CURRENT SITUATION OF THE REHABILITATION IN MYANMAR AND JAPAN

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M2 Student of Physical Therapy
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Ohtawara Campus

Sharing Points
- Introduction
- Education system
- Workplace
- Association/Organization condition

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.

WHO

When was it started in Myanmar?
- Started since 1959
- National Rehabilitation Hospital (NRH) - 50 bedded hospital
- Department of Physical Medicine & Rehabilitation at Yangon General Hospital

How to develop the rehabilitation medicine in Myanmar?

Three Era

<table>
<thead>
<tr>
<th>Past</th>
<th>Present</th>
<th>Future</th>
</tr>
</thead>
</table>

1958 - 1988

Former person
- Dr. Hla Pe (training in Physical Medicine in USA)
- Daw Hla Yee (training in Physiotherapy in USA)
- Daw Hla Hla (training in Physiotherapy in USA)

British Colombo Plan
- Paramedical School was established in Yangon General Hospital, and started producing physiotherapists, medical technologists, radio technologist, and pharmacists.

Abroad training of professionals
- Physical Medicine (9 persons)
- Physiotherapy (7 persons)
- Occupational Therapy (4 persons)
- Prosthetic and Orthotic (3 persons)

Bridge Course
- Two years diploma course for Physiotherapy (30 persons)

Community Based Rehabilitation (CBR)
- Introduction of CBR with WHO in 1980
- Implemented since 1982
To promote the rehabilitation services

- Upgrading of physical medicine education
- Upgrading physical therapy education
- Establishment of new physical medicine and rehabilitation departments

Upgrading physical therapy education

- 1993
  University of Medical Technology (UMT), Yangon
  Four-year degree course
  (Medical Laboratory Technology, Physiotherapy and Medical Imaging Technology)
  No. of accepted students - previous 60 and then increasing to 180

- 1999
  University of Medical Technology (UMT), Mandalay
  Four-year degree course
  (Medical Laboratory Technology, Physiotherapy and Medical Imaging Technology)

- 2002
  Military Institute of Nursing and Paramedical Science (MINP), Yangon
  Four-year degree course
  (Nursing, Medical Laboratory Technology, Physiotherapy and Medical Imaging Technology)

- 2003
  Master of Medical Technology
  Two-year degree course
  No. of accepted students determined according to country’s needs and available resources

- 2013, August
  Myanmar Physiotherapy Association (MPA)
  Doctor of Medical Technology
  Not yet

No. of graduated students

<table>
<thead>
<tr>
<th>Year</th>
<th>UMT (Yangon)</th>
<th>UMT (Mandalay)</th>
<th>MINP (Yangon)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993-2012</td>
<td>547</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1999-2012</td>
<td>392</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2002-2012</td>
<td></td>
<td>140</td>
<td></td>
</tr>
</tbody>
</table>

Total - 1079

No. of post graduated students

<table>
<thead>
<tr>
<th>Year</th>
<th>UMT (Yangon)</th>
<th>UMT (Mandalay)</th>
<th>MINP (Yangon)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003-2012</td>
<td>28</td>
<td></td>
<td>13</td>
</tr>
</tbody>
</table>

Total - 41

Coverage of Public Sector Rehabilitation Services in Myanmar

- No. of Population : PTs
  55600 : 1
- There are about 320 PTs are in service (government staff)
- There are over 70 rehabilitation departments

Continuing Education Programs (CEP)

- Annual conference, refresher courses, symposiums, seminars, monthly continuing medical education
- Refresher Training Courses
- Training of trainer for physiotherapists

Collaboration with International Rehabilitation Institutions and Association

- International Society of Physical & Rehabilitation Medicine (ISPRM)
- Asian Oceania Society of Physical & Rehabilitation Medicine (AOSPRM)
- ASEAN Rehabilitation Medicine Society (ARMA)
- Royal College of Physiatrists of Thailand
- Philippine Academy of Physiatrists
- Singapore Rehabilitation Medicine Society
- International Society for the Study of Pain (IASP)
Future Plan

• Unmet Needs = Challenges
  1. Recruitment of Rehabilitation Professionals
  2. Skill training for existing rehabilitation team members
  3. Facilitation of career and leadership development
  4. Promoting awareness for prevention of disabilities
  5. Strengthening ties among various organizations

How about Rehabilitation in Japan?

When it was started?

1963
  Rehabilitation Medicine
  Physical Therapy (PT)
  Occupational Therapy (OT)

1966
  Established the national examination for PT and OT
  Japanese Physical Therapy Association (JPTA) - 110
  Japanese Association of Occupational Therapists (JAOT) - 22

1972
  Officially recognized by the Ministry of Health and Welfare
  JAOT became a member of the World Federation of Occupational Therapists (WFOT)

1974
  JPTA became a member of the World Confederation for Physical Therapy (WFPT)

1990
  JPTA is recognized as an academic society by the Science Council of Japan

1997
  Speech Therapy

1999
  Established the national examination for speech therapist

No. of PT Schools

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Schools</th>
<th>3-years and 4-year diploma schools</th>
<th>4-years Bachelor universities</th>
<th>3-years Colleges</th>
</tr>
</thead>
<tbody>
<tr>
<td>1963</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1989</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No. of PTs

<table>
<thead>
<tr>
<th>Year</th>
<th>Total No. of PTs</th>
<th>No. of Association Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1966</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1989</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td>80% of Total no. PTs</td>
</tr>
</tbody>
</table>

Continuing Education Programs

1st Step
- Basic Course in Continuing Education Programs

2nd Step
- Certificated Physical Therapist
  For those who wish to develop their scientific knowledge and practical experiences

3rd Step
- Certificated Physical Therapy Specialist
  For those who wish to continue their academic studies in addition to the knowledge learned in the Certificated Physical Therapist program

7 Special Interest Groups
1. Basic physical therapy sciences
2. Neurology
3. Orthopaedic physical therapy
4. Cardiovascular, pulmonary, and metabolic disease
5. Physical agents
6. Support of life
7. Education and management

Ref: JPTA

Work Environment of PTs

<table>
<thead>
<tr>
<th>Environment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital: prefectural, local, and private</td>
<td>68%</td>
</tr>
<tr>
<td>Offices of health practitioner</td>
<td>10%</td>
</tr>
<tr>
<td>Residential care facilities and Adult daycare centers</td>
<td>10%</td>
</tr>
<tr>
<td>Educators and Researchers</td>
<td>5%</td>
</tr>
</tbody>
</table>

Ref: JPTA 2014 leaflet
http://www.japanpt.or.jp/
Rehabilitation team approach

Doctor Center

Patient/Family Center

Community Center

Myanmar

Japan

Summary

<table>
<thead>
<tr>
<th></th>
<th>Myanmar</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting of Rehabilitation</td>
<td>1959</td>
<td>1963</td>
</tr>
<tr>
<td>Man Power</td>
<td>166</td>
<td>9970</td>
</tr>
<tr>
<td>Rehabilitation doctors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nurse</td>
<td>28254</td>
<td>1,537,813</td>
</tr>
<tr>
<td>Physical Therapist</td>
<td>1072</td>
<td>110675</td>
</tr>
<tr>
<td>Occupational Therapist</td>
<td>-</td>
<td>65908</td>
</tr>
<tr>
<td>Speech Therapist</td>
<td>-</td>
<td>21894</td>
</tr>
<tr>
<td>License (PT)</td>
<td>Absent</td>
<td>Present</td>
</tr>
<tr>
<td>Continuous Education for PT (Post graduate program)</td>
<td>Limited</td>
<td>Develop</td>
</tr>
<tr>
<td></td>
<td>Master program for PT and OT by IUHW scholarship in Japan (2013)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Doctor program for PT by Norwegian Scholarship in Thailand (2014)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Short term training for OT in Australia (2014)</td>
<td></td>
</tr>
<tr>
<td>Evidence based practice</td>
<td>Limited</td>
<td>Develop</td>
</tr>
<tr>
<td>Health Insurance System</td>
<td>Just starting</td>
<td>Present</td>
</tr>
</tbody>
</table>

What should I do for upgrading of rehabilitation service in my country?

To be skillful in profession

To have learned the system of Medical Rehabilitation Development from international perspectives

To be carried out and spread out what I had learned

THANK YOU!