



Rehabilitation: The Key to Good Health in the Future

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Introduction



- ▶ Changes in health and demographics result in:
 - ▶ People living longer with more disabling and chronic conditions impacting on function and well-being
 - ▶ Health policies are targeting increasing function and reducing mortality
- ▶ Rehabilitation is key to optimising functioning and healthy life expectancy



What is Rehabilitation ?

- ▶ Rehabilitation is a set of intervention designed to:
 - ▶ optimise function, and
 - ▶ reduce disability in persons with health conditions
- ▶ Rehabilitation is characterised by interventions that:
 - ▶ address impairments, activity limitations and participation restrictions as well as personal and environmental factors that have an impact on functioning
 - ▶ are a highly person-centred health strategy where treatment caters to underlying health conditions, goals and preferences of the user



Why Rehabilitation is the key in the 21st century

- ▶ The world is facing a set of challenges;
 - ▶ Rapid population ageing
 - ▶ Rise in chronic conditions
 - ▶ Multi-cause morbidity
 - ▶ Numbers of persons over 60 to double by 2050
 - ▶ Non-communicable diseases has already risen by 18% in last 10 years
 - ▶ Chronic diseases cause significant percentage of premature deaths, but also cause substantial disability
 - ▶ Rehabilitation has critical role to play in prevention and minimising limitation of function
 - ▶ Addressing people's limitations in function, minimises health, social and economic impact
 - ▶ Rehabilitation also relevant to children
 - ▶ Rehabilitation becomes increasingly important as access to health care improves



Integrating rehabilitation into different models of care

- ▶ The WHO Framework on Integrated People-centred Care places **people** rather than **diseases** at centre of health care delivery
- ▶ Rehabilitation responds to individual's needs and priorities
- ▶ Rehabilitation targets limitation in function across the continuum of care and throughout the lifespan
- ▶ Long-term model of care is of increasing importance as populations age
- ▶ While all health services play a role in long-term care, rehabilitation optimises function in persons to live longer, and also to live better

For the above reasons efforts to integrate rehabilitation into long-term care policy and delivery needs to be amplified.



The Health, social and economic benefits of rehabilitation

- Rehabilitation has benefits for user and family and for health and other sectors
- Decreases re-admissions
- Prevents costly and potentially fatal complications
- With independence comes resumption of work, reduction in costs of ongoing care
- Longer term gainful employment and further education may be possible
- For older persons safety and independence is improved
- Use of assistive devices can result in safety and independence



Preparing health systems to strengthen rehabilitation

- ▶ To effectively meet the rehabilitation need of their population countries need to undertake a systematic process of:
 - ▶ situation assessment
 - ▶ planning
 - ▶ implementation, and
 - ▶ evaluation
- ▶ Rehabilitation needs to be:
 - ▶ Integrated into national health plans and budgets
 - ▶ move to the goal of universal health coverage
- ▶ This requires:



Cont.

- ▶ Strong leadership and governance at ministry level
 - ▶ Adequate allocated funding
 - ▶ Efficient service delivery systems
 - ▶ Availability of a multi-disciplinary rehabilitation workforce
 - ▶ The integration of rehabilitation data into health systems, and
 - ▶ availability of affordable assistive products
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Research Priorities



- ▶ The critical gaps in the evidence base for rehabilitation require significantly increased support for research
- ▶ There is a paucity of system-level rehabilitation research and of research from low-income countries
- ▶ Particularly pertinent for rehabilitation policy and planning is research to:
 - ▶ Making known the cost benefits of rehabilitation
 - ▶ Identify facilitators and barriers to accessing rehabilitation
 - ▶ Enable a standardised measure of rehabilitation impact.



Advocating for Rehabilitation

- ▶ Despite growing need for rehabilitation there is a lack of awareness about its role and magnitude of unmet needs
- ▶ There is an urgent need to advocate for rehabilitation services as being fundamental to addressing the needs in the 21st century

Rehabilitation users, providers and civil society have a particularly important role to play in strengthening rehabilitation advocacy



A Way Forward



- ▶ Health systems are facing unique challenges in the 21st century
- ▶ Rehabilitation, by targeting function is a key part of the response to the health crises
- ▶ As health care expands and people benefit from more advanced emergency, trauma and medical care, rehabilitation becomes proportionately important
- ▶ Scaling up rehabilitation calls for coordinated multi-stakeholder engagement to increase advocacy, develop and integrate rehabilitation plans and policies, and to implement these effectively so they can reach all who are in need.

Source: WHO – REHABILITATION 2030 a call for action.