

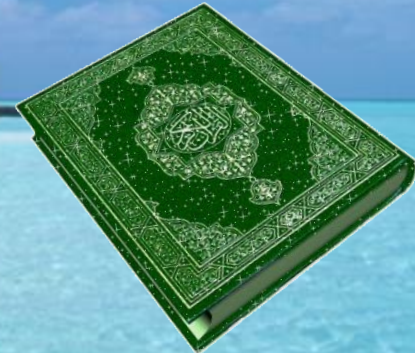


(يَرْفَعِ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا

الْعِلْمَ دَرَجَاتٍ وَاللَّهُ بِمَا تَعْمَلُونَ خَبِيرٌ)

صدق الله العظيم

سورة المجادلة (آية 11)



Role of Physical Therapy in different careers

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Demand for physical therapists career opportunities for the traditional and non-traditional places:

1) Rehabilitation Hospital: Patient must be sent to a rehabilitation hospital or facility for a longer recovery. In this setting, PT will provide professional therapy program of **three or more hours a day** to improve the patients' ability to care for them self to become independently.

2) Sub-Acute Rehabilitation: Patient is admitted to a hospital or that provides medical or rehabilitation care but needs a less intense rehab. A PT who works in a sub-acute will provide up maximum **three hours of therapy to a patient in a day.**

3) Acute Care: PTs who are found in hospitals working with patients who have been admitted for a short-term illness, surgery, accident, or trauma. In this setting, PTs focusing in acute care work with an individual to be able to be safely discharged.

4) Skilled Nursing Rehab: It provides long-term nursing care, rehabilitation, and other services for a variety of patients to help PTs with a number of mobility-related health issues such as falls, strength, balance and ambulation.

5) Outpatient Clinic: Many PTs choose to work in private settings that offer outpatient services. In this setting, patients are often referred to a PT to help with musculoskeletal or neuromuscular injuries or impairments.

6) School/Preschool: Students on an Individualized Education Plan are eligible for physical therapy to help improve things like balance while sitting in class, walking between classrooms or to the bus, and navigating playground equipment.

7) Sports/Fitness: Sports and fitness training facilities often employ PTs to work with athletes to help prevent injury and promote a healthy lifestyle. Professional sports organizations may also employ PTs to work with their team.

8) Home Health: PTs who provide care in the patient's place of residence can work with a range of patients who need rehab after a fall and to pediatric patients with developmental disabilities and other conditions.

9) Women's Health: PT focuses on women's health for pelvic floor disorders such as incontinence, and also provide therapy related to osteoporosis, post-mastectomy care, and fitness and wellness.

10) Researcher: PTs conduct research to improve patient/client care outcomes and support the body of knowledge in the field physical therapy, including research in concussions, strokes, spinal cord injuries, limb loss.

11) Analyzer: PTs should be a good analyzer for collecting data of patients to make ideal evaluation which is essential for rehabilitation program to gain better diagnosis.

Direct and Indirect goals of physical therapy for enhancing quality of life of patient:

A) Direct goals

1) Increase productivity / product quality: The productivity or the quality of the work can be increased by the combination of sitting-standing positions. It was shown that the introduction of a height-adjustable work safety resulted in positive effect.

2) Reduce days of work capacity: Risk factors for musculoskeletal disorders are considered to include excessive repetitions, uncomfortable and constrained body postures. Maintain good posture used to avoid constrained of body postures.

B) Indirect goals

1) Reduce standing-sitting times: Many recent studies have shown that the time spent during standing-sitting a day has an effect on general health. This includes musculoskeletal disorders, cardiovascular diseases or an increased risk of different diseases.

2) Increase calorie consumption: Fitness and health, as can be deducted from prognoses, it may be particularly interesting for patients working in different fields.

3) Avoid discomfort: The workplace design that promotes alternating body postures (e.g. sitting or standing) reduces muscular discomfort.

4) Prevent fatigue: It reduced concentration and tiredness that representing a risk factor for several disabilities. Comfortable positions help to prevent the feeling of tiredness at workplaces.

5) Reduce muscle strain and tension: An unfavorable workplaces produce a negative effect on the musculoskeletal system.

6) Increase staff satisfaction: It is very important as it can affect motivation and performance.

7) Enhance attractiveness: Increasing compete qualified specialist of PTs and staff making corporate health promotion.

8) Decrease negative energy: By supporting patients to do functions with habitual schedule.

Risks associated with a lack of physical therapy services:

1) Decrease participation of functions: Musculoskeletal disorders are considered the most common type of sickness causing days of absence for applying functions. In particular, back pain that can be caused by constrained body postures at the workplace for one of the most frequent physical complaints in the patients' life.

2) Increase sickness: Musculoskeletal disorders resulting from constant constrained body postures can manifest themselves over time and become chronic. These slowly developing disorders are typically associated with a longer healing process compared to sicknesses that develop suddenly.

3) Staff fluctuation: Poor work conditions result in higher fluctuation. Decrease employing new staff of PTs allowing them to become unable to increase the productivity of the patients' quality of life.

Qualities of PT that lead to success in treating patients:

1) Be Realistic: Some conditions, such as chronic musculoskeletal disorders, are challenging to treat. It's important to feel patients realistic about their outcomes and don't create or encourage unrealistic expectations for them.

2) Be Patient: It's important to be patient with the treatment process and to remain calm and collected when working with challenging patients.

3) Be Cooperative: The best PTs recognize that collaboration is the key, even if that's in a virtual environment. Feeling the patients are on the same team and should ultimately have the same goals for their PT program.

4) Be Determined: PT must be prepared to take on challenging cases and stay motivated. Even when patients feel like giving up, it's important PT staying focused on the process, encourage them to keep working.

5) Be Resilient: An important quality in PT is resilience. A resilient PT is able to adapt and even respond positively to change and adversity.

6) Be Compassionate: In patient care, PT must have compassion. Patients may be anxious about the treatment process, so it is important for making them feel comfortable and ready to work. A successful PT truly cares about the well-being of their patients.

7) Be Knowledgeable: For joint injuries or neurological diseases for making treatment program. PT must be able to draw on a wealth of knowledge to decide and specialize in a particular area specially geriatrics or oncology cases.

8) Have Integrity: It helps to foster a healthy relationship between PT and patients. Excellent PT consistently demonstrate professionalism and have strong ethical principles, including protecting patients' privacy.

9) Be Respectful: Good PT respect the wishes of their patients. Then, patients will decide whether or not they will pursue the treatment options that PT recommend.

10) Be Communicative: Before PT evaluating patients and developing a treatment plan, speaking with them about their acute symptoms, as well as their current levels of fitness and health are very important.

11) Be Positive: Working with patients who are in pain, and even suffering, can be emotionally supportive. Having the capacity to remain positive and open-minded are great qualities to have as a PT. Learning how to turn negatives into positives points as much as possible.

Thanks