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## Editorial - review

### NEED OF IN-PATIENT PHYSICAL REHABILITATION CENTERS IN INDIA: AN OBSERVATION.

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Disability is creating a major economical and social burden in the low and middle economic countries. It can be stated that, disability and Active Daily living things are inter related with the well being of a person and social factors. In the recent past as if we accounts the last 20 years, India is going through a huge evolution in various factors like geographical, fiscal and in empirical conditions. According to the census 2011, 2.68 crore persons were enumerated as 'disabled' which was 2.21% of the total population of whom 56% and 44% were males and females respectively. Among them 20% of the disabled persons are having disability in movement. The majority of disabled population found in the 10-19 years of age group, followed by 20-29 years. In Hyderabad the people who are suffering with the movement disability alone are 20348(Male-12716, Female-7632) among them 3842 are between the age group of 20-29 years.

The sequence of practice which leads to gaining the maximum level of functioning, self reliability and better quality of life is called as Rehabilitation. The above mentioned practice will not definitely brings back the loss due to the any type of cause, instead assists in bringing back of the optimal health of an individual and the condition of well being. The practice of physical rehabilitation is a holistic and multi-factorial approach towards the care of an individual, whose disability due to an injury, process of any disease or any disorder related to the development. The rehabilitation process uses an interdisciplinary team of health care professionals to help a person to reach their fullest physical, psychological, social, vocational, and educational potential consistent with his or her goals and life plans.

Interdisciplinary health care team evaluates not only the patient's present disability, but the impact the disability has

on the whole person mind, body, and spirit. The planning and execution of the rehabilitation starts with the formulation of the goals with the patient and their family. These goals will help in the various components improvement of the patient like physical, psychological and communication to compensate any permanent disability.

### Components which needs to include:

1. Self managing and self reliable skills
2. Physical care skills.
3. Family support these includes assistance with adapting to lifestyle changes.
4. Psychological counseling
5. Pain management with the alternative methods of managing pain.
6. Vocational training.
7. Cognitive skills like memory, concentration, judgment, problem solving, and organizational skills.
8. Respiratory care.
9. Mobility skills.

The basic obstacle in the present community is establishing the meaning of disability and understanding the need for an in-patient admission for better outcomes through the appropriate interventions. Multi specialty hospital based rehabilitation may leads to misunderstand the concept of rehabilitation due to inefficiency in services delivery and due to social isolation of the patient. Emphasizing on the factors like economical status, skilled manpower and methodology of intervention are the issues to be focused. Poor execution of the services may

happen in the Multi specialty hospital based rehabilitation settings due to the patient load and may cause hospital acquired Infections which may hamper the progression. The long term stay in the multi specialty hospitals with the Aim of Rehabilitation is a cost effective factor for the patient family, of which in most of the low and middle economic countries cannot effort.

The other factor to be considered in the hospital based rehabilitation centers is the one to one attention of the health care team. Due to heavy load of the patients and other job related tasks, individual over all care might be neglected which leads to unsatisfactory recovery in the patient and same can be perceived by patient's family. If the patient was asked to see the outpatient rehabilitation department of the same hospital where he/she was treated earlier in inpatient setting, the availability of the family support, transportation, waiting time and financial concerns will affect the patient and patient's family seriousness towards attending the regular sessions.

**Recommendations:** The planning and administration authorities should consider the disability as an important challenge to over-come at the community level as a part of public health program. This program needs to emphasis on the rehabilitation of all categories of disability so that the community development can be mainstreamed. The public health program should be a multi-sector approach considering the interventions related to the health, education, vocational training and social integration.

This particular approach needs close monitoring and unbiased evaluation based on the feedback related to the program impact on the disabled population, community mobilization, opportunity for education and work. The research also needs to emphasize on the major challenge that is, reach of rehabilitation services to the remote areas like towns and villages.

For any health care program implementation availability of skilled manpower is required and they need to continuously upgrade their skills through the effective education and situation based training. The human resources can be generated by introducing the new courses in physical medicine and rehabilitation and promoting them to acquire the manpower for future. Media plays a vital role in creating and increasing the awareness in understanding the disability and related issues. Media can publicize the need and success of disability welfare policies and ensuring the involvement of positive testimonials of the well rehabilitated population. The research needs to focus on the out-comes related to the understanding of issues of the disability, disability welfare policies and programs at the community level. Quality of life and well-being of disabled population, obstacles in implementation of specific services and to overcome them, design an appropriate program for low and middle income population should be the important areas of concerns which need to be focused in research studies as part of their intervention protocol.