

The Role of Occupational Therapy in Community-based Rehabilitation: Perspectives of mainland China
社区康复在内地的诊断及作业治疗的角色

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1

一个伟大的目标 S Grand Goal

到2015年，中国每个需要康复的残疾人“人人都得到康复服务”

By the year 2015, every PWD in need of rehabilitation in China will be offered with rehabilitation services

2

社区康复—通向伟大目标的桥梁

Community-Based Rehabilitation (CBR): A Bridge leading to the grand goal

3

Redefining CBR

- 社区康复具有就近就地、经济适用、简便易行等特点，是大多数残疾人进行康复训练、补偿功能、改善参与社会生活条件最有效的形式。（中国民政部、卫生部等.2000）
- “CBR is characterized by its accessibility, favorable cost-effectiveness and appropriate technology. CBR is the most effective approach for the majority of disabled persons to obtain functional training, functional compensation, improvement of ability for social integration.”

4

Redefining CBR

- 社区康复是促进社区为本，残疾人充分参与康复事业的一项战略，它的主要目标是使残疾人能最大限度地恢复和发挥其身心功能，方便其得到常规的服务和机会，充分融入社区和社会中（WHO，2003）
- “CBR is a strategy to promote the sense of ‘community ownership’ and the full participation of disabled people in all its activities. The major objective of CBR is to enable persons with disabilities to maximize their physical and mental abilities, to access regular services and opportunities, and to achieve full social integration within their communities and societies. (WHO, 2003)”

5

社区康复的基本要素 Essential Elements of CBR

1. 服务的提供：分散化、就地、就近、易得
Service delivery: decentralized, locally available and easily accessible
2. 技术的传递：普及化、适用化
Technology transfer: popular and appropriate
3. 社区、残疾人和家人参与：民主化，以残疾人为本
participation and involvement: by community, PWD and their families in a democratic way. PWD-oriented
4. 组织和管理：社会化
Management and operation: socialized and supported by resources in the society

6

Features of China's New Approach to CBR

- ◆ CBR is incorporated into the National Plan of Economic and Social Development.
- ◆ CBR program is owned by the community.
- ◆ CBR programs are supported by multidimensional resources centers to assure good quality services.

7

- ◆ CBR adopts a medical-social paradigm with flexible and various formats and models .
- ◆ The implementation of CBR makes use of the joint efforts of the existing community networks, including health, civil affairs and PWD Federations.
- ◆ CBR services use local and appropriate technology, combining simplified modern functional training with traditional Chinese medicine.

8

Different CBR Formats in China

1. Community mental health station
2. Community rehabilitation station
Community hospital with rehabilitation service
3. Community special kindergarten
4. Home-based functional training
5. Community-based medical care for chronic diseases

9

Different CBR Formats in China

6. Community-based prevention of disability
7. Counseling on special education for handicapped children
8. Community-based vocational rehab service
9. Supply and counseling on special aids, devices
10. Community recreation and sports activities for PWD
11. Community parents' school/club for the family with PWD.
12. Promotion and education to the public of the community about CBR and helping PWD.

10

A List of particular Needs of People with Disabilities in CBR program

- **A. Functional Training**
 1. Range-of -Motion Exercises
 2. Gait training
 3. Posture and balance training
 4. Transfer
 5. Breathing exercise

11

A List of particular Needs of People with Disabilities in CBR program

- **A. Functional Training**
 6. Strength and Endurance Training
 7. ADL
 8. Therapeutic play
 9. O.T. activities
 10. Simple speech training

12

A List of particular Needs of People with Disabilities in CBR program

• B. Provision with assistive devices

1. Canes, crutches
2. Walkers
3. Wheelchairs
4. Orthosis, splints, braces
5. Special sitting/standing devices
6. Hearing aids
7. Devices for low vision
8. Aids for ADL

13

A List of particular Needs of People with Disabilities in CBR program

• C. Counseling/Education

1. Psychosocial support and adaptation
2. Counseling for family members
3. Social skill training
4. Better family care
5. Nutrition counseling
6. Schooling problem counseling

14

A List of particular Needs of People with Disabilities in CBR program

• D. Medical care

1. Massage, manipulation. Acupuncture
2. Simple physical modalities
3. Nursing care
4. Topical medication
5. Use of medicine
6. Referral

15

Active Participation in and valuable contribution to CBR:
A challenge and an opportunity for OT
积极参与CBR 并做出贡献：
OT的机遇和挑战

Professional assets and strengths of an OT in CBR services

- Familiar with psychosocial skill training
- Skills and knowledge of provision with ADL aids and other assistive devices
- Provision with counseling on life-style modification, Job selection, recreation and social integration.

16

Challenge and Opportunity Priorities of OT services in CBR

- It is time for OT to change its focus of training services from physically-oriented programs to psychosocially-oriented programs.
- Not only ADL or hand function training, but also, perhaps more important, psychosocial counseling, education and skill training.
- Not only take care of the neurological and orthopedic patients, but also the chronic patients with internal diseases.

17

The role of an occupational therapist in a CBR program

- Multipurpose therapist (PT+OT)/OT、(care giver)
- Counselor
- Educator and facilitator
- Psychotherapist
- Social worker
- Trainer (in training classes for CBR workers)
- Advocate of CBR
- Manager or coordinator of a CBR program

18



19



20



21



22



23



24

