

Challenges of rehabilitation research

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Areas that will be covered

- What is rehabilitation
- What is rehabilitation medicine
- What is research?

- International perspective
- United Nations
- Philosophy

Rehabilitation

Re- again

habilitas – capable, able

What is rehabilitation?

Rehabilitation of people with disabilities is a process aimed at enabling them to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides disabled people with the tools they need to attain independence and self-determination.

Definition according to WHO

A medical speciality
A research topic
An approach
A philosophical thought

Rehabilitation medicine

A medical-humanistic discipline, whose main purpose is to build a bridge back to a meaningful life.

Rehabilitation Medicine represents a holistic view of man as a patient - and to her family and social networks.

Rehabilitation medicine

In rehabilitation medicine, man is defined as an action driven individual, where volitional acts are subordinate to the goals she has. If she reaches these goals is life meaningful.

Rehabilitation is a process that: begins when illness or injury occurs based on the individual's perceived inability, needs and interests are targeted, and the process include multiple and coordinated action during a limited period but continues as long as the need for action is

Rehabilitation is a process that supports the person to ...

gain knowledge and insight about the disease and its consequences

mobilize own mastering strategies

be able to take responsibility for their lives

become aware of their opportunities based on available resources and constraints

... To reach old and new goals in life

Rehabilitation


Different stages, different settings,
different needs and different demands

Improved functioning

Assessing

Maintaining

- Home
- Person
- Work
- Studies
- Social



What do you mean by research?

A researcher delves into a topic, try to understand how things fit together and try to find solutions to problems.

To research is to systematically search for new knowledge or new ways to use the knowledge that already exists.

The search is systematically requires the researcher to follow a plan that makes the results he or she comes to be controlled and repeated



What is it good for?

One could say that with the new knowledge research gives us to understand the world better and hopefully change it for the better.

Good research

What do I want to know?
Framing a question?

Has anyone does this earlier?
Back ground examination?

Design

Depend on the question; aim

Methodology

Depend on the question; aim

Quantitative research

There is **one** objective reality

Assessor and subject (object) are independent of each other

The goal is to define something generalizable

Cause and effect can be differentiated and separated from each other

The research is free of values

Qualitative research

There are many realities

The assessor and the subject (object) are dependent (interdependent)

Knowledge is time and context dependent (ideographic)

It is not possible to separate cause from effect

The research is value dependent

Quantitative methods

There is a theory; hypothesis

Selection

Assessment (theory and tools)

Manipulation

Control

Qualitative methods

Black box (no theory from start but an idea regarding what areas that are of importance to understand something about)

Selection (purposeful sampling)

Human instruments

No manipulation

No control group

Time for data gathering

Aim of study

	Retrospective	Prospective
Describing	Non experimental	Non experimental
Analysis of associations	Non experimental	Non experimental
Analysis of differences	Non experimental	Non experimental Experimentall

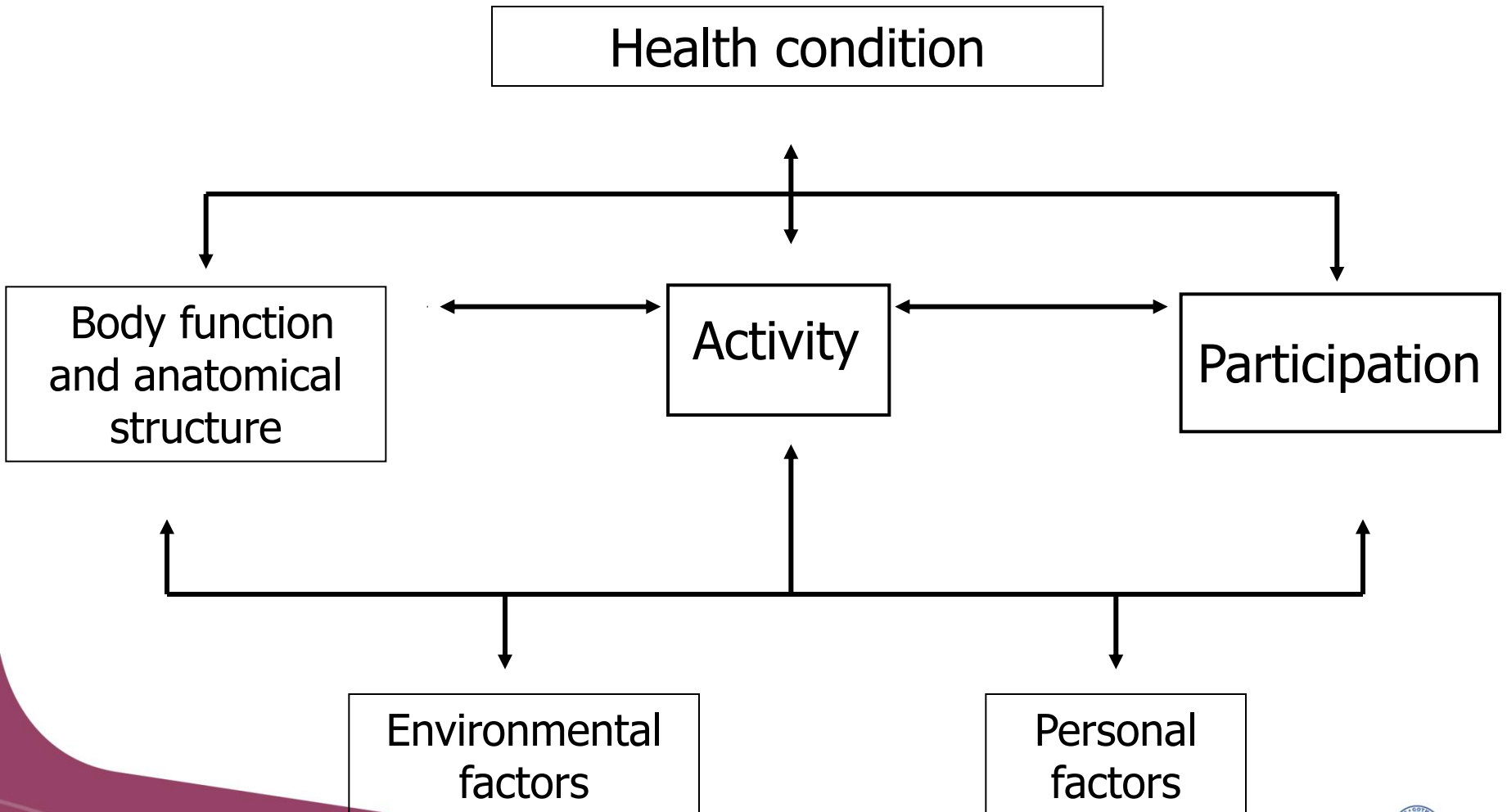
Manupulation

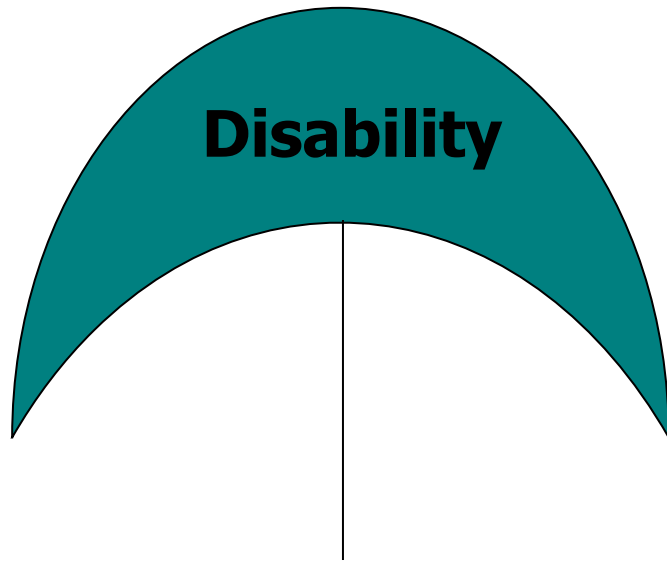
(experimental or non experimental)



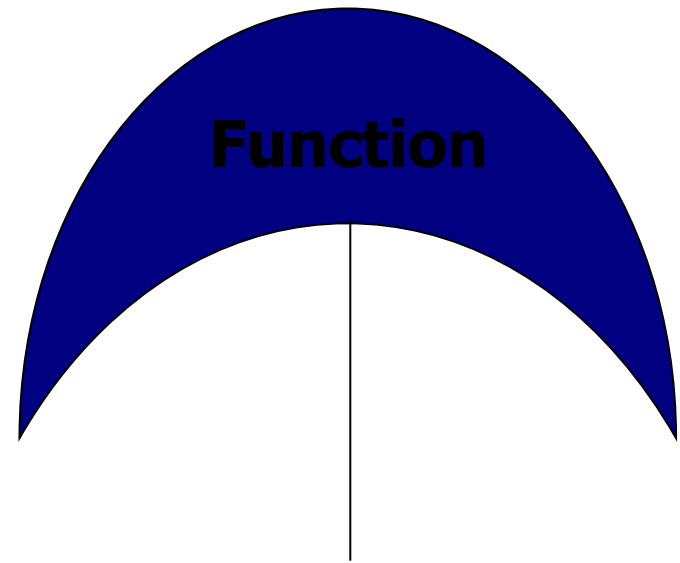
Exploratory research is research conducted for a problem that has not been clearly defined. Exploratory research helps determine the best research design, data collection method and selection of subjects. It should draw definitive conclusions only with extreme caution.

International Classification of Functioning



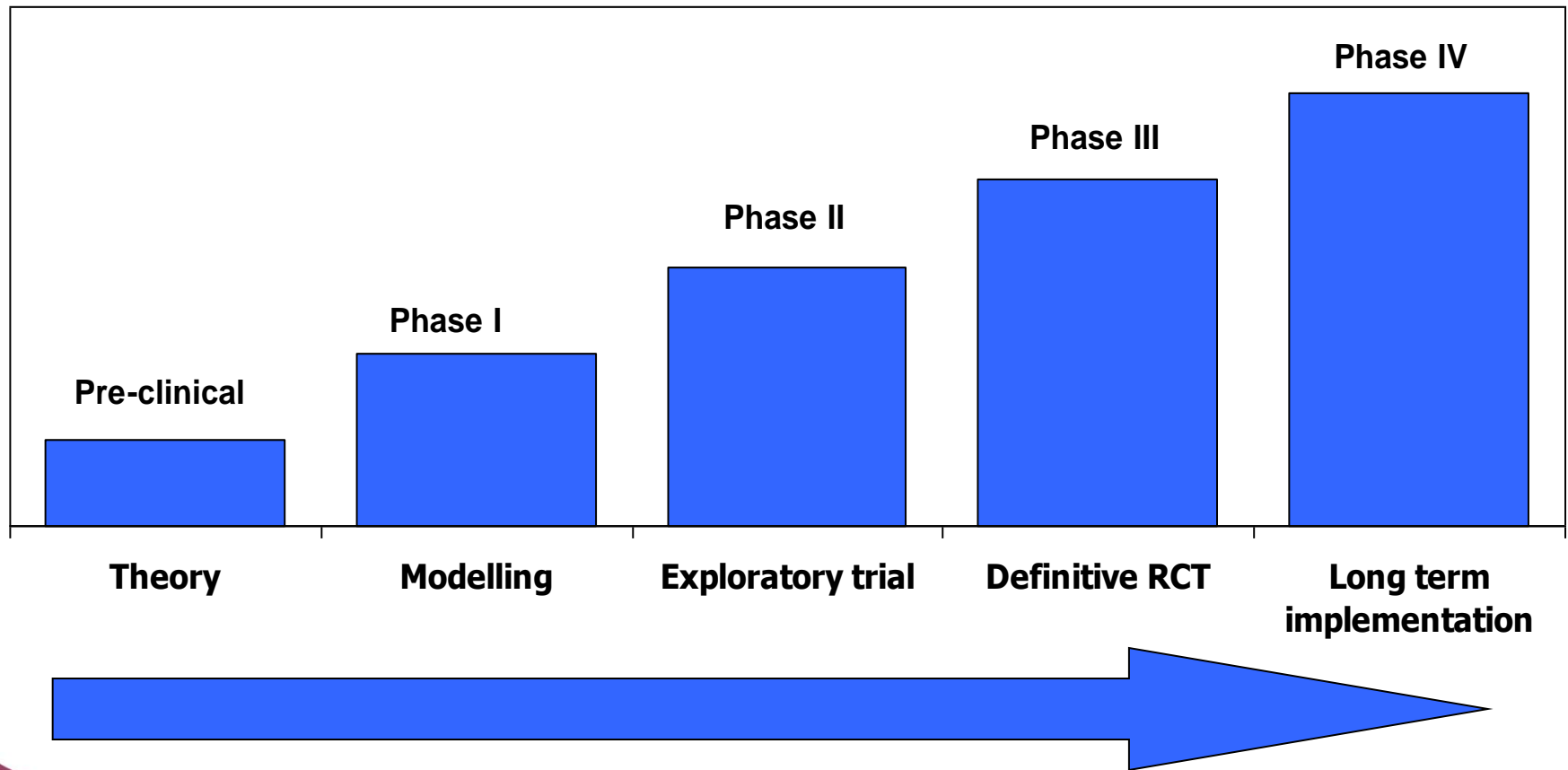


Impairments
Activity limitations
Participation restrictions



**Body structure and
function**
Activity
Participation

MRC Framework: Development and Evaluation of Complex Interventions



The complex rehabilitation medicine research model

- Biopsychosocial model
- Multidisciplinary aspect
 - Medical, PT (ex. adhere to different schools of thought) , OT, (neuro)psychology, speech therapy, sports, social work,...
 - Engineering, biomedicine (stem cell research, biomechanics, robotics, ...)

1. **Fragmentation** of research due to multidisciplinary (or disease driven)
2. **Complexity** due to biopsychosocial model (ICF)
3. **Different outcome measures**, need for an outcome model
4. **Case-mix**, need for subgroups by means of a patient classification system (PCS)
5. **Funding**

Funding rehabilitation research

Do we get the big grants?

Do we write good applications?

Have we explained for the public what we are doing?

Do the assessors understand what we are doing?

Do we do excellent research?



Convention on the Rights of Persons with Disabilities



1. States Parties shall take effective and appropriate measures, including through peer support, to enable persons with disabilities to attain and maintain maximum independence, full physical, mental, social and vocational ability, and full inclusion and participation in all aspects of life. To that end, States Parties shall organize, strengthen and extend comprehensive habilitation and rehabilitation services and programmes, particularly in the areas of health, employment, education and social services, in such a way that these services and programmes:

Begin at the earliest possible stage, and are based on the multidisciplinary assessment of individual needs and strengths;

Support participation and inclusion in the community and all aspects of society, are voluntary, and are available to persons with disabilities as close as possible to their own communities, including in rural areas.

2. States Parties shall promote the development of initial and continuing training for professionals and staff working in habilitation and rehabilitation services.

3. States Parties shall promote the availability, knowledge and use of assistive devices and technologies, designed for persons with disabilities, as they relate to habilitation and rehabilitation.

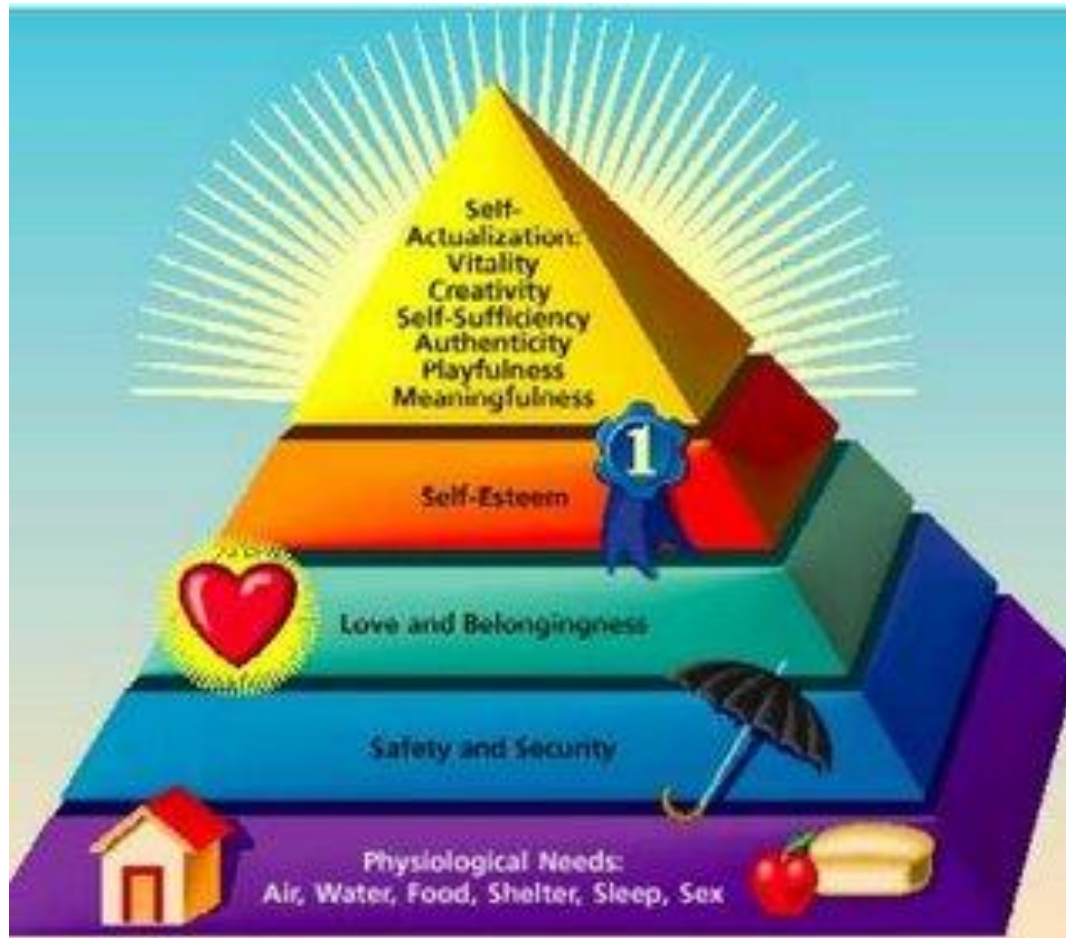
Article 26 - Habilitation and rehabilitation



What is a need?

- Something that is necessary for humans to live a healthy life
- A deficiency would cause a clear negative outcome, such as dysfunction or death
- Can be objective and physical, such as food and water, or they can be subjective and psychological, such as the need for self-esteem

Maslow's hierarchy of needs



What about want?

- Wants are often distinguished from needs
- Want is simply something that a person would like to have



What about wishes?

A wish is a hope or desire for something

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"First you'll have to sign this form, releasing me from any liability."



- The organization asks you, the customer, if **you are satisfied with your services**. The organization believes that only the customer can evaluate quality.
- Service planning is done by **teams that include you** and design your plan to meet **your unique needs and preferences**.
- The organization is responsive to your questions about your plan and services, and it makes sure that you have and understand the information you need.



- Service plans are **individualized** to meet your needs as a unique person.
- The mission and purpose of the organization reflect an attitude of **"The customer is always right and should be delighted by the services provided and the service provider."**

If I want to succeed in bringing another human being to a specific goal, I first have to find her where she is and begin there. He who can't do this is fooling himself when he thinks he can help.

To really help someone, I need of course to know more than she does, but first of all to understand what she understands. If I can't do that, it doesn't matter if I know more.

If I still want to show how much I know, then it is because of vanity and pride, and that I want to be admired by her instead of helping her.

All genuine helpfulness starts with humbleness to the one I want to help, and therefore I must understand that to help someone is not wanting to rule but to serve.

If I am unable to do this, then I cannot really help anyone.

Sören Kirkegaard

Thank you!



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