

WORLD PHYSIOTHERAPY DAY

E-SCIENTIFIC POSTER COMPETITION

15TH September, 2023

Objective:

- To provide audiences with a clear, accurate understanding of scientifically valid findings
- To provide an efficient and succinct form of communication.
- To promote student research efforts, sharpen student presentation skills and lead to increased visibility within the research community.

Description:

In 1996, 8 September was designated as World Physiotherapy Day. This is the date World Physiotherapy was founded in 1951. The day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognize the work that physiotherapists do for their patients and community. Using World PT Day as a focus, World Physiotherapy aims to support member organizations in their efforts to promote the profession and advance their expertise.

Reports from around the world indicate that World Physiotherapy Day activities have a positive impact on the profession's profile and standing with both the public and policy makers.

In 2023 the day will focus on arthritis, with an in-depth look at some forms of inflammatory arthritis, including rheumatoid arthritis, Psoriatic arthritis, Ankylosing spondylitis, Osteoarthritis, Juvenile idiopathic arthritis, Gout etc.

This day was celebrated at Banarsidas Chandiwala Institute of Physiotherapy (GGSIPU) on 15th September, 2023. As a part of celebration, an E- Scientific poster competition was organized for the student of various Physiotherapy Institutes and Universities.

All students interested in participating for this competition were asked to register themselves by filling a google form. Entry fee of Rs 100/- was paid by the participants. Entries were accepted from different Physiotherapy Institutes and Universities. The Interested participants were asked to submit their abstract according to the guidelines mentioned in the poster, latest by 12th September. The theme for E- Scientific poster presentation was "Role of Exercises in Inflammatory Arthritis". 19 participants were selected and given a poster code. Participants presented their poster online via google meet platform. According to the guidelines, each participant was given 5-7 min for presentation. Winner of this competition was declared on the basis of score obtained on the evaluation sheet. Each poster was scored on 9 items score sheet. Each item was given a score of 5. The items were as follows: Originality of work, Aesthetics of display, Clarity of display, Clarity of presentation (was the presentation easy to understand, were difficult concepts explained clearly, was sufficient background information provided), Scientific merit (Scientific methodology, Appropriateness of study design, Substantive Contribution to knowledge field), Knowledge (Overall content knowledge- can the presenter think beyond the work presented?), Time management.

Tanishka and Aditi with poster code BCIP/WPD/PP/08, from Batch 2022 secured the first position as per the judging criteria on 15th September 2023. Overall, it was a fruitful and zealous

event where every student participated with utmost enthusiasm and showed innovative ways and out of box thinking for poster presentation.

BANARSIDAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY
 Affiliated To G.G.S. Indraprastha University, NAAC A++, Approved by DCPTOT
 Maa Anandmai Marg, Kalkaji, New Delhi-110019

WORLD PHYSIOTHERAPY DAY
E- SCIENTIFIC POSTER COMPETITION
 ON **15th SEPTEMBER**

REGISTRATION FEE- Rs 100/-

CERTIFICATE FOR PARTICIPANTS

EXCITING PRIZE FOR WINNERS

UG Category
 TOPIC:
Role Of Exercises In Inflammatory Arthritis

LAST DATE OF SUBMISSION- 12th September

GUIDELINES FOR ABSTRACT SUBMISSION

- Font style should be Times New Roman
- Must include main heading, introduction, method, result and conclusion.
- Topic should not have been presented/ published anywhere else
- The abstract is logical, interesting, clearly written, and free of grammatical or typographical errors.
- Use a word count of 250 words or less for Abstract text.
- Include a title of 12 words maximum.
- Mention name of Authors (Primary author followed by co- author).

ACCOUNT DETAILS:
 BANK NAME: YES Bank Ltd, BENEFICIARY NAME: BCIP
 ACCOUNT NO. 02089460000024, IFSC CODE: YESB000208

FOR QUERY CONTACT: 9999561450, 8447617085

ABSTRACT SUBMISSION AT:
 nitika.roy@bcip.ac.in

The screenshot shows a Google Meet interface with a presentation slide titled "INFLAMMATORY ARTHRITIS". The slide is presented by Areesha Khalid, a 3rd-year BPT student, guided by Dr. Aatika Khan (PT). The slide content includes:

- What is Inflammatory Arthritis?**: Inflammatory arthritis includes a group of conditions whereby the body's immune system begins to attack the spaces of joints instead of germs, viruses and other foreign substances. This can result in stiffness, pain and joint damage. The most common forms of inflammatory arthritis are rheumatoid arthritis (RA), ankylosing spondylitis and psoriatic arthritis.
- Epidemiology**: The overall prevalence is 0.5-1% and the disease is 2-3 times more common in women. Often is generally in individuals, smoking is the risk factor.
- Signs And Symptoms**: Includes joint pain, swelling, redness, and morning stiffness.
- Physiotherapy Interventions**: Includes exercise therapy, manual therapy, patient education, thermal modalities, TENS, heat/cold, and mobility aids training.

The meeting interface shows a list of participants on the right, including Mohd Asif, Anaya Mandlik, Anshita Jose, Areesha Khalid, Ayush Kumar, Barbile, Deepanshi Srivastava, Hamid Sana, Harshita Shah, and JupanJot Singh. The bottom of the screen shows the Windows taskbar with the time 11:18 AM and date 15-09-2023.

Google Account | Meet - wqh-oovt-zsr | Inbox (3,701) - nikhara95@gmail.com | Meet - wqh-oovt-zsr

meet.google.com/wqh-oovt-zsr

Rishan Mathur (Presenting)

Exercise can help reduce inflammation and improve overall health.

Methodology

The research studies reviewed in this poster used a variety of methods. Some studies used randomized controlled trials, while others used observational studies. The participants in these studies had a variety of inflammatory arthritis conditions, including rheumatoid arthritis, inflammatory myopathias, and ankylosing spondylitis. The interventions used in these studies also varied, but they typically involved aerobic exercise, strength training, or a combination of both.

Exercise Recommendations For Rheumatoid Arthritis

- Aerobic exercise: It is recommended to perform a low-impact range of motion exercise for 30 to 60 minutes daily, with 10 to 15 repetitions for each joint. (2)
- Strength training: Exercise exercises using a low to moderate load of high repetitions are recommended. (2)

Exercise Recommendations For Ankylosing Spondylitis

- The combination of low-impact aerobic exercise and strength training is recommended. (2)
- In the lower back, the inflammation group, consisting of patients with prolonged morning stiffness and morning pain, and the control group, which consisted of patients with no morning stiffness, were both equally supported by 12 weeks. (2)
- The combination of low-impact aerobic exercise and strength training was more effective in the inflammation group and 12 weeks, while the combination of low-impact aerobic exercise and strength training was more effective in the control group over 12 weeks. (2)

Evidence-based exercise outcomes in inflammatory diseases

Arthritis Type	Exercise Type	Outcome	Significance
Rheumatoid Arthritis	Aerobic	Improved	Significant
Rheumatoid Arthritis	Strength	Improved	Significant
Ankylosing Spondylitis	Aerobic	Improved	Significant
Ankylosing Spondylitis	Strength	Improved	Significant
Inflammatory Myopathias	Aerobic	Improved	Significant
Inflammatory Myopathias	Strength	Improved	Significant

Conclusion

Exercise is an important part of managing inflammatory arthritis. It can help to reduce pain, improve range of motion, strengthen muscles, boost mood, reduce inflammation, and improve overall health.

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IN MEETING

Contributors 21

- Mohd Asif (You) Meeting host
- Anaya Mandlik
- Anshita Jose
- Aneesha Khalid
- Ayush Kumar
- Barbie
- Deepanshi Srivastava
- Hamid Sana
- Harshita Shah
- Himani Arora
- Jupanjot Singh

11:09 AM | wqh-oovt-zsr

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sarah anjum (Presenting)

Exploring Diverse Physiotherapeutic Strategies for

1 / 1 36%

Exploring Diverse Physiotherapeutic Strategies for

PERIARTHRITIS

BY : SARAH ANJUM BPT 4TH YEAR, JAMIA HAMDARD UNIVERSITY

INTRODUCTION

- Inflammation of the rotating tendons of the arm.
- Activity limitation up to stiffness in GH joint.
- Rheumatic disorder.

GOALS

- Relieve pain,
- Increase strength and stability,
- Fight inflammation and fibrosis development,
- Improve joint mobility and function

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IN MEETING

Contributors 24

- Mohd Asif (You) Meeting host
- Anaya Mandlik
- Anshita Jose
- Anurag Singh
- Aneesha Khalid
- Ayush Kumar
- Barbie
- Bob 2nd Yr
- Hamid Sana
- Harshita Shah
- Himani Arora

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