A Narrative Review of Compliance and Outcomes for Physical Therapy in Minority Population
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INTRODUCTION
- The purpose of this narrative review is to identify variables that impact compliance/retention to physical therapy services, more specifically in non-white/low SES populations
- There is existing research about the impact of ethnicity and SES in health care, but little research has been done examining the effects of ethnicity and SES in PT
- This information can be used to provide education and cultural competence training for clinicians that will, in turn, increase compliance and adherence to physical therapy interventions
- Hypothesis: PT patients of non-white ethnicity and lower SES will have lower compliance/retention in treatment due to decreased amount of treatment options and quality of care during physical therapy intervention

METHODS
- Literature search and back searching was performed from 07/20- 03/21 in Academic Search Premier, CINAHL, MEDLINE, and PubMed
- Search terms included: physical therapy, adherence, compliance, retention, patient, demographic, access, utilization, ethnicity, race, culture, socioeconomic status, SES, USA, and United States
- Identified a total of 152 potential articles for screening, of which 16 met our inclusion/exclusion criteria.
- We identified common themes throughout the articles and paired them to the Health Belief Model (HBM)

Minorities and low socioeconomic individuals receive worse PT care and have worse outcomes

CONCLUSIONS
- Increased emphasis on advocacy and cultural competency can result in better utilization of physical therapy services by non-white ethnicities and low-socioeconomic populations through a reduction in perceived barriers and perceived threats.
- Patient education is an effective way to improve perceived benefits, which will, in turn, improve patient compliance and retention.
- Additional research needs to be done in this area

LIMITATIONS
- Limited research specific to physical therapy that examines ethnicity/SES in regards to patient outcomes

REFERENCES

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