



Presentation to improve Quality Rehabilitation Care in Myanmar

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Outline of presentation

- Background Information- Existing Rehabilitation team, services, and workforce
- Myanmar National Rehabilitation Strategy
- How to improve quality of Rehabilitation professionals
- Future Plan

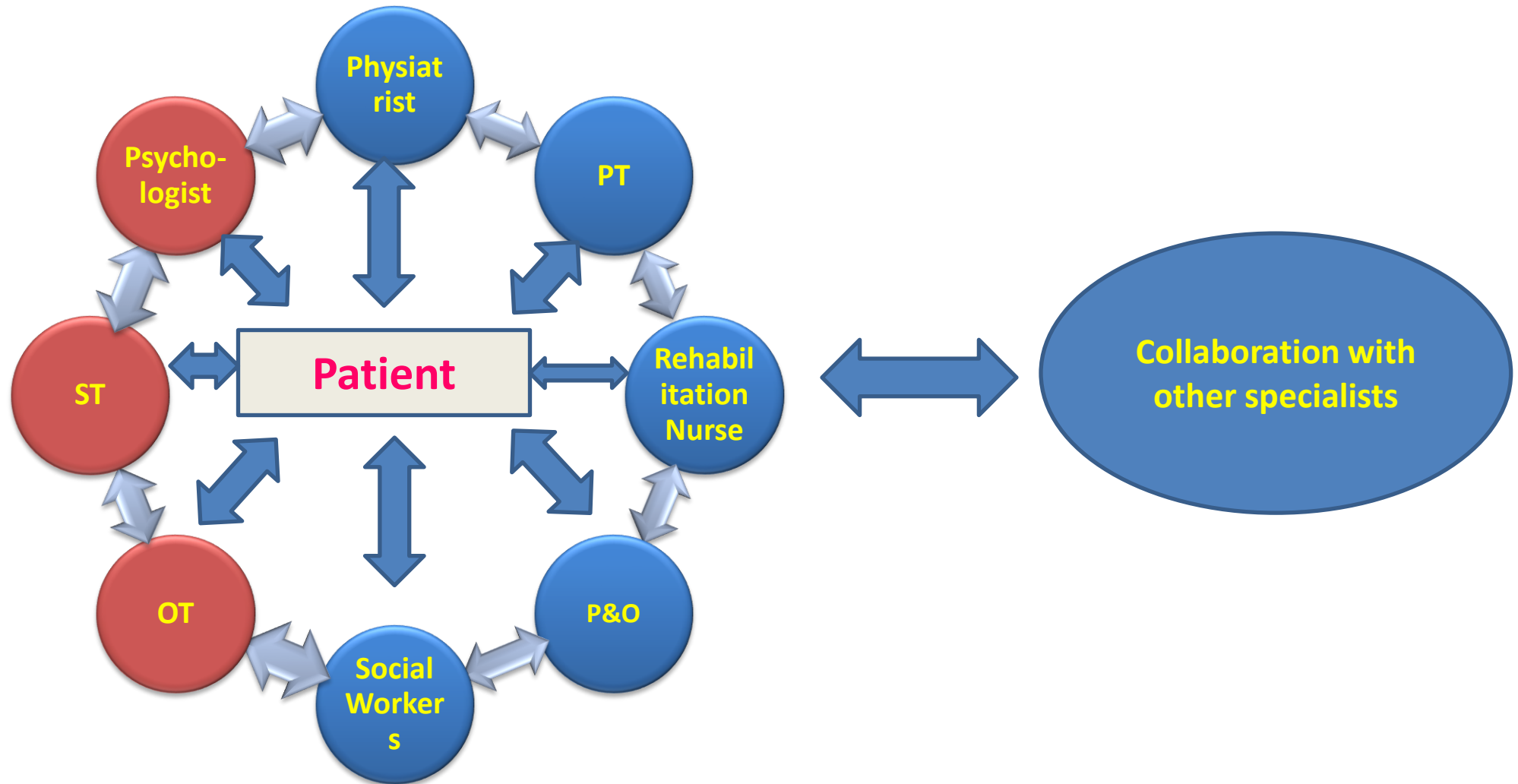
Background Information

Rehabilitation Professionals in Myanmar

(1st February, 2020)

• No. of Psychiatrists	235
• No. of residents	48
• Physiotherapists	1598
• Occupational Therapists	1
• Prosthetists & Orthotists	33
• Social workers (YGH 17+ NRH 1)	18

Multi & Inter- disciplinary Rehabilitation Team



Various type of disabilities

Traumatic and non-traumatic paraplegia and quadriplegia

Hemiplegia

Post fractures and dislocations

Traumatic brain injury

Arthritis and connective tissue disorders e.g. Rheumatoid arthritis, Osteoarthritis, Gouty arthritis, SLE etc.

Musculoskeletal pain

Chest and cardiac diseases

Leprosy rehabilitation and other skin diseases

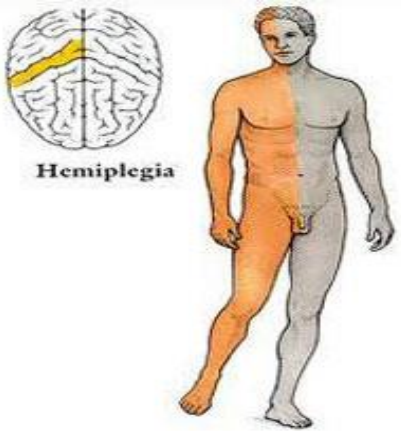
Rehabilitation of burn

Rehabilitation of critically ill patients

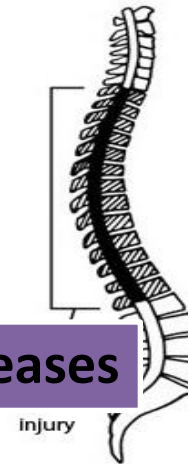
Elderly Care

Pediatric rehabilitation

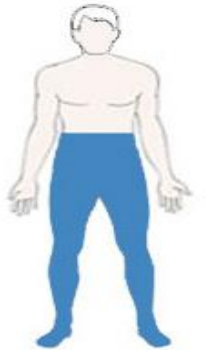
Community based rehabilitation



Spinal Cord



Paraplegia
(loss of movement
and sensation
in the lower half
of the body)



Type of diseases and disabilities Treated

- Neurological Rehabilitation; stroke, TBI, Parkinsonism, motor neurone diseases, transverse myelitis, peripheral neuropathy, Facial palsy etc.
- Fracture Rehabilitation
- Spinal cord injury Rehabilitation
- Non-traumatic paraplegia and quadriplegia
- Musculoskeletal pain
- Cardiopulmonary rehabilitation
- Rheumatological Rehabilitation e.g. Rheumatoid arthritis, Osteoarthritis, Ankylosing spondylitis, Gouty arthritis, SLE, Systemic Sclerosis, etc.
- Leprosy rehabilitation and other skin diseases
- Rehabilitation of burn
- Rehabilitation of ICU patients
- Obstetrics and Gynaecological rehabilitation
- Cancer rehabilitation
- Community Based Rehabilitation (CBR)
- Osteoporosis

MEDICAL UNIVERSITIES UNDER DMS



UM (1) established 1927



UM (2) established 1963



8/12/2020 **UMM established 1954**



Defence Services Medical Academy
established in 1990



University of Medical Technology (Yangon)



University of Medical Technology (Mandalay)

UNIVERSITY OF MEDICAL TECHNOLOGY MANDALAY

8/12/2020

To improve quality of Rehabilitation Professionals

- Yearly conferences of Myanmar Society of Rehabilitation Medicine since 2003
- Refresher training courses for physiotherapists (MOHS+ WHO since 2011)
- Refresher training courses for sports Injury Prevention and management (MOHS, 2013 sea game)
- Training Courses for Stroke Rehabilitation (MOHS)
- Symposiums, monthly CME programs, Journal readings
- 5 Years project between Ministry of health and JICA (2008-2012) and senior volunteer programs
- CBR project with WHO
- Collaboration with Rehabilitation Societies from ASEAN, and International Society of Physical and Rehabilitation Medicine, International Association for the Study of Pain (IASP)
- Essential Pain management (MOHS + ANZCA 2013 and 2019)
- Educational training course for pain (MOHS+ IASP)
- Pain Treatment Toolkit (MOHS+ IASP)
- Training courses for Occupational Therapy, & Speech therapy (MOHS+ JICA)

Collaboration with International Rehabilitation Institutions and Associations

- **International Society of Physical & Rehabilitation Medicine (ISPRM)**
- Asian Oceanian Society of Physical & Rehabilitation Medicine (AOSPRM)
- ASEAN Rehabilitation Medicine Society (ARMA)
- Asian Spinal cord Injury Network (ASCoN), Livability UK
- Sirindhorn National Medical Rehabilitation Institute, Thailand
- Royal College of Psychiatrists of Thailand
- Philippine Academy of Psychiatrists
- Singapore Rehabilitation Medicine Society, and SingHealth
- **International Society for the Study of Pain (IASP)**
- Adam Brooke Hospital, Cambridge University
- Indian Spinal Injury Center (ISIC)
- Korea National Rehabilitation Center
- ***JICA “Strengthening of Rehabilitation services in Myanmar Project” 2008-2013, Senior volunteers program***

International Training for Physiotherapists

No	Years	Types of Training	University/Country	No. of Physiotherapists
1.	2008 - 2013	SCI, Stroke, CP, CBR ,PT (one month)	JICA (project on Strengthening of Rehabilitation services in Myanmar), Japan	37
2.	2015	PT,OT, ST	Sirindohrn National Medical Rehab Institution (SNMRI) Thialand	8
3.	2016	PT,OT ST Training, Wheel Chair	SNMRI, Thialand	14
4	2017	OT Wheel Chair	SNMRI, Thialand	8
5	2017	PT	Manipal University, India	4
6	2018	OT	SNMRI, Thialand	4
7	2018	PT, OT, ST	Korea National Rehabilitation Center (KNRC, Korea)	4
8	2018	PT	Saitama International Medical Center	2
8	2019	OT, ST	SNMRI, Thialand	9
9	1996 - 2018	CBR	WHO CBR Project	16
10	2019	Comprehensive Trauma Care	Singapore General Hospital	2
8/12/2020	Total			10811

International Training for Physiatrists

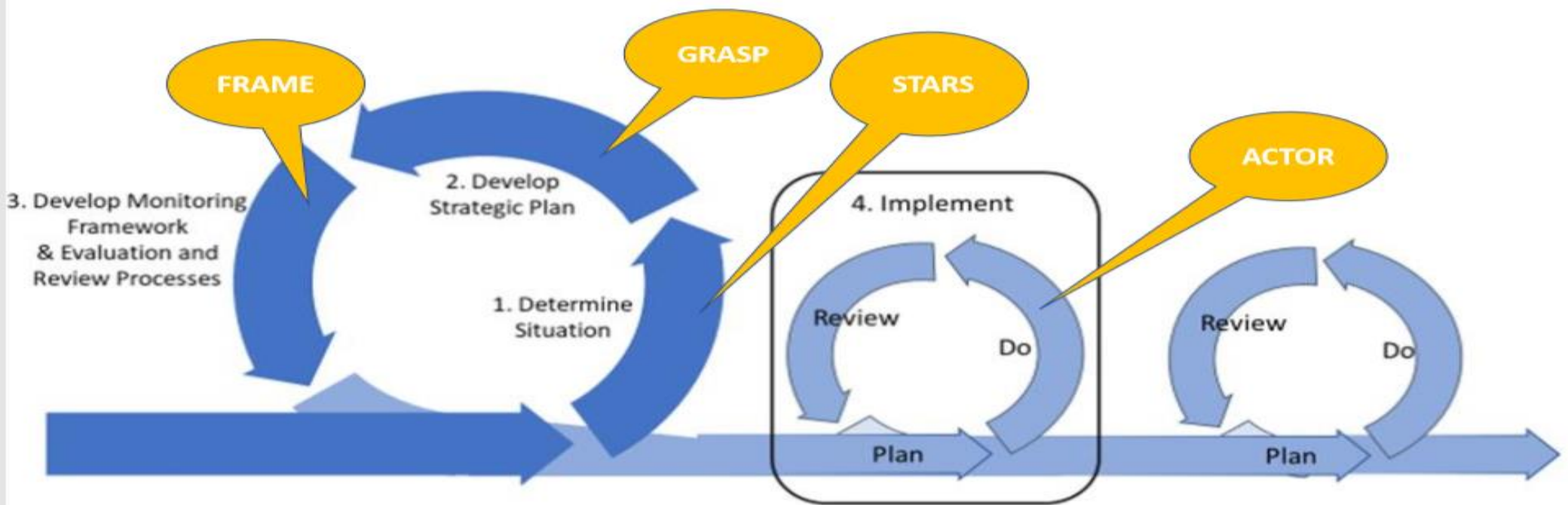
No	Years	University/Country	Training Modules	No. of Physiotherapists
1.	2008 - 2013	JICA (Project on Strengthening of Rehabilitation services in Myanmar), Japan	Physiotherapy Training	7
2.	2015	Sirindhorn National Medical Rehabilitation Institute, (SNMRI), Thailand	NeuroRehabilitation	2
3.	2018	Korea National Rehabilitation center, Korea	International training on Rehabilitation	4
4	2018	Saitama International Medical Center	EMG Training	3
5.	2019	Saitama International Medical Center	EMG Training	3
6.	2019	Daegu Catholic University Medical Center, Korea	Musculo Skeletal Ultrasound Training	2
7.	2019	Singapore General Hospital	Comprehensive Trauma Care	3
8	2019	Samitivej Srinakarin Hospital	Pediatric Rehabilitation	3
8/12/2020	Total			2712

International Training for Nurses

No	Years	Types of Training	University/Country	No. of Nurses
1.	2008 - 2013	SCI, Stroke, CP, CBR ,	JICA (Strengthening of Rehabilitation services in Myanmar), Japan	6
2.	2015	Rehab Nurse	SNMRI, Thailand	4
3.	2016	Rehab Nurse	SNMRI, Thailand	4
4.	2018	Rehab Nurse	SNMRI, Thailand	2
5.	2018	Rehab Nurse	Saitama International Medical Center	1
6.	2019	Rehab Nurse	Sirindhorn National Medical Rehabilitation Institute, (SNMRI), Thailand	1
7.	2019	Comprehensive Trauma Care	Singapore General Hospital	1
	Total			19

Training at Sirindhorn National Medical Rehabilitation Institute, Thailand

No	Types of Training	Number of Physiotherapists and Nurses				Total
		2015		2016	2017	2015 to 2017
		3 month	1 month	1 month		
1.	Physiatrist	2				2
2.	Physiotherapy Training	2		4		6
3.	Occupational Therapy Training	2		4	4 (2 Weeks)	10
4.	Speech and Swallowing Therapy	2	2	2		6
5.	Rehabilitation Nurse	2	2	4		8
6.	WHO Wheelchair Service Training Package-Intermediate Level(5- days)			4	4	8
	Total	10	4	18	8	40



Myanmar National
Rehabilitation Strategy and
Implementation Framework
Consensus & Planning Workshop

29th – 30th March 2018

Nay Pyi Taw, Myanmar



A Situation Assessment of Rehabilitation in The Republic of the Union of Myanmar

FINAL

March 2019

Republic of the Union of Myanmar,
Ministry of Health and Sports,

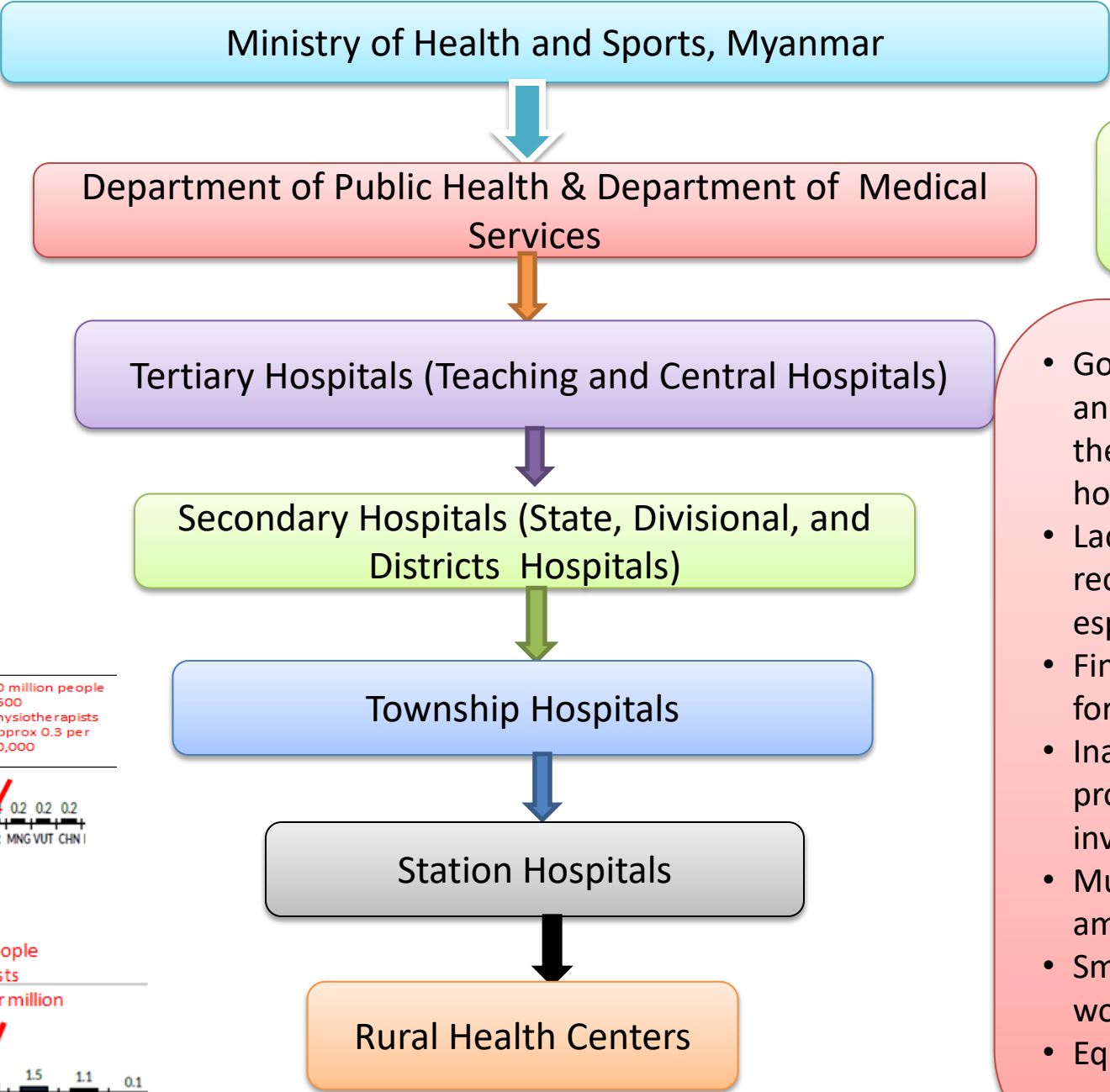


LAUNCHING OF NATIONAL REHABILITATION STRATEGY

18 SEPT 2019

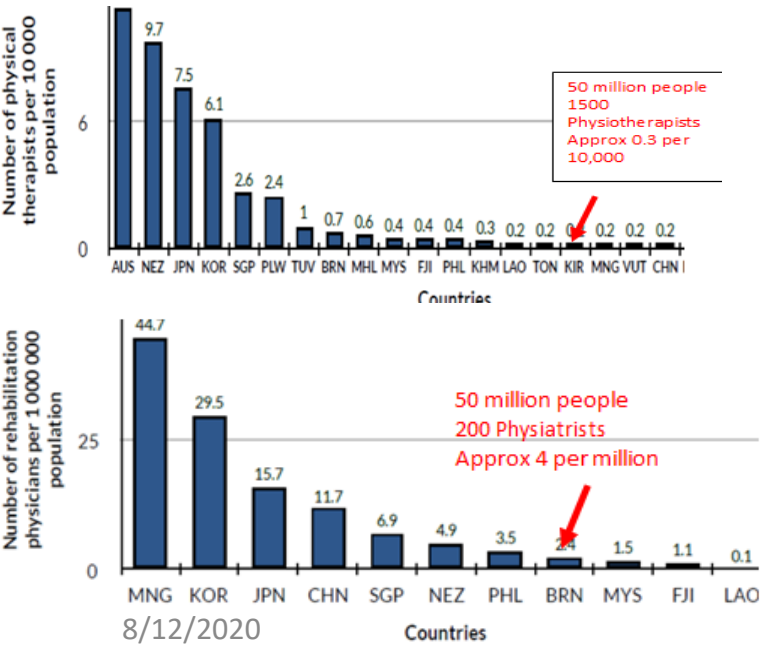


60.5% (23 of 38 tertiary hospitals)
78.9% (30 of 38 tertiary hospitals)
43% (18 of 42 hospitals)
76% (32 of 42 hospitals)
16% (50 of 315 Township hospitals)
233 beds total. 1 bed to 219,000 people
60.5% (23 of 38 tertiary hospitals)



Challenges

- Governance, leadership, planning, and coordination mechanisms in the health system and other stakeholders
- Lack of awareness and limited recognition of rehabilitation needs especially in acute and primary care
- Financing –lack of specified budget for Rehabilitation
- Inadequate provision of assistive products with limited financial investment from government
- Mutual trust and understanding among stakeholders
- Small size of rehabilitation workforce relative to population
- Equitable coverage of rehabilitation



Vision

All people in the Republic of the Union of Myanmar are able to function to their fullest and have the highest attainable level of health and well-being

Mission

To develop accessible, high quality rehabilitation that is available along a continuum and is affordable for all.

Goal

To increase access to timely, effective, person-centered rehabilitation that is integrated at all levels of healthcare and that reaches people in their community.

Strengthen rehabilitation leadership, planning, and generation of evidence and information

Expand access to quality rehabilitation within healthcare, along a continuum and including specialized longer-stay rehabilitation

Increase the access and provision to assistive products

Strengthen and expand the rehabilitation workforce

Further integrate rehabilitation across health services

Tertiary and Secondary Level Hospital

Specialized Rehabilitation

Primary Care Level Hospital

Rehabilitation integrated into community (Prioritized Rehabilitation Interventions (PRIPHC))

TMO, SMO, HA, LHV
MW, PHS-I Patients,
Family,
Caregivers



Future plan(2020 -2023)

1. Expansion of Rehabilitation service provision

- Expand the PMR Services to the Primary level and the community. (Pilot study of **Prioritized Rehabilitation Interventions for Primary Health Care (PRIPHC)**: August-September, 2020). Map out PRIPHC action plan across the country (2 state and divisions by 5 teams, at least 10 townships per year)
- Establishment of specialized rehabilitation teams and skill trainings at tertiary and secondary level

Specialized rehabilitation Services Interventional procedures

Stroke Rehabilitation Unit
Spinal injury Rehabilitation Unit
Amputee Rehabilitation
Pediatrics and Geriatrics rehabilitation
Cardiopulmonary rehabilitation
Rehabilitation of ICU patients
Musculoskeletal pain
Athletic Rehabilitation

EMG training
Ultrasound guided
Musculoskeletal injection
procedures
Phenol block
Botox injection
Acupuncture

- Upgrading of existing Rehab center in Yangon and Facts finding mission for new Rehab Center in upper Myanmar
- To increase no. of in patient beds for rehabilitation (To establish in patient beds in every PMR departments with Senior Consultant Physiatrists departments)
- Upgrading of Pain Treatment center (Center of Excellence)

2. To increase rehabilitation workforce

- To increase no. existing rehab professionals: Physiatrist, PT, P&O, Nurses, Social workers
- Development of Diploma in Rehabilitation Nursing
- Explore training opportunities for recruitment of new rehab opportunities OT, STs, and psychologists

3. Accessibility and Provision of assistive products

- Myanmar participation for First Global Report on effective access to assistive technology- rapid Assessment for Assistive Technology(rATA)- National Representative Survey
- Feasibility Study for Private Public partnership
- Essential product list
- Government Policy for Assistive Products and fact sheets

4. Rehabilitation leadership, planning, coordination, information generation, Data & Research

- Inclusion of all stake holders
- Establishment of coordination mechanisms at all levels : ministries, departmental and operational levels
- leadership development and mentoring
- Attitudinal changes and accountability and responsibility
- Nurture and Cultivate Research Culture

Training with New Normal lifestyle

- On line teachings
- ZOOM meetings
- Webinars
- Mobile applications- Tele rehabilitation
- **Every PMR & Physiotherapy department need to send their hospital statistics data to Yangon General Hospital every 3 months via Email (pmrygh2020@gmail.com)**



Thank you for your kind attention

THANK YOU

