

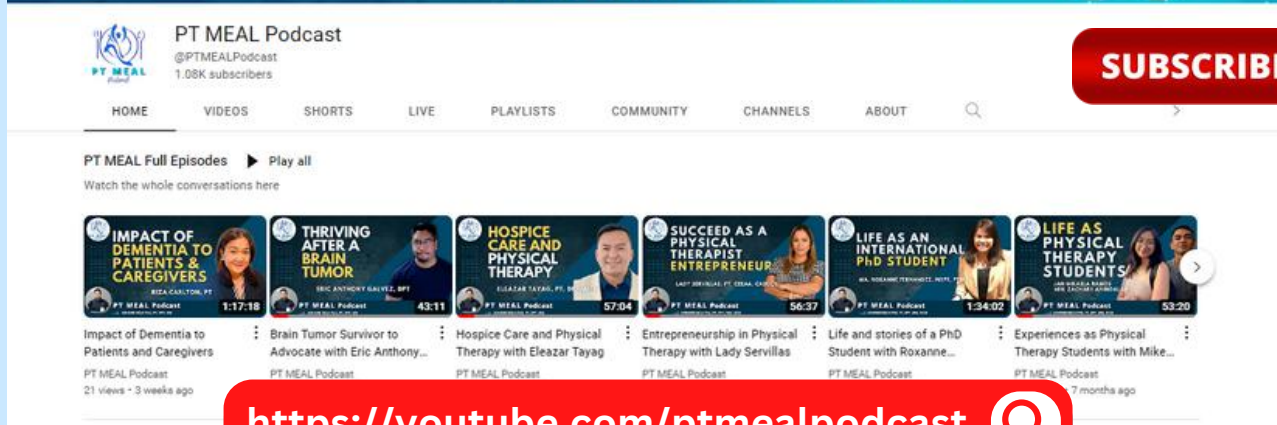


PT MEAL Podcast Report

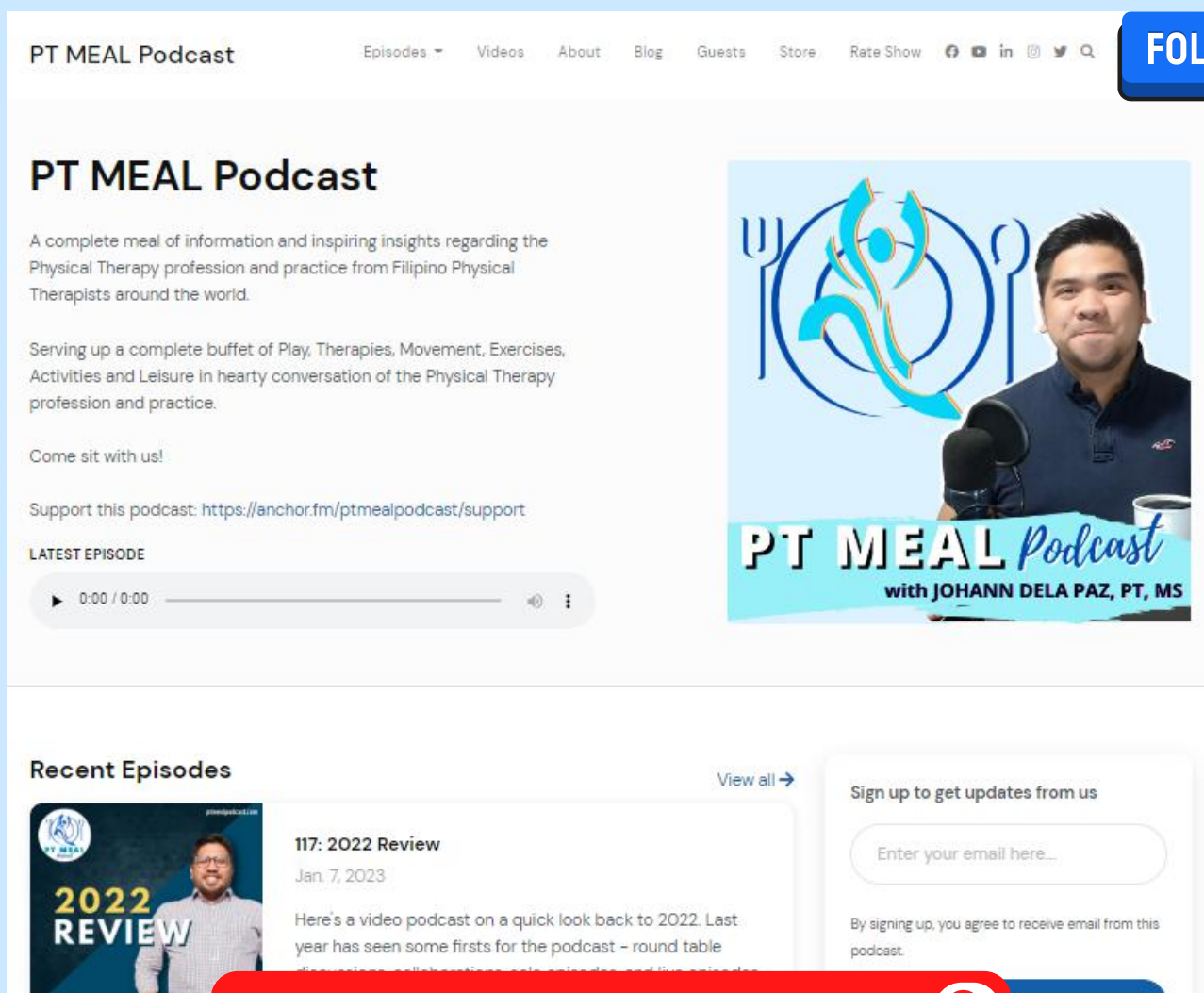
Homecare Physical Therapy Rates in the Philippines 2022



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Letter from the host

Hello friends of PT MEAL!

I am excited to present to you the very first report of PT MEAL Podcast entitled "**Homecare Physical Therapy Rates in the Philippines 2022.**"

The idea for this report came from the frequent questions Filipino physical therapists posed in social media forums or groups regarding current or appropriate fees to charge patients seen in their homes. Simply, without references of market research or fee standards in home health practice, physical therapists would rely on other physical therapists in determining their service rates.

You'll see in this report the the demographic data that was gathered from the online survey administered. Respondents got to choose between price ranges for an evaluation and treatment visit. The results were grouped as a whole and by geographical location. Factors that affect the home care physical therapy fees were also included.

As far as I know, this is the first of its kind in the Philippine Physical Therapy profession and hopefully not the last. May this be the beginning of more initiatives in understanding and recognizing the need to study the business and market aspect of our profession in the Philippines.

Johann dela Paz, PT, DPT

Host and Creator, PT MEAL Podcast

Physical Therapist

Board-Certified Geriatric Clinical Specialist

Home Health Practice in the Philippines

Home health or homecare physical therapy is one of the many areas of practice where Filipino physical therapists in Philippines can go into. Home health physical therapy is simply the application or performance of physical therapy evaluation, assessment and treatment inside the comfort of patients' home or place of residence.

The practice can be quite lucrative as it can entail flexibility of schedule, control of time and number of patients to be seen, and self-determination of therapy rates.

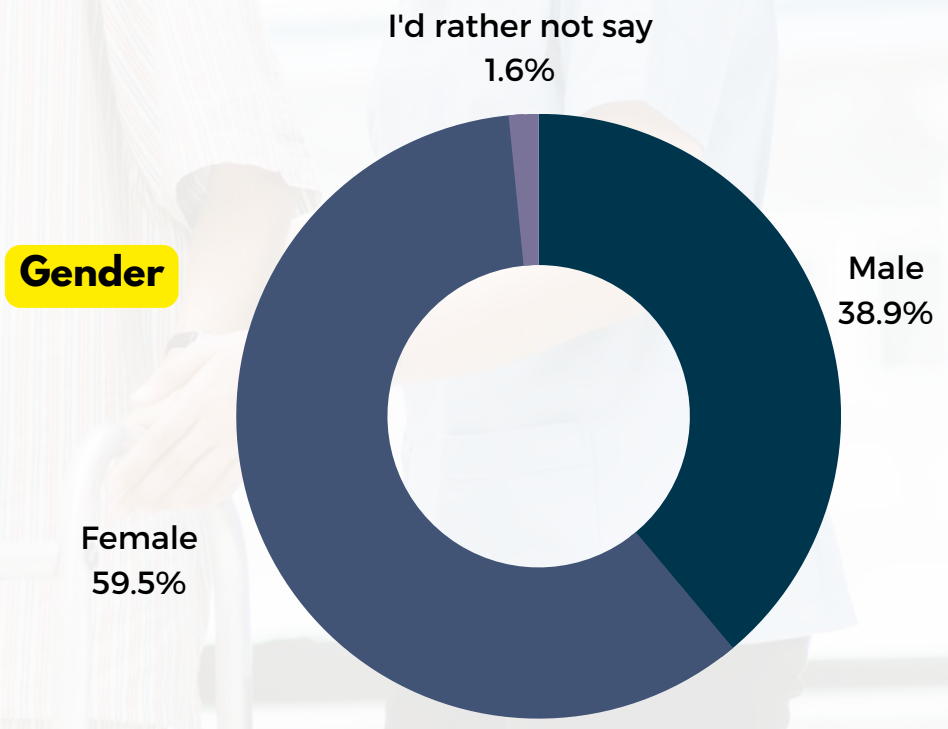
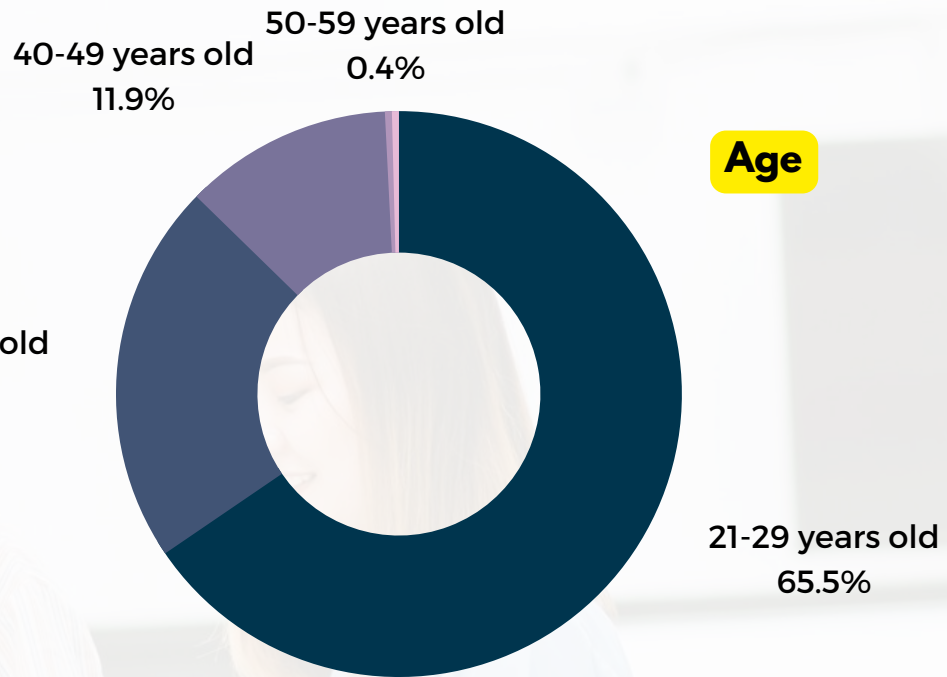
As of the time of publishing, there are no set standards for home health physical therapy rates. Physical therapists who engage in this practice create their own criteria or ask colleagues regarding justifiable rates.

This report is the result of an informal survey that ran from June 29 to July 8, 2022. The main goals of the survey were to gather prevailing rates from rehabilitation professionals in home health from all over the Philippines, and to determine factors that affect their rates.

The survey had 264 respondents and 252 of them were physical therapists. Data from other professions that practiced home care services were excluded.

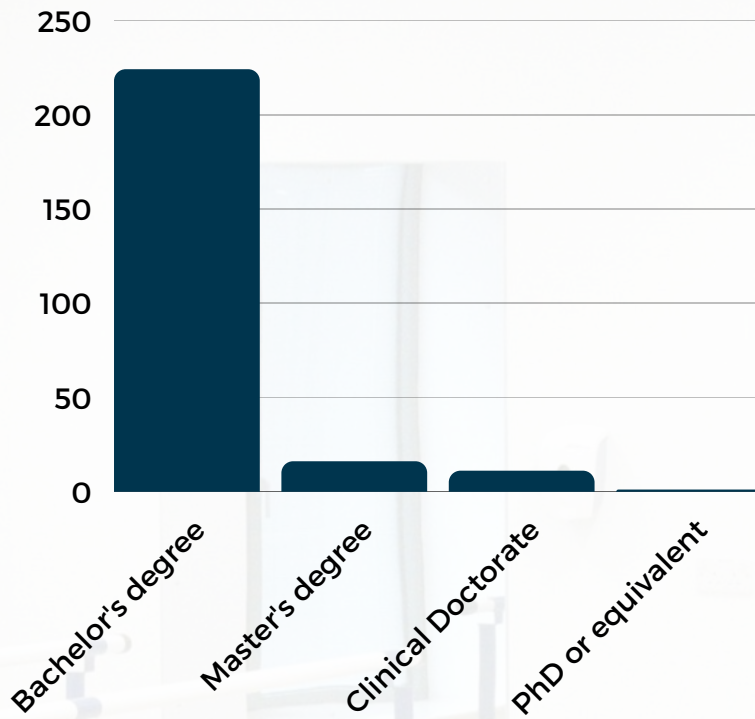
It is the hope of this survey that it could start the inquiry and conversation on prevailing rates in home health physical therapy.

Demographics

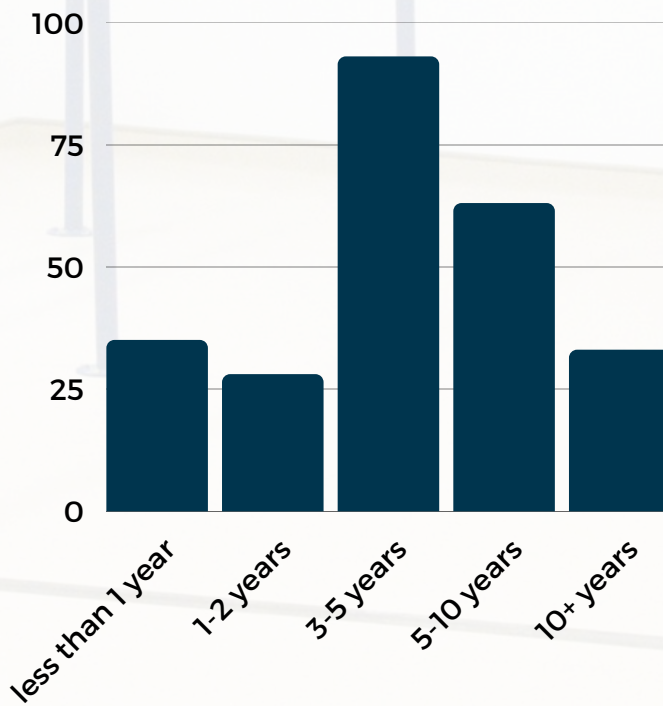


Demographics

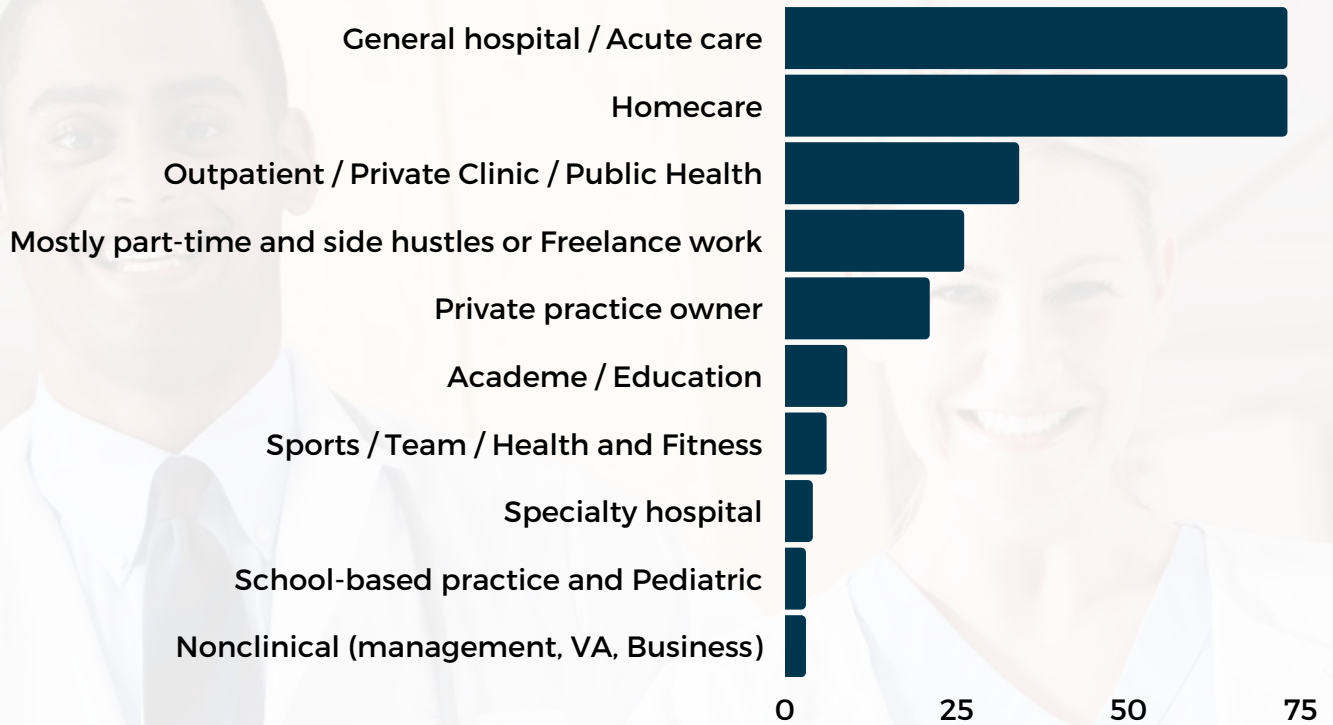
Highest Educational Attainment



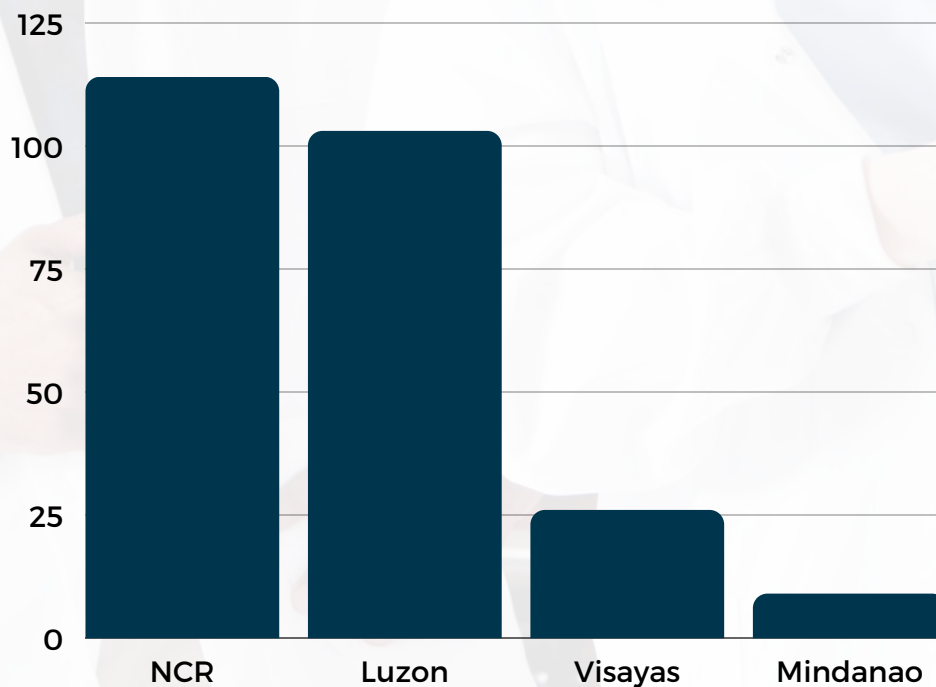
Number of years as a practicing professional



Practice Setting



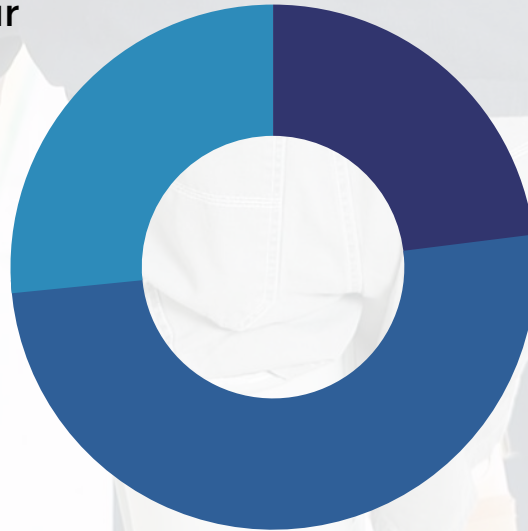
Location



Typical homecare PT session duration

EVALUATION VISIT

more than an hour
26.6%

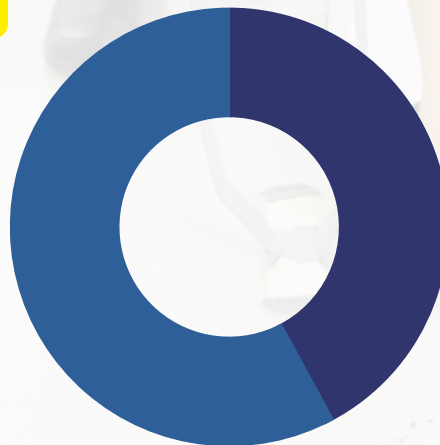


less than 30 minutes
23%

30 minutes to an hour
50.4%

TREATMENT VISIT

more than an hour
57.9%



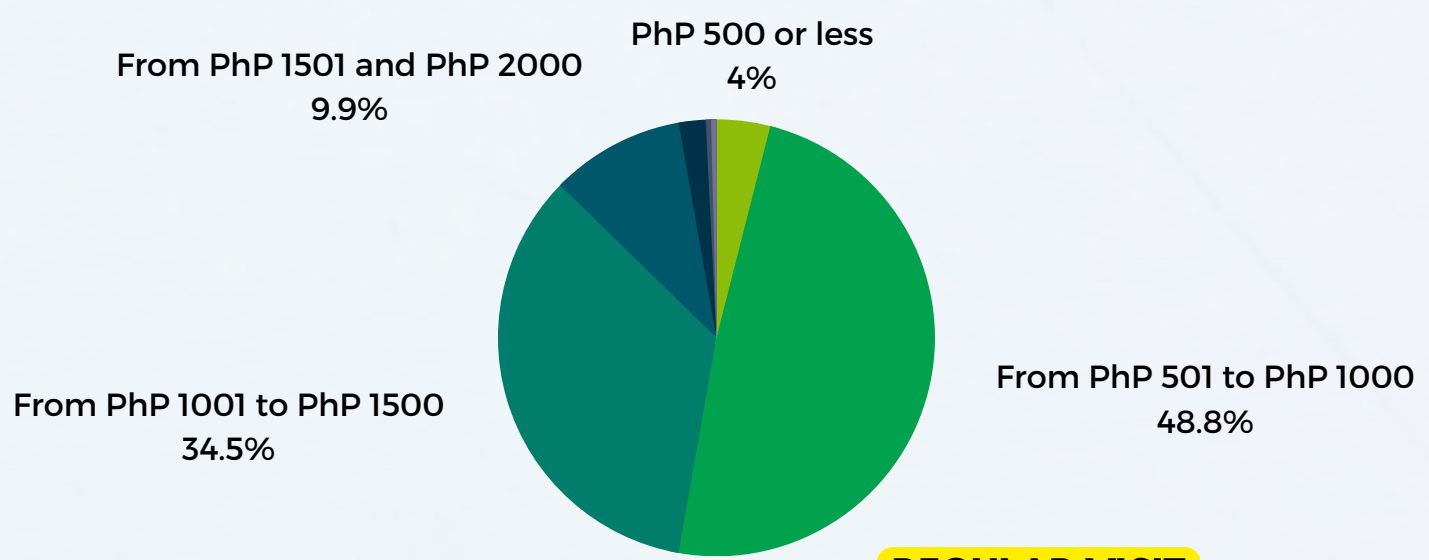
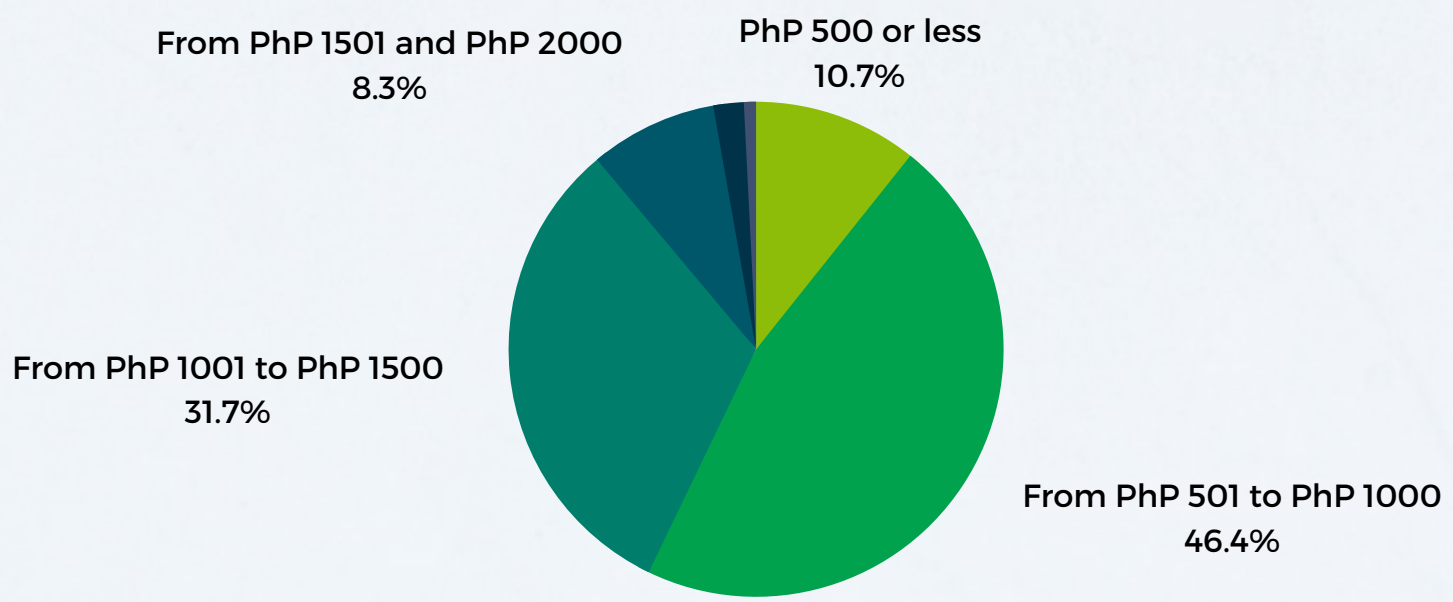
30 minutes to an hour
42.1%



Typical Homecare PT rates

All respondents (252)

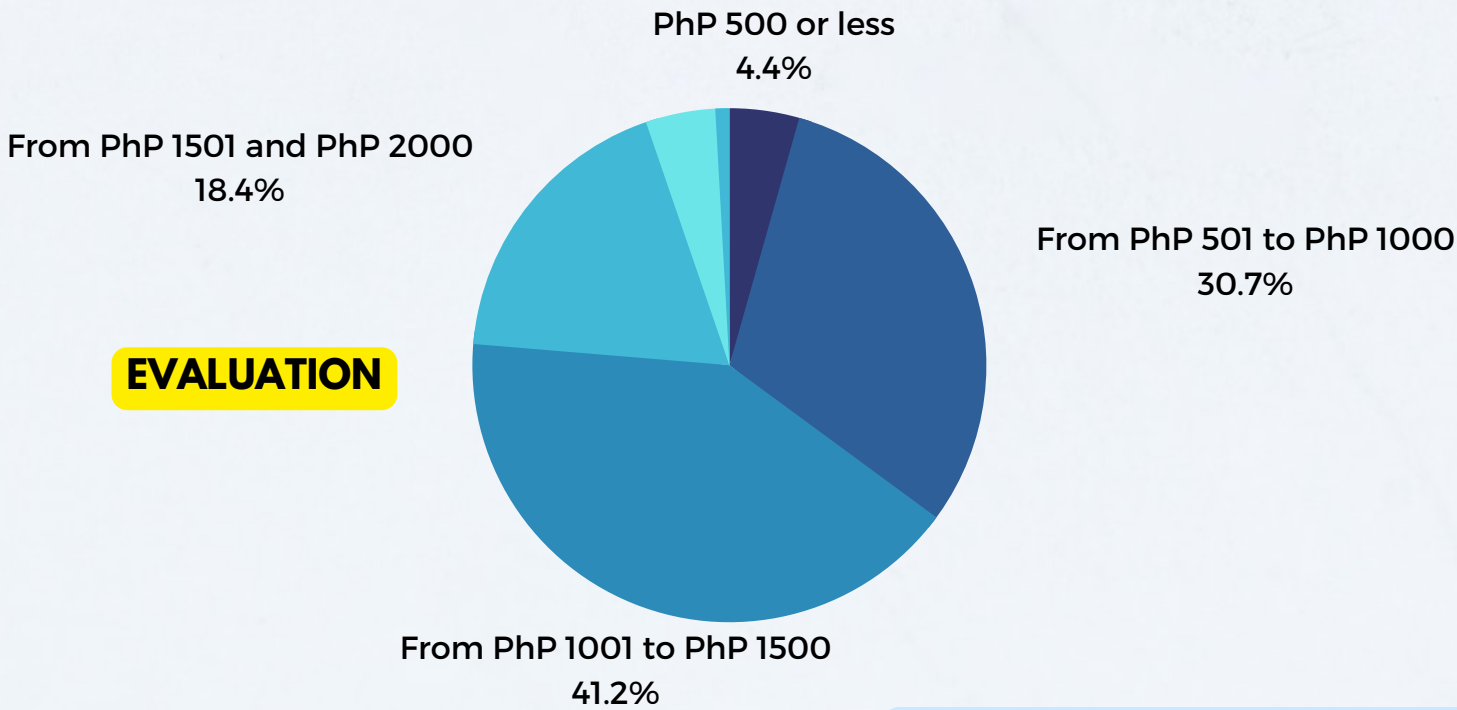
EVALUATION



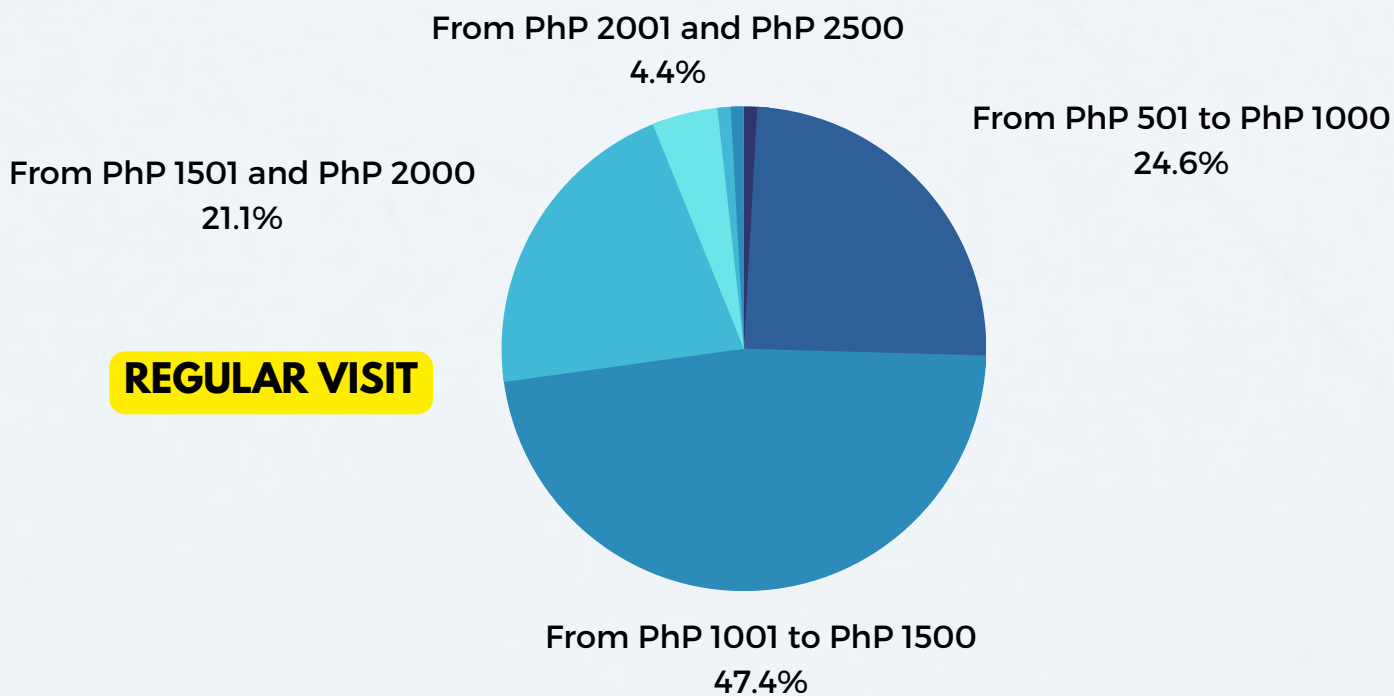
REGULAR VISIT



Typical Homecare PT rates



NCR Respondents (114)

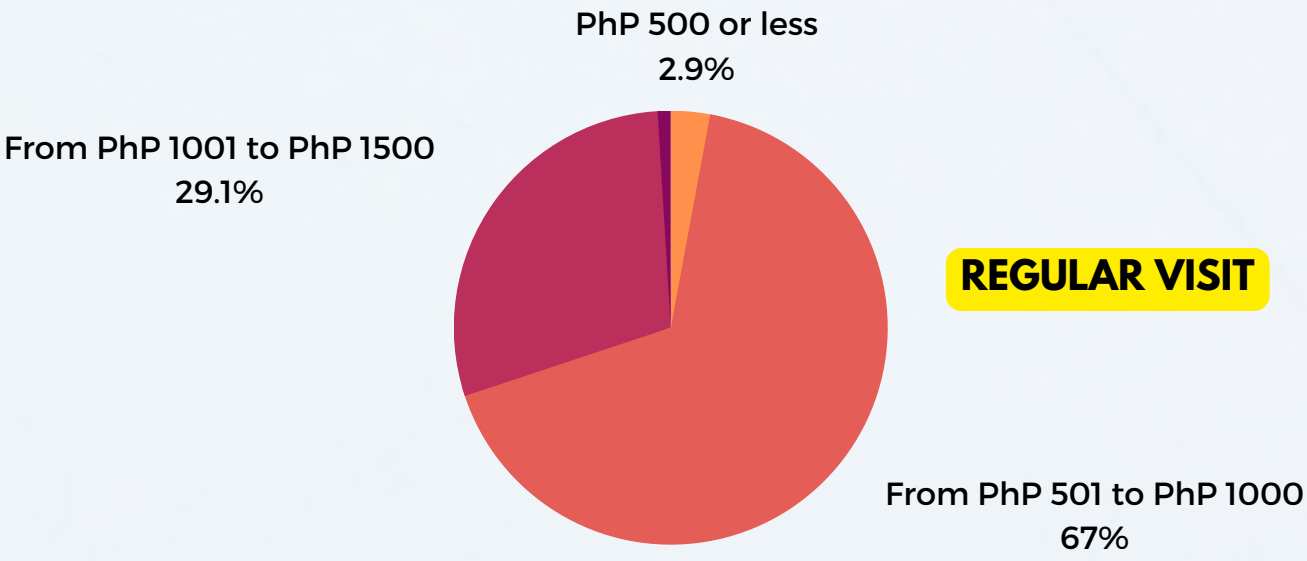
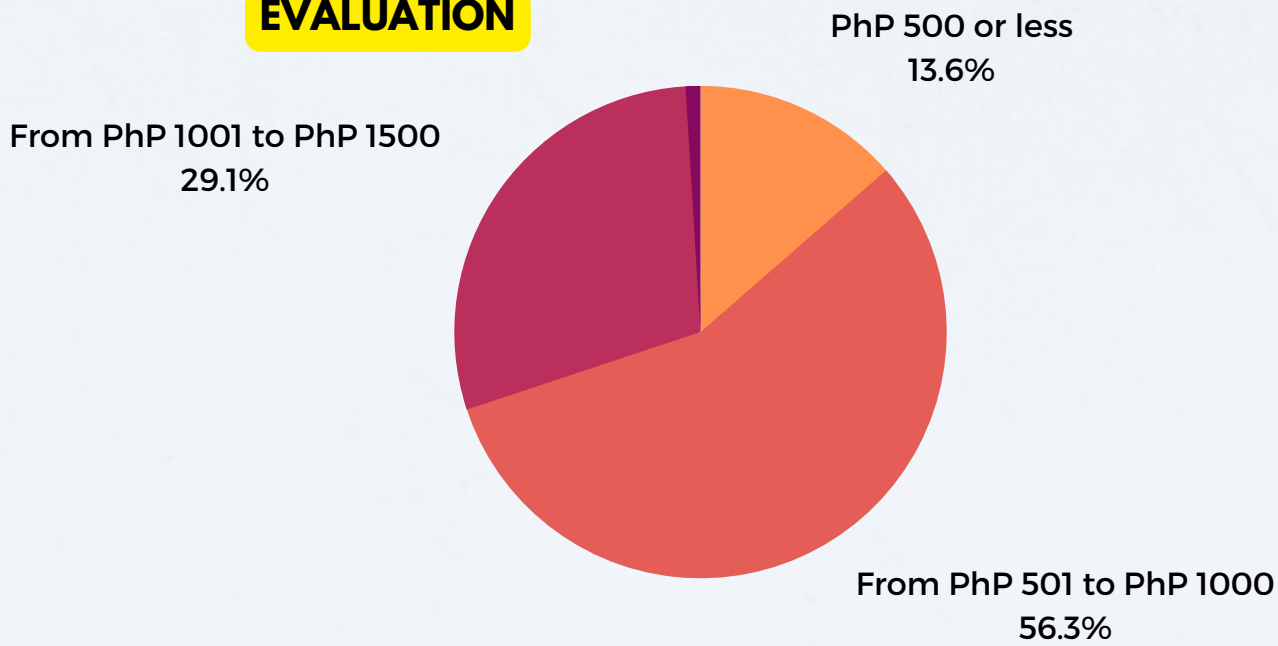




Typical Homecare PT rates

Luzon Respondents (103)

EVALUATION

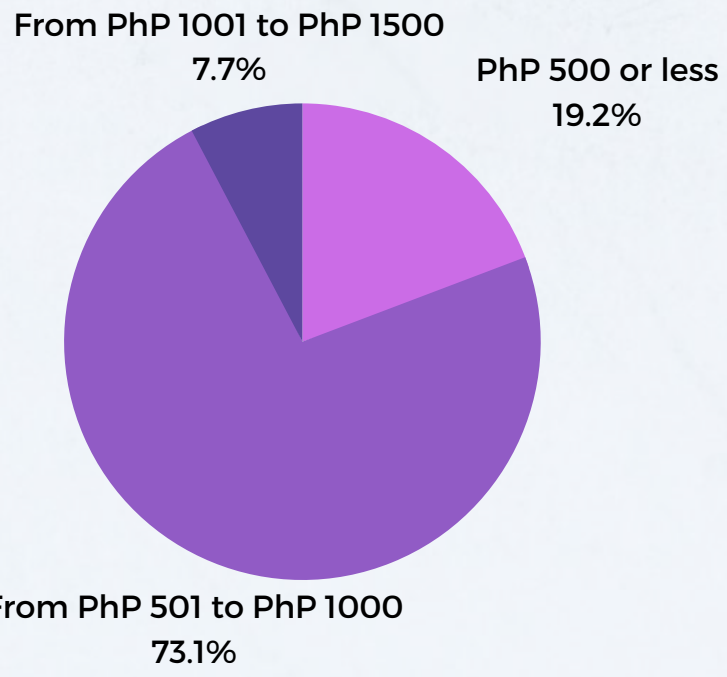


REGULAR VISIT



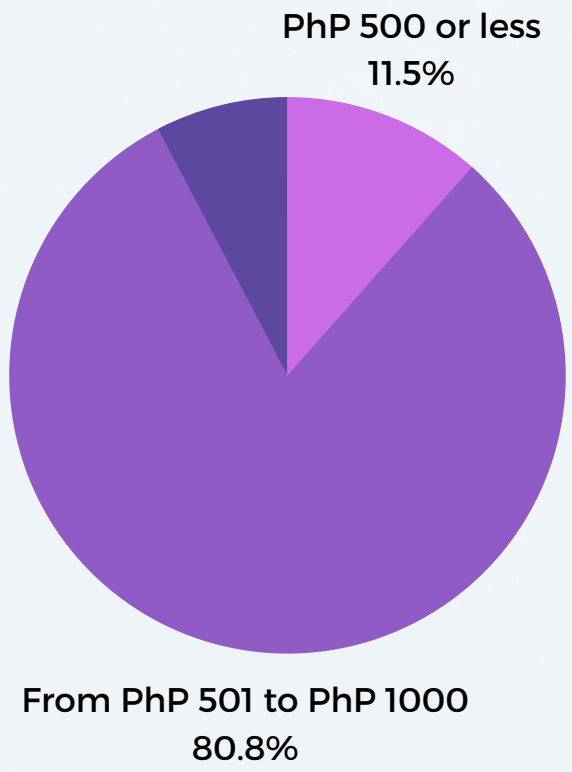
Typical Homecare PT rates

EVALUATION



Visayas Respondents (26)

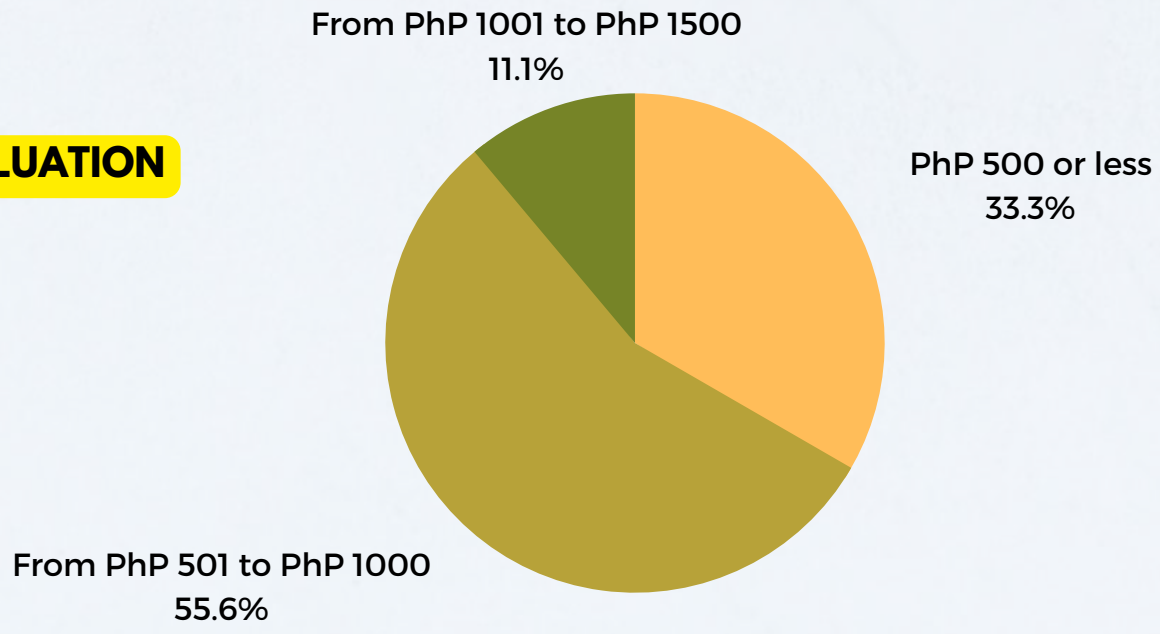
REGULAR VISIT



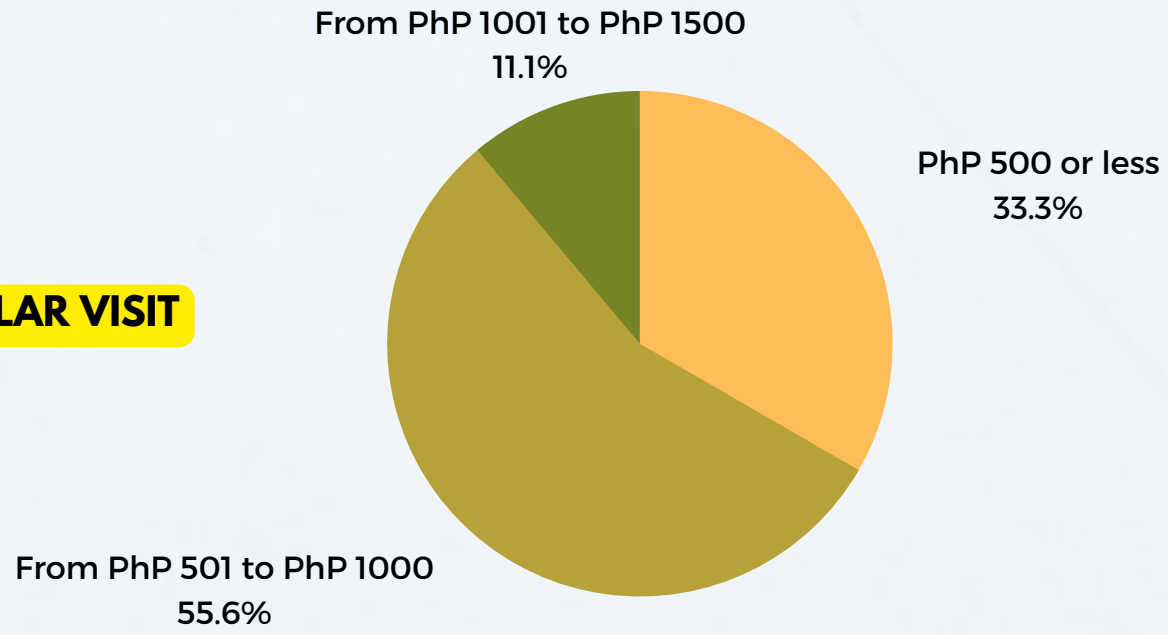


Typical Homecare PT rates

EVALUATION



REGULAR VISIT

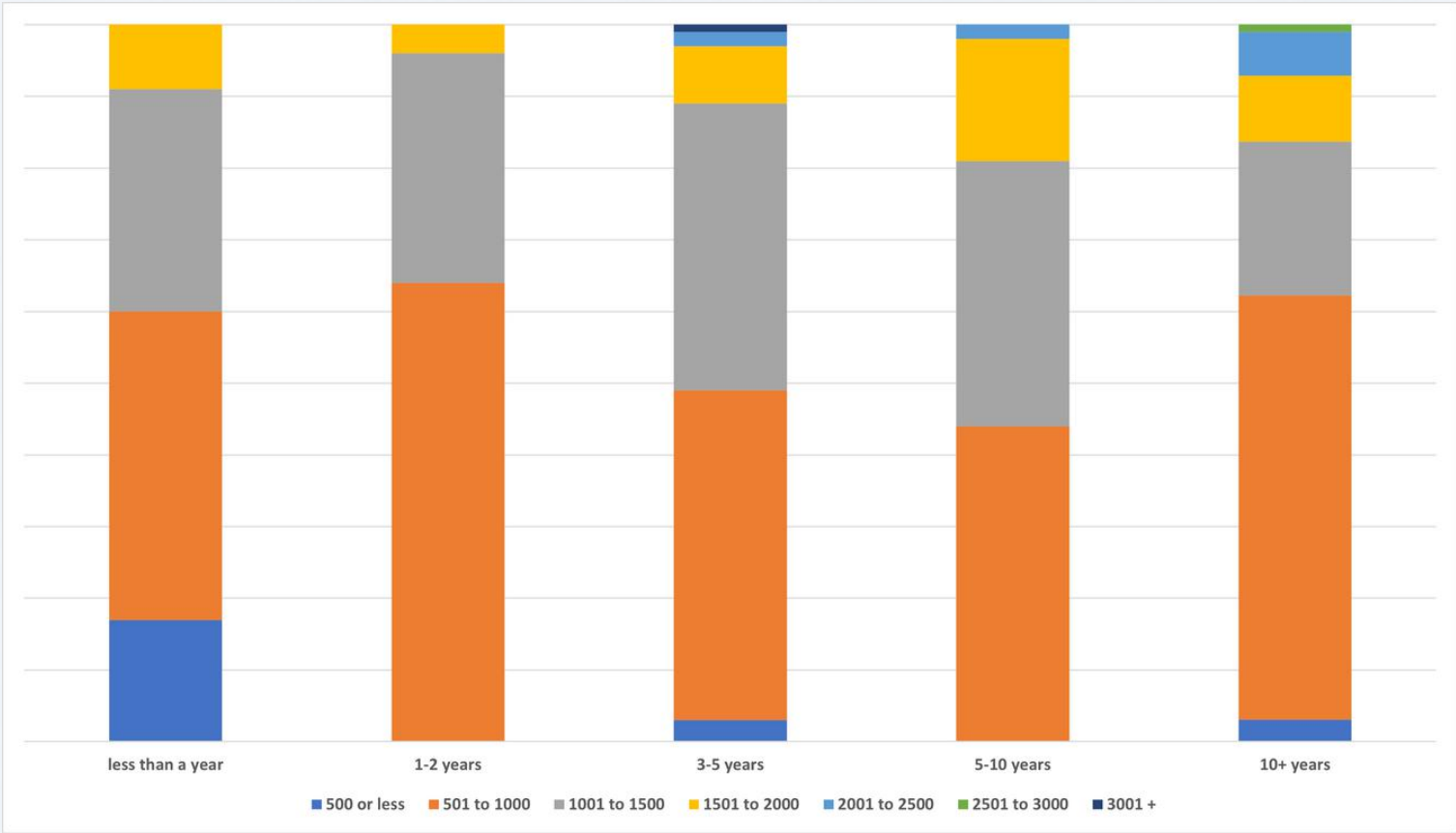


Mindanao Respondents (9)



Typical Homecare PT rates

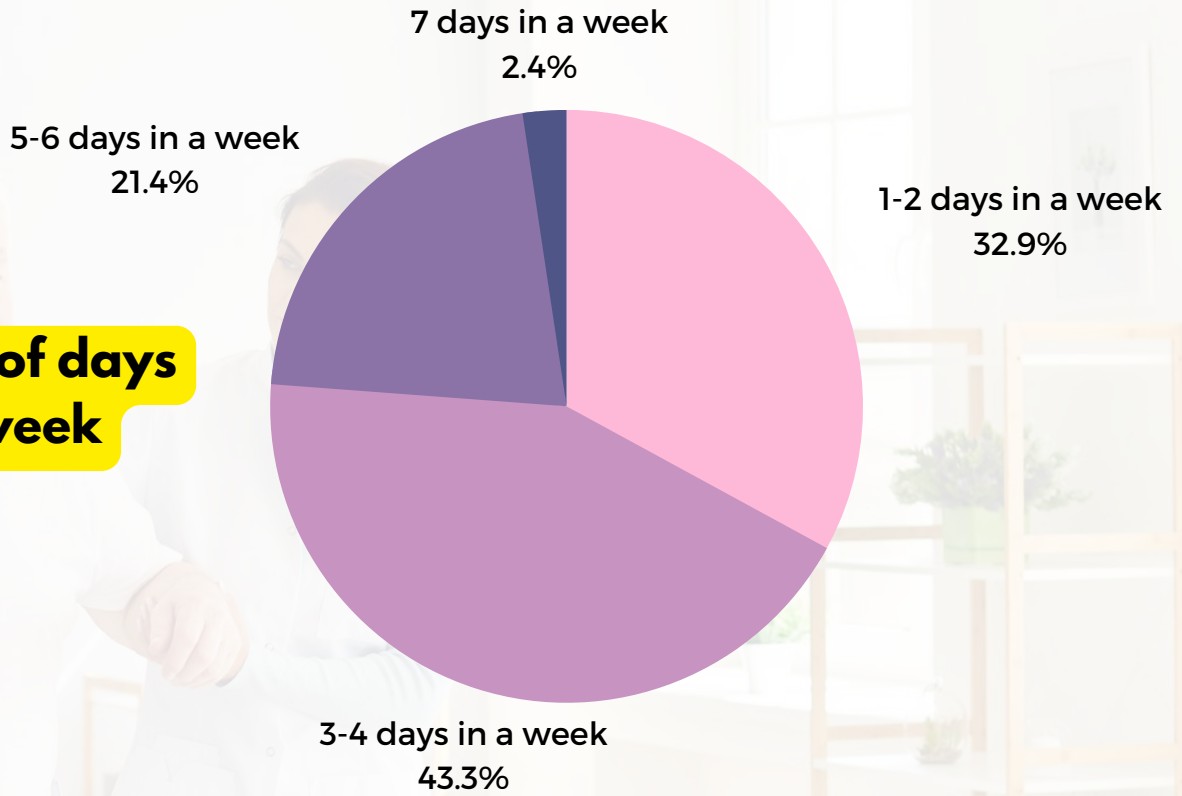
based on number of years of practice



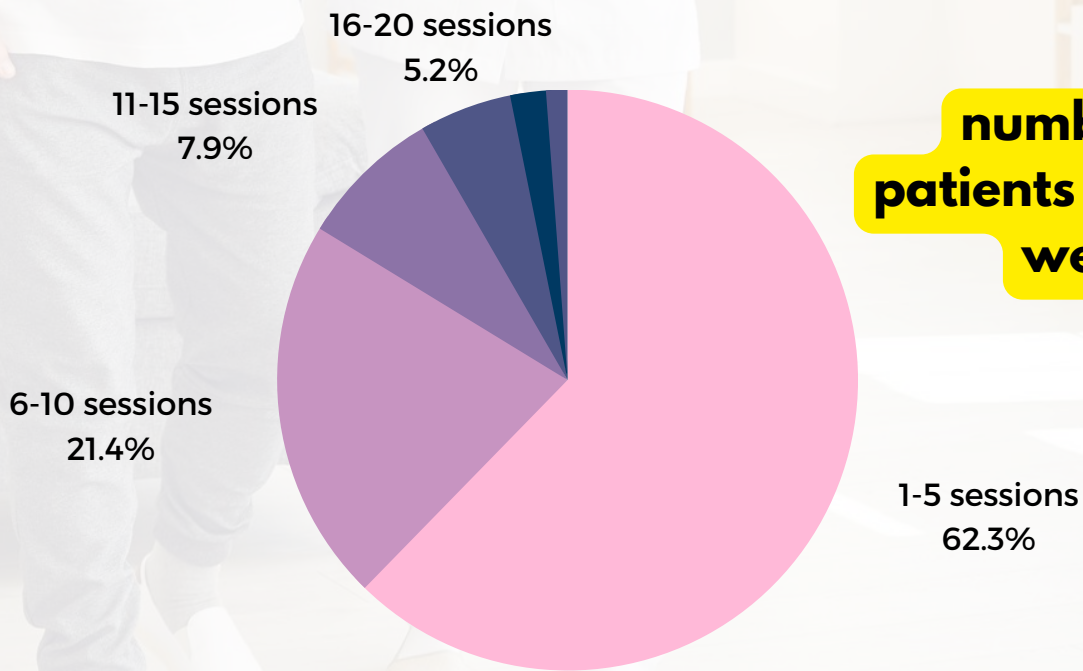
This graph shows the percentage of

Homecare frequency

number of days in a week



number of patients seen in a week



Base Rate

Respondents were asked to pick which factors they consider in their base rate, meaning the rate they normally ask for.

1. Location of practice

2. What I thought is appropriate

3. Education and knowledge

4. The tools and equipment I have

5. How much I value my time

6. What the market rate is

7. My years of experience

8. The population / sector I serve

9. Rate of my clinic/ rehab dept

10. What my friends said

11. Workshops and seminars I attended

12. Certifications I have

13. Patient factors

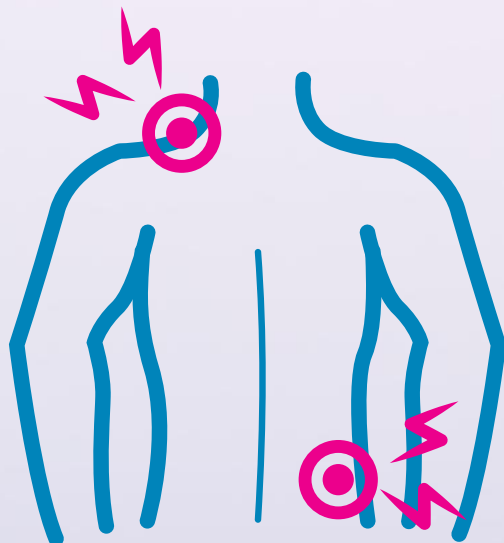
14. Transportation



Factors that increase rates

Respondents were asked to pick which factors they consider in charging a higher rate than usual .

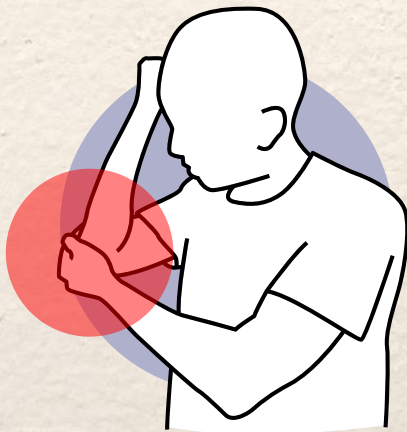
- **Distance / Travel time and expense**
- **Complexity of case**
- **Number of body areas to be treated**
- Amount of effort to be exerted during treatment
- Time that I will spend with the patient
- Equipment I need to bring
- Patient's or patient's family's capacity to pay more
- Patient's primary diagnosis for referral



Factors in giving discounts

Respondents were asked to pick which factors they consider in charging a lower rate than usual .

- **Patient's or patient's family's ability to pay**
- **Patient is a family member or a friend**
- **Simplicity of case**
- Patient's location or distance from me
- Patient asked for a discount
- Patient is a friend or family of a friend or family member
- Referral source
- Number of sessions projected
- Government mandated discounts





Why are you doing homecare

Respondents were asked to pick the reasons they practice home health physical therapy

- **My regular job is not enough to pay bills and living expenses**
- **I just like to have a side hustle**
- **I'm saving up for something big or paying a big purchase**
- **It's my main source of income**
- **My regular job is enough; I just want to earn extra**
- **I am just doing someone a favor**
- **I'm preparing to transition from my regular job to doing home care full-time**
- **Altruistic reasons**
- **Work and career reasons**

Conclusion

Based on the data collected from the survey, most of the respondents charge between Php 501 and Php 1000 for both evaluation and treatment visits. Evaluation visits typically last 30 minutes to an hour. Treatment visits, on the other hand, typically last more than an hour.

When divided by geographic location - NCR, Luzon, Visayas, and Mindanao, data from NCR shows that most respondents charge Php 1001 to Php 1500 for both evaluation and treatment visits. Another noticeable comparison between locations, rates of less than Php 500 only occurred in 4.4% in NCR evaluation visits and 33.3% in Mindanao evaluation and treatment visits.

Home health clinicians typically allot 3-4 days in a week to see patients and would typically have 1-5 unique sessions in a week. This may be because majority of the respondents have full-time time jobs, and seeing patients in their homes as a side gig.

Most of the respondents determine their price rate based on the following factors: where they practice, what they think is appropriate, and what they know and can do. They would charge more if the patient is farther from them, the patient's condition is more complex, and if there are more anatomical areas to be treated. Respondents are more inclined to provide discounts based on the patient's financial capacity to pay, their relationship with the patient, and the simplicity of the patient's condition.

Lastly, results show that the top reasons physical therapists provide home care services are due to their regular salary not being enough for their normal expenses, wanting to have a side hustle, and saving or paying for a big purchase.

Limitations

This report has some limitations. According to the World Physiotherapy, the number of physiotherapist members of the Philippine Physical Therapy Association is 5,531. As of the time of the survey, there was no data available of how many physical therapists are practicing in the Philippines in total, and no data on how many of all physical therapists are practicing in home care. Therefore, conclusions may not be generalizable nor encompassing of the majority of the practitioners.

Respondents of the survey were recruited through posting an invitation in The Filipino Physical Therapists Facebook group to participate and ran for eight (8) days. Since the survey was informal, and somewhat spur of the moment, it lacked approval from an Institutional Review Board (IRB) or Ethics Review Committee (ERC), therefore, lacked support or endorsement from the Philippine Physical Therapy Association (PPTA). With the PPTA's national and regional reach through its chapters, the endorsement could have assisted in recruiting more participants that do not usually visit social media or in the Facebook group where the invitation was posted.

Again, it is the hope of this small, simple survey to spark an interest in the professional organization and Filipino physical therapists to thoroughly research the salary and fees of physical therapy services in the Philippines for research and policy-making endeavors.



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