

Aquatic Therapy in India – An insight to understand obstacles & strategies for awareness



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Introduction

- *Any Concept new to a region needs a systematic approach*
- *Understand need, resources, infrastructure.*
- *India is diversified country with many medical line of clinical approaches from ancient & traditional Ayurveda, homeopathy, Naturopathy to allopathy*
- *The health care for vast population has given rise to many specialities of clinical approaches.*

- *Aquatic Therapy is one such therapeutic concept that needs to establish its roots.*
- *Hence an attempt was required to bring awareness to public and professionals about Aquatic therapy.*
- *This required understanding the obstacles and overcoming them one by one.*
- *The key factors taken into consideration were*
 - *Education*
 - *Awareness*
 - *Infrastructure*

Methodology

- *Data collected through online search and telephonic interview on following details to observe the awareness of aquatic therapy*
 - *Educational hours and topics on aquatic therapy in various Physiotherapy colleges affiliated to universities.*
 - *Awareness and Willingness among patient population to try aquatic therapy.*
 - *Identifying presence of pools.*
- *India was divided into four zones to obtain cluster sample for collecting data of educational hours.*

Educational Hours

- ❖ *IAP website*
- ❖ *Government websites*
- ❖ *University websites*
- ❖ *Faculty references*
- ❖ *Syllabus published online*
- ❖ *Syllabus provided by colleagues/students/friends*

Awareness

- *Information collected through simple questions over telephone/ direct contact where possible.*
 - *Have you heard of Aquatic therapy/hydrotherapy ?*
 - *If yes, do you understand you/your patient can be given the therapy ?*
 - *Would you be willing to take/suggest/prescribe this therapy to others ?*
 - *If no, when explained about the concept and show you the effectiveness, are you willing to allow us to treat your patient in water ?*

– *Total population interviewed*

- *870 people to my knowledge*
- *Parents, patients, faculties, non medical population, medical population.*
- *Partial documentation, Literacy.*
- *Oral data.*
- *During general talks, conferences, meetings.*
- *Patient consultations.*
- *Telephonic queries.*

Infrastructure

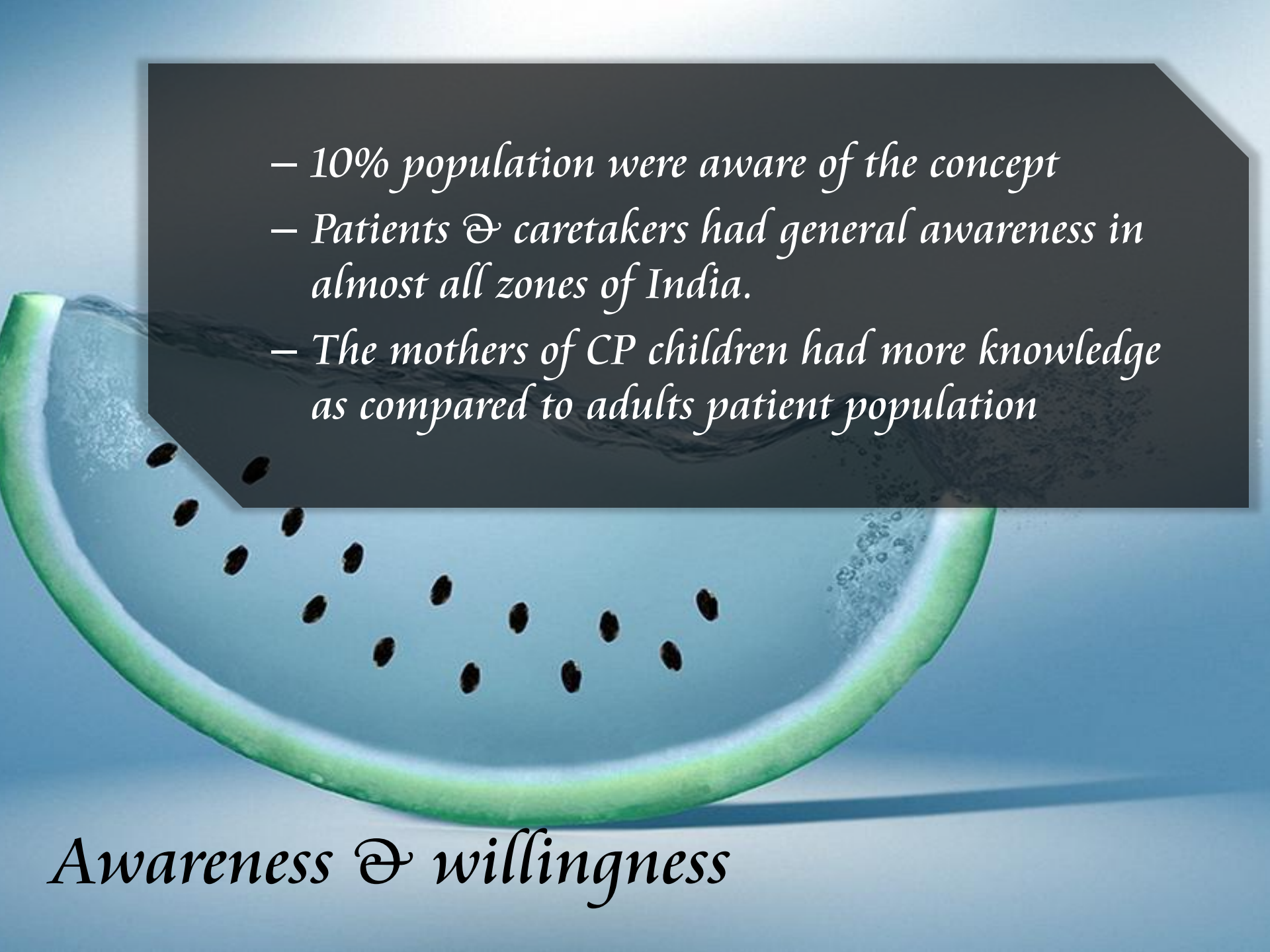
- *Resources used*
 - *Telephone directory*
 - *Club owners*
 - *Property owners*
 - *Local population*
 - *Local therapists*
 - *Online search*
 - *Apartments*

Results

Educational hours

<i>Zone</i>	<i>Government Physiotherapy Colleges</i>	<i>Private Physiotherapy colleges</i>	<i>No. of Hours allocated</i>	<i>Topics</i>
<i>North</i>	5	54	3	<i>Basics*</i>
<i>South</i>	4	75	3	<i>Basics*</i>
<i>East</i>	3	7	No Specific Hours	<i>Basics*</i>
<i>West</i>	6	42	No Specific Hours	<i>Basics*</i>
<i>Total Colleges</i>	18	178	3	<i>Basics*</i>
	196			

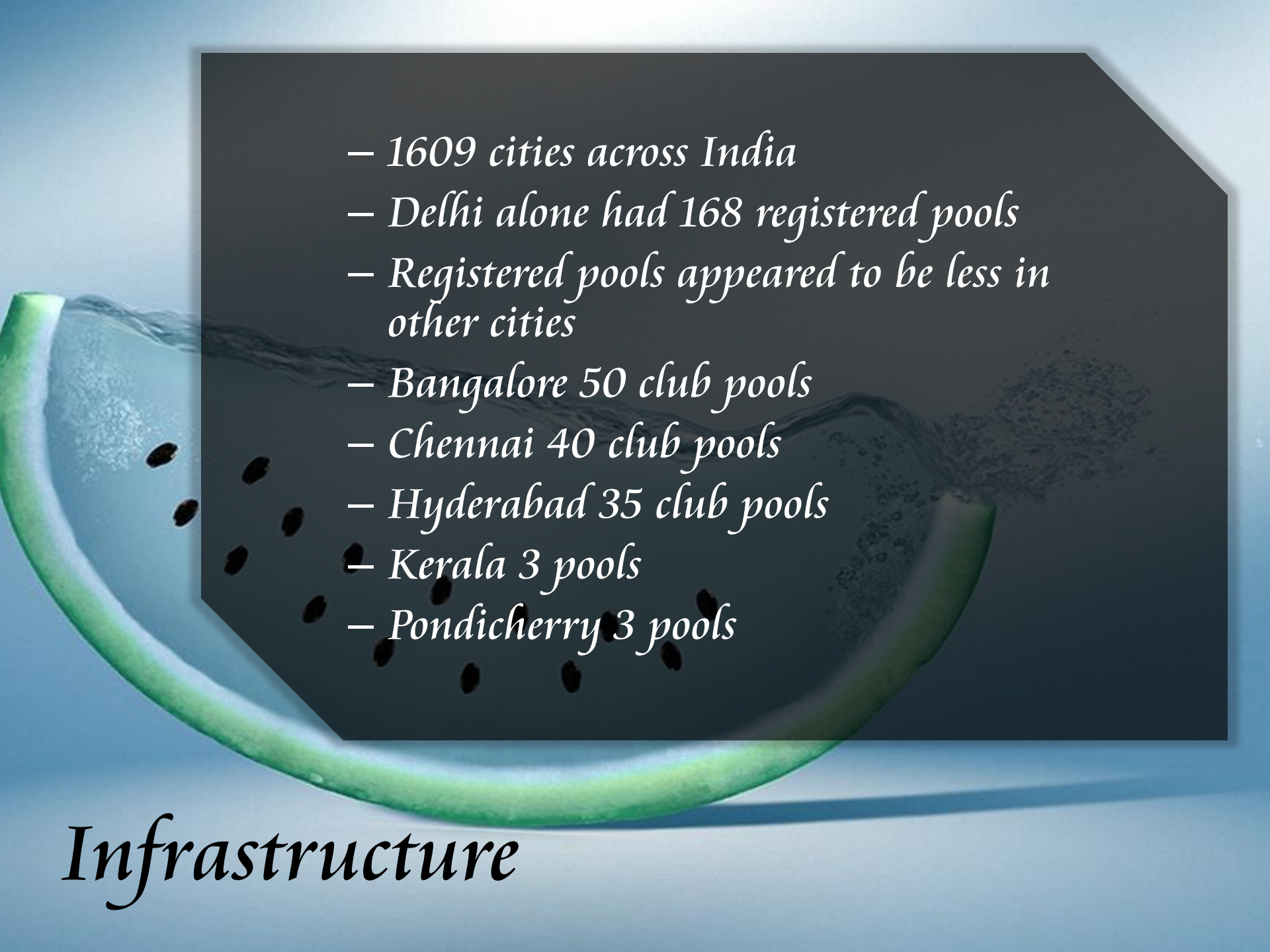
** Basics – Definition, Principles, Indications, Contraindications, Types of Hydrotherapy, Advantages & Benefits.*

- 
- 10% population were aware of the concept
 - Patients & caretakers had general awareness in almost all zones of India.
 - The mothers of CP children had more knowledge as compared to adults patient population

Awareness & willingness

- Doctors were aware but did not understand about the therapeutic concepts used.*
- Awareness was also absent in educated population.*
- People who had somebody abroad, could relate easily. (specially in UK and US)*



- 
- 1609 cities across India
 - Delhi alone had 168 registered pools
 - Registered pools appeared to be less in other cities
 - Bangalore 50 club pools
 - Chennai 40 club pools
 - Hyderabad 35 club pools
 - Kerala 3 pools
 - Pondicherry 3 pools

Infrastructure

- 
- A slice of watermelon is shown in the foreground, with water being poured over it from the left. The water is clear and has some ripples. The watermelon slice is green on the outside and red on the inside, with several black seeds visible. The background is a light blue gradient.
- *Aquatic therapy pools*
 - *Delhi 1*
 - *Mumbai 2*
 - *Bangalore 3*
 - *Chennai 5*
 - *Kolkata 3*
 - *Orissa 1 (yet to open)*

Analysis

- The education constituted of only basics and no education on clinical application & only 3 hours*
- Pools were present in all the zones of India, South Zone had more Pools as compared to North.*
- Patients were willing to attempt the new therapy in all zones after telephonic interview and information through colleagues.*

Analysis

- *The factor responsible for lack of growth of aquatic therapy in India was mostly associated with the following factors;*
 - *Lack of education amongst physiotherapists.*
 - *Lack of awareness among general population.*
 - *Infrastructure was present, but mostly used for recreation and swimming.*
 - *Infrastructure was not designed for therapy.*

Discussion

- *The number of educational hours at university level needs to be increased ?*
- *Education through workshops – are the best means ?*
- *Patient population – awareness on who needs Aquatic Therapy & who does not need Aquatic Therapy.*
- *Development of Infrastructure through associations, clubs, educational institutions, encouraging private practitioners*

- *In order to facilitate the growth of aquatic therapy based on above findings the following steps are being taken.*
 - *Initiated an education program for Physiotherapists constituting of 16 hours since 2006,*
 - *which was redesigned to 32 hours (one day clinical hands on) program by 2014 after essential training and education from Klinik valens;*
 - *More than 200 therapists are trained till date.*

- Public awareness program through Radio talks at local level*
- A series on aquatic therapy article written in Physiotimes a national magazine for physiotherapists reaching almost 3000 therapists and more thru online publication.*
- Talks in conference at national and state level increased the level of awareness to a larger population including medical professionals who are willing to refer the patients to aquatic therapy.*

- *Established a Network group ATNI – Aquatic therapy network of India.*
- *Getting all forms of aquatic therapy under one roof.*
- *A blog on Aquatic therapy for India has been running along since 2006 and has helped many patients contact us for therapy.*

Aquatic Therapy In India

WELCOME to the blog, I hope to spread the beautiful works of WATER thru this blog and possibly help all those interested in Aquatic Works in India



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[View my complete profile](#)



Monday, April 6, 2015

The year 2015 is posing New Challenges and it will be one long year for aquatic therapy. After looking at education and awareness, now the goal is to develop a working model of aquatic therapy center. It is a Herculean task of setting up a pool. Hope it can be achieved this year.

Am planning some new advanced programs in aquatic therapy this year along with the basic workshop that is going on. If everything works out we might have invited international faculties for taking workshops on Halliwick, Badragaz, and may be Ai Chi.

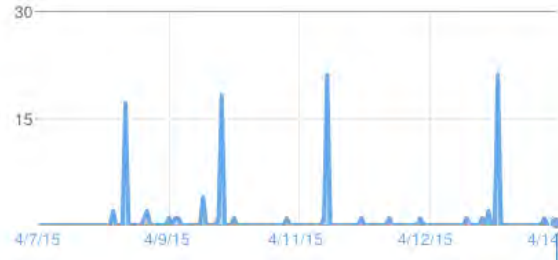
Pages

Home

[My Aquatic Therapy Profile \(all my activities n training\)](#)

[MODULAR COURSE, SWITZERLAND](#)

- New post
- Overview
- Posts
- Pages
- Comments
- Google+
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- Traffic sources
- Audience
- Earnings
- Campaigns
- Layout
- Template
- Settings



Pageviews today	2
Pageviews yesterday	25
Pageviews last month	331
Pageviews all time history	11,758

Posts

Entry	Pageviews
Ai Chi, Woga & Watsu for babies Sep 20, 2011	3
Ireno Was always there clicking pic... Sep 20, 2011	3
I will be off for Ai Chi Instructor Trai... Sep 6, 2011	2
Am Uploading some videos which ... Sep 5, 2011, 1 comment	2
Am making some changes to the bl... Sep 5, 2011	2

Traffic Sources

Entry	Pageviews
https://www.google.com/	6
https://www.google.co.in/	4
http://www.google.com.my/url?sa=t...	1

Audience



New post

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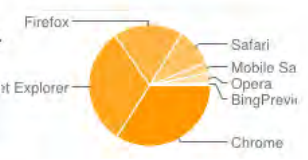
Pageviews by Countries



Entry	Pageviews
India	2600
United States	2150
Brazil	484
France	348
Poland	290
Germany	233
Russia	223
United Kingdom	208
Italy	207
Spain	181

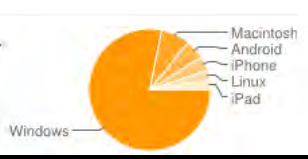
Pageviews by Browsers

Entry	Pageviews
Chrome	3923 (33%)
Internet Explorer	3574 (30%)
Firefox	2140 (18%)
Safari	1168 (10%)
Mobile Safari	319 (2%)
Opera	311 (2%)
BingPreview	79 (<1%)
Mobile	39 (<1%)
chromeframe	24 (<1%)
UCBrowser	21 (<1%)



Pageviews by Operating Systems

Entry	Pageviews
Windows	8819 (76%)
Macintosh	933 (8%)
Android	577 (5%)



Limitation

- *All the data collected were not random.*
- *The data on awareness was more on a longitudinal term than at one point of time.*
- *All the swimming pools offering aquatic therapy were not included as we are coming across therapists/non therapists offering swimming as a therapy.*

Further Scope & Strategy

- The study to repeat after 4 years to check the awareness among the therapists and general population.*
- Develop business models on an aquatic therapy centre.*
- Co-ordinate with institutions and organisations to develop infrastructure at local level.*
- Identify enthusiastic therapists to promote aquatic therapy locally.*
- Establish multiple centres across India.*

Conclusion

- *Understanding the need, demand, infrastructure and awareness.*
- *Education to therapists by a recognised education body.*
- *Awareness through public forum, clubs, conferences, publications, networking.*
- *Establishing infrastructure guidelines & a support centre for both therapist as well as patients.*
- *Develop evidence using local resources.*

Thank you



References

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- <http://www.tmv.edu.in/Physio Course Details new.asp>
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- www.justdial.com