

## **PP 50: Knowledge, attitudes, and barriers towards evidence-based practice among government sector physiotherapists in Sri Lanka**

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**Introduction:** Implementing Evidence Based Practice (EBP) in government hospitals will be useful for the patients as they can receive the best available treatment with the best possible clinical outcomes which also improves the reputation of the government hospitals.

**Objectives:** Aim of this study was to assess the knowledge, attitudes, and barriers toward EBP among government hospital physiotherapists in Sri Lanka.

**Methods:** A cross sectional descriptive study was conducted among 264 physiotherapists in 39 government hospitals in Sri Lanka between the periods of 18th November to 23rd December 2019. A pre-tested self-administered questionnaire was used to gather information on Knowledge, Attitudes and Barriers.

**Results:** Among the 264 physiotherapists who participated in the study, 1.5% (n=4) had poor knowledge, 22.7% (n=60) had average knowledge and 75.8% (n=200) had good knowledge. Attitudes towards EBP were positive among 87.9% (n=232) while 11.7% (n=31) had neutral attitudes and 0.4% (n=1) had negative attitudes towards practice of EBP. The main barriers to practicing EBP were identified as insufficient resources, insufficient number of physiotherapists in the service, lack of facilities, lack of time and lack of practice.

**Conclusions:** Physiotherapists in Sri Lanka had positive attitudes and good knowledge towards EBP, and they are inclined towards incorporating evidence into their clinical practice.

**Keywords:** Physiotherapists, evidence based practice, knowledge, attitudes, barriers