International Journal of Research in Medical Sciences
Ogbogu PU et al. Assessment of the knowledge and practice of
DOI: 10.18203/2320-6012.ijrms20171304

ASSESSMENT OF TRAINEES' KNOWLEDGE AND PRACTICE OF PATIENT REHABILITATION IN THE UNIVERSITY OF CALABAR

Pascal Uche Ogbogu, Ofem Ofem

Department of Medical Rehabilitation, College of Medicine, University of Calabar, Calabar, Nigeria

Received: 27 Mar 2017, **Accepted:** 17 May 2017, **Revised:** 10 Jun 2017

Abstract

Background: Rehabilitation is a medical specialty that aims at restoring the functional ability of the individual. Medical rehabilitation is a discipline that focuses on the rehabilitation of patients with medical problems such as cardiac, respiratory, neurological, musculoskeletal, and other medical problems. Medical rehabilitation is a multidisciplinary approach involving medical practitioners, therapists, nurses, and others. Rehabilitation is a process of enabling people to maintain functional capacity and to recover from illness, injury, and disability, and to participate in society. Rehabilitation is a medical specialty that aims at restoring the functional ability of the individual. Medical rehabilitation is a discipline that focuses on the rehabilitation of patients with medical problems such as cardiac, respiratory, neurological, musculoskeletal, and other medical problems. The aim of medical rehabilitation is to restore the patient to the highest level of function and independence in the presence of impairment and disability. Medical rehabilitation is a multidisciplinary approach involving medical practitioners, therapists, nurses, and others. Although the practice of medical rehabilitation is relatively new in Nigeria, there is a growing demand for medical rehabilitation services. This study is aimed at assessing the knowledge and practice of medical rehabilitation among trainees in the University of Calabar.

Methods: This study was a cross sectional study. Data was collected using a self-administered questionnaire. The study population was all the medical students in the University of Calabar. Data was analyzed using Statistical Package for Social Sciences version 20. Results were presented in tables and charts.

Results: Knowledge of medical rehabilitation was poor. Only 30% of respondents had good knowledge of medical rehabilitation. Practice was also poor. Only 25% of respondents had good practice of medical rehabilitation. Lack of knowledge was the major factor that was responsible for poor practice of medical rehabilitation.

Conclusion: Knowledge and practice of medical rehabilitation among trainees in the University of Calabar was found to be poor. Medical rehabilitation should be taught to medical students and training programs should be established for medical rehabilitation practitioners.

KEY WORDS: Assessment, Knowledge, Practice, Rehabilitation, Medical, Trainees