

# Best Practice - II

To enhance clinical outcome  
with the help of support  
groups.



## **MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed to be University u/s 3 of UGC Act, 1956)

**Grade 'A' Accredited by NAAC**

### **MGM Institute's University Department of Physiotherapy**

Sector-1, Kamothe, Navi Mumbai – 410209

#### **Title -To enhance clinical outcome with the help of support groups.**

**Objective:** MGM School of Physiotherapy, Navi Mumbai envisages to reach out to the communities in both urban and rural sectors. Support group aims to achieve awareness about the clinical conditions and related primary and secondary complications. It also intends to provide group rehabilitation to patients suffering from similar conditions.

#### **The Context:**

1. The challenge is to reach out the entire population within the community.
2. Due to lack of transportation from rural area, rural populating are not getting benefitted.
3. Promotion of Support groups on large scale.

**The Practice:** Support group facilitates clinical training among students and helps them to interact with larger patient population. Patients feel motivated by peer interaction. Input from interdisciplinary team enhances holistic approach in rehabilitation.

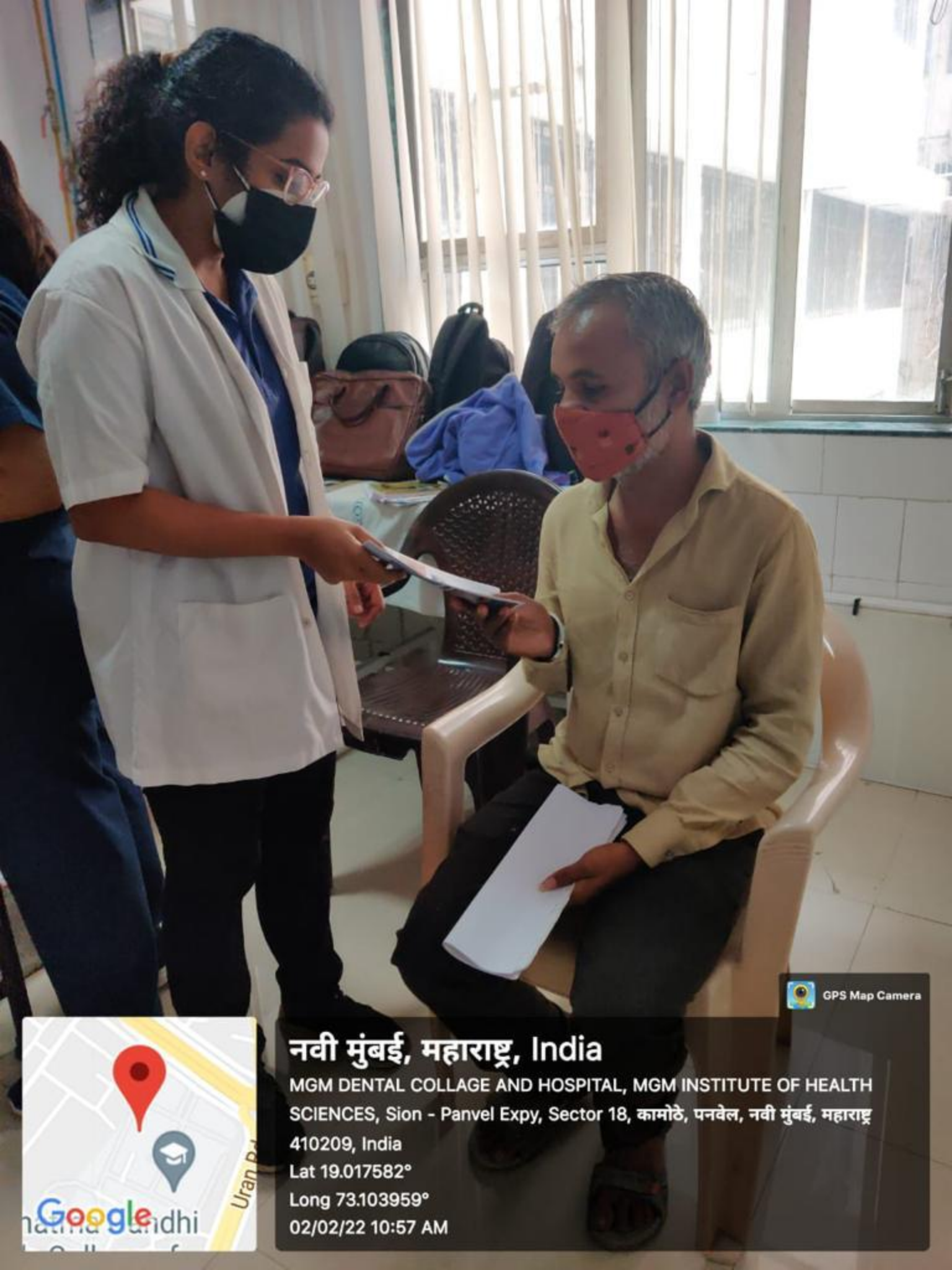
#### **Evidence of Success**

1. Support group created awareness about different aspects of clinical condition in patients and encouraged them to follow home rehabilitation program.
2. It enhances clinical skills of student.
3. Patients have reported about improvement in their conditions and are motivated to do the prescribed exercises.
4. Due to positive response from patients we have increased the number of Support groups. In total MGM School of Physiotherapy have 9 support groups.

#### **Problems Encountered**

1. Coordination for support group related activities in outlying villages.
2. Lack of paid resources
3. Disabled patient with affected ambulation face difficulty to commute due to lack of disabled friendly transportation options.

4. Due to pandemic most of the support group activities were conducted online. It is difficult to conduct and coordinate with patients as patients don't have access to internet or don't know how to use online platforms.



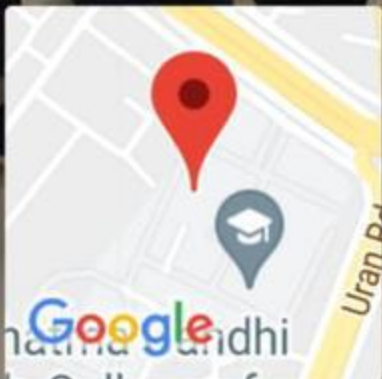
## नवी मुंबई, महाराष्ट्र, India

MGM DENTAL COLLAGE AND HOSPITAL, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India

Lat 19.017582°

Long 73.103959°

02/02/22 10:57 AM







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नवी मुंबई  
महाराष्ट्र  
India



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Unnamed Road, MGM Campus, Kamothe, Panel, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai  
Maharashtra  
India

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32°C

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2493+393, Jawahar Co-op Ind, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai  
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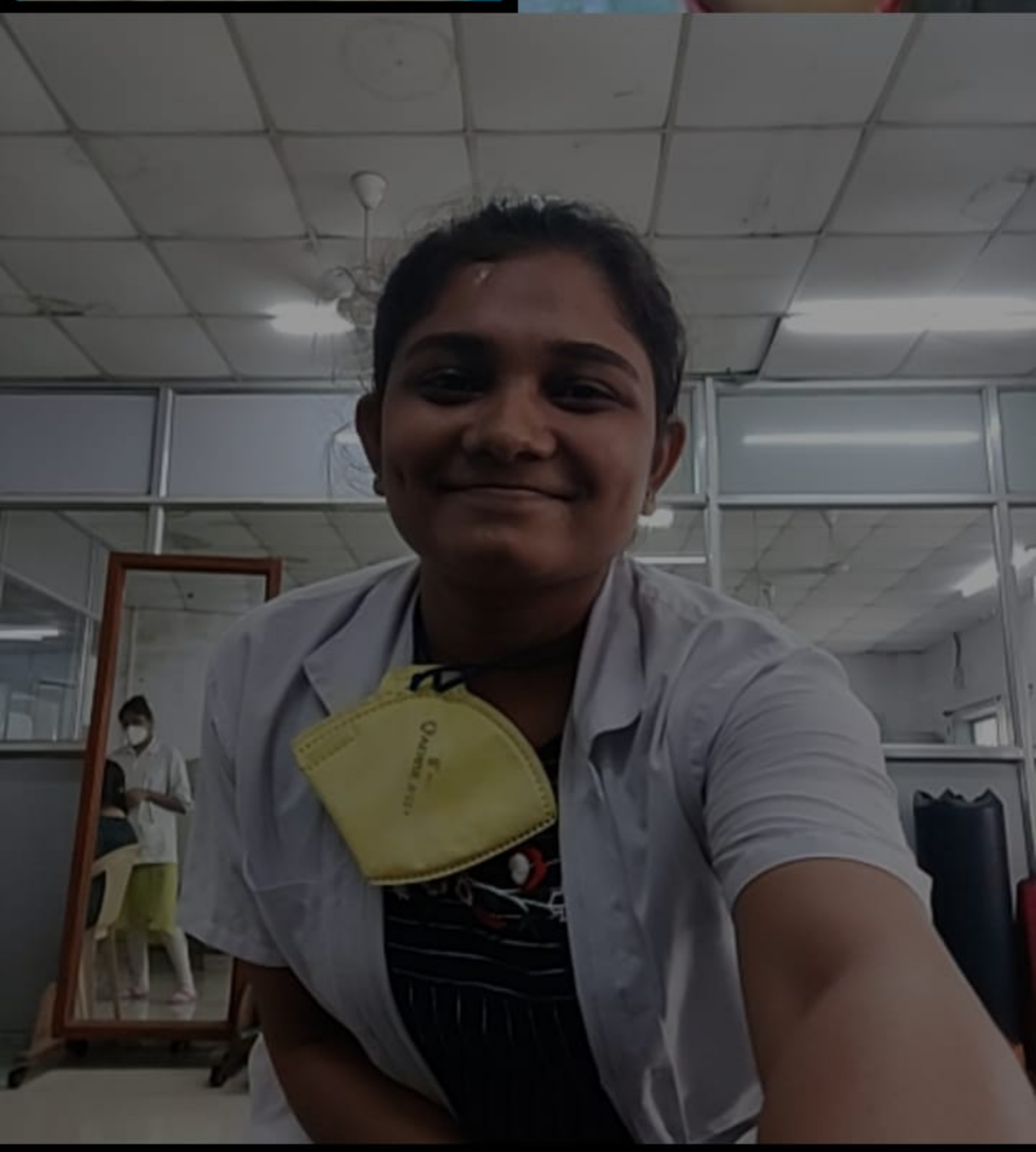
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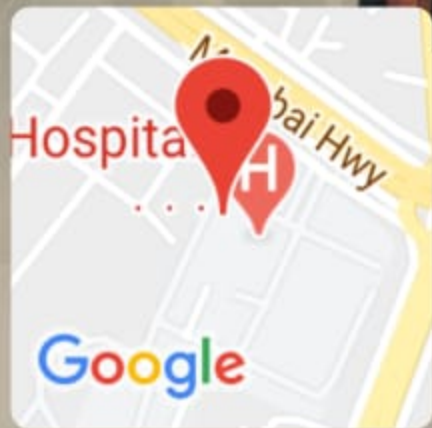
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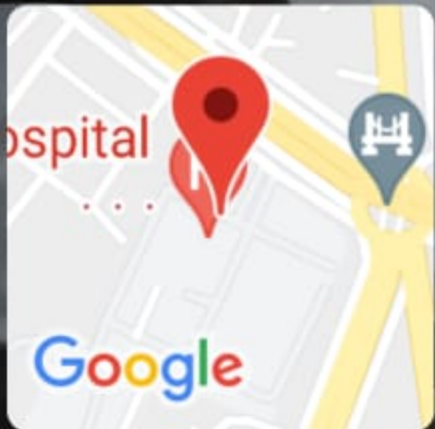
**Navi Mumbai, Maharashtra, India**

Unnamed Road, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

Lat N 19° 1' 4.5912"

Long E 73° 6' 14.3496"

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## Navi Mumbai, Maharashtra, India

M.G.M. Hospital, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

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Long E 73° 6' 16.29"

17/05/21 11:25 AM





10:00 AM - 10:00 AM Group



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### Navi Mumbai, Maharashtra, India

Plot No B, Shop No B, Esh v Parvati CHS, Sector 2, Sanpada, Sector 30A,  
Sanpada, Navi Mumbai, Maharashtra 400705, India

Lat 19.065269°  
Long 73.004183°  
25/08/21 12:11 PM



**Navi Mumbai, Maharashtra, India**

MUM Super Speciality, Keshav Kurj 1, Sector 3CA, Sanpada, Navi Mumbai, Maharashtra 400706, India

Lat 10.066562°

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