

# Variability, Difficulties and Expertise among Cardiopulmonary Physiotherapists in India's Cardiopulmonary Rehabilitation Practices: A Nationwide Survey

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## ABSTRACT

**Introduction:** Pulmonary Rehabilitation (PR), a cornerstone in managing chronic respiratory diseases and Cardiac Rehabilitation (CR) for managing patients with heart conditions necessitates strict adherence to quality standards. Evidence-based Practice (EBP) is integral to cardiopulmonary physical therapy worldwide, requiring sufficient knowledge, skills and resources for effective implementation. This study investigates Cardiopulmonary Rehabilitation (CPR) practices in India, assessing service quality, provider affiliations, available offerings and structural components.

**Aim:** The purpose of this evaluation seeks to identifying gaps, highlight strengths and areas of improvement for offering actionable insights, contributing to enhanced CPR delivery and better outcomes for management of individuals with cardiac or pulmonary diseases in India and improving patient outcomes.

**Materials and Methods:** An electronic questionnaire was circulated for survey among ~90 licensed cardiopulmonary physical therapists

via WhatsApp and Gmail, covering demographics, structural process and outcome quality indicators and CPR delivery challenges.

**Results:** The study found that 70% of therapists adhered to evidence-based guidelines, but gaps in follow-ups and resources persisted. Key challenges included limited equipment (70%), patient awareness (80%) and funding (50%) with 90% calling for standardised protocols and 75% advocating for professional training.

**Conclusion:** The study found that while most cardiopulmonary physical therapists in India adhere to evidence-based guidelines, challenges such as limited resources, low patient awareness and funding constraints hinder effective CPR delivery. Therapists emphasised the need for standardised protocols, regular audits and continuous training to improve service quality and patient outcomes. Addressing these gaps can enhance CPR practices and their impact on managing patients.

**Keywords:** Evidence-based practice, Pulmonary rehabilitation, Standardised protocol

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