

# Rehabilitation - Is an Important Aspect of Universal Health Coverage

Vijaya Kumari Sriramula<sup>1\*</sup>

<sup>1</sup>Assistant Professor, MNR College of Nursing, Survey No. 33, 34, 35, 36, MNR Nagar, Narsapur Road, Sangareddy, Fasalwadi, Telangana 502294, India

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\*Corresponding author: Vijaya Kumari Sriramula

Assistant Professor, MNR College of Nursing, Survey No. 33, 34, 35, 36, MNR Nagar, Narsapur Road, Sangareddy, Fasalwadi, Telangana 502294, 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, universal health coverage, interventions, benefits.

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## INTRODUCTION

Rehabilitation is a process used with people who have addictions, physical and mental disorders, and other issues. The patient can resume living a normal life and finding employment with the aid of the rehabilitation programme. Rehabilitation may be advantageous for both addicts and those who have suffered injuries due to illness or accidents. Rehabilitation plays a crucial role in the lives of trauma sufferers. This programme is designed with the needs of the patient in mind. The programme is random because everyone has unique requirements. Individualized treatment plans are given to each patient, and regular growth assessments are performed on everyone.

### 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”.

### Guidelines for rehabilitation:

- Rehabilitation should begin as soon as a patient is located.

- In as little time as feasible, rehabilitation tries to assist patients in regaining their level of independence prior to their sickness or impairment.
- He has to take an active part in the process.
- Supports the patient's social independence and encourages it.
- A specific group of people with a specific illness have their needs given priority.
- Getting rehabilitation therapy is a legal right for all patients.

### The following are the many types of rehabilitation:

- Medical rehabilitation** -which can enhance a person's performance in all of his everyday mental and physical responsibilities. Potential expansion, correcting deformities, and regaining functionality are all related.
- Social Rehabilitation** -Reestablishing connections with family, friends, or the community is part of social rehabilitation.
- Psychological rehabilitation** -The psychological restoration of a disabled person's sense of self-worth is a component of psychological rehabilitation.
- Vocational Rehabilitation:** Assist patients who are experiencing problems getting employment.

**Types of Team:**

1. **Multidisciplinary teams**- a group of professionals working together to achieve a single goal.
2. **An intradisciplinary rehabilitation team** - is made up of professionals from related disciplines who are working on the same case, such as three therapists.
3. **Transdisciplinary rehabilitation team** - is a group of experts from several fields who collaborate to improve patient treatment through practise or study.

**Examples of rehabilitation include the following:**

1. Exercises to improve one's communication, speech, and language after brain injury.
2. Making changes to a senior's living arrangements to promote their safety and independence while reducing their risk of falling.
3. A person with heart disease has to learn how to exercise and lead a healthy lifestyle.
4. When a limb is amputated, making, fitting, and training a person on how to use a prosthesis are all necessary steps.
5. After burn surgery, use splinting and positioning techniques to help the skin heal, reduce swelling, and regain movement.
6. Medications to reduce muscle stiffness are prescribed for children with cerebral palsy.
7. Assistance with the mental health of a depressed individual
8. The proper usage of a white cane is demonstrated to a blind person.
  - The interventions and tactics chosen for each person are based on their preferences and goals because rehabilitation is very person-centered. Hospitals that offer inpatient and outpatient care, private clinics, and community settings like a person's home can all be used for rehabilitation.
  - The rehabilitation industry employs physiotherapists, occupational therapists, speech therapists, audiologists, prosthetists, orthotists, clinical psychologists, doctors of physical medicine and rehabilitation, and rehabilitation nurses.

**Benefits of Rehabilitation:**

1. People with a range of health conditions, including as acute and chronic illnesses, injuries, and diseases, can benefit from rehabilitation. It may also be used in combination with other medical procedures, such as surgical and medicinal treatments, to help achieve the best potential result. For example, rehabilitation can help to lessen, manage, or prevent the effects of certain health conditions, such as a spinal cord injury, a stroke, or a fracture.

2. Rehabilitation aids in the eradication or slowing of the debilitating effects of chronic illnesses like cardiovascular disease, cancer, and diabetes by providing patients with self-management skills, assistive technologies, as well as pain control and other services.
3. Both people and society would be sensible to invest in rehabilitation. It may reduce the length of your hospital stay, reduce the cost of your hospital visits, and prevent the need for a readmission. The ability to retain educational and employment aspirations, live independently at home, and depend less on financial or care giving help are all benefits of rehabilitation.
4. Rehabilitation is a key strategy for achieving Sustainable Development Goal 3: "Ensure healthy lives and promote well-being for people of all ages."

**CONCLUSION**

The goal of rehabilitation is to help you regain, maintain, or develop the abilities required to operate in daily life. You may have abilities in your nervous, mental, or cognitive systems (thinking and learning). It's possible that you misplaced them as a result of a disease, an accident, or the negative side effects of medical therapy.

For an increasing number of people, rehabilitation is necessary to enable them to live a longer, more productive life despite having different chronic ailments. Whether patients will benefit from rehabilitation therapy depends heavily on the participation of nurses in acute care settings.

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