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ABSTRACT BOOK



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Qualitative Study of The Perceived Barriers to Home-Based Rehabilitation Adherence Among Patients with Knee Osteoarthritis at SASMEC @IIUM

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ABSTRACT

Introduction: Many knee osteoarthritis (OA) patients perceive physiotherapy as a formal hospital-based session rather than a self-managed home routine. Poor adherence to provided home-based rehabilitation materials (pamphlets/videos) hinders OA management effectiveness. This underutilisation of a key intervention prevents slowing disease progression and improving function. This qualitative study aims to explore those perceived barriers to home-based rehabilitation adherence among knee OA patients at SASMEC @IIUM. **Materials and methods:** A qualitative study was conducted using purposive sampling involving 10 patients with knee osteoarthritis attending the orthopaedic clinic at SASMEC @IIUM. A qualitative study used purposive sampling of 10 knee osteoarthritis patients (aged 40-70, Kellgren-Lawrence grade ≥ 2 , prescribed home exercises) from the orthopaedic clinic at SASMEC @IIUM. Data were gathered through semi-structured interviews in Malay by two IIUM Kuantan medical students, supervised by a sports medicine specialist, focusing on exercise adherence barriers and potential supportive interventions. All interviews were audio-recorded, transcribed verbatim, and analysed thematically using NVIVO Software. **Results:** The most frequently mentioned barriers were in the themes of the social and environmental and psychological barriers, namely, patients' time constraint and lack of motivation, followed by physical barriers, which are pain and discomfort. The patient also provided their opinions and recommendations on future digital applications for home-based rehabilitation. **Conclusions:** Patients indicate that both personal factors and factors related to healthcare professionals play an important role in non-adherence to home-based exercise. Understanding patients' challenges in adhering to rehabilitation is essential for developing targeted interventions that enhance outcomes and care quality.

Keywords: Exercise adherence; home-based rehabilitation; knee osteoarthritis; perceived barriers