

International Journal of Research in Special Education

E-ISSN: 2710-3870
P-ISSN: 2710-3862
IJRSE 2021; 1(2): 21-22
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www.rehabilitationjournals.com
Received: 14-05-2020
Accepted: 18-06-2020

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Rehabilitation's benefits: An overview

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Abstract

Rehabilitation, along with other aspects of universal health coverage such as effective health promotion, disease prevention, treatment, and palliative care, is critical. Rehabilitation allows a child, adult, or senior person to be as self-sufficient as possible in daily activities, allowing them to engage in school, work, recreation, and meaningful life duties like caring for family members. Globally, an estimated 2.4 billion people have a health problem that could be helped through rehabilitation. Globally, changes in population health and characteristics are predicted to boost demand for rehabilitation services. For example, people are living longer but with more chronic sickness and incapacity. The need for rehabilitation is presently mostly unfulfilled. In numerous low- and middle-income countries, more than half of the population does not receive the rehabilitative services they require. The COVID-19 pandemic has caused havoc on rehabilitation and other health-care programmes.

Keywords: rehabilitation, treatment, unmet, COVID-19 pandemic

Introduction

Individuals suffering from physical and mental disorders, addiction, and other issues undergo rehabilitation. The patient is assisted in returning to a normal life and earning a living through the rehabilitation programme. Rehabilitation is beneficial to addicts as well as those who have been impacted by illness or accidents. Rehabilitation is critical in the lives of people who have experienced trauma. This curriculum is tailored to the needs of the patients. The programme is subjective because everyone's needs are different. Each patient is given personalised care, and his or her development is monitored on a regular basis.

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".

Principles of rehabilitation

1. Rehabilitation should begin as soon as the patient is identified.
2. The goal of rehabilitation is to return the patient to their pre-illness or pre-injury level of independence in as little time as feasible.
3. He must take an active role in the process.
4. Encourages and assists the patient in achieving social independence.
5. The requirements of a specific group of persons with a certain disease are prioritised.
6. All patients have a legal right to rehabilitation treatments.

Types of Rehabilitation:

1. **Medical Rehabilitation:** help a person better in all his daily physical and mental activities. Related to increasing the potential capabilities and correction of deformities, restoration of functions.
2. **Social Rehabilitation:** Implies social life; restoration of family, social interactions or relationship.
3. **Psychological Rehabilitation:** Includes psychological restoration of personal dignity and confidence of the disabled.
4. **Vocational Rehabilitation:** help those patient who find it difficult to get employment.

Based on the treatment types

- **Cardiac Rehabilitation:** Cardiac Rehabilitation Program is committed to providing comprehensive risk factor management to our patients with cardiovascular disease.
- **Physical Rehabilitation:** Physical rehabilitation helps the patient restore the use of muscles, bones and the nervous system through exercise and other technique.
- **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 the patient correct speech disorders or restores speech. It involves regular meetings with the therapist in an individual or group setting and home exercises e.g. To strengthen muscles, the patient might be asked to say words, smile, close, his mouth. Or stick out his tongue. Picture cards may be used to help the patient remember everyday objects and increase his vocabulary.
- **Psychiatric Rehabilitation:** Psychiatric rehabilitation involves helping people with mental illness, gain or improves skills while obtaining the necessary resources and support in reach their goals.

Types of Team

1. **Multidisciplinary team:** a group of specialists who work together to achieve a common goal.
2. **Intra-disciplinary rehabilitation team:** A group of professionals from the same professions working on the same case, such as three therapists.
3. **Trans-disciplinary rehabilitation team:** A group made up of members from a variety of disciplines who collaborate to improve patient treatment through practise or study.

Some examples of rehabilitation are as follows

- Exercises to improve a person's speech, language, and communication after a brain damage.
- Changing an older person's living environment to improve their safety and independence while reducing their risk of falling.
- Exercise training and information on healthy living are crucial for a person with heart disease.
- After a leg amputation, making, fitting, and training a person on how to use a prosthesis.
- Use positioning and splinting treatments after burn surgery to help the skin recover, reduce oedema, and regain movement.
- Medications to reduce muscle stiffness for a child with cerebral palsy.
- Mental health support for a depressed person.
- A person with visual impairment is taught how to use a white cane.
- Rehabilitation is very person-centered, which means that the interventions and approaches chosen for each

individual are based on their goals and preferences. Inpatient and outpatient hospitals, private clinics, and community settings such as a person's home are all places where rehabilitation can take place.

- The rehabilitation workforce includes physiotherapists, occupational therapists, speech and language therapists and audiologists, orthotists and prosthetists, clinical psychologists, physical medicine and rehabilitation doctors, and rehabilitation nurses.

Rehabilitation's Benefits

1. Rehabilitation can assist people with a wide range of health problems, including acute and chronic diseases, illnesses, and injuries. It can also be used with other health measures, such as medical and surgical treatments, to help achieve the greatest possible result. For example, rehabilitation can help reduce, manage, or prevent the repercussions of a number of health problems, such as a spinal cord injury, a stroke, or a fracture.
2. Rehabilitation aids in the elimination or slowing of the devastating effects of chronic illnesses such as cardiovascular disease, cancer, and diabetes by providing patients with self-management skills and assistive technology, as well as controlling pain and other issues.
3. Rehabilitation is a good investment for both people and society. It can help you avoid costly hospitalizations, cut down on your hospital stay, and prevent re-admissions. Rehabilitation also helps people to continue their schooling and job, live independently at home, and rely less on financial or caregiver assistance.
4. Rehabilitation is a key strategy for achieving Sustainable Development Goal 3: "Ensure healthy lives and promote well-being for people at all ages."

Conclusion

Rehabilitation is a sort of treatment aimed at assisting you in regaining, maintaining, or developing the abilities you need to operate in everyday life. It's possible that you have physical, mental, and/or cognitive abilities (thinking and learning). You may have misplaced them as a result of a disease or accident, or as a result of the side effects of a medical therapy.

For a growing number of people, the ability to live a longer, more productive life with various chronic diseases needs rehabilitation. In acute care settings, nurses are crucial in identifying whether patients will benefit from rehabilitation therapy.

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