



**NOPANY INSTITUTE OF HEALTHCARE STUDIES CELEBRATES WORLD  
PHYSIOTHERAPY DAY**

**8<sup>TH</sup> SEPTEMBER 2018**

**Kolkata, India**

Nopany Institute of Healthcare Studies (NIHS) celebrates the World Physical Therapy Day by adopting the theme of the WCPT every year. This has proven to be useful over the years as it avoids being repetitive as well as explores new aspects of physiotherapy intervention which is educative and helps spread awareness.

The campaign message of World Physical Therapy Day 2018 was 'Physical Therapy and Mental Health'. This topic provided an opportunity and reason to explore the topic in details and educate ourselves about the scope of physical therapy in mental health. Although, often spoken about, there are few therapists or facilities in India where physical therapy is a definitive part of intervention in mental health treatment. On the flip side, diseases or conditions where

mental health is a co-morbidity often leaves the physio a bit out of depth, not really sure about the correct approach to the patient.

8<sup>th</sup> September this year provided us an opportunity to educate ourselves, interact with other health professionals on their views about mental health and how they saw physios handling patients with mental health as well as families of mental health patients. NIHS partnered with Healthcare at Home to conduct a programme, **Continual Quality Improvement in Physiotherapy Practice – Mental Health, Need of the Hour**. The programme was attended by approximately 100 registered physios. It included a short skit on mental health recognition and considerations in treatment; posters presentation and a panel discussion.

The skit by the students sensitized the audience about depression in a young dancer after she loses her leg in a road traffic accident. It traced her journey from initial hospitalization to onset of depression, her relationship with friends and family and her eventual return to performance on stage.

The posters were on Occupational Stress and Mental Health, Mental Health crises in Millenials, Prolonged smart phone addiction- effect on Mental Health, Menses and Melancholy, Evolution of Mental Health. Physiotherapy students had prepared the posters with resources shared by WCPT as well as other sources. During the question-answer session, they defended their posters with full confidence. The panel of judges included a neurophysician, a psychologist and a physiotherapist. They were judged based on their concept, knowledge, display and presentation and ability to handle questions.



SKIT PERFORMERS (TOP); AUDIENCE (MIDDLE LEFT); INTRODUCTION SPEECH (MIDDLE RIGHT); PANELISTS (BOTTOM)

This event was followed by a Panel discussion, the highlight of the evening. The topic of the panel discussion was **Mental Health co-morbidity and its relevance to Physiotherapists**. The Panelists were various healthcare specialists from different multi-speciality hospitals in Kolkata and chosen specifically to cover the entire

spectrum of mental health in clinical conditions. The panelists included the Head of a Neuro- Rehabilitation department, the Director of a Critical Care Unit, a senior Physiotherapist, a Psychological Counsellor- and a meditation specialist. The topics were '**How does mental health affect patient recovery in the ICU- What healthcare professionals need to know**' by Dr Yashesh Paliwal; '**Is cognitive well-being an outcome goal for physiotherapy**' by Dr Abhijit Das; '**Depressive symptoms and reduced compliance in chronic illness**' by Ms Paromita Mukherjee; '**Importance of Physiotherapy in improvement of Mental Health**' by Dr Sampurna Seth and '**Role of meditation in mental health**' by Sister Ashmita. The session was moderated by Dr Shabnam Agarwal, Director, Nopany Group of Institutions. The discussion was lively and interactive. Some of the questions from the audience included ' how do we identify and deal with depression in chronic illness' ; ' how much can we push a patient for physical therapy if the patient refuses due to a mental health problem' and ' how can we make a patient meditate if the patient is anyways not cooperating with basic medical intervention?' The last one came from a patient's relative and was answered by Sister Ashmita.

The event concluded with a Meditation session by Sister Ashmita from the **Brahma Kumaris** World Spiritual University (Prajapita **Brahma Kumaris** Ishwariya Vishwa Vidyalaya or BKWSU). This movement teaches a form of meditation that focuses on identity as souls, as opposed to bodies. They believe that all souls are intrinsically good and that God is the source of all goodness. The teachings, transcend labels associated with the body, such as race, nationality, religion, and gender, and aspires to establish a global culture based on what it calls

‘soul-consciousness’. As physiotherapists looking at mental health issues, and as our role increases, it was felt that we too would need help and support to provide holistic treatment to patients with mental health. Knowledge of meditation and developing inner peace and stability is essential for the health care provider. This session benefitted the therapists gathered there as well as proved useful for the relatives of patients to deal and cope with illness of a loved one at home.



MEDITATION SESSION IN PROGRESS

We concluded the programme feeling empowered and equipped to face challenges and provide effective methods in mental health treatment.



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