

REHABILITATION OF PATIENT
CLINICAL PHARMACY AND THERAPEUTICS

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REHABILITATION OF PATIENTS

The noun rehabilitation comes from the Latin prefix re-, meaning "**again**" and habitare, meaning "**make fit**".

Definition of Rehabilitation:

Rehabilitation can be defined as

“A set of measures that assist individuals who experience, or are likely to experience, disability to achieve and maintain optimal functioning in interaction with their environments” (World Health Organization [WHO], 2011).

OR

“Process of helping a person who has suffered an illness or injury restore lost skills and so regain maximum self-sufficiency.”

For example, **rehabilitation** work after a stroke may help the patient walk and speak clearly again.

Difference between habilitation and rehabilitation:

A distinction is sometimes made between habilitation, which aims to help those who acquire disabilities congenitally or early in life to develop maximal functioning; and rehabilitation, where those who have experienced a loss in function are assisted to regain maximal functioning.

Issues in Rehabilitation:

- **Quality of Life versus Quantity of Life** –Rehabilitation focuses on continually improving the quality of the person’s life, not merely maintaining life itself.
- **Care versus Cure** –Many conditions are irreversible; therefore, the focus of care is related to adaptation and acceptance of an altered life rather than to resolving an illness.

Need for Rehabilitation:

It is precipitated by:

1. Impairment

Any loss or abnormality of psychologic, physical, or anatomic structure or function.

2. Disability

Any restriction or lack of an ability to perform an activity in the manner or within the range considered normal for a human being.

3. **Handicap**

Inability to carry out normal social roles because of an impairment/disability

4. **Functional limitation**

Any loss of ability to perform tasks and obligations of usual roles and normal daily life

5. **Chronic illness**

An irreversible presence, accumulation, or latency of disease states or impairments that involves the total human environment

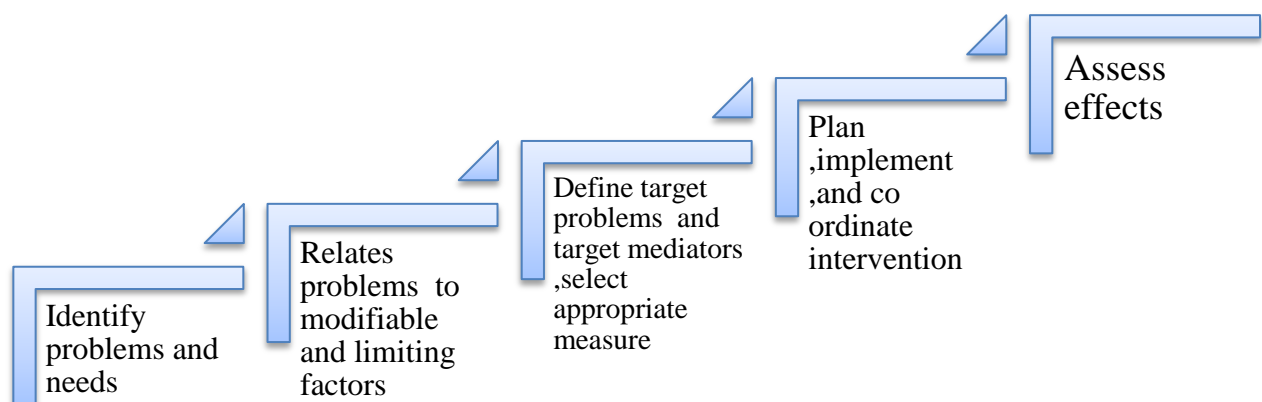
- For example: Diabetes, Cancer, Hepatitis etc.

Goals of Rehabilitation

All Rehabilitation Goals Shall:

- Maximize the quality of life of the individual.
- Address the individual's specific needs.
- Assist the individual with adjusting to an altered lifestyle.
- Be directed toward promoting wellness and minimizing complications.
- Assist the individual in attaining the highest degree of function and self-sufficiency possible.
- Assist the individual to return to home and community.

The Rehabilitation Process:



Types Of Patient Rehabilitation:

There are following types of patient rehabilitation:

1. Physiotherapy
2. Speech therapy
3. Occupational therapy

1. Physiotherapy

This type of rehabilitation deals with movement dysfunction resulting from musculoskeletal or neurological disorders.

Essential physiotherapy techniques are as following:

i. Joint mobilization (gentle gliding) techniques:

Joint mobilization is a manual therapy intervention, a type of passive movement of a skeletal joint.

ii. Joint manipulation:

It is passive movement of a skeletal joint using high velocity low amplitude thrusting maneuvers (a movement of series of movies).

iii. Physiotherapy instrument mobilization:

PIM is an innovative concept that involves mobilizing your spine and peripheral joint via a mechanical spring loaded instrument according to physiotherapy principles.

iv. Minimal energy technique:

Muscle therapy technique describes a broad class of manual therapy techniques directed at improving musculoskeletal function or joint function, and improving pain. Used to treat somatic dysfunction, especially decreased range of motion.

v. Muscle stretching:

Stretching is a form of physical exercise in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscle felt flexibility and achieve comfortable muscle tone.

vi. Massage and soft tissue technique:

Soft tissue technique such massage targets your muscles, tendons, ligament, or other connective tissues.

2. Speech Therapy:

Speech therapists work with patients who have speech or swallowing problems.

Essential speech therapy techniques and activities.

I. Sensory feedback:

One essential speech therapy technique is the use of sensory feedback. Quite simply, it helps your child to become more aware about sounds that he is producing and how he is producing them.

- For example the SLP(speech language pathologist) might use an auditory feedback. she might record a sample of your child's vocalization and play them back.

ii. Articulation speech therapy activities:

Therapeutic intervention of this therapy is to help a child with articulation difficulties is important to:

- Improve child's ability to produce clearer speech.
- Improve a child ability to be understood by others.
- Improve a child ability to engage positively with other children and adults.

iii. Oral motor therapy techniques

- Oral motor development refers to the use and function of lips, tongue, jaws, teeth, and the hard and soft palates.

iv. Language intervention

- In this technique SLP will interact with a child by playing and talking, using pictures, books etc.

3. Occupational therapy:

Occupational therapy is the use of assessment and intervention to develop, recover, or maintain the meaningful activities of daily life (such as self-care skills, education, work, or social interaction), or occupations, of individuals groups, or communities. It is an allied health profession performed by occupational therapists.

Occupational therapists

Occupational therapists help people of all ages to improve their ability to perform tasks in their daily living and working environment. They work with individuals who have conditions that are mentally, physically, developmentally, socially, or emotionally disabling.

Rehabilitation for Different Types of Disabilities:

There are different types of rehabilitation available for different types of disabilities. Some of them are listed below:

- Neurological Rehabilitation
- Cardiac Rehabilitation
- Drug Rehabilitation
- Alcohol Rehabilitation
- Vocational Rehabilitation
- Vestibular Rehabilitation
- Stroke Rehabilitation

1. Neurological Rehabilitation:

- In this type of rehabilitation, patients suffering from stroke, neuromuscular disease, certain types of head trauma and spinal cord injury are treated.
- It aims at making the patient self-dependent.
- It helps create a positive thinking in patient.
- The patient is treated so that he leads a improved life physically, emotionally, and socially.

2. Cardiac Rehabilitation:

- Cardiac rehab program is designed to help those people who have heart problem.
- Heart patients are educated to live a healthy life and reduce stress for the proper functioning of the heart.

Main Contents Of The Program:

- Educating people about the various risk factors that contribute to developing a heart disease.
- These risk factors include, high blood pressure, obesity, smoking, drinking, drug abuse, lack of physical activity, etc.
- Recovery programs from heart disease/surgery.
- Educating people about improving their quality of life.

3. Drug Rehabilitation:

Drug rehabilitation programs involve programs that are designed to make an addict free from the addiction of alcohol, prescription drug and street drugs (cocaine, heroin etc.).

4. Alcohol rehabilitation:

- Alcohol rehabilitation program is designed to make an alcoholic free from the addiction. It involves programs that will teach people the various bad effects of consuming excess alcohol
- Effective detox programs that will cleanse the body from the various toxins of alcohol.

5. Vocational rehabilitation:

Vocational rehab program is designed to help those people who find it difficult to get employment or retain it after they have gone through certain situation that caused mental or physical disability in them.

Main Contents of program:

- Providing physiological and medical assessment.
- Job placement, job training and on job training

6. Vestibular Rehabilitation:

It helps in improving the ear deficit by working on the central nervous system. Also deals in improving eye and head coordination.

7. Stroke Rehabilitation:

This treatment type helps to restore damage that is caused after a stroke, which is the 3rd leading cause for death worldwide.

The Aim of Stroke Rehabilitation:

- Stroke rehabilitation aims at helping people gain maximum normal functioning after the occurrence of a stroke.
- Help the person to get back to normal lifestyle and be independent in daily activities

Rehabilitation centers in Pakistan:

- WADA CLINIC (working against drug abuse in Islamabad, Rawalpindi and Lahore)
- THE NEW LIFE-REHAB CENTRE IN ISD.
- PROMISE REHABILITATION CENTRE IN LAHORE.
- INSTITUTE OF MEDICAL REHABILITATION IMR ISD.

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