

Implementation of Standard Physiotherapy Service Policies In Puskesmas: Literature Review

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Abstract

The growing prevalence of non-communicable diseases (NCDs) such as hypertension, stroke, diabetes, joint disorders, lack of physical activity, injury, and disability has resulted in an increasing need for physiotherapy services within healthcare facilities, especially at community health centers. Despite many unresolved public health issues, the rise of NCDs continues to pose significant challenges. According to the Minister of Health Regulation No. 65 of 2015, physiotherapy services are crucial in primary healthcare as part of promotive and preventive efforts, without neglecting curative and rehabilitative functions. This study aims to highlight the importance of physiotherapy in community health centers in providing both preventive and supportive care to address the public's increasing healthcare demands. The findings emphasize the strategic role of physiotherapists in disease prevention and health promotion at the primary level. The novelty of this research lies in its focus on the integration of physiotherapy into primary care services as a proactive approach to managing NCDs. The contribution of this research is to support healthcare policy and practices that prioritize physiotherapy services to improve public health outcomes, particularly in the prevention and management of NCDs.

Keywords: physiotherapy, services, community health center

INTRODUCTION

Physiotherapy is a health science that plays an active role in improving the health status of Indonesia, especially for problems related to disorders, functional limitations and disabilities in its jurisdiction (Syafitri & Permanasari, 2019). Physiotherapy is a health service aimed at individuals and/or groups that aims to develop, maintain, and restore movement and function throughout life through manual therapy, motion enhancement, equipment (physics, electrotherapy and mechanics), functional training and/or communication. (Permenkes No. 80 of 2013, Article 1).

Physiotherapy plays an important role in health service programs both at the primary and secondary levels. In primary (primary) health services, physiotherapists can be included as core team members and play a role in health services by prioritizing development and maintenance services through promotive and preventive approaches, not to mention recovery with curative and rehabilitation approaches. At the same time, physiotherapists treat a wide range of

neurological and muscular disorders, cardiovascular diseases, lung diseases with the highest level of service (Manurung et al., 2020).

Physiotherapists play a role in the treatment of acute, chronic, preventive, early occupational musculoskeletal injuries, in the transformation and rehabilitation of individual work and are required to ensure that services/initiatives are delivered in a comprehensive and human-friendly manner. , community and environment (Nasution et al., 2020).

The increase in non-communicable diseases is most common in people over 65 years old, such as hypertension from 25.8% to 34.1% and stroke from 7 to 10.9 per thousand. Diabetes does not only affect the elderly, diabetes over the age of 15 years also increases from 6.9% to 8.5%. In addition, the prevalence of joint disease in the age group over 15 years increased by 7.3%, supported by an increase in physical inactivity for 10 years from 26.1% to 33.5%. In addition, injuries affecting daily activities increased from 8.2% to 9.2%, and the average disability in children aged 5-17 years increased to 3.4% and in adults aged 18-59 to 23.08% (Shakya et al., 2024).

Before physical therapy services were available, patients who received physical therapy services at health centers, such as patients with occupational neuromusculoskeletal stroke (HNP), had to seek treatment or be referred to the hospital where the procedure was performed. Sometimes it is quite complicated (Tawiah et al., 2020). In the BPJS era, patients who are treated at the Parish Health Center at the referral hospital must be referred back to the referral health center, while physiotherapy services require many procedures, making it very troublesome for patients who are near distant health centers. Where far away there is a public hospital that takes about 4-5 trips. If Puskesmas services can be optimized through preventive and promotional efforts in the field of physiotherapy, it will certainly shorten people's trips to hospitals, reduce queues can also prevent further diseases, because treatment is given at an early level (Alnaqbi et al., 2021).

The availability of physical therapy services at the Puskesmas has the desire to innovate that supports public and individual health work and acts as a catalyst for change so that the community becomes healthier, better and more productive. By integrating physiotherapists into health services, it turns out that it can improve the quality of services, and the presence of physiotherapy services in Puskesmas has its own role, especially at the promotive and preventive level. . as direct access to treatment and rehabilitation services (Shaw et al., 2018).

In Indonesia, the physiotherapy system as a health service is still very young. This system is constantly growing and evolving. Dimensions/approaches of services and scope of services, as well as the scope of other health services. This is in line with the statement of the WCPT (World Confederation of Physiotherapists) that physiotherapy can play a role in public health efforts in Indonesia. Although it is known that currently public understanding and awareness of the importance of physiotherapy services in the community is still weak. (5) Meanwhile, the results of (Black et al., 2016) research show the role of physiotherapy. in the promotion of physiotherapists. Health, Physiotherapists are able to provide physical activity (91.3%), maintain a healthy weight (73%) and try to quit smoking (51.3%). The availability of physical therapy services in Puskesmas in Indonesia is relatively new, the problem is almost the same, physical therapists have not been able to provide optimal services to both UKP and SMEs because they do not have enough space and physical infrastructure. and non-physical they do not have uniform instructions and there is no clear list of functions.

The increase in non-communicable diseases (NCDs) such as hypertension, diabetes, joint disorders, and disabilities, especially among the elderly, presents a growing public health challenge. With limited access to physiotherapy services at community health centers (Puskesmas), there is a need for innovative healthcare delivery approaches that include promotive, preventive, and rehabilitative care to address this burden. The availability of physiotherapy services at Puskesmas can play a significant role in reducing the healthcare strain caused by NCDs by offering early treatment and preventive care. However, the current infrastructure and resources available to physiotherapists in Puskesmas are insufficient, highlighting the need for research to assess the role and impact of physiotherapy services in these centers.

This study aims to assess the role and effectiveness of physiotherapy services at Puskesmas, focusing on the promotive and preventive care of non-communicable diseases. Specifically, it seeks to identify the challenges faced by physiotherapists in providing optimal services and explore solutions to improve their contribution to public health efforts. Additionally, the study aims to examine how integrating physiotherapy services at the Puskesmas level can enhance early disease detection, treatment, and prevention, ultimately improving the quality of life for patients.

The novelty of this research lies in its focus on the integration of physiotherapy into primary healthcare services at Puskesmas, which remains relatively new in Indonesia. The study will evaluate the role of physiotherapists in promoting public health, offering direct access to treatment and rehabilitation services, and improving preventive healthcare approaches at the community level. This research provides a unique perspective by assessing both the promotive and preventive roles of physiotherapy, areas that have not been sufficiently explored in Indonesia's healthcare system.

This research will contribute to the development of more effective physiotherapy services in community health centers, offering insights into the challenges and opportunities for improvement. By identifying the critical gaps in the current system, the study will propose strategies to optimize physiotherapy services in Puskesmas, thereby reducing hospital referrals and healthcare costs. Furthermore, the findings can guide policy decisions and promote the wider adoption of physiotherapy as a core element of primary healthcare in Indonesia, contributing to the overall enhancement of public health outcomes.

METHODS

This study uses a literature review method. A literature review is an integrated analysis (not just a summary) of scientific writings that are directly related to the research question. This means that the literature shows that there is a correspondence between the writing and the research questions formulated. If needed, a literature review can be a separate article or an introduction to a larger research article. (University of West Florida, 2020). Articles from peer-reviewed scientific journals are limited by inclusion and exclusion criteria, and journal articles cover the last 10 years, i.e. 2013-2023.

Articles will be reviewed if they meet the following inclusion criteria: (i) study patients receiving physiotherapy services at local health centres aged 3 - and gt; 21 years The research paper will be rejected if the author meets the following exclusion criteria (i) the research uses a systematic evaluation method, (ii) the scientific journal is under 2013, (iii) the subject refuses to

participate. Authors Get information from journal databases such as Google Scholar Addressing. The authors agree on the influence of each article on the effect of the intervention of the research sample or not. As a summary of information, the author made an article based on the summary

Study subjects, age and gender of participants, type of intervention administered (and in terms of frequency, duration of intervention and measures of effectiveness). The research instrument used:

Interview: Interview is one of the research data collection techniques. Interviews are two-way interactions to obtain information from relevant respondents. It can also be said that an interview is a face-to-face conversation between the interviewer and the interviewee, where the interviewer asks questions directly about a topic that has been researched and planned in advance. The interview chosen by the researcher is a semi-structured interview. According to (Sugiyono, 2019), this type of interview is included in the category of in-depth interviews, where semi-structured interviews are conducted with questions compared to structured interviews, but still follow interview guidelines.

Observation: One of the techniques that can be used to find or study nonverbal behavior is the use of observation techniques. According to (Sugiyono, 2018), observation is a data collection technique that has special characteristics compared to other techniques. Observations are not only limited to humans, but also to other natural objects. Through observation, researchers can learn about their behavior and meaning.

Purposive Sampling: a technique of sampling data sources with certain considerations that are considered to know the most about what to expect so that it will make it easier for researchers to explore the social situation in the field.

RESULTS AND DISCUSSION

Based on the results of the recapitulation to 5 journals of previous researchers regarding patient satisfaction with physiotherapy services

Table 1. Results of Literature Studies
Author Year of the method of measuring the results

Heading	Writer	Year	Method	Measuring Instruments	Research Results
Analysis Of The Implementation Of The Physiotherapy Service Standard Policy Based On The Minister Of Health Regulation Number 65 Of 2015 At The Health Center In The Working Area Of The Padang Panjang City Health Office	(Widowati, 2020)	2020	This research is a qualitative research with a phenomenological approach.	interview	Based on the results of the study, it is known that inputs such as policies on Permenkes Number 65 of 2015 have never been socialized, physiotherapy personnel have not existed, the availability of funds, and infrastructure facilities are inadequate. In the process of implementing the physiotherapy service policy at the Puskesmas, there are no physiotherapists involved

<p>Analysis Of Physiotherapy Services In Health Service Efforts In The Dki Jakarta Regional Health Center</p>	<p>(Syafitri & Permanasari, 2020)</p>	<p>This study uses a qualitative research method through a phenomenological approach</p>	<p>Primary data collection was obtained from the results of interviews</p>	<p>in the Puskesmas program. And the output obtained, Permenkes Number 65 of 2015 has never been socialized by the Government so that there has been no planning and application of manpower, funds, facilities and infrastructure to carry out Physiotherapy services at Puskesmas. The conclusion of this study is that all health centers in Padang Panjang City have never received policy socialization on Permenkes Number 65 of 2015 so that there has been no implementation of physiotherapy services in health centers</p>
				<p>Based on the results of the study, a comprehensive picture of the health performance of physiotherapy services in urban health centers was obtained, namely. The provision of medical services is prioritized over promotive and preventive measures. Physiotherapy services at health centers are regulated by the direction of the head of the health center referring to the Regulation of the Minister of Health No. 75 of 2014. Only 3 parish health centers carry out public health activities in collaboration with physiotherapy services in urban health centers, and some even only provide individual services. This study recommends the</p>

					addition of 1 (one) physiotherapist staff to assist with off-site physiotherapy services and physiotherapy organisations to create specific public health training to support physiotherapy skills.
Effectiveness of Availability of Physiotherapy Services at Bukit Indah Health Center, Muara Papalik District, Tanjung Jabung Barat Regency, Jambi Province	(Suherman et al., 2023)	2023	In this study, the researcher uses a descriptive type of research using a qualitative approach	The data that will be used in this study can be distinguished into two types, namely primary data and secondary data. Primary data related to the focus of the research were conducted interviews and observations	The results of the study show that investment effectiveness, human resources meet standards, there is still a shortage of space, equipment and resources. Patients who need physiotherapy services are included in the first ten diseases in the Health Center. In terms of process, physiotherapists are involved in the implementation of service programs, but are still integrated with other programs. In terms of output, the availability of physiotherapy services at the Bukit Indah Health Center in the work area of the Health Center has brought benefits, but the type of service still needs to be improved. The results of this study can be transferred to health centers that have similar characteristics
Implementation of Permenkes 65/2015 (physiotherapy service standards) and Permenkes 43/2019 (Puskesmas) for the East Java Region	(Hargiani et al., 2022)	2022	This research uses a descriptive qualitative method	In this study, sampling is non-probability sampling with the type of Purposive Sampling	The results of the study concluded that most informants interpreted physiotherapists as health workers who were included in the referral service, namely hospitals and rehabilitation services. Not all informants understand physiotherapy services in urban health centers, because Permenkes 43 of

<p>Physiotherapy practices in primary health care</p>	<p>(Bim et al., 2020 2021)</p>	<p>This research is a qualitative research</p>	<p>Interviews and methodological frameworks for analytical discourse</p>	<p>2019 concerning urban health centers states that there are no physiotherapy personnel. Meanwhile, the concept of rehabilitation is interpreted as secondary and even tertiary services. Puskesmas services are primary services that are more promotive and preventive. The informant argued that the availability of personnel at the Health Center depends on the policies and also the needs of each region. Because the addition of Puskes staff affects the budget and regional competence, there is no clear list of service activities. In the revision of the Minister of Health document 65/2015, it is clearly stated that urban health centers have physiotherapy services, but in Permenkes 43/2019 there is no clear mention of physiotherapy</p>
				<p>Based on the results of the study, the standard work routine of physiotherapists involves specific treatment of individuals, group work, and home visits. This routine establishes days of home visits, group physiotherapy days, and scheduled individual sessions. Other activities are also part of the routine, which varies from professional profile, relationship with health unit management, FHS and NASF teams, as well</p>

as characteristics of the population being treated. Municipal physiotherapists often prioritize individual sessions due to many spontaneous requests from patients. This approach typically involves assessment, goal setting, and treatment planning. Self-care and shared responsibility in medicine are highly recommended. After the consultation, the patient can make a return appointment with the physiotherapist, referred for functional group activities and to a medium connected to the complexity clinic. Due to the high demand for individual physiotherapy in Puskesmas, the focus of the practice is more on treatment and rehabilitation than on health promotion and prevention: I think about 80% of these practices are medication, with about 70% rehabilitation and 30% promotion. However, some professionals use consultation for health education purposes: Because most societies require individual assessments, guidelines are given individually.

Discussion

Physiotherapy is a healthcare service that deals with a person's potential paralysis or impaired movement caused by illness, injury, or postural disorders. Physiotherapy methods, not drugs, but tools that use physical sources such as ultrasound (sound waves), microwave diathermy, short wave diathermy, shock wave diathermy, laser therapy, infrared radiation, as well as manual and mechanical treatment methods (traction) and bandages.

Physiotherapy methods continue to evolve in accordance with technology and science, based on scientific families and injuries related to functional movements of the body. (Permenkes

65/2015). Physiotherapy staff are part of the physiotherapy group as physiotherapists. (Law 36/2014). Puskesmas are health services organized by the state, local governments, and/or communities that provide promotive, preventive, curative, and rehabilitative health services. Puskesmas organizes public health work and single-level individual health work, with an emphasis on promotion and prevention work in their fields. (Permenkes 43/2019) There are two types of health efforts, namely UKM (Public Health Efforts) and UKP (Individual Health Efforts).

The type of UKP is the treatment of clinical cases, that is, the treatment of medically diagnosed movement and functional disorders: sciatica, osteoarthritis, hemiparesis, growth and development disorders, dizziness, low back pain, piriformis syndrome, carpal tunnel syndrome, muscle pain, frozen shoulder, tendinitis. , betting, wrist injuries, osteoporosis. Physiotherapy targets the person according to his or her problem. Since the Ngawi Regency Health Center has actual physiotherapy services, policymakers must consider the synchronization of relevant laws and regulations. Physiotherapy services of Permenkes 65/2015 are recorded in urban centers, but physiotherapy services of Permenkes 43/2019 in urban health centers are still minimal. According to one of the informants, the synchronization of regulations at the central level makes it easier to implement in the regions. If the Puskesmas can be optimized in the field of preventive and promotive physiotherapy, it will certainly bring community services closer to hospitals, reduce queues and also prevent the development of new diseases, because treatment is carried out at the primary level.

CONCLUSION

Regulation of the Minister of Health 65 of 2015 concerning the standard of physiotherapy services, especially in regional health centers in East Java, is still very low, namely in 62 out of 968 health centers (6.4%). Regulation of the Minister of Health 43 of 2019 concerning Health Centers does not yet cover physiotherapy officers so that laws and regulations related to physiotherapy services have not been synchronized. From the health services provided in the field of physiotherapy services at the Jakarta Health Center, it can be seen that the role of policy-based physiotherapy services is to provide individual health services at UKP. The provision of public health services and physical therapy services at the health center can be carried out based on the policies and authority of the person in charge of the program manager which is followed by physical therapy expert staff.

However, currently there is still a lack of political forums for physiotherapy services in the provision of public health efforts, and the dominance of individual health interventions in health centers and the lack of human resources for physical therapists in health centers have reduced the role of physiotherapists in health centers. physical. therapeutic services in the community. Puskesmas can provide public health services.

The availability of physiotherapy services at PKM Bukit Indah also supports the implementation of the service process. The output obtained is the availability of physiotherapy services at the Bukit Indah Health Center that can be benefited by the user base, for example, the routine elderly physiotherapy service program can run well.

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