

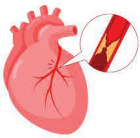


# Technical Assistance on the Development of Rehabilitation Packages for Adults (18 years and above) in the Philippines

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This project aimed 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. Rehabilitation is “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions” (WHO, 2018). The study does not include rehabilitation in the context of mental health and substance abuse.

Common diseases that result in heavy burden of care, loss of economic productivity, and poor quality of life:



ischemic heart disease



hemorrhagic stroke



low back pain



diabetes mellitus

## WHAT THE DATA TELLS US

The top 10 diseases in the Philippines account for

**40%**

of disease burden.

2016 data shows that there are

**823,014 households**

caring for PWDs.



By 2040, the top 10 causes of death and disability in the Philippines will be composed of diseases requiring

## REHABILITATION

What are the prevalence and incidence of common diseases that require rehabilitation?

TOP 5 CONDITIONS	PREVALENCE %	INCIDENCE %
Chronic pain	17.53	3.06
Back pain	16.45	12.66
Chronic Obstructive Pulmonary Disease	13.73	0.45
Hip fracture	7.01	2.8
Arthritis	4.10	0.95

What are the **ESSENTIAL SERVICES** to be included in the Philhealth package?

### MOBILITY

Injections (Botulinum Toxin, Steroid, Local Nerve Block); Assistive Technology Prescription; Multispecialty Referral; Home Instructions

Rehabilitation Sessions: PT, OT, Psychosocial

### SELF-CARE

Injections (Botulinum Toxin, Steroid, Local Nerve Block); Assistive Technology Prescription; Multispecialty Referral; Referral/Instructions for Wound Care; Home Instructions

Rehabilitation Sessions: PT, OT, Speech, Psychosocial

### COGNITIVE / BEHAVIORAL

Injections (Botulinum Toxin, Steroid, Local Nerve Block); Assistive Technology Prescription; Multispecialty Referral; Home Instructions

Rehabilitation Sessions: Psychosocial

### COMMUNICATION

Assistive Technology Prescription; Home Instructions

Rehabilitation Sessions: Speech, Psychosocial

## RECOMMENDATIONS

01

### M&E FRAMEWORK

Develop a monitoring and evaluation framework to monitor service delivery and impact.

### CAPACITY BUILDING

Enhance the capacity of health facilities and health professionals to deliver rehabilitation services.

02

03

### ALIGNMENT WITH THE UHC ACT

Provisions and changes in the 2019 UHC Act should be considered in the benefit package.

### ASSISTIVE DEVICES

Provide assistive devices to be complemented by rehabilitation services.

04