

Technical Assistance on the Development of Rehabilitation Packages for Adults (18 years old and above) in the Philippines

Implementing Agency: Physicians for Peace Philippines

Cooperating Agency: Philippine Council for Health Research and Development & Philippine Health Insurance Corporation

TECHNICAL ABSTRACT

Rehabilitation is “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions” (WHO, 2018). The recent Philippine Burden of Disease study included diseases that result in heavy burden of care, loss of economic productivity, and poor quality of life -- including ischemic heart disease, hemorrhagic stroke, low back pain, and diabetes mellitus (Epimetrics, 2017). All these conditions require good rehabilitation services to restore productivity, improve quality of life, and manage complications. The Philippine Health Insurance Corporation (PhilHealth), the Philippine’s service purchaser for the provision of health services, previously developed rehabilitation medicine packages. These are, however, limited to inpatient case rates for cardiac rehabilitation and stroke, and outpatient care packages for Children with Disabilities. This project aims to improve health outcomes, quality of life and productivity of adult Filipinos (18 years and above) who will need rehabilitation services through financial risk protection.

This study is divided into three streams of work: 1) Evidence Synthesis and Standards Setting; 2) Costing Analysis; 3) Epidemiologic Analysis. The Evidence Synthesis and Standards Setting is focused on the review of the practice of rehabilitation medicine in the Philippines to determine interventions and services that are proposed for inclusion in the benefit packages for rehabilitation services. The Costing Analysis aimed to determine the various costs in the provision of the services. The Epidemiologic Analysis aimed to identify the epidemiological data of diseases requiring rehabilitation services to determine the potential users of benefit packages.

Evidence Synthesis developed the pathway of care and menu of services for the provision of rehabilitation medicine services through data triangulation - key informant interviews, focus group discussions, and review of literature. Costing Analysis identified actual costs of professional rehabilitation services, medicines, and supplies in public and private hospitals through surveys across 6 regions nationwide. In the epidemiologic analysis, data from a total of 101 studies were extracted for modelling using WHO DISMOD II.

The proportion of disabled people is rising and now stands at about one billion worldwide. The situation becomes even more alarming with data showing that 80% of these people reside in developing countries. A benefit package for rehabilitation services will serve as a form of financial risk protection for populations vulnerable and affected with some form of disability.