

Physical Medicine & Rehabilitation

Current and Future Status in South Africa.

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Rehabilitation

A set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment

THE REHABILITATION SCENE

Rehabilitation in South Africa

Registrar posts in the Departments of Physical Medicine at the major teaching hospitals are available for those who wish to specialise in Rehabilitation.

SASPRM

- SASCA/SANRA 2018
- Doctor Society
- Undergraduate
- Postgraduate
- ? Family medicine
- Affiliated to ISPRM
- Two Neurologists/ One Ortho Surgeon
- **Majority GP's**



SASCA and SANRA

- SASCA Southern African Spinal Cord Association is affiliated with ISCOS
- **International Spinal Cord Society | ISCoS**
- SANRA South African Neurological Association affiliated with WFNR
- **World Federation for Neurorehabilitation**

Current inpatient private facilities for Acute rehabilitation.

- Life Healthcare : *7 recent closure of 37 bed facility in Bloemfontein*
 - Mediclinic: 1
 - Netcare: 1
 - Nurture: 8
 - ClaytonCare Group: 2
 - Royal Hospital Pietermaritzburg:
 - **NONE** in Northern Cape, Limpopo, Mpumalanga, North West Province
- TOTAL= 20

Current State inpatient facilities

- WCRC Western Cape Rehab Centre *Cape Town*
- Thelle Moegerane Hospital Vosloorus *Gauteng*
- Tshawne Rehabilitation Hospital Pretoria *Gauteng*
- Dr George Mukhari Hospital Ga-Rankuwa *Gauteng*
- Witrand Hospital *NW Province*
- **NONE** in Northern Cape, Mpumalanga, KZN, E Cape.

Rehabilitation Capacity in South Africa— A Situational Analysis Feb 2023

- The first paper to report on a detailed analysis of the **public health sector's rehabilitation capacity in South Africa**. The findings provide a broad overview of the current strengths, weaknesses, opportunities, and emerging initiatives/innovations to advocate and enact priority steps for the prioritisation and strengthening of rehabilitation in the health system.
- **Alarming inequity between private & public healthcare.**

Undergraduate training

Current courses for Medical Practitioners in South Africa

- STELLENBOSCH
- [Postgraduate Diploma in Disability and Rehabilitation](#)
- Doctors/ BA in health field or equivalent NQF level 7 qualification
- [Master of Human Rehabilitation Studies](#) Two years, blended learning, two weeks compulsory on campus each year. For all qualifying health professionals e.g. Doctors, nurses, PT, OT, ST, Social workers, Psychologists etc.
- WITS: Masters in Public Health Field of Rehabilitation

Conditions treated in acute Rehabilitation

- Stroke
- Acquired Brain Injury e.g., Trauma, hypoxic encephalopathy, CP
- Spinal Cord Injury: traumatic & non traumatic
- Burns
- Polytrauma
- Amputations
- Near Drowning
- Post prolonged ICU stay
- Post cancer treatment
- Post joint replacement (complicated)



- IRF FELLOWSHIP in PM& R to accredited physicians in Africa
- Two-year course
- Graduates in Ghana, Ethiopia and Cameroon
- Started in January 2023 in SA with 18 Fellows
- Each fellow must lead presentations for a month on a topic
- Active clinical practice, ward rounds with specialist colleagues, research project.
- Examination requirement at end of course

<http://www.rehabforum.org/fellowship.html>

Global Initiatives: WHO Response

Promoting Equitable Access to Rehabilitation Services

REHABILITATION
— 2030 —
a call for action

Rehabilitation
2030

Profound Unmet Need for Rehabilitation

- Globally, one in three people (2.4 billion people) are living with a health condition that benefits from rehabilitation
 - People are living longer
 - More people are living with chronic diseases, such as diabetes, stroke, and cancer
 - Ongoing incidence of injury, child developmental conditions persists

Many countries are NOT equipped to respond to these needs

In low- and middle- income countries, more than 50% of people do not receive the rehabilitation services

May 30, 2023

Resolution on Strengthening Rehabilitation in Health System is Endorsed at the World Health Assembly



EXECUTIVE BOARD
152nd session
Agenda item 8

EB152(10)
2 February 2023

Strengthening rehabilitation in health systems

The Executive Board, having considered the report by the Director-General,¹

Decided to recommend to the Seventy-sixth World Health Assembly the adoption of the following resolution:

The Seventy-sixth World Health Assembly,

Having considered the report by the Director-General,

Considering that the need for rehabilitation is increasing due to the epidemiological shift from communicable to noncommunicable diseases, while taking note of the fact that there are also new rehabilitation needs emerging from infectious diseases like coronavirus disease (COVID-19);

Concerning further that the need for rehabilitation is increasing due to the global demographic shift towards rapid population ageing accompanied by a rise in physical and mental health challenges, injuries, in particular road traffic accidents, and comorbidities;

Expressing deep concern that rehabilitation needs are largely unmet globally and that in many countries more than 50% of people do not receive the rehabilitation services they require;

Recognizing that rehabilitation requires more attention by policy-makers and domestic and international actors who should identify and allocate resources, including with regard to research, cooperation and technology transfer, on voluntary and mutually agreed terms and in line with their international obligations;

Deeply concerned that most countries, especially developing countries, are not sufficiently equipped to respond to the sudden increase in rehabilitation needs created by health emergencies;

Emphasizing that rehabilitation services are key to the achievement of Sustainable Development Goals (ensure healthy lives and promote well-being for all at all ages), as well as an essential part of achieving target 3.6 (achieve universal health coverage, including financial risk protection, essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all);

Reaffirming that rehabilitation services contribute to the enjoyment of human rights, such as the right to the highest attainable standard of physical and mental health, the right to sexual and reproductive health, the right to work and the right to education, among

¹ Document EB152/8.



Landmark WHO resolution 2023

Expanding and integrating rehabilitation in health systems as part of Universal Health Coverage (UHC), emphasizing the importance of rehabilitation in primary care and as part of emergency preparedness and response.

- Major **unmet need** for rehabilitation from a range of health conditions including from communicable and noncommunicable diseases and injuries. The importance of **rehabilitation as a strategy for healthy ageing** was noted. There was an overwhelming emphasis that rehabilitation should be available to the whole population and **should be integrated into health planning and implementation.**

World Rehabilitation Alliance (WRA)



World
Rehabilitation
Alliance



SUPPORT and JOIN US!

Support us by referring your patients to acute rehabilitation facilities

Support us by encouraging your specialist colleagues to refer your patients to acute rehabilitation

Join us by considering to work in an acute rehabilitation facility

Join us by integrating rehabilitation into your planning for your patients

General practitioners are ideal for this type of work

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