

State of the Journal: 2008-2013

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Abstract

Aim : To review the research articles published in POTJ from 2008-2013. **Methodology:** **1.** Articles published from the year 2008-2013 where collected from the journals website, **2.** 94 articles were classified into 13 areas of practice, 6 types of studies and lastly level of evidence for research of design using Liebermann. D & Scheer. J's 'Level of Evidence' **Results:** **1.** Of the 94 studies, only 27% were qualified as level 1 of evidence studies. **2.** Just 3% of the studies were of review type of studies. **3.** Musculoskeletal & Neurology area of practice contribute to almost 59% of the articles. **Conclusion:** Effectiveness studies contributed majorly (approximately 44%) to the journal in 5 years. However, a proportionate research on other wide areas of practice is encouraged.

Introduction

It has been almost 50 years, but still the two sister professions are not been recognized in India's health policy despite of their great relevance. Thus, there is a need to uplift our self with research based attitude and prove our efficacy via evidence based practice.

Research & Evidence based practice is the need of the day. There has been an enormous change in health care as well as the societal structure over the past few years. According to the investment commission of India, the health care sector has experienced a phenomenal growth of 12% per annum in last 5 years due to changing demographics', diseases profiles and the shift from chronic to lifestyle diseases in the country¹. Successful professions plan wisely and determine their own destinies². Thus, we as a profession need to provide strong evidence that substantiates the efficacy and value what we do.

Over the last decade, Physiotherapy & Occupational Therapy Journal (POTJ) has slowly but gradually developed as one of the leading journal in field of Physiotherapy & Occupational Therapy in

India. It has developed into solid research journal increasingly disseminating evidence based research able to inform practice. It is now indexed/ listed for its availability on many of the significant database³. Hence, it is the need of an hour that the professionals should contribute heavily to the field of research with quality papers and thus enrich the journal with articles from a wide spectrum of research areas.

Aim of the study

The aim of the review is to analyze the published articles on basis of –

- Level of evidence
- Type of study
- Area of practice

Methodology

Articles available online on journals' website, published in Physiotherapy & Occupational Therapy Journal from 2008-2013 were taken up for the review. These articles were classified on basis of Sharon Gutman⁴ classification of type of study (Table no. 1). Further to analyze the level of evidence, the articles were reviewed on basis of their research design using Liebermann. D & Scheer. J's 'Level of Evidence'⁵ (Table no. 2). Lastly, articles were classified according to their area of practice (Table no. 3).

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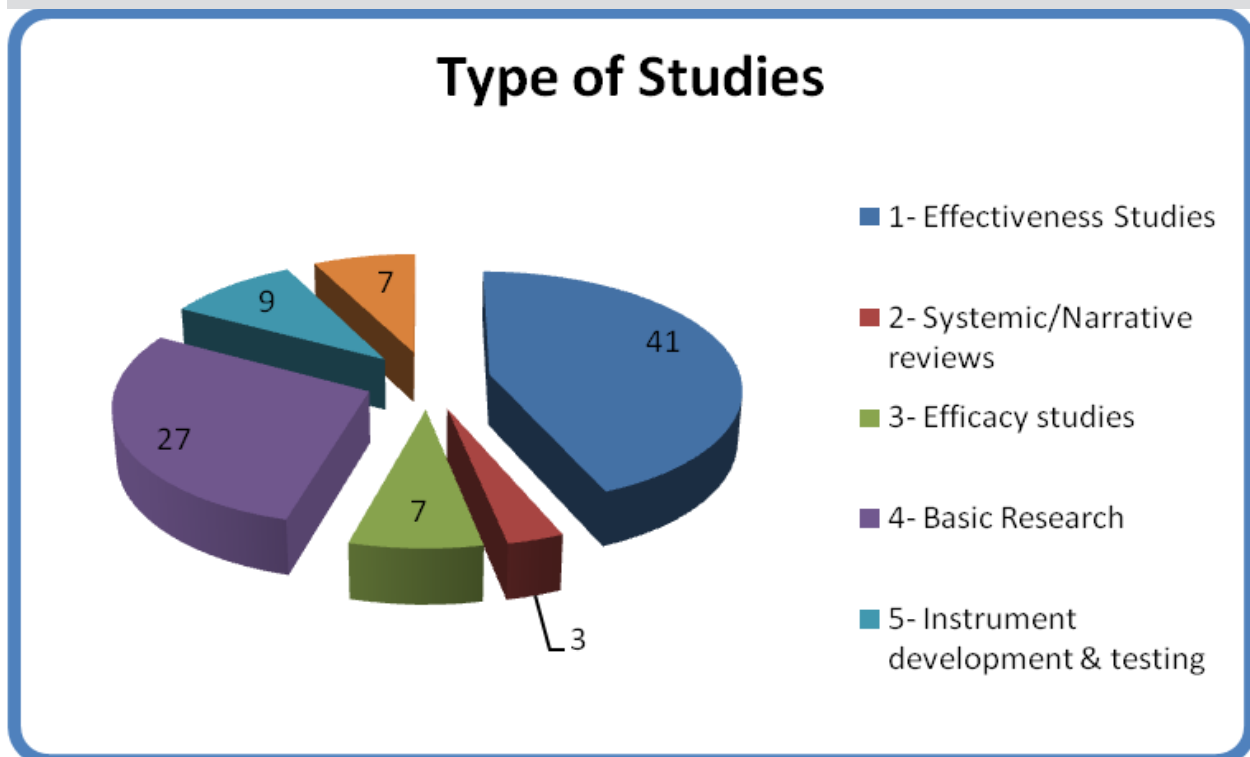
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Data Analysis

Table 1: Type of studies in POTJ, 2008-2013

Fig. 1 : Type of studies result



The above table no. 1 & graph 1 represents the type of studies in POTJ from 200-2013. Out of 94 studies been published in journal 44% were

effectiveness studies while only 3 % of the studies were review type. Basic research accounted around second highest criteria with 29%.

Table 2 : Level of Evidence of studies in POTJ, 2008-2013

Level of evidence	No.of studies	Percentage of studies
I- Systemic Reviews, Meta-analyses & Randomized Controlled Trials	26	27
II-Two groups, non randomized studies	12	13
III- One group, non randomized	11	12
IV- Descriptive studies	28	30
V- Case report, Narrative studies	17	18
Total	94	100

Fig. 2 : Level of Evidence

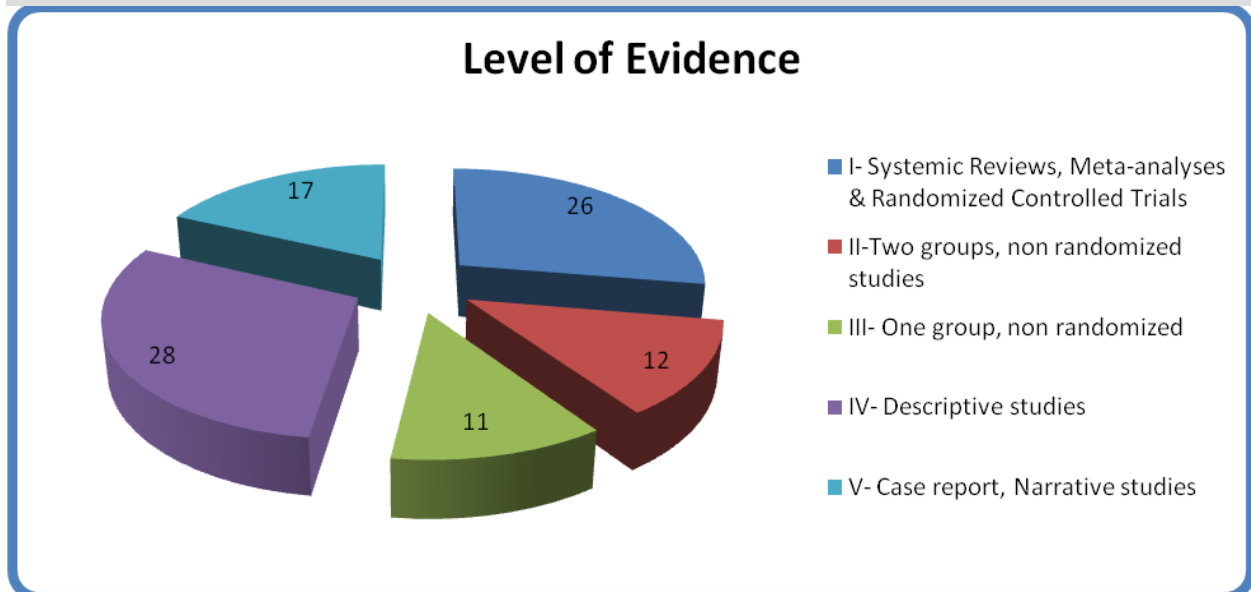


Table no. 2 & graph 2 represents level of evidence of the studies in POTJ from 2008-2013 where the highest level of study was descriptive study i.e. Level 4

accounting to 30% followed by level 1 which is 27% lastly 12% of level 3.