

Organizational and Methodological Approaches to Providing the Population of Territorial Communities with Physical Rehabilitation

Aspekty organizacyjne i metodologiczne zapewnienia ludności gmin terytorialnych rehabilitacji ruchowej

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SUMMARY

Aim: To substantiate and develop organizational and methodological approaches to providing the population with physical rehabilitation at the level of territorial communities.

Materials and Methods: The following methods were used in the course of the study: of expert assessments to conduct an expert evaluation of the proposed innovations; medico-statistical to carry out statistical processing of primary information; of structural-and-logical analysis to analyze and present organizational and methodological approaches to providing the population of territorial communities with physical rehabilitation; biblisemantic in order to study the existing approaches and the state of solving this issue in Ukraine.

The Legislative acts of Ukraine on administrative-and-territorial reform and creation of territorial communities, as well as on the development of a system of physical rehabilitation in the country; scientific information sources on the experience of solving this issue in the countries of the world and Ukraine; results of expert evaluation of the proposed innovations were used as the materials of the study. Among the experts there were: 5 scientists, 5 specialists in physical rehabilitation, 5 heads of territorial communities, 3 family doctors, 3 residents of territorial communities in need of physical rehabilitation.

Results: Organizational and methodological approaches to providing the population with physical rehabilitation and physical activity at the level of territorial communities have been substantiated and developed. The approaches are comprehensive and cover both managerial and organizational and financial aspects.

Conclusions: Implementation of measures for physical rehabilitation and physical activity at the level of territorial communities will ensure further preservation and strengthening of health of the population.

Key words: territorial communities, physical rehabilitation, providing

Słowa kluczowe: wspólnoty terytorialne, rehabilitacja ruchowa, zapewnienie

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INTRODUCTION

The analysis of information sources indicates that, that administrative-and-territorial reform is being actively carried out in Ukraine with the formation of territorial communities [1-3]. At the same time, at the legislative level, the issue of providing territorial communities with appropriate funding was resolved [4, 5], which should be used to solve priority tasks. These tasks include the preservation and promotion of public health. An important role in this process is performed by physical rehabilitation, as a component of an integrated system of medical care. The active development of physical rehabilitation in Ukraine has been taking place recently, which is defined at the legislative level [6, 7].

There were no comprehensive scientific studies in Ukraine devoted to the issues of providing physical rehabilitation of the population at the level of territorial communities, which determined the relevance of this study.

AIM

The aim of this work was to substantiate and develop organizational and methodological approaches to providing the population with physical rehabilitation and controlled physical activity at the level of territorial communities.

MATERIALS AND METHODS

The following methods were used in the course of the study:

- of expert assessments to conduct an expert evaluation of the proposed innovations;
- medico-statistical to carry out statistical processing of primary information;
- of structural-and-logical analysis to analyze and present organizational and methodological approaches to providing the population of territorial communities with physical rehabilitation;
- bibliosemantic in order to study the existing approaches and the state of solving this issue in Ukraine.

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For the application of these materials and methods during the study, permission was obtained from the ethical commission of Uzhhorod National University. Protocol dated 21.04. 2022 № 9/2 .

RESULTS

To achieve the determined goal at the level of the territorial community, it is necessary to solve a number of tasks.

The first task to be solved is to determine the persons who need physical rehabilitation and controlled physical activity. In accordance with the WHO recommendations [8, 9], such a contingent includes persons with chronic diseases, who are usually progressive in nature and people with special needs and disabilities who need medical rehabilitation and social assistance. Therefore, at the first stage of solving the problem, it is necessary to determine who, their number and, accordingly, the need for types of physical rehabilitation and controlled physical activity.

Structurally the entire population of the community is divided into four clusters: a population with risk factors for developing chronic diseases, a population with chronic non-communicable diseases that requires regular dosed and controlled physical activity; persons after inpatient treatment requiring outpatient physical rehabilitation for a certain time and persons with disabilities. This problem can be solved by a family doctor in cooperation with social services.

The second task to be solved is to determine who will carry out the physical rehabilitation of certain contingents. To solve this problem, the leadership of the territorial community should invite, on the terms of the contract, the necessary specialists, possibly from among university graduates. The terms of the contract should satisfy the community and promote the effective professional activity of the specialist and keep him in the community for the future.

The third task is to solve the issue of the place for training, which requires the allocation of premises for the creation of

an outpatient rehabilitation center that meets sanitary and hygienic requirements and ensures the safety of the patient and the specialist during the training. The best place may be a special room in the family outpatient clinic. This will allow and ensure the cooperation of a specialist in physical rehabilitation and a family doctor in the process of physical rehabilitation.

The next fourth task is to solve the issue of resource support for the center of physical rehabilitation and dosed physical activity, which is created in the territorial community. The provision of medical devices must be not lower than that determined by industry requirements.

The fifth task is urgently important for the solution. This is funding for the establishment and operation of a center for physical rehabilitation and dosed physical activity of the community. To solve this problem, we propose the following approaches.

First. Solving the issue of creating the center for one territorial community or for several communities. This entails a legal solution to both financial and organizational issues of the center.

Second. Conclusion of agreements with the National Health Service of Ukraine for state funding under the following packages of medical services: “Medical rehabilitation of adults and children from three years old with lesions of the musculoskeletal system” and “Medical rehabilitation of adults and children from three years old with damage to the nervous system”.

Third. In accordance with the Law of Ukraine from July 1, 2022 № 2347-IX “On Amendments to Certain Legislative Acts of Ukraine on Improving the Provision of Medical Care”, the solution of the issue of co-payment by the population for the services received in physical rehabilitation and physical activity.

In solving the issue of preserving and strengthening the health of the population of the territorial community, we propose the adoption of a targeted comprehensive local program in which providing the population with comprehensive services for physical rehabilitation and activity is an important component.

The adoption of the appropriate program and the creation of a center for physical rehabilitation and physical activity requires conducting among the population of the territorial community or several communities that are the founders and owners of this center of wide information and communication work, the purpose of which is to form among the population:

- responsible attitude to personal health;
- readiness to use physical rehabilitation and controlled physical activity services in a motivated manner.

In addition, the population should be informed about the procedure for obtaining relevant services and the schedule of the center.

According to the research program, the proposed innovations were evaluated by independent experts. The results of the expert assessment are shown in the Table 1.

The analysis of the data presented in the table indicates that independent experts mostly support the proposed measures for

Table 1. The results of expert assessment of organizational and methodological approaches to providing the population of territorial communities with physical rehabilitation

| Factor | abs. | % |
|--|------|------|
| Adoption of a targeted comprehensive local program for the preservation and promotion of health of the population of the territorial community | 19 | 90,5 |
| Creation of a center for physical rehabilitation and physical activity | 20 | 95,2 |
| Creation of a center on the base of a family outpatient clinic | 20 | 95,2 |
| Creation of a center for several territorial communities | 17 | 80,9 |
| Creation of a center for one territorial community | 4 | 19,1 |
| Involvement of specialists on a contract terms | 18 | 85,7 |
| Co-payment of the population for receiving services in the center | 15 | 71,4 |
| Comprehensive information and communication work among the population | 17 | 80,9 |

the implementation at the level of territorial communities of a system for the provision of physical rehabilitation services to the population and the provision of services for the organization of dosed and controlled physical activity.

DISCUSSION

Taking into account the methodological approaches recommended by WHO to maximize the provision of medical- and-social services at the place of residence for Ukraine, in the context of administrative-and-territorial reform, territorial communities become the basic level of providing the population with services for physical rehabilitation and physical activity [8, 9].

The introduction at the level of territorial communities of the system of providing the population with services for physical rehabilitation and physical activity depends on the political will of the community leaders and the financial viability of the community [1, 2].

In solving the issue of providing the population of the territorial community with services for physical rehabilitation and physical activity, it is necessary to solve the following tasks: to determine the contingents and their number that need such services; to decide who will provide them with these services and create an appropriate material and technical base for this. The main task is to ensure proper financing of this type of activity. Ensuring an effective solution to these tasks will be facilitated by the adoption of a targeted local program for the preservation and promotion of public health in which providing the population with comprehensive services for physical rehabilitation and activity is an important component [6, 7].

The proposed measures to create a territorial center for physical rehabilitation and physical activity, supported by independent experts, will provide the population with services to restore and strengthen the health of the population.

CONCLUSIONS

Organizational and methodological approaches to providing the population with physical rehabilitation and controlled

physical activity at the level of territorial communities have been substantiated and developed.

The approaches are comprehensive and cover both managerial and organizational and financial aspects.

Implementation of physical rehabilitation measures at the level of territorial communities will ensure further preservation and strengthening of health of the population.

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