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

- Registered with PROSPERO and followed PRISMA guidelines.
- Search Engines: MEDLINE, EMBASE, & Scopus.
- Adults (18+) seeking physical therapy.
- Study Designs: observational (cross-sectional, longitudinal), experimental (quasi-experimental, randomized control trials), & qualitative.
- General characteristics of studies.
- Outcomes: physical therapy seeking behavior.
- Methodological Quality: The Newcastle-Ottawa Quality Assessment Scale for Cohort Studies.

Results

**PREDISPOSING SDH FACTORS**

- 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**

- Socioeconomic status: Higher SES
- Health systems: Private insurance more than public insurance (e.g., Medicare, Medicaid)
- Transportation: Not conclusive

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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