

On World Physiotherapy Day 2022, The Department of Physiotherapy at Hamad Medical Corporation, Qatar, highlighted the role of physiotherapy and exercise in the prevention and management of Osteoarthritis.

With around 20 percent of Qatar's population living with some form of osteoarthritis (OA), Hamad Medical Corporation's (HMC) Physiotherapy experts have highlighted the importance of physiotherapy in managing and treating this increasingly common condition. "OA is a leading cause of disability worldwide and the most commonly affected joints by OA are in the knees, hips, and hands" said Ms. Noora Al Mudahka, Chief of Physiotherapy. Hence, for this year's event, the Physiotherapy department focused mainly on highlighting the role that physiotherapy is playing in helping patients with advice and education on pain relief and how to manage the symptoms of OA. A range of diverse programs were held across various facilities in HMC in order to celebrate this occasion.

World PT Day events at various facilities

Hamad General Hospital

The Physiotherapy at HGH held a one-day awareness program in the HGH lobby to showcase its voluminous contribution to healthcare in Qatar. The program aimed at increasing the awareness of the community regarding the early detection of the disorder, the role of exercise in the prevention and management of OA and the facts and myths that surround the disorder with reference to exercise intervention and intensity. The booth was visited by more than 300 visitors who benefitted from the specifically created videos and exercises to explain the exercises that the patients should follow and multiple posters both in Arabic and in English to improve the knowledge of the visitors. Tokens of appreciation were distributed to the visitors for their keen interest and spontaneous commitment to improve their health. The awareness videos and posters were displayed across various hospital entrances and units to reach out to a larger population. Many higher officials also visited the awareness program and appreciated the same. Dr. Yousef Al Maslamani congratulated the department for its great effort and increasing contribution of the department to the community.

Al Wakra Hospital

Al Wakra Hospital marked World Physiotherapy Day 2022 with a diverse and interactive booth in the hospital's reception area. Ms. Hanan Al Abdulla, Director of Rehabilitation and Mr. Jamal Bilal, Healthcare Service manager at Physiotherapy led & facilitated the event. The PT team highlighted the importance of aquatic exercise in the management of OA and distributed aquatic therapy brochures to the public. To better understand access to physiotherapy services, a screen showing a video of patient pathway to access Physiotherapy within HMC was broadcasted.

"Physiotherapy online exercise program" was also introduced; this is a website that contains a library of more than 700 instructional exercise videos, enabling patients undergoing physiotherapy to continue their recovery outside the clinical setting. Demonstrations of balance exercises and self-stretching exercises were also done at the PT Booth. An interactive quiz was also organized for the audience to participate; the quiz included questions related to OA and physiotherapy. Giveaways were also distributed at the end to congratulate those who performed well.

Al Khor Hospital

Al Khor Hospital recently conducted a community awareness program on OA for elderly ladies at Al Khor Qudorat Community Center on 13th September 2022. The program was under the leadership of Mr. Mohamed Ali Jusaiman CEO, AKH in collaboration with the Physiotherapy Department under the initiative of Ms. Refaa Al Enazi, Director of Rehabilitation, AKH. The Physiotherapy team provided general information about OA as it is one of the leading causes of disability. The focus of this community education was to integrate management of knee OA as it is the most common type of arthritis and it is more prevalent in females. Forty female participants attended the event which emphasized the value of exercise and dispelled myths regarding knee OA. It was highlighted that regular exercise lowers the risk of OA, hip fractures, risk of falls in older adult, and prevent or delay the need for surgery. Remarkably, the ladies were very much engaged in the discussion on how to effectively manage the disease. Similarly, demonstration of home exercises inspired the latter that exercise and physical activity can be a safe and effective management for OA. We encourage them to minimize sedentary lifestyle and engage in more physical activities.

A day of awareness and celebration

Many other facilities also put on amazing events to celebrate World Physiotherapy day. Meaningful festivities were held at many facilities, including Rumailah Hospital, Qatar Rehabilitation Institute, Mental Health services, NCCCR – Oncology & Lymphedema, Enaya, Daam Specialized Care Center, Residential Care Compound (RCC1) & Mesaieed General Hospital. Awareness camps, educational sessions, interactive programs, quizzes, and employee engagement activities were just a few of the energizing events

HGH



HMGH



AWH



AWH



QRI and BinOmran clinics.



Mesaieed General Hospital



RH



RCC1



ENAYA & Daam Specialized centre



AKH



Mental Health Service



NCCCR – Oncology & Lymphedema



Qatar Rehabilitation Institute

