

## Advantages of Community Based Rehabilitation in Pakistan

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### ABSTRACT

**Aims:** The aim of this study is to develop awareness of community-based rehabilitation for easy assessment of community-based problems and its effectiveness regarding disabled cases.

**Methods:** A literature review was conducted on Medline, Springer link, Google scholar, etc. to obtain published articles on the “role of community-based rehabilitation in Pakistan,” “Effectiveness of community-based rehabilitation” and “Different ways of community-based rehabilitation in Pakistan.” The articles and other documents were then summarized to assess the awareness and effectiveness of community-based rehabilitation in Pakistan.

**Results:** The community-based rehabilitation is a community driven multi-sector gross root system, which considers that "million of disable people have a right to lead a good life get benefits like equal opportunities, better quality of life, social and economic integration, medical care, education Clearly community-based rehabilitation served many challenges and to ease them in a creative imaginative solutions. So we needed to establish the community-based rehabilitation in Pakistan for the improvement the status of our society.

**Recommendations/Conclusion:** It is suggested to promote and practice community-based rehabilitation system in Pakistan, being one of developing countries to provide equal opportunities and non-discriminative environment for the disabled people as independent and acceptable individual who will reduce the economic burden of the country.

**Key words:** Advantage, community, based, rehabilitation, Pakistan.

### INTRODUCTION

The Population of Pakistan is about 184 million. In 1998 census, it is stated that closely 2.49 percent Pakistani population has different types of disabilities.<sup>1</sup>

The Disabled population in Pakistan is close to 3.2 million of the whole population.<sup>2</sup>

In Pakistan, there is an ever growing incidence of people with disabilities, due to bomb blasts, road accidents, violence and natural disasters like flood, draughts, earth quakes, and health disorder as diabetes, hypertension, congenital abnormalities People with disabilities face stigmatization, social isolation and are not considered as a part of general society. A common trend of society is that it focuses on the impaired part while reflecting the person’s capabilities, some time calling them by bad names. Many disabled people behave aggressively because of the attitude of the

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society towards them and are generally claimed unfit to physical and mental work. There fore the question arises in our minds: How can we change and solve these unhealthy perceptions and ideas of the general population? This paper suggests that community-based rehabilitation can act as a gross root system in an under developed country.

Implementation of Community-Based Rehabilitation in Pakistan.<sup>3</sup>

Community-based rehabilitation work is based on linear principle, and it is divided into three stages:

#### Stage: 1 Funding Organization

It may be a non-government or government organization it provides assistants and technical inputs and also obtains, analyzes, and provides feed back on the progress reports received by the national monitoring organization.

#### Stage: 2 National Monitoring Organization

Its asses the community based problem and give their advice where needed community-based rehabilitation projects all over the country. It works as liaison b/w funding organization and community-based rehabilitation carrying out organization.

### Stage: 3 Community-Based Rehabilitation Carrying Out Organization

It is a registered organization it takes directions from the national monitoring organization and is totally based on community-based rehabilitation ideology. Its work on four Steps.

#### Step 1: Entry in Local Community and Conducting Interviews on Local Disability Issues Concern<sup>4</sup>

In this step, survey is performed in targeted areas of the community, and data is collected. Person-to-person Structured interviews are conducted with local disables and their family members. Based on this data, the community-based rehabilitation team determines needs and shows the level of community commitment to disability issues.

#### Step 2: Collecting and Analyzing Secondary Information and Pre-Conceptual Framework

Community-based rehabilitation team conducts a broad survey of all health, social, welfare, community and educational issues, nature of formal and informal services available, barriers to service provision, nature of assistance required and how the disables usually obtain assistance. Based on all this information, the community-based rehabilitation team determines the community's passed experiences with disability services, current realities and local conditions and draws a pre-conceptual framework.

#### Step 3: Conducting a Community Meeting

The community-based rehabilitation team conducts a meeting b/w the community members and the disabled people, during which all the collected information is presented in the pre-conceptual framework and people willing to participate in the community-based rehabilitation programs are selected.

#### Step 4: Instigating Processes for Action and Sustainability

The people who were identified willingly to participants in the community-based rehabilitation program now work for the support of the people with disabilities, closely with the community-based rehabilitation team, carrying out the community-based rehabilitation system and developing necessary community structures to ensure that the proposed program is sustainable.<sup>4</sup>

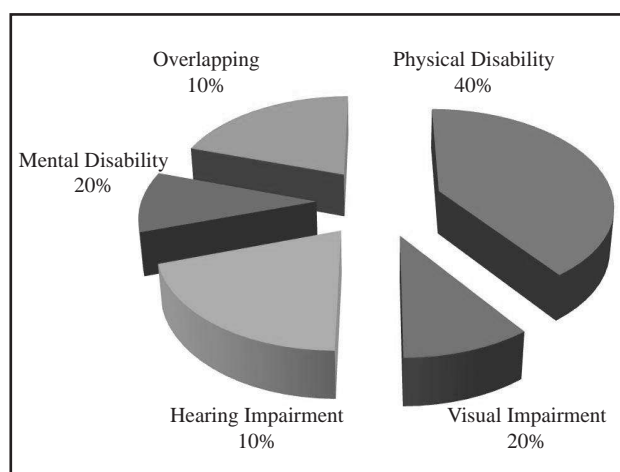
## SUBJECT AND METHODS

A systemically qualitative data was collected for this descriptive study. A search of Medline, Springer link and Google scholar, etc. was done and the search terms used were “role of the community-based rehabilitation

in Pakistan” “Effectiveness of community-based rehabilitation” and “Different ways of community-based rehabilitation in Pakistan.” Then specific articles were selected, which meet the inclusive criteria.

Inclusive criteria: Bonafide articles based on:

- (1) Effect of the community-based rehabilitation system in different countries
- (2) Community-based rehabilitation affects in Pakistan
- (3) Published articles or documents that describe any qualitative aspect of the community-based rehabilitation program.
- (4) Published article during the year 1998 to 2011.



According to 1998 census disability Percentage

Punjab	Sindh	Baluchistan	N.W.F.P	Islamabad
5.57%	28.4%	4.5%	11.1%	0.3%
Rural areas disable population		urban areas disable population		
68.5 %		31.5%		
Male disable		Female disable		
1.99 million		1.37 million		

## RESULTS

After the study different articles, it was revealed that community-based rehabilitation program is the only feasible decentralized system which attempts to meet the immediate needs of disabled people, and the long term goal of community conscientiousness.

The community-based rehabilitation reduces barriers for participation of the physically-challenged in different activities, without neglecting the goals of the components of health, education, livelihood, social and empowerment. It is in the wider sense a community development program and socially integrates people with disability and community. For example: Assessing changes in community attitude towards the disables and mobilizing community resources to support and

help them. It is a multi-disciplinary program creating positive attitudes and providing functional rehabilitation services, i.e., physical therapy, occupational therapy, psychology, mobility training, special education. It also creates micro and macro income generation program for the people with disability and makes them independent members in the society. Community-based rehabilitation also transfers knowledge about disabilities and skills in rehabilitation to the disabled and is cheaper than the institute based rehabilitation and therefore, has the potential to reach all disabled people, not just a selected few. It trains disabled to cope, directly from their environment: How they will live in society? How will they use the resources that are locally available?

## DISCUSSION

The present study shows that in Pakistan medical interventions are completely cure oriented rather than community based rehab oriented its follows that all the efforts are focused on expensive medication, investigations and little resources are allocated for the prevention of disability and the improvement of quality of life.<sup>5</sup> As a result people with disabilities experience many issues most of them receive little or no Therapeutic services and are left out of the development process.<sup>6</sup> Community based rehabilitation is a viable program which is designed according to the needs of these people. Here I justify Community-based rehabilitation results from a case: Ayesha a 10 year old child was diagnosed cerebral palsy spastic diplegia; Mother was a house wife and father worked in a shop and lived in a rent house. Her elder brother Nauseed is also a C.P. Father had fewer wages that could only fulfill their daily needs. In this condition she was identified by the CBR team. An Occupational therapist visited her house and did the assessment. It was found that the she had difficulty in standing and walking and had tightness in hip, knee and ankle (bilateral). The occupational therapist guided the family members through rehab skills and provided regular therapy to release the tightness of hip, knee and ankle after the therapy now she is able to walk with support, and she is independent in activities of daily living.<sup>7</sup> the community based rehabilitation team gave the family confidence that the child will attend the pre school classes free of cost because the child is not different from others and is able to do some thing. The community based rehabilitation is a effective system in Pakistan because it keeps an understanding of the causes and treatment of impairments. This will lead to better prevention of impairments, earlier detection and treatment of potentially disabling conditions. Thus the community based rehabilitation has many benefits for the people with disabilities in Pakistan, for their families

and for the community it self.<sup>8</sup> Thus, the government should urgently realize this as their responsibility and flourish the system of community-based rehabilitation. Recommendations/Conclusion:

A remarkable gap exists between the supply of community-based rehabilitation services in Pakistan and the needs for these services by disabled people. Therefore, I suggest that the government reinforces community-based rehabilitation services because the system totally responds to the needs of the people with disabilities, their beliefs, practices, customs and issues, it is a system which reaches beyond the boundaries of our particular disciplinary and ideological frameworks, and seeks productive dialogued with others using different disciplinary approaches.

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