



FOD/HRDC

PRIMARY REHABILITATION THERAPY (PRT) - 19



Introduction

Hospital & Rehabilitation Centre for Disabled Children (HRDC) is one and the only program of the Friends of the Disabled (FOD), an autonomous, non-religious, non-profit making non-governmental organization. The main objective of HRDC is rehabilitation and reintegration of children with physical disability through curative, preventive and rehabilitation services. FOD / HRDC has continued its rehabilitation services in right based framework over the 3 decades. HRDC gives priority to the children from under-privileged families.

Disability management services in Nepal is inadequate. Even the central level Government hospitals do not have adequate tertiary level services needed for rehabilitation of persons with disabilities. So much so, health care system in the country has not yet encompassed orthopedic and physical rehabilitation services at the district level. At the time when the Government has already ratified the UN Convention on the Right of the Persons with Disabilities and Nepal has become State Party, such gap has hindered in effectively playing the role of establishing rights of persons with disabilities. It is very expensive for addressing rights of all PWDs on essential curative, preventive and rehabilitation services as it not included in the system so that needy people from far-flung areas have no comprehensive access. The only way out for this is the State should recognize NGOs' contribution to this discipline, allocate equitable resources and have them address the issue. Resource issue shall have to be positively dealt if services (orthopedic, physical therapy for physical rehabilitation and similar tertiary services for other disability categories) are progressively devolved to district level and throughout the country.

Talking about managing physical disability, though Physiotherapists are adequately available in the market, not many local Community Based Organizations are able to afford for their expertise for lack of resource. Consequence is that physical rehabilitation service to persons with physical disability is directly affected. On the one hand, service requirement is growing and so, organizations dealing with physical disability are also increasing and on the other hand, poor affordability has come in the way obstructing timely addressing the issue. Still more, dictated by the need, affordable grassroots level work force in primary rehabilitation with social skills in CBR approach is of vital importance. That is why; HRDC's initiation of 3-month long comprehensive skill-based training in Primary Rehabilitation Therapy (PRT) since over two decades keeps high significance. Increasing response in the PRT's participation is an evidence of our quality work.

HRDC successfully completed 18 batches of PRT & 8 batches of M-PRT trainings. Over 500 participants from different organizations including government hospitals, Disabled People's Organizations (DPOs), Rehabilitation Centers, Health Centers, Community Based Organizations (CBO) and individuals have already benefited.

Goals

Major aim of the PRT is to impart the basic skills & knowledge to the CBR workers, paramedics and others interested to develop competent workforce on Primary Rehabilitation Therapy at the grass-root level to initiate quality approach in managing disability.

Specific Objective: After completion of the training, participants will be able to:

- Describe importance and use of Primary Rehabilitation Therapy (PRT) to persons with disability and communities.
- Identify persons with disability and refer them to relevant service centers.
- Describe and demonstrate joint and muscle functions and their respective exercises.
- Examine muscle power, plan and implement muscle stretching and strengthening exercises.
- Identify the indications and contraindications of exercises.
- supervise a person under rehabilitation after intervention and take decision on appropriate course of action in case of contraindications and seek expert advice if and when.
- Measure simple appliances (assistive devices), repair minor breakdowns and make low cost aids, splints required for clients' functional independence in activities of daily living.
- Identify the common orthopedic condition among the physical disability.
- Describe Prosthetic and Orthotic.
- Explain importance of nursing care on disability management.
- Explain CBR, inclusive development and rights of PWDs.
- State importance and ways of disability prevention.
- Describe importance of disability management & rehabilitation.
- Explain importance of communication and counseling for disability management.

Training Design

The three months long PRT is geared towards crucial needs of therapy in rural areas. The Training is designed to produce competent semi-skilled workforce for primary rehabilitation in rural communities where there is no or very limited rehabilitation services.

The training is primarily divided into two parts: the first intensive 7 weeks focused on theory and concepts, followed by practical sessions to provide hands-on experiences to participants and the rest is practicum in community set-ups, hospitals and rehabilitation centers.

The training contents includes basics of physiology and anatomy, physiotherapy, orthopedic conditions, prosthetics & orthotics, nursing care & disability, rehabilitation & development, CBR and inclusive development, PWDs' rights and other aspects of rehabilitation.

Training Strategies

- A core team of resource persons imparts theoretical and practical skills.
 - Participants are given ample opportunities to assess cases, conduct case studies, handle cases, and carry out rehabilitation planning in stimulatory set-ups that are closer to reality.
 - HRDC adopts learner central guidance throughout the training to make the participants able to handle initial screening on their own.
 - The Training is run as participatory as possible and feedback from participants is honored where appropriate.
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Post Training Expectations

Upon completion of the PRT, participants will return to their respective communities to deliver the services to the needy people with disability. It is strongly communicated to pass-outs/ participants that they must understand limitation of the training and implement their learning accordingly so that no harm reaches to clients. PRT Graduate are encouraged to link-up among themselves as well as HRDC experts and communicate issues faced in the field during implementation.

Methods

A variety of teaching methods are used to address different learning styles and course needs. Participants can expect a mixture of lectures, presentations, case studies, evidence-based learning, and group discussions followed by weekly tests to monitor the progress. The courses also involve use of conventional and, the virtual learning environment. The result is a rich learning experience where you can benefit from courses that are relevant, practical and up-to-date.

Expected Demonstrative Outcomes of the PRT Training

1. Clientele can utilize skill of the trained persons on simple primary rehabilitation services available at the local level
 2. Graduates of the PRT empowered enough to identify physical problems early on to make referrals to experts
 3. Sensitized social technician persons to guide community further in physical rehabilitation
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Evaluation & Monitoring

Ongoing progress monitoring during the course is part and parcels of the training design. Pre- test and post-tests will also be conducted.

Administrative/Logistic Requirements / Information

Who should attend?

- S.L.C. with Science background Or, CMA / ANM having some basic competence in English
- Work experience in related field would be an additional benefit

Participant should submit

Application form, Photocopies of Certificate of academic and training, Citizenship, 2 PP size photos, Organization recommended letter.

Accommodation / Lodging

- Breakfast : 7:30 AM
- Tea : 10:00 AM
- Lunch : 12:30 PM to 1:30 PM
- Tea /Cookies : 3:00 PM
- Dinner : 7:30 PM

Training opportunity and residential service will be provided on "first-come first-serve basis" as limited seats available at HRDC Complex.

A Typical Day's Schedule Grid

Classes will be conducted for 6 days a week (Sunday to Friday) from 9 am to 4 pm.

Faculties

Well-qualified, competent, dedicated and experienced faculty members.

Certificate of Attendance

Each participant will receive a Certificate of training completion from FOD / HRDC on completion of the course.

Resources

Books / literatures are made available during the training and education department. Trainees can borrow them in work-days - Monday to Friday. Other reading materials are provided in the training sessions, as per requirement.

PRT Period & Dates

HRDC is proceeding for the 19th batch of PRT training beginning from 19th of June to 7th of the September, 2018.

Financial Details

Course fee: Course fee includes resource persons cost, stationeries, handouts, training materials, kitbag, organizational visits (include transportation), practicum, examination cost and certification etc.

| Particulars | No. of days | Rate | Amount |
|--------------------|-------------|------|----------------|
| Dormitory | 84 | 250 | 21,000 |
| Tea/ cookies | 84 | 50 | 4,200 |
| Fixed dinner | 84 | 200 | 16,800 |
| Fixed breakfast | 84 | 100 | 8,400 |
| Fixed lunch | 84 | 200 | 16,800 |
| Total costs | | | 67,200 |
| Form | | | 100 |
| Course fee | | | 55,000 |
| Grand Total | | | 122,200 |

TERMS & CONDITION

- The above mentioned is the full cost for the participants coming through some organizations. However, there will be discount of 15% in course fee for those coming individually.
- The individual participants with disabilities can enjoy the 25% discount on course fee and upon presentation of disability ID Card. Accommodation and food charge will not be discounted as they are already subsidized the discounts will not be applicable for intuitional sponsored participants.
- Training opportunity and residential service will be provided on "*first-come first-serve basis*" as there are limited seats available at HRDC Complex.
- Organizational Candidacy is preferred over free – lancers on lodging
- For confirming the registration, along with the "*training application form*", entire contribution should be paid in advance (at least 7 days prior to date of commencement) in the Bank details mentioned below.
- Photocopy, Telephone and E-mail services are available on request and as approved by the Administrative Officer. Users will have to reimburse the cost according to the HRDC regulations.

Bank Details:

HRDC Revenue account, A/C No: 00505030007426,
Nepal Investment Bank / any NIBL Branch payable in Kathmandu
Please fax the deposit receive to HRDC ASAP
Fax No: 011661777



**Hospital and
Rehabilitation Centre
for Disabled Children**

FOR DETAILS, PLEASE CONTACT:

For further information, please contact
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