



香港復康會
The Hong Kong Society
for Rehabilitation

5.12 Earthquake Reflecting on our Response 反思5.12 震后康复服务

Sheila Purves BSR (OT; PT), MPH
贝维斯
香港复康会 世界卫生组织复康协作中心

我们做了什么 What we did

- 合作单位 Partners

2





9 pamphlets and
1 dvd
1 dvd (in process)


3


13 Hospital Visits 22 volunteers





4



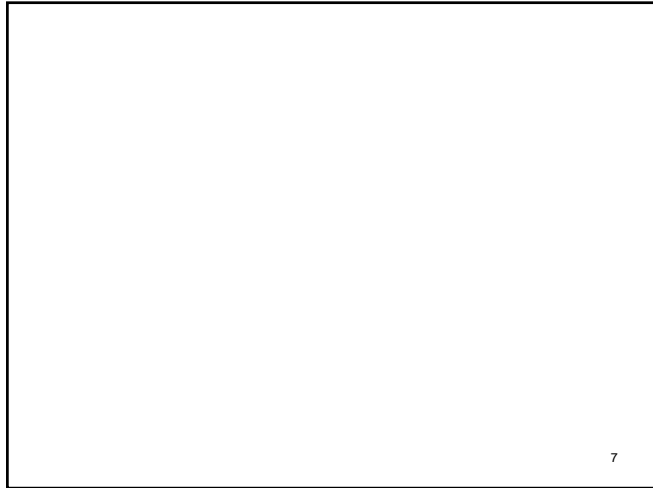
In Sichuan
15 volunteers;
(2-6 weeks)

Basic equipment & training to 23 hospital sites



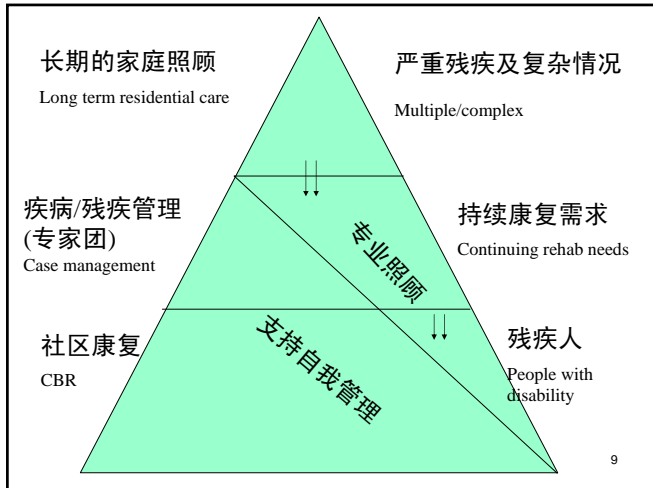



6



未来 And now....

- 逐渐从医院转向社区
move from hospital-based model to community model
- 医疗模式（指导运动和生活能力训练） medical approach (prescribing exercises and training in ADL)
- 社会模式（参与家庭和社会活动）
to a social model (activity and participation in home and community)





13



反思：紧急情况下的义工

Reflecting on: Volunteer Experts in Emergency Situations

- 派专家容易，但很可能成为当地的负担
It's not enough just to send expert volunteers; it's too easy to become a burden instead of a help

17

组织义工

Organizing Volunteers

• 上岗前的指导/熟悉情况	Orientation
• 旅行/食宿安排	Travel & accommodation
• 安全	Safety
• 语言	Language
• 钱	Money
• 不断的沟通与支持	Communication & support
• 确保使用合理	Usefulness of volunteer
• 关照其他事物	Look out for second agendas
• 尊重当地的工作	Don't bypass the local efforts and local expertise

18

The Expert Volunteer Expert

• 自我负责,自我管	Responsible for self
• 专业对口、合理安排	Has skills can contribute
• 与团队合作	Can work in a team
• 尊重当地的工作 (理解他们的处境)	Respects locals
• 因地制宜, 并会寻找当地的资源	Manages with materials available; but searches from local resources
• 不可提太多的问题, 但进行与当地习惯不一致的事情时, 要征得同意!	Doesn't ask too many questions; but asks before they do something outside of local norm
• 解决问题及主动性	Problem solves & uses initiative
• 指导、指导、指导	Teaches, teaches, teaches....
• 用通俗语言, 也与当地专家交流	Use "Plain" language; but can talk to local

19

反思: 需要在哪些方面加强

Reflecting on:
what we need to strengthen?

• 确立现实可行的目标	Setting of realistic goals
• 治疗与目标相符	Designing therapy to meet goals
• 出院计划	Discharge planning
• 生活环境	Living environments
• 长期需要	Long-term needs
• 建立医院与社区的联系	Linking hospital rehabilitation with the community
• 沟通	Talking with each other

20

康复治疗滞后甚至 (某些医院) 没有, 为什么?

Rehabilitation therapy was started late or not at all in many out-of-province hospitals.

21

实践性 研究-为作业治疗提供可靠依据

Support practice-based research - provide evidence of significance of occupational therapy

- 试想我们是医务人员, 我们可以给伤者做什么? 例如: 护士, 我们怎样可以使它有别于其他的?
Consider if we are a medical staff, a nursing staff or something else... what are we trying to do for our clients..... how is it unique?
- 重新定位医院康复的责任, 使我们的工作对患者有意义、得到其他专业人员的尊重
Reconsider our role in hospital-based rehabilitation to ensure what we do is significant and valued by the patient, and the health care system

22



香港復康會
The Hong Kong Society
for Rehabilitation

Thank you! 谢谢

To all staff, individuals, communities and colleagues who have helped me learn