

Social Determinants of Health Affect Care-Seeking for Physical Therapy: A Systematic Review

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Background

- The World Health Organization (WHO) defines the conditions in which people are born, grow, live, work, and age as **social determinants of health (SDH)**
- Individuals with social needs are at a greater risk for mortality and morbidity, as long standing structural and social determinants can impede access to healthcare and lead to poor health
- The **Andersen Healthcare Utilization Model** characterizes factors that impede or facilitate health care utilization

Purpose

The purpose was to examine the associations between SDH and physical therapy health seeking behavior

Methods

Databases Reviewed

- Registered with PROSPERO and followed PRISMA guidelines
- Search Engines: MEDLINE, EMBASE, & Scopus

Inclusion Criteria

- Adults (18+) seeking physical therapy
- Study Designs: observational (cross-sectional, longitudinal), experimental (quasi-experimental, randomized control trials), & qualitative

Data Extraction

- General characteristics of studies
- Outcomes: physical therapy seeking behavior
- Methodological Quality: The Newcastle-Ottawa Quality Assessment Scale for Cohort Studies

Results

PREDISPOSING SDH FACTORS

More likely to seek physical therapy services



GENDER
• Females



RACE AND ETHNICITY
• White and Non-Hispanic



EDUCATION
• Higher levels of education



EMPLOYMENT
• Employed more than unemployed



ENVIRONMENT
• Urban environments
• Northeast region of the United States



EARLY YEARS EXPERIENCE
• Not conclusive

ENABLING SDH FACTORS

More likely to seek physical therapy services



SOCIOECONOMIC STATUS
• Higher SES



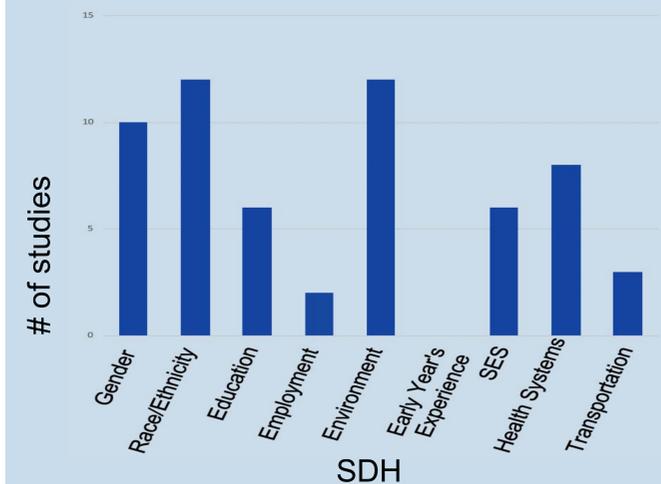
HEALTH SYSTEMS
• Private insurance more than public insurance (e.g. Medicare, Medicaid)



TRANSPORTATION
• Not conclusive

Results

Prevalence of studies reporting each SDH



Conclusions

- Physical therapy care seeking is associated with modifiable and non-modifiable SDH
- Predisposing and enabling SDH including socioeconomic status (SES), education, and environment are positively associated with physical therapy care seeking behavior

Clinical Relevance

- Health care policy makers should take negative associations of Black, Hispanic, low SES, less than college or high school education, and rural environments into consideration when implementing policies
- Future research should focus on addressing inequalities in healthcare

References

- Scan QR code for a list of references
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