants that suffered of muscle or joint problems, only 2 participants are living in rural environment and 79 participants in the urban environment. From them, 78,48% from the participants that live in urban environment have appealed to specialized consult and treatment and no participant from rural environment have chosen this method; 5,06% from the participants that are living in the urban environment have asked relatives or friend about solving this problem and 100% of the persons that live in rural environment have done the same thing. On the answer "Asking persons on groups from social media" have responded 6,32% from the persons from urban environment and appealing on medicine for solving this medical issues.

According to the age of the participants that have had muscle or joint problems, all the persons between 20 and 30 years old have appealed at specialized consult and treatment, from the 11 participants between 31 and 40 years old, 54,54% of them have chosen to go to specialized consult and treatment, 9,09% have tried to solve the medical issue by asking relatives or friends, 9,09% have asked on social media groups and 27,27% of them have been taking medication.

From the 19 participants with ages between 41 and 50 years old, 84,21% of them said that they have been to specialized consult and treatment, 10,52% of the have asked relatives or friends and 5,26% have been taking medication. The number of participants with ages between has been 34 and from them, 79,41% have chosen to go to specialized treatment, 2,94% has asked relatives or friends, 5,88% of them have asked on social media groups and 11,76% have been taking painkillers. With ages between 61 and 70 years old have been participated 10 persons from whom 90% of them have been going to specialized treatment and 10% have been taking medication. The only participant with the age between 71 and 100 years old said that he preferred to ask on social media groups.

According to the studies of the participants from the 6 ones that have graduated high school 66,66% of them have chosen to go to specialized treatment, 16,66% have tried to solve the muscle problem by asking on social media groups and 16,66% have been taking medication. From the total number of 67 participants that have obtained the bachelor degree, 80% have been going to specialized treatment, 5,97% have been asking relatives or friends, 4,47% have been asking on social media groups and 8,95% have been taking medication. From the 3 participants with master degree, 33,33% have appealed to specialized treatment and 66,66%. The only one participant with PHD degree said that he appealed at specialized consult and treatment and the 2 undergraduate participants said that they preferred to ask their relatives or friends.

On the item regarding the solving the muscle or joint problem according the solution that the

participants have chosen, from the 64 persons that have been going to specialized consult and treatment, 78,12% said that their problem have been totally solved and 21,87% said that the problem was solved in that period but after some time the pain and the lack of mobility have returned. From the 4 participants that chose to solve the problem by asking relative or friends 50% said that their problem was solved for the moment but after a while, the pain returned and 50% of the said that their problem was not solved. From the 4 participants that have chosen to ask the people from social media groups, 75% said that their problem was not solved and 25% said that the problem was not solved and also it got worse. From the 9 persons that tried to solve the problem with medicine, 33,33% said that the problem was solved for the moment and after a while the pain returned, 22,22% said that the problem was not solved and 44,44% said that the problem was not solved and the it got worse.

On the third item regarding the decision that the participants will take if in the future they will suffer of muscle or joint pain, even if until now they did not had this medical issue, 2,80% said that they will take medication, 1,87% said that they will ask relatives or friends, 2,80% will ask people on social media groups and the majority of them, 92,52% will go to specialized consult and treatment.

5. Conclusions

When I decided to make a research of this topic I thought that the majority would respond that they prefer to ask relatives or friends or they take opinions from the people on social media groups but I was well surprised to notice that the majority of the participants from this study prefer to go specialized consult and treatment for muscle or joint problems (Nettles, G. et al, 2024), which shows the fact that people consider that the physical therapy is very important.

In this research we could realize how important are the physical therapists for all the participants, taking in consideration the fact that in all the characteristics chosen for this study, gender, living environment, age or studies, the majority of the answers were that they prefer to go to specialist in case muscular or joint dystrophies appear in their lives.

Another conclusion of this research is also the fact that only by completing the questionnaire from this study, the people that did not appeal until now to specialized consult or treatment, from now on they will do it in the future in case this medical issue appears.

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