

Physical Therapy education and profession in Pakistan



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Geography of Pakistan



The Land of Pure



- Population: 199,085,847 (6th largest country in terms of Population)
- 4 provinces, 4 territories
- Ethnically and linguistically diverse country
- 6 major provincial and 80 local languages
- National Language: Urdu
- Official Language: English/Urdu



Government Structure

- Democratic parliamentary federal republic
- Head of State
- Legislative
- Executive
- Federal Government
- Provincial Governments



Ministry of National Health Services Regulation and Coordination

- Federally regulated ministry
- Most of the programs and responsibilities of health ministry are transferred to provincial health departments in 2011

Physical therapy education in Pakistan

- The school of Physiotherapy was established in 1956 by the Federal Government, Ministry of Health & Social Welfare
- Higher Education Commission regulates the curriculum and entrance requirement.

Entrance Requirements

- F.Sc (12th grade) with pre medical subjects
- Entrance exam conducted by each university
- Government/ Private universities
- National testing service exam for PG courses

Physical therapy programs

- 26 institutes offer different programs in physical therapy
- Bachelor of Physiotherapy 4 year
- Master of Physiotherapy 2 year
- Doctor of Physical Therapy 6 (5+1) year
- M.Phil. of Physiotherapy 2 year
- Ph.D. in Physical Therapy 3-5 year

Sub Specialties in Master programs

- Musculoskeletal physical therapy
- Neuromuscular physical therapy
- Sports physical therapy
- Cardiopulmonary physical therapy

Regulation of Physical Therapy profession

- No central regulatory authority
- Higher education commission regulates the education quality and entrance.
- Pakistan Physical Therapy Association gives recommendations to head of departments of hospitals/universities regarding service structure, area of practices.

Area of scope

- Direct access
- Assess patients/clients
- Act as first contact/autonomous practitioners
- Treat (interventions, advice and evaluation of outcome)
- Act as first contact/autonomous practitioners
- Offer preventative advice/services
- Make a diagnosis (Physical)
- Medical diagnosis (DPT only)
- Medical Imaging (DPT only)
- Restricted prescription (DPT only)

Who can work as PT

- Graduate of HEC recognized program.
- No central registration required

Types of Employment

Public

- Hospitals
- Rehabilitation centers
- Disability specialized center
- Armed forces institutes

Private

- Hospitals
- Rehabilitation Centers
- Clinics

Professional Association

- Pakistan Physical Therapy Association
- Member of WCPT
- Represents the maximum number of Physical Therapists of the country.
- Supported by a system of committees, groups, regional chapters and the board of directors.

Comparison with Belgium

- No central regulatory authority in Pakistan
- 4 year bachelor is the minimum entry level degree
- Title not protected by Law; some time cause of misconduct
- Public health care system/delivery varies as per provinces/ area.
- PTs in Belgium don't have direct access, cannot diagnose, cannot perform restricted activities.

References

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