

Rehabilitation- Is a Vital Component of Universal Health Coverage

Mr. R. K. Mahadevaswamy^{1*}, Mrs. Manjula K. V²

¹Senior Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India

²Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India

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*Corresponding author: Mr. R. K. Mahadevaswamy
Senior Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India

Abstract

Rehabilitation is important, as are other facets of universal health coverage such efficient illness prevention, treatment, and palliative care. A person who has undergone rehabilitation can participate in school, job, recreation, and important life responsibilities including caring for family members. Rehabilitation enables a child, adult, or senior to be as independent as possible in daily activities. A health issue that could be treated by rehabilitation affects an estimated 2.4 billion individuals worldwide. The need for rehabilitation services is anticipated to increase globally as a result of changes in population health and features. People are living longer but with more chronic illness and incapacity, for instance. Rehabilitation needs are now mostly unmet. More than half of the population does not obtain the necessary rehabilitation services in several low- and middle-income nations. Rehabilitation and other healthcare programs have been severely impacted by the COVID-19 pandemic.

Keywords: Rehabilitation, Treatment, Unmet, vital component, universal health coverage.

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INTRODUCTION

People with physical and mental illnesses, addictions, and other problems go through rehabilitation. The rehabilitation program helps the patient get back to living a regular life and finding work. Both addicts and those who have been harmed by sickness or accidents might benefit from rehabilitation. The importance of rehabilitation in the lives of trauma survivors cannot be overstated. The patient needs are taken into account when designing this program. Since everyone has distinct demands, the program is arbitrary. Every patient receives individualized care, and frequent growth checks are made on each one.

What is Rehabilitation?

- W.H.O define rehabilitation as “The combined and co-ordinated use of medical, social, educational and vocational measures for training and restraining the individual to the highest possible level of functional ability”.

Rehabilitation Guidelines

1. Rehabilitation should start as soon as a patient is found.
2. In the shortest amount of time possible, rehabilitation aims to help patients regain their

level of independence prior to their illness or disability.

3. He must participate actively in the procedure.
4. Encourages and helps the patient achieve social independence.
5. A certain group of people with a particular ailment have their needs prioritized.
6. All patients have a legal right to receive rehabilitative services.

Types of Rehabilitation

- a) **Medical rehabilitation:** Can improve a person's performance in all of his daily mental and physical tasks. Increased potential, deformity rectification, and the restoration of functionality are all related.
- b) **Social Rehabilitation:** Involves re-establishing relationships with family, friends, or the community.
- c) **Psychological Rehabilitation:** This includes the psychological restoration of a disabled person's sense of self-worth.
- d) **Vocational Rehabilitation:** Assist patients who are having trouble finding work.

Based on the treatment types:

- **Cardiac Rehabilitation:** The Cardiac Rehabilitation Program is dedicated to giving our patients with cardiovascular disease complete risk factor management.
- **Physical Therapy:** Through exercise and other methods, physical rehabilitation aids the patient in regaining the use of their muscles, bones, and neurological system.
- **Occupational Rehabilitation:** Occupational rehabilitation helps the patient regain the ability to do normal everyday tasks. This may be achieved by resting old skills, or teaching the patient new skills to adjust to disabilities through adaptive equipment, orthotics and modification of the patient's home. The therapist will visit the patient's home and analyze what the patient can and cannot do.
- **Speech Rehabilitation:** Speech therapy helps patients restore lost speech or repair speech abnormalities. Regular individual or group therapy sessions as well as at-home activities are required. e.g. The patient may be instructed to speak, grin, or close his mouth in order to build his muscles. May extend his tongue. To help the patient remember common objects and expand his vocabulary, picture cards may be employed.
- **Psychiatric rehabilitation:** Involves assisting those who are suffering from mental illness in learning new or bettering existing abilities while gaining the tools and assistance required to achieve their objectives.

Types of Team

1. **Multidisciplinary Teams:** A collection of experts who collaborate to accomplish a single objective.
2. **An Intradisciplinary Rehabilitation Team:** Is made up of experts from related fields who are working on the same case, like three therapists.
3. **Transdisciplinary Rehabilitation Team:** A team of people from different disciplines that work together to enhance patient care through practice or research is known as a transdisciplinary rehabilitation team.

Here are a few Examples of Rehabilitation

1. Exercises to enhance a person's communication, speech, and language following brain trauma.
2. Altering a senior's living situation to increase their safety and independence while lowering their chance of falling.
3. A person with heart disease must receive exercise instruction and knowledge on healthy living.
4. Making, fitting, and instructing a person in the use of a prosthesis when a leg is amputated.

5. After burn surgery, apply positioning and splinting therapies to assist the skin heal, lessen oedema, and regain movement.
6. For a youngster with cerebral palsy, medications to ease muscle stiffness are prescribed.
7. Support for a depressed person's mental health
8. A blind person is instructed on how to use a white cane.

Rehabilitation is very person-centered, meaning that the interventions and strategies picked for each person are based on their preferences and goals. Rehabilitation can take place in both inpatient and outpatient hospitals, private clinics, and community settings like a person's home.

Physiotherapists, occupational therapists, speech therapists, audiologists, prosthetists, orthotists, clinical psychologists, physical medicine and rehabilitation doctors, and rehabilitation nurses make up the rehabilitation workforce.

Benefits of Rehabilitation

1. People with a variety of health issues, including as acute and chronic illnesses, injuries, and diseases, can benefit from rehabilitation. To help obtain the best outcome possible, it can also be utilized in conjunction with other health interventions, such as medical and surgical therapies. For instance, rehabilitation can aid in reducing, managing, or preventing the effects of certain health issues, such as a spinal cord injury, a stroke, or a fracture.
2. By giving patients self-management skills and assistive technologies, as well as pain control and other services, rehabilitation helps in the eradication or slowing of the destructive effects of chronic illnesses such as cardiovascular disease, cancer, and diabetes.
3. Rehabilitation is a wise investment for both individuals and society. It can lessen the length of your hospital stay, save you money on hospital visits, and keep you from needing to be readmitted. Additionally, rehabilitation enables individuals to maintain their educational and employment goals, live independently at home, and rely less on financial or caregiving support.
4. A major tactic for reaching Sustainable Development Goal 3—"Ensure healthy lives and promote well-being for people of all ages"—is rehabilitation.

CONCLUSION

Rehabilitation is a type of care intended to help you regain, maintain, or improve the skills necessary to function in daily life. You might possess aptitudes in your physical, mental, and/or cognitive systems

(thinking and learning). You might have lost them as a result of a sickness, an accident, or the adverse effects of a medical treatment.

The ability to live a longer, more productive life with various chronic diseases requires rehabilitation for an increasing number of people. The role of nurses in acute care settings is critical in determining whether patients will benefit from rehabilitation therapy.

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