

Empowering Patients: Transforming Physiotherapy Outcomes through Innovative Educational Strategies

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ABSTRACT

This abstract explains that patient engagement is essential for achieving successful outcomes in Physiotherapy, as it significantly impacts adherence to treatment and recovery and it discusses how evidence-based educational interventions can enhance patient engagement by improving their understanding of their condition and treatment plan and allow them to make decisions. The lack of patient engagement in physiotherapy often leads to struggle and with a limited understanding of the importance and benefits of physiotherapy, which can lead to a lack of motivation to adhere to prescribed exercises and treatments. Enhancing patient engagement in physiotherapy is to improve adherence and outcomes by increasing patient understanding of treatment benefits, personalising therapy plans offering flexible scheduling. This approach aims to boost motivation, accountability, and overall effectiveness of the therapy. Key strategies include the use of multimodal educational tools, such as video games, apps,

interactive sessions combined with ongoing feedback from Physiotherapists. These interventions help patients overcome barriers like anxiety, misinformation, and low confidence in their ability to manage their health, leading to better adherence to prescribed exercises and more consistent attendance at therapy sessions.

The result is a more empowered patient who is actively involved in their care, leading to faster recovery and improved clinical outcomes. According to many researchers and their studies, we reach to a conclusion that decision making done by patients increase their interest and one can also introduce games and interesting apps with motivational feedbacks. For their effective engagement, optimising patient engagement through targeted educational interventions is a promising approach to enhancing the effectiveness of Physiotherapy.

Keywords: Patient engagement, Adherence, Evidence based practice, Decision making, video games, Equity

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