Joining Hands

Sharing Good Practice In Rehab Between The Western Pacific WHO CCs

E-Newsletter- Issue No. 6 (October, 2014)

Edited by Sheila Purves and Ortal Shamay-Lahat

News and Updates

Changes in the Disability and Rehabilitation Team (DAR) at WHO Headquarters – A Brief Update

Reported by Ms Rachel Mackenzie, Assistant to Coordinator, DAR, WHO Geneva

The DAR at WHO Headquarters is currently in a transition period: the current Coordinator, Alana Officer, is in the process of moving to the position of Senior Adviser in the Department of Ageing and Life Course (ALC). The Technical Officer dealing with Community-based Rehabilitation and Assistive Technologies, Mr Chapal Khasnabis, has now moved to the Public Health, Innovation and Intellectual Property Team (PHI). Chapal will continue to lead on assistive technologies within WHO. A huge amount has been achieved by DAR under their leadership and guidance, including most recently the adoption of the Global Action Plan on Disability at the 67th World Health Assembly that took place in May, which is a great milestone for the WHO, Member States and National and International partners.

The DAR team is very happy to welcome Dr Marta Imamura as Medical Officer working on Rehabilitation activities who took up her position on 15 August 2014 and Dr Alarcos Cieza as Coordinator of DAR who started on 15 September 2014. Chapal is continuing to support community-based rehabilitation activities until the end of 2014, while the team is identifying support for these activities in the longer term.

Western Pacific WHO CCs for Rehabilitation

WHO Western Pacific Regional Office has notified us of changes in the list of WHO CCs for Rehabilitation as below:

- Hong Kong Society for Rehabilitation
- Guangzhou Zhong Shan University First Affiliated Hospital
- Wuhan, Hua Zhong University of Science & Technology, Tongji Hospital
- Japan National Rehabilitation Centre
- University of Sydney, Faculty of Health Sciences
- China Rehabilitation Research Centre (pre-designation phase)
- Korea National Rehabilitation Centre (pre-designation phase)

From Sidney, Australia

Terms of Reference and Related Work

Reported by Prof Gwynnyth Llewellyn

This WHO CC at the Faculty of Health Sciences University of Sydney was officially designated in June 2014 and launched on October 29th. The TOR for the Centre are as follows:

- To generate and disseminate evidence on effective allied health, rehabilitation and long term care provision
- To build capacity in allied health, rehabilitation and long term care courses and curricula, educators and practitioners
- To provide technical support and training for ICF in rehabilitation and long term care including CBR

During the designation phase the Centre undertook workforce mapping and development projects in the Pacific Island Forum countries and in Vietnam. The Centre also carried out rehabilitation sector analysis projects in Lao PDR and Fiji and an ICF training project in Mongolia. At a regional level, the Centre was involved with WPR in developing a Disability Inclusive Health and Rehabilitation Tool.

In late 2011, the University of Sydney and WHO jointly hosted a two-day symposium on The World Report on Disability: Implications for Asia and the Pacific. The symposium involved over 220 participants from 21 Asian and Pacific countries, with the outcome statement from the discussions being widely distributed throughout the region. The Sydney Commitment on Disability Research is an outcome statement which is available at http://sydney.edu.au/health-sciences/disability-symposium/sydney_commitment.shtml.
Papers from the symposium are available at http://sydney.edu.au/health-sciences/disability-symposium/papers/index.shtml.

To advance our work in providing technical training and support for the ICF, we hosted the Think Before You Measure Symposium which included focused attention on the application of the ICF in rehabilitation. One outcome of this symposium has recently been published. This is a Special Issue of Disability and Rehabilitation titled Think Before You Measure. This special issue was jointly edited by Ms Ros Madden and Professors Gwynnyth Llewellyn and Gerold Stucki. This is now available online and includes nine papers on using the ICF in different clinical settings - paediatric and adult - and as a measurement tool in disability. The papers come from Australia, Italy, WHO DAR, Geneva, Switzerland, Thailand and the USA. The special issue, which is Volume 35, Issue No 13, pages 1045-1096 can be accessed at http://informahealthcare.com/loi/dre

Our work on Community-based Rehabilitation has been a regional endeavour with collaborators from Vietnam, Lao PDR, the Philippines, Papua New Guinea, Fiji, the Solomon Islands, and Timor Leste. The Monitoring Manual and Monitoring Menu for CBR and other community based disability inclusive development programs are available for open access downloading at http://sydney.edu.au/health-sciences/cdrp/projects/cbr-monitoring.shtml.

Ms Ros Madden has led this work; for further details and to become involved in trialling the materials please contact Ros on ros.madden@sydney.edu.au.

At our newly designated WHO Collaborating Centre, we very much look forward to working with our colleagues at the WHO Collaborating Centres in the Western Pacific Region.

For further information about our new Centre please contact Prof Gwynnyth Llewellyn at Gwynnyth.llewellyn@sydney.edu.au

From CRRC, Beijing, China

Activities of China Rehabilitation Research Center (CRRC) as a Future WHO CC

Reported by Ms Fei Liu and Ms Hong Zhang

CRRC is in the process of being designated as a WHO CC in the field of rehabilitation under the supervision of Ms Pauline Kleinitz, WHO Western Pacific Regional Office. It is agreed that there will be a two-year pre-designation period, during which CRRC will complete 3-5 assignments.

The following are activities we carried out since March last year:

- Mar. 6-9, 2013: participated in the WHO Western-Pacific Regional meeting of Collaborating Centres for Rehabilitation in Hong Kong
- Dec. 2013- Sep. 2014: translated the International Perspectives on Spinal Cord Injury (IPSCI) into Chinese (in progress, dissemination path to be discussed)
- Dec. 2013- present: playing an important role in the discharge plan study organized by the Hong Kong Society for Rehabilitation, which will serve as an exemplary model for China and surroundings
- May 2014: translated into English the Basic Standards for Rehabilitation Hospitals (2012), published by the National Health and Family Planning Commission (NHFPC) of the People's Republic of China
- Jun. 2014: participated in the meeting of WHO Western Pacific Region held in Manila
- Sep. 2014: organized the International Perspective of Spinal Cord Injury (IPSCI) Symposium in China during the 9th Beijing International Forum on Rehabilitation in China.

The International Perspective of Spinal Cord Injury (IPSCI) Symposium

A total of 32 professionals with working experience in China, New Zealand, Japan, Norway and Italy attended the event. This includes representatives of international NGOs, government authorities, research institutions, hospitals, and representatives of people with spinal cord injury.

The symposium served: (1) to promote information exchange among some of the institutions in our international network of collaborators; (2) to develop a draft of the Chinese implementation plan. In the meeting, discussions on the draft were carried out and suggestions were given by experts; (3) to make

the voice of the patients heard by NGOs, government authorities and physicians; and (4) to contribute to the prevention of SCI and social integration of persons with disability.

This is the first step of implementing IPSCI in China and CRRC is looking forward to planning more activities and working more closely with WHO to contribute to this end.

For further information please contact Ms Fei Liu at heather.liu123@gmail.com

From HKSR, Hong Kong

An Exploratory Study into the Present Status and Challenges of Discharge Planning in Rehabilitation Departments of General Hospitals in China

Reported by Ms Mandy Lau and Ms Sheila Purves

Discharge planning should start early, ensure there are common team goals (and expected dates of achievement), involve the patient (and family) and include liaison and two-way communication with the community services, if available.

In late 2013, we initiated this study with our sister WHO CCs in Guangzhou and Wuhan, as well as China Rehabilitation Research Centre (CRRC). After a literature search, and various meetings and investigations, we have agreed that each of these three centres, and three other major hospitals, will trial discharge planning with several stroke and spinal cord injured patients in each hospital. Prof Li Jianjun (CRRC) agreed to take up the lead, and we successfully applied for ethical approval from CRRC Ethics Board.

A training course for the therapists/nurses taking up the "discharge co-ordination" was held in Wuhan in June, and they have since completed the requirements of four patients for each centre, including follow-up telephones and/or visits. By the end of 2014, we will complete interviews with all key participants, including discharge co-ordinators, patients, family members and rehabilitation staff on the patient's team.

Our aim is to document the challenges and successes, in order to drive further research, including perhaps randomized trials and cost-benefit analyses, and testing of training requirements for "discharge co-ordinators". This will move us towards Guidelines for Discharge Planning, with the hope that this will help link up and increase communication between the hospitals, specialist rehabilitation centres and community services. Our ultimate aim, of course, is to improve the outcomes for people after stroke, spinal cord injury and other major disability conditions.

More Updates

- A new webpage (http://www.otworks.org/) is established, which is an accessible, culturally-relevant and educational website with the aim of cultivating the competence of

frontline occupational therapists in Mainland China. The website provides a database of available assistive devices and environmental modifications with examples of case studies from different provinces in China. We hope the website will serve as a practical tool for OTs working in different settings and will facilitate the development of professional network for mutual support and sharing.

- We completed a one-year project on strengthening community-based rehabilitation services for children in three rural counties, through Train the Trainers approach. A booklet on CBR and children with disabilities in rural areas is published. It includes the CBR concepts, experiences shared by leaders and case studies with lesson learnt.

- We started a new project in June 2014 which focuses on promoting inclusive education for disabled children in Jilin Province. Four training courses will be conducted during the one-year project period. We will select 15 children for case studies to identify their needs, how to prepare them for school and how to overcome the barriers they encounter in the school environment. The findings from these cases will be used for our future training content and promotion of inclusive education.

- We are co-operating with the Chongqing Jiulong Po District Disabled Person's Federation and Chongqing Yuxi Hospital to implement a Self-Management Programme for stroke patients. This six-month programme includes a 4-day training and publication of booklet as well as manual for leaders. Trainers are requested to run groups for their stroke patients in their own work units.

For further information please contact Ms Mandy Lau at mandy.lau@rehabsociety.org.hk

From Guangzhou, China

Strategy for the Promotion of Innovative Technology in Rehabilitation Service

Reported by Prof Zhuo Dahong

Recently experts of the WHO CC for Rehabilitation in Guangzhou China have reached consensus on the strategy for promotion of high-tech in rehabilitation service. The following main points are suggested:

- In developing countries, it is practical to use appropriate technology to achieve the goal "Rehabilitation for all'. However, as time goes by, we should try our best to use higher and higher technology for more and more people with disability who need it
- Since the high-tech devices and products are usually the invention or innovation of multidisciplinary collaborative efforts, it is suggested that the national or regional consortium organized by the related disciplines for the development of high-tech in rehabilitation should be established
- By policy support, welfare measures and charity funds, we should try to ensure people

with disability can afford to buy and use the devices and service

The above suggestions and ideas have been shared with the participants of the 9th Beijing International Forum on Rehabilitation held in September 2014, when Prof Zhuo Dahong, head of the Centre, was invited to give a speech at the Forum.

For further information please contact Prof. Zhuo Dahong at: dhzhuo@gmail.com

From NRCD, Japan

Implementation of Work Plan as WHO CC for Disability Prevention and Rehabilitation

Reported by Dr Kozo Nakamura, Dr Reiko Fukatsu, Dr Rina Ishiwata, and Ms Yoko Nishimura

NRCD conducts activities to contribute to WHO and Western Pacific region under the following Work Plan (Oct. 2012 - Oct. 2016):

- Development of knowledge and resources to increase access to sports for persons with disabilities
- Increasing knowledge of rehabilitation systems
- An exploratory study on support to persons with disabilities from the Great East Japan Earthquake
- Disability advocacy and dissemination of WHO concepts and documents, including the World Report on Disability

In this issue, we would like to report the implementation of two topics:

Increasing Knowledge of Rehabilitation Systems

Creating a Map of Studies on Prostheses

The Department of Assistive Technology of NRCD is creating a map of studies on prostheses in Japan and Western Pacific region. Prostheses (artificial upper and lower limbs) are one of the major products of assistive devices and technologies which are directly linked to quality of life of people with limb amputation. In the CRPD and WHO Global Action Plan, improving access to assistive technology is a significant subject.

We searched articles on prostheses in 37 countries and areas of Western Pacific region published in the last 30 years. Currently, over 280 articles from 13 countries and areas are extracted from PubMed database. We selected articles which: (1) include the thesaurus term “artificial limb” in the title and/or abstract; (2) include a name of country or area of Western Pacific region in all fields; and (3) were published during 1984- 2013. Since articles do not always include the name of country where the research was conducted, these extracted articles do not cover all researches in the region.

The extracted articles are from Australia, Japan, China, Hong Kong, Malaysia, Singapore, Korea, Vietnam, Cambodia, New Zealand, Laos, Philippines and Papua New Guinea. Australia, China and Japan are the top three countries on number of published articles on prostheses.

The contents are under analysis and the results of the study will be presented to WPRO in December.

An Exploratory Study on Support to Persons Who Suffered from the Great East Japan Earthquake

Preparing a Manual for Supporting Children and People with Neurodevelopmental Disorders at the Time of Disaster

Japan was attacked by the most powerful earthquake and Tsunami on March 11th, 2011. The disaster is called the Great East Japan Earthquake. It attacked a large area of eastern Japan. Particularly, catastrophic Tsunami devastated communities and took lives of people. After the disaster, all people, including people with various disabilities, had to survive in chaos. Especially, children and people with neurodevelopmental disorders including autism were faced with various difficulties in dramatically changed living environment at shelters and temporary houses.

Since we learned it is essential to prepare for disaster, Information and Support Center for Persons with Developmental Disabilities of NRCD provided information to those who support persons with neurodevelopmental disorders and to the general public in Japan through our website and published handbook.

NRCD has published rehabilitation manuals to share information and technologies on rehabilitation with countries and organizations in Asia and Western Pacific region. In this fiscal year, we are preparing a rehabilitation manual for supporting children and people with neurodevelopmental disorders at the time of disaster.

In Asia and Western Pacific region, several countries had experiences of earthquake and Tsunami in the past and they may occur in the future. We hope the manual will be useful to establish a support system for children and people with neurodevelopmental disorders at the time of disaster in those countries.

More News

The New Hospital Building of NRCD

The new hospital building was opened in June. It was constructed to enhance earthquake safety against future earthquake similar to the Great East Earthquake. Characteristics of the building are seismically isolated structure and well- considered facilities for users with disabilities.

The new hospital building

The toilet area- symbols for easy understanding of facilities with many types of toilets. Visually impaired persons can recognize the location of the toilet by sound of flowing water coming from the front of the toilet.

International Seminar on Actual Status and Issues Facing Older Persons with Mobility Impairment- Disabilities in Older Age and Ageing of Persons with Disabilities
NRCD, November 8th, 2014

NRCD will hold the international seminar to share information of current status of ageing and disability. Invited speakers are from WPRO, CRRC and KNRC as well as Japanese speakers, such as representative of federation of people with spinal cord injury, specialists of gerontology, orthopaedic surgery, and health promotion of people with disabilities.

For further information please contact Ms Yoko Nishimura at: nishimura-yoko@rehab.go.jp

From Wuhan

Research Project Summary of WHO Rehabilitation Training and Research Center

Reported by Prof Nan Dengkun, Prof Huang Xiaolin, and Prof Lu Min

Given the domestic growing number of patients with chronic diseases, the work to promote quality of life and rehabilitation of disease conditions is our ongoing concern. Stroke, as the main chronic disease, with the characteristics of high morbidity, high mortality, and high recurrence rate, is chosen to be the research focus of our Center in the recent years. In the hope that through a series of studies, we can provide high-quality evidence for effective rehabilitation treatment and management of stroke.

Project HOPE Foundation Program- Chronic Disease Management in Communities

In support of Project HOPE, the program of stroke management in communities was launched in Gangdu community of Wuhan in 2011-2012, with the assistance of the rehabilitation departments of Wugang General Hospital and Gangdu Community Center.

The purpose of this project was: (1) to improve stroke prevention and management; (2) to improve the competence and service quality of community rehabilitation practitioners; (3) to form a sustainable mode of standardized management of stroke patients; and (4) to explore and establish the three-level service model of stroke community management and treatment, which was in compliance with China's national settings.

The main contents include: (1) a standardized training of stroke community-based rehabilitation for healthcare workers; (2) a package of rehabilitation training of basic knowledge and skills for stroke patients and their families; (3) lifestyle education for the public to prevent stroke occurrence and recurrence; and (4) in addition, appropriate rehabilitation services were provided to stroke patients.

During the study, we designed and completed a survey on the rehabilitation needs of stroke patients to get a better understanding of the target group needs. We compiled a skill training manual for rehabilitation workers and a manual of basic knowledge for patients.

The healthcare workers training improved the diagnosis and treatment skills of primary healthcare staff and enhanced the

understanding and management of primary healthcare institutions for chronic disease. The health education conducted in target communities increased the awareness of stroke rehabilitation, formed a sustainable model for stroke management that combines the tertiary hospitals and communities, and improved the self-management awareness and skills of stroke patients.

The project also strengthened the communication among medical institutions, promoted a two-way referral system, promoted the community awareness to stroke patients, and had been welcomed by the majority of stroke patients in the community. We published 3 papers with our research results in national magazines.

Medical consultation in community

The Planning Project of WHO - Primary Prevention and Rehabilitation Management Model of Stroke in Midwest Community of China

Under the support and funding of WHO, our Center conducted a study of primary prevention and rehabilitation management model of stroke in Wuhan, Hubei Province and Karamaye City, Xinjiang Uygur Autonomous Region in 2012- 2013.

After an investigation of the lifestyle of people at high risk of stroke and their eating habits, as well as the community resources and needs, several groups of stroke patients and their families were established according to areas in Wuhan and Karamaye. The groups completed community activities and exercises with self-management strategies to promote the prognosis of those patients in their communities.


Health education to stroke patients and their families

The 12th Five Year National Science and Technology Support Program

(1) The Development and Promotion of Appropriate Training Methods of Cerebrovascular Disease Rehabilitation and the Construction of Rehabilitation Information Platform

Since June 2012, our Center, together with neurology and rehabilitation departments from more than 50 domestic tertiary hospitals, began this project which will last 4 years. The main purpose of the project is to promote well-established rehabilitation training methods of cerebrovascular disease, to explore new rehabilitation technologies, and to develop a rehabilitation information platform including ICF database and remote consultation, training and coaching system.

As one of the sub-centers, our work include 60 cerebrovascular disease cases which will

receive limb functional rehabilitation training, functional electrical stimulation, mandatory exercise therapy, walking weight training, and cognitive and speech training.

Before and after assessments including FMA, NIHSS, MMSE, WAB and BI will be carried out and ICF data of all cases will be collected before and after treatment. New appropriate therapy for cerebrovascular disease - active music therapy, is being implemented, including observation of its impact on upper limb motor function recovery in patients with cerebrovascular disease.

(2) Clinical Research on Traditional Chinese Medicine (TCM) Rehabilitation of Spasticity after Stroke

This year, we are conducting a multicentric clinical research project on TCM rehabilitation of spasticity after stroke jointly with 8 hospitals in Jiangsu, Henan, Nanjing, Heilongjiang, Guangzhou and Shanghai.

Compared with modern rehabilitation medicine, there is not enough high-quality research evidence regarding the effectiveness of TCM rehabilitation techniques when used to reduce spasticity. These techniques can help to decrease pain, motor dysfunction, posture disorders and other issues caused by post-stroke spasticity. This multicentric randomized-controlled research project on the efficacy and safety of TCM rehabilitation treatment of spasticity will provide high-quality evidence for TCM rehabilitation techniques that eventually will be implemented into stroke rehabilitation guidelines and clinical pathways.

For further information please contact Prof Huang Xiaolin at xiaolinh@126.com

The World Report on Disability and Recent Developments in South Korea

Kim WH, Park YG, Shin H-I, and Im S
American Journal of Physical Medicine and Rehabilitation, 93, S58-62, 2014

Abstract

The latest National Survey on Persons with Disabilities estimated 2,683,400 persons with disabilities in South Korea, of whom 58% were men and 42% were women. People with physical disability represent approximately 50% of the entire population with disability. Disability-related policies and services to improve the participation of persons with disabilities have been expanded in the last decades, guided by 5-yr plans. The number of physiatrists has increased, although it still varies significantly by location.

As part of the comprehensive measures to expand rehabilitation services, several regional rehabilitation centers have been established. In addition, a community-based rehabilitation program has been implemented that comprises Strong Point Public Health Centers, which provide local health promotion programs for persons with disabilities, family support programs, and community participation programs.

As the aged population increases, it is predicted that the population of persons with disabilities in South Korea will also increase. A long-term and innovative financial model will be required to meet the corresponding needs. A recent milestone of evidence-based practice is the publication of Clinical Practice Guideline for Stroke Rehabilitation in Korea.

Opening the GATE for Assistive Health Technology: Shifting the Paradigm

WHO Concept Note (2014), Submitted by Mr Chapal Khasnabis, WHO

Opening the GATE for Assistive Health Technology* (AHT) is an innovative vision – a new paradigm. The time for introducing the concept of disruptive and frugal innovation in the Assistive health technology sector is very much needed in order to create a new market and make the quality products available at an affordable cost – across the globe. We cannot ignore the challenge of providing universal access to AHT for those in the world who can profit from it. The paradigm shift described in this concept note is driven in part by a conceptual shift and by a more reasoned and realistic understanding of what AHT is, what it achieves, who can benefit from it, and its instrumental relationship to participation and well-being. Finally, the shift points to the readiness of WHO to initiate, develop and lead another global initiative to advance its mandate – improving health for all.

* **Assistive Health Technology** (AHT) can be defined as the application of organized knowledge and skills, procedures and systems related to provision of assistive health products. AHT is an umbrella term that covers both assistive health products and service provision, including its scientific application.

For the full concept note, prepared for the July 2014 Consultation, please see:
http://www.who.int/phi/implementation/assistive_technology/concept_note.pdf?ua=1