

## Burden of Stroke from Family to Country: Quality of Physiotherapy Requires Urgent Demand

Md Monoarul Haque<sup>1</sup>, Mohammad Shahadat Hossain<sup>2</sup> and Md. Anwar Hossain<sup>3</sup>

<sup>1</sup>Director, Research, Bangladesh Stroke Association

<sup>2</sup>Consultant, Physiotherapy, Popular Medical College Hospital

<sup>3</sup>Master of Public Health (Epi), State University of Bangladesh

**\*Corresponding Author:** Md Monoarul Haque, Director, Research, Bangladesh Stroke Association, Dhaka.

**Received:** October 18, 2015; **Published:** December 23, 2015

Stroke is a curse not only for the patients but also for the family eventually for the country. Day by day incidence of stroke is increasing in our country even young adults are affected now which is alarming because of their productive age. Sufferings after stroke have no bounds if he is the only earning member of the family. Gradually he becomes burden for the family due to disability. After certain period family members become depressed. Due to disability one or more family members have to look after the patient all the times. As a result family income goes down. The scenario is more vivid in rural area. It is observed that they have to sell their land property and domestic animals too. Sometimes they have to take loan from NGOs or from neighbors. Ultimately pressure goes on national economy. In Bangladesh no rehabilitation based hospital was formed where these patients can stay for long time to take physiotherapy, occupational therapy and speech & language therapy under one umbrella. Though some private physiotherapy clinics have run recently based on capital city Dhaka but it is insufficient in terms of demand. As stroke is not curable disease so effort should be given on prevention as well as rehabilitation to alter risk factors and minimize disability and try to make patients independent as much as possible otherwise we have to fall in false position in near future which is not desirable. Lack of country wise survey and research on stroke is another problem. Recently Bangladesh Stroke Association (BSA) in collaboration with Bangladesh Physiotherapy Association (BPA) has planned to conduct a country wise survey on stroke which initiative is really appreciable indeed. Secretary General of BPA stated that without appointment of physiotherapist in Government hospitals, medical colleges, district hospitals and other specialized hospitals it is not possible to rehabilitate stroke patients. According to World Health Organization (WHO) rehabilitation is an important component of health care. Rehabilitation is thought only one treatment option after completing emergency medical management. Our day to day practice we see that relatives of patients usually search for Physiotherapists for giving physiotherapy at home due to lack of physiotherapists in Government health care service level. As a result treatment cost goes up and sometimes reach beyond their capacity. As no controlling body like physiotherapy council or physiotherapy board exists in Bangladesh, some quacks are taking the chance and providing physiotherapy as home care services which makes patients more disable rather than able. Patients are expending money but they are not getting quality rehabilitative services. Bangladesh Physiotherapy Association is trying to stop malpractice by publishing awareness building messages in national newspaper but it is not enough. Initiative should come from policy making level where BPA can support. Establishment of Government Physiotherapy College with full facility based rehabilitation hospital is a demand of time to reduce burden of stroke patients.

**Volume 2 Issue 6 December 2015**

© All rights are reserved by Md Monoarul Haque., *et al.*

---

**Citation:** Md Monoarul Haque., *et al.* "Burden of Stroke from Family to Country: Quality of Physiotherapy Requires Urgent Demand". *EC Neurology* 2.6 (2015): 248.