



D. E. Society's Brijlal Jindal College of Physiotherapy

BEST PRACTICE - 1

TITLE OF PRACTICE: "Free Physiotherapy Services at College Outpatient Department"

OBJECTIVES:

1. To provide treatment to all irrespective of socioeconomic background
2. To support the overall health and well-being of the community by offering preventive and rehabilitative physiotherapy services.

CONTEXT:

Our institute has launched a pioneering initiative aimed at equitable distribution of Physiotherapy healthcare to the low socioeconomic strata of the community, in response to the pressing need for accessible healthcare services. Recognizing the significant challenges faced by these patients, both in terms of affordability and accessibility of healthcare services, this initiative seeks to address disparities in healthcare access and improve the quality of life for those in need.

Accessing specialized physiotherapy healthcare services, can be prohibitively expensive, leading to delayed or inadequate treatment. Also, lack of awareness about available PT resources poses another problem. This is compounded by the stigma associated with neurological disorders that patients & their family face.

Our initiative to provide free physiotherapy OPD treatment to patients from low socioeconomic backgrounds reflects our unwavering commitment to social responsibility, inclusivity, and compassionate care. Through this, we aspire to make a meaningful difference in the lives of those who need it most, ensuring that everyone has the opportunity to achieve their full potential and live with dignity and independence.

PRACTICE:

Our institute has been associated with distinguished social institutes like Kamayani, Seva Sadan and Ankur Vidya Mandir, all working with children with special needs and requirements. These institutes target different aspects of a child's development, like basic

education, essential life skills related to personal and social etiquette, and more importantly earning capacity building through vocational training. Students of these schools come to our physiotherapy Outpatient department, for physical rehabilitation. They receive training for improving balance and gait, correcting posture, and increasing mobility in day-to-day functional activities requiring precision & fine motor control. Debilitating neurological conditions, like stroke/spinal cord injuries, can impact earning capacity. Such individuals are treated free of cost.

Amputees, receiving prosthetics from Bharat Vikas Parishad's Viklang Punarvasan Kendra, receive a comprehensive rehabilitation protocol, right from the post amputation to post-prosthesis fitting functional training at concessional rates. Marginalized individuals requiring physiotherapy services, from areas surrounding our institute, are treated free of cost.


EVIDENCE OF SUCCESS:

- Patients records for past 5 years
- Appreciation letters from various special schools
- Feedback from Patient

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

- Commuting difficulties faced by patients hampers their follow-up of our OPD services.




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BEST PRACTICE - II

TITLE OF PRACTICE: “Doorstep Physiotherapy Services to Community”

OBJECTIVES:

1. To deliver customized, objective, unbiased treatment to patients of all economic strata.
2. To improve quality of patients’ day to day life activities through providing required physiotherapy treatment.

CONTEXT:

Deccan Education Society was established by illustrious founders with an aim of providing education which will bring transformation in society. Established under the roof of Deccan education Society, our college bears the torch of serving the community at our best by providing physiotherapy services to community at multiple levels.

Seeking healthcare and physiotherapy services is a challenge not only for individuals belonging to lower socioeconomic strata but also for geriatric patients and women, due to financial and logistic issues or unavailability of care givers. If these services are provided at or near their residential or workplace, will help them attain better quality of life and better compliance to the treatment.

PRACTICE:

College has MOUs with various social organizations such as International longevity centre (ILC), Seva Arogya Foundation, Society of Community Health Oriented Operational Links (SCHOOL).

In association with International longevity centre (ILC), our college organizes health assessment and treatment camps and outreach programs for senior citizens. Based on the assessment & evaluation of their health status, each individual is given a customized set of exercise program as a home based regimen. Follow up on this is taken in the successive camp.

Our institute has worked extensively in times of COVID-19 pandemic which was recognised and rewarded by the Indian Association of Physiotherapists. Our students were involved in

treating COVID-19 patients admitted at Sassoon General Hospital and Deenanath Mangeshkar Hospital. Post discharge they were further rehabilitated at college OPD and via Telerehabilitation. The college also collaborated with Seva Arogya foundation as they started a Post COVID outpatient departments to facilitate recovery and rehabilitation.

Seva Arogya Foundation also runs a program called “Arogya Maitrin” (means “Health Friend”), where women from the community are involved for delivering basic health services to women in their localities. These Health Friends are trained regularly by our community department’s post graduate students, for delivering basic physical exercises to women.

We serve at “Shreevatsa” an orphanage run by SOFOSH in the premises of Sassoon General Hospital. Special children from this orphanage requiring physiotherapy treatment for achieving their developmental milestones and attain the age appropriate function are being treated by our faculty and students daily.

In association with Society of Community Health Oriented Operational Links (SCHOOL), patients with various ailments are treated at their homes via a cluster community postings by our students.

EVIDENCE OF SUCCESS:

- Patients records for past 5 years
- Appreciation letters from various community locations
- Appreciation Letter by Indian Association of Physiotherapy
- Feedback from Patients

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

The common community places where physiotherapy services were provided were small to accommodate a greater number of patients, lacked hygiene.




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