

PHYSIOTHERAPY NECESSARY FOR HOLISTIC PATIENT CARE

Indian Institute of Health Education & Research, Beur, Patna, Bihar under the patron ship of its Director -In- Chief **Dr. Anil Sulabh**, celebrated the World Physiotherapy Day through a multidisciplinary symposium on **“PHYSIOTHERAPEUTIC EXPECTATIONS OF SURGEONS& PHYSICIANS”**. This day is celebrated all over the world to mark solidarity and unity of physiotherapists across the globe.

According to Organising Chairman **Dr. Anup Gupta P.T.** and Organising Secretary **Dr. Darshpreet Kaur P.T.**, IHER commemorated this day by inviting leading Surgeons and Physicians of Patna to talk on the role and importance of physiotherapy in their branches. This was one of the rare occasions when importance of physiotherapy in other branches was highlighted by their respective specialists.



Inaugurating the event **Dr. Sahajanand Prasad Singh**, President IMA- Bihar & Registrar Bihar Medical Council highlighted the need of physiotherapy in almost every branch of medical science.



Ex. Director/ Vice Chancellor, Dean and Head of Department of Neurology, IGIMS, **Dr. Ajay Kumar Singh** shared about beginning and further developments in Physiotherapy during his tenure at IGIMS. He underlined the challenges faced while setting up the Department of Neurology and pioneering the recruitment of physiotherapists in specialized branches. He urged to therapists to follow the best clinical practises and stay within their domain of specialisation.

Dr. Vijay Kumar Singh, Head of Department of Orthopaedics, PMCH, Patna highlighted vital role a physiotherapist plays in recovery of joint movements post plaster removal or after any muscular injury. Associate Professor of Paediatrics, PMCH,

Dr. Binod Kumar expressed the need for more and more specialist physiotherapists to care for children with cerebral palsy, Developmental delays etc. Paediatric Physiotherapists can make significant improvement in activity levels of children.

Dr. Vikas Singh, Consultant Intervention Cardiologist, 4A Heart Hospital and Daksh Heart Care, Patna emphasised on the critical role of Physiotherapist in Cardiac Care esp. in patients undergone heart by-pass surgery not even in acute phase of I.C.U. but also post discharge to build up stamina and correct respiratory pattern. Physiotherapists can play an important role in keeping a patient's respiratory tract clear from secretions. Exercises are necessary throughout pregnancy but under the supervision of a physical therapist.

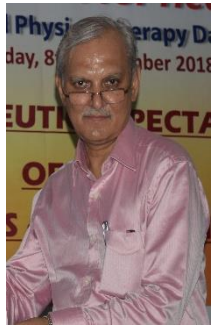
Dr. Monika Anant, Associate professor, Dept. of Obstetrics & Gynae, AIIMS Patna shared about the important role of prenatal and antenatal exercises for a healthy mother and regular

weight bearing exercises along with pelvic floor exercises to keep problems of osteoporosis & urinary leakage at bay.

Dr. Gunjan Kumar, Assistant Professor & Head, Dept. of Neurology, AIIMS Patna, made the physiotherapy audience aware about their prime role in bringing back the movements in a patient after any paralytic attack. He said, with physiotherapy the patients recover better, and disease associated complications like bed sore, muscle atrophy, cognitive changes, deep vein thrombosis etc., are better managed.

Dr. Ridu Kumar Sharma, Consultant Medical Oncology, Paras HMRI hospital Patna educated the audience about an important role physiotherapist play for pain relieving & providing palliative care to cancer patients. Even for management of lymphoedema/ Swelling post-surgery physiotherapists play a significant role.

Dr. Darshpreet Kaur P.T., Assistant professor, IHER shared with audience the journey of physiotherapists from World War 1 till date. She emphasised on the need of physiotherapists to inculcate more and more evidence-based practise and getting specialised trainings to cope up with the demand of advanced physiotherapists as a part of holistic care providers team along with surgeons and physicians.



Dr. Ajay Kumar



Dr. Vijay Kumar



Dr. Binod Kumar



Dr. Monika Anant



Dr. Vikas Singh



Dr. Gunjan Kumar



Dr. Ridu Kr. Sharma

Eminent Speakers

Other highlights of the celebrations included felicitation and recognition of unrelenting efforts of Senior Physiotherapists of Patna, **Dr. Josni Pandey P.T.** (Head Advanced Physiotherapy Centre, Boring Road Patna) and **Dr. Vinay Pandey P.T** (Sr. Physiotherapist & Assistant Registrar IGIMS, Patna). Young energetic physiotherapists **Dr. Rajeev Kumar P.T.** & **Dr. Swati P.T.** were also felicitated for their contribution in this field.



Dr. Josni Pandey P.T.



Dr. Vinay Pandey P.T.



Dr. Swati P.T.



Dr. Rajiv Kumar P.T.

The event was attended by over 250 Physiotherapists and ended with cake cutting & refreshment distribution.



Specially designed badges for World Physiotherapy Day



Report Submitted by

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