



مستشفى ثومبي للعلاج
الطبيعي وإعادة التأهيل
THUMBAY PHYSICAL THERAPY
AND REHABILITATION HOSPITAL

IIHMR UNIVERSITY

A study on dropout rates and factors associated with dropouts from the treatment among patients attending the outpatient rehabilitation services

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Introduction

- Rehabilitation is the action of restoring individual to health or normal life through training and therapy after illness, injury or surgery.
- Thumbay physical therapy and rehabilitation hospital provides following services:
 - **Neurological rehabilitation** - aims to assist recovery from all range of nervous system injury, and to minimize any functional alterations resulting from it.
 - **Orthopedic rehabilitation**- concerned with the correction of functional impairment of the musculoskeletal system which includes bones, muscles, cartilage, tendons, ligaments and joints.

Background of the study

- Dropout from treatment refers to total disengagement from the treatment ,without either clinical resolution of symptoms or a agreed upon treatment termination (Source- Indian Journal of Psychiatry)
- Dropouts is a generally seen in physical therapy services as physical therapy services require long duration to restore to normal life.
- Studies across the globe, which have evaluated dropout rates , suggests that 21.3%–57.8% of patient's dropout of treatment and on an average 29.6%–39% do not turn up after the first visit.

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- Study conducted in Netherlands stated that majority of dropouts were non-native patients
 - Previous studies stated that among drop out population percentage of male were more when compared to females
 - Studies conducted in India suggested that majority of drop out population belongs to Hindu religion .
 - Previous studies have come with varied causes for drop out such as motivational inconsistencies, logistic problems, child care commitment, programme expectations , staff conflicts, outside influences, boundary concerns, communication barrier, stigma attached to disability etc

Research Question

What are the factors associated with dropouts from treatment among patients attending the outpatient rehabilitation services?

Objectives

- To assess dropout rate and characteristics of drop out population
- To assess the reasons for dropouts from treatment among the patients undergoing rehabilitation services
- To provide suggestions to reduce the patient dropouts from rehabilitation services.

Methodology:

Study Setting-

Thumbay Physical Therapy and Rehabilitation Hospital,
Ajman

Sampling method-

Total number of drop outs were included in the study from the month of July 2018 to December 2018 i.e n= 50

Drop outs were identified from total number of converted patients that was 220 in number

Study design-Descriptive cross-sectional study

Demographic data of drop out patients was obtained by retrospective approach in which data was collected from hospital management information system



Duration of the study

3rd March to 29th April

Inclusion criteria

Patients who have attended at least one session of treatment plan were included in the study

Exclusion criteria

The patients who discontinued the therapy due to medical reasons were excluded from the study

Data Collection Tool:

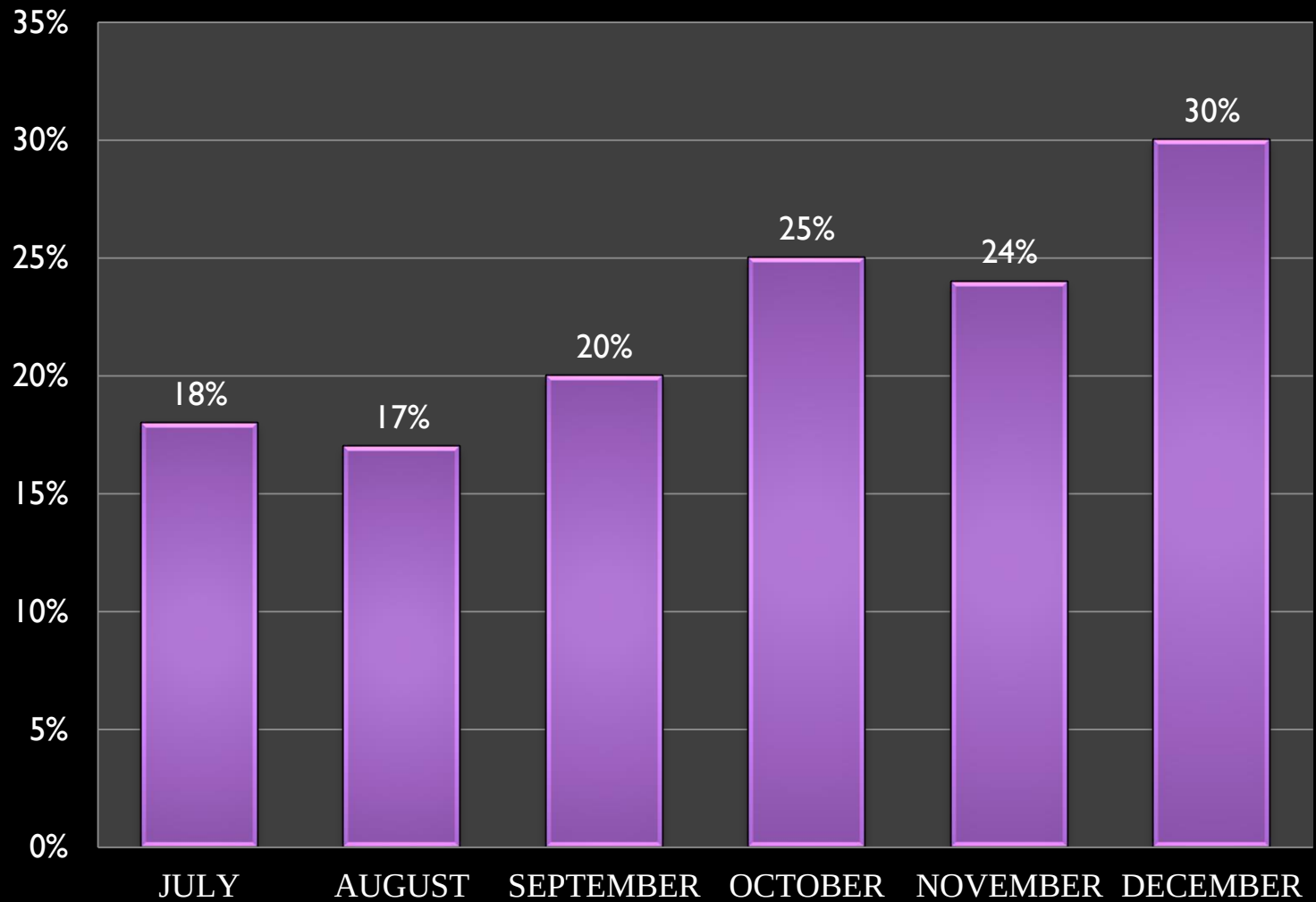
- To obtain reasons for dropouts **telephonic** interview was conducted by FDAs
- To obtain the parameters to decide drop outs (number of session completed and number of session advised)
discussion was conducted with doctor and physical therapist

- Drop out rate formula:
(Number of drop outs /Total number of converted patients)* 100
- Independent variable :
Gender
Nationality
Age
Marital status
- Dependent variable : Number of drop outs

Study Findings

Month	Number of converted patients	Number of dropouts
July	50	9
August	40	7
September	30	6
October	20	5
November	25	6
December	55	17

Dropout Percentage (July-December 2018)

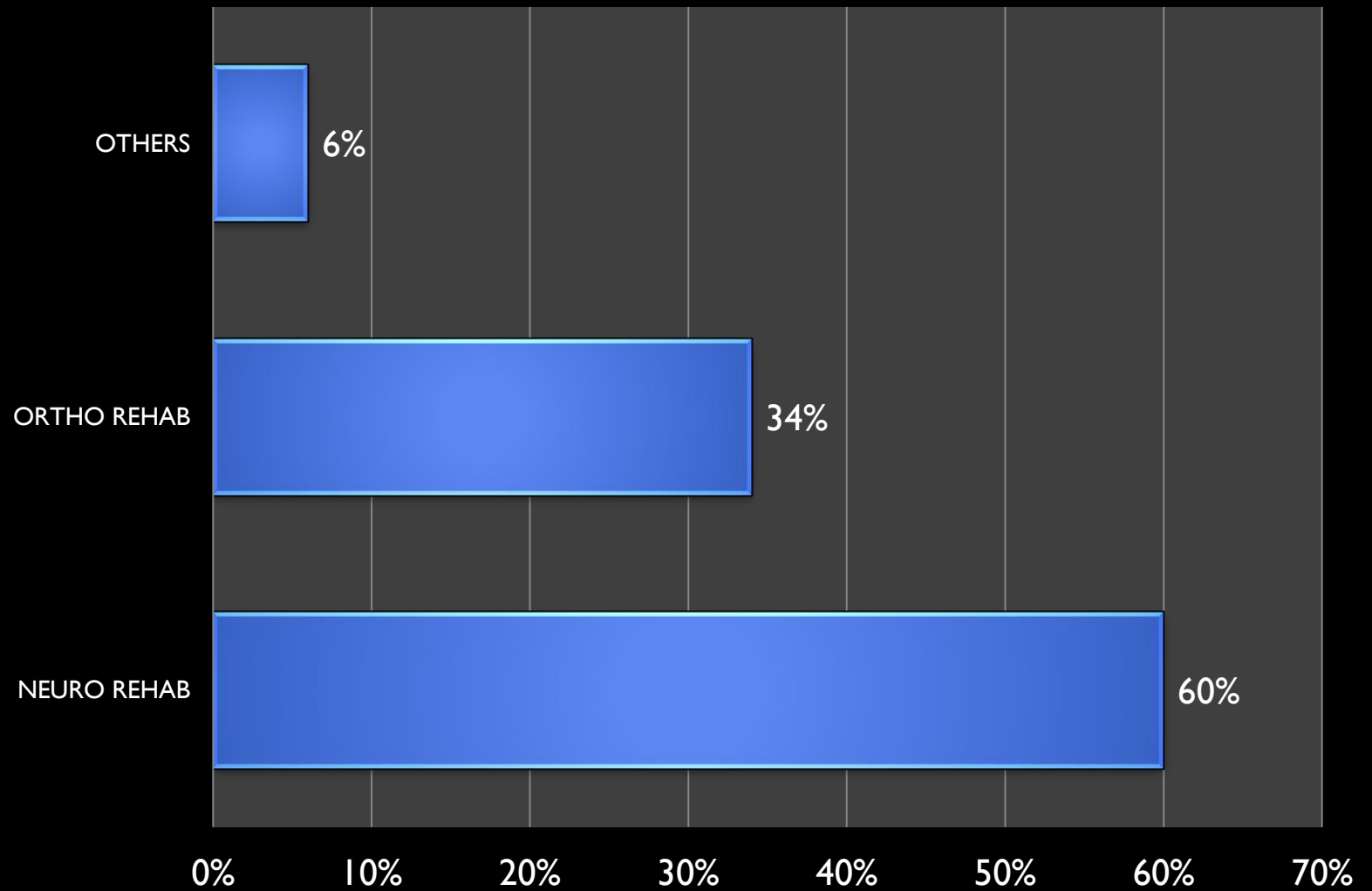


Characteristics of Dropouts:

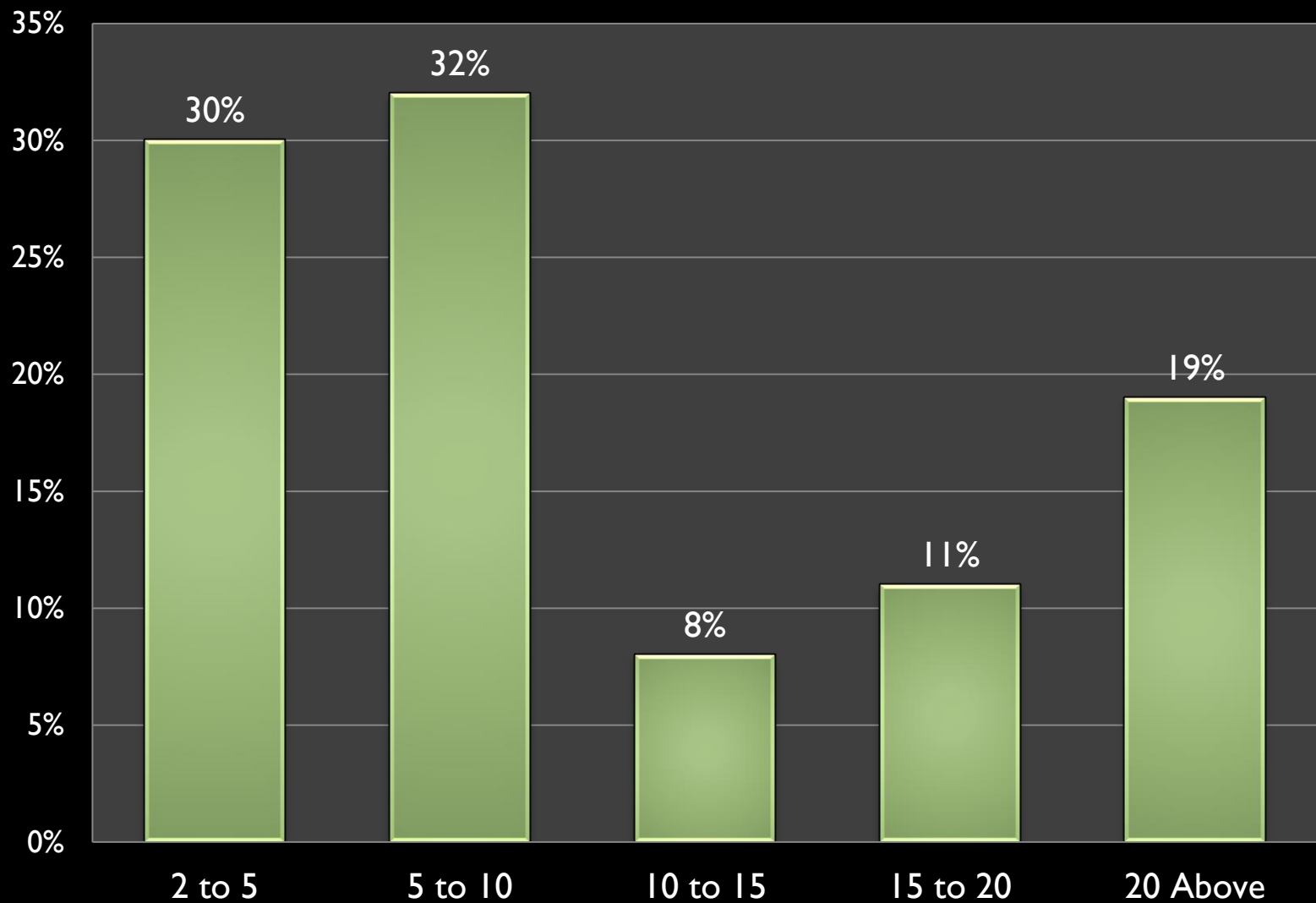
- Gender distribution: Male- 46%
Female - 54%
- Nationality distribution: Natives (U.A.E)- 36%
Expats -64%
- Marital status: Single- 24%
Married -76%
- Age distribution:

	Age Group	Percentage of drop outs
Children	3 to 17yrs	4%
Adults	18 to 55yrs	66%
Elderly	55 to 100 yrs	30%

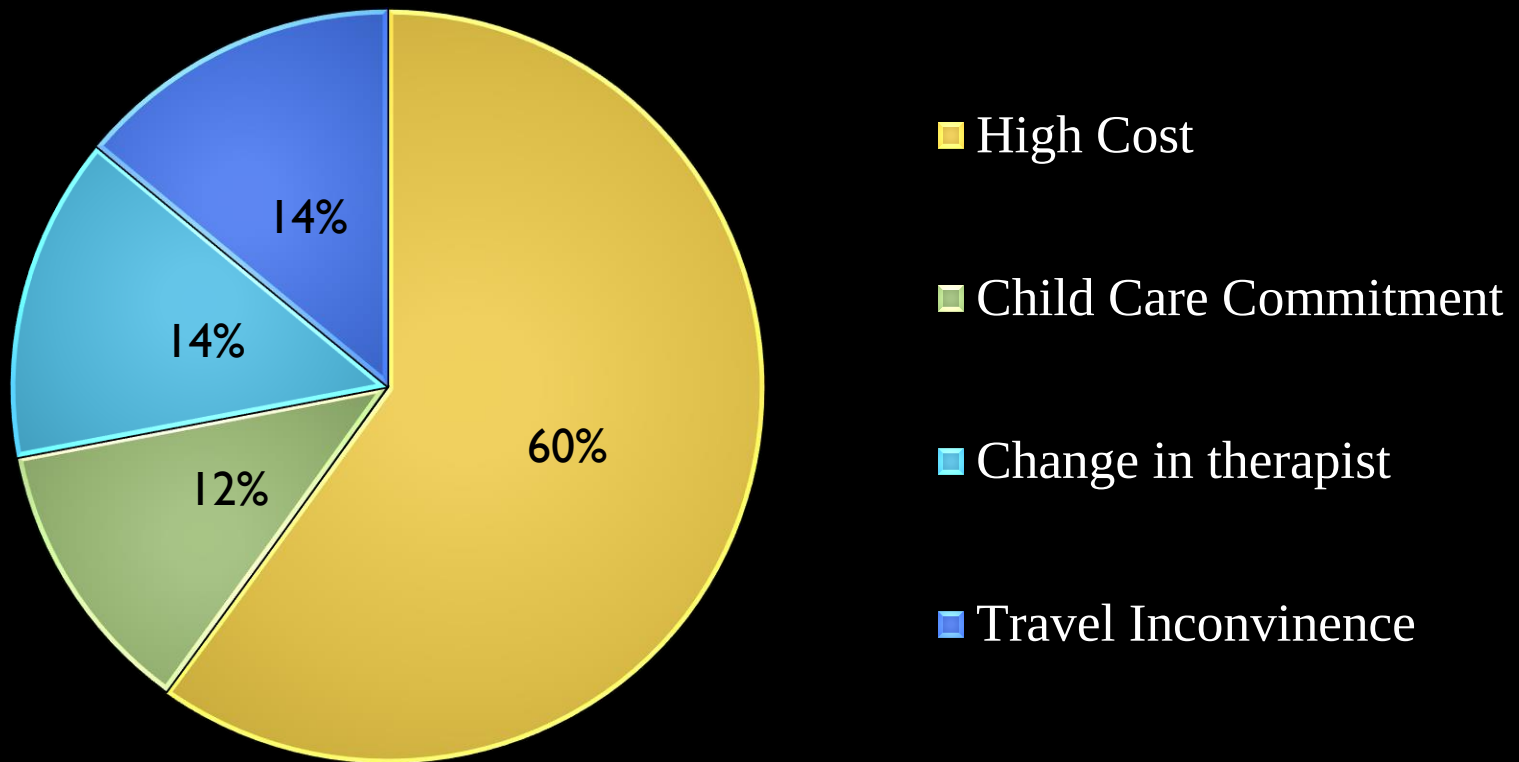
Service Distribution of Drop outs



Number of Sessions Completed by Dropout population



Reasons for Dropouts



Suggestions:

- To reduce the cost ,firstly market survey should be conducted to know the competitive pricing of the industry and service charges should be reviewed.
- Utilization of paediatric space as babysitting for the patient's children can eliminate child care barrier to attend therapy
- Assigning same physical therapist to single patients can reduce inconsistency in treatment with respect to therapist.
- Making patients aware about the home care services provided by hospital can reduce drop outs percentage due to travel inconvenience

Conclusion:

The results of present study indicated that high cost of the rehabilitation services at TPRH is the main reason for dropout . Overall dropout percentage for six months was found to be 22%.Study also showed that among drop out population majority were females and were non-natives.

The findings of the study could be helpful for service providers to adopt appropriate measures to increase treatment retention.

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Thank you