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Knowledge and Attitudes of Physiotherapists Toward Promoting Pulmonary Rehabilitation in Patients with Chronic Obstructive Pulmonary Disease: A Cross-Sectional Study in Lahore, Punjab, Pakistan**Zeshan Alvi**

Pakistan

Background: Pulmonary rehabilitation (PR) is a key evidence-based intervention recommended for patients with Chronic Obstructive Pulmonary Disease (COPD). Physiotherapists play a central role in the delivery and promotion of PR; however, limited evidence exists regarding their knowledge, attitudes, and self-efficacy toward PR in Pakistan.

Objectives: To assess the knowledge, attitudes, and self-efficacy of physiotherapists regarding the promotion of pulmonary rehabilitation in patients with COPD.

Methods: A cross-sectional study was conducted among physiotherapists working in hospitals, outpatient clinics, rehabilitation centers, and community healthcare settings in Lahore, Punjab, Pakistan. One hundred physiotherapists were recruited using convenience sampling. Data were collected using a structured questionnaire assessing knowledge, attitudes, and self-efficacy related to pulmonary rehabilitation. Descriptive statistics were used for data analysis.

Results: A total of 100 physiotherapists participated in the study. Females comprised 65.6% (n=65) of participants, while males accounted for 34.4% (n=34). Knowledge scores ranged from 0–16, with 64% of respondents scoring between

9 and 13, indicating moderate knowledge levels. Attitude scores ranged from 0–35, with 58% scoring between 25 and 28, reflecting positive attitudes toward PR promotion. Self-efficacy scores ranged from 0–400; however, only 17% of participants achieved scores ≥ 280 , suggesting limited confidence in implementing pulmonary rehabilitation interventions.

Conclusion: Physiotherapists demonstrated moderate knowledge and positive attitudes toward pulmonary rehabilitation for COPD management; however, self-efficacy levels were comparatively low. These findings highlight the need for targeted professional training, continuing education programs, and increased clinical exposure to strengthen the implementation of pulmonary rehabilitation services in Pakistan.

Biography

Dr. Zeshan Alvi is a healthcare professional from Pakistan with a strong interest in advancing medical research, clinical practice, and knowledge sharing. He is committed to improving patient care through evidence-based approaches and actively participates in scientific conferences to exchange ideas, present research, and collaborate with experts from around the world.