

CURRENT SITUATION OF THE REHABILITATION IN MYANMAR AND JAPAN

-through the experience of study in Japan-

NWE NI THEIN
 International Student from Myanmar
 M2 Student of Physical Therapy
 International University of Health and Welfare
 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

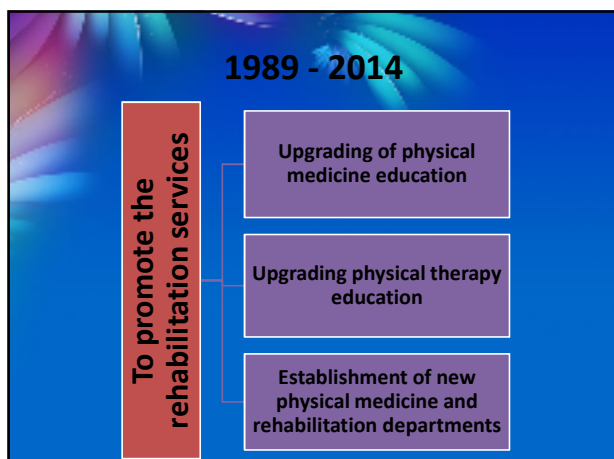
How to develop the rehabilitation medicine in Myanmar?

Three Era

Past	Present	Future
▪ 1958 to 1988	▪ 1989 to 2014	▪ 2014 onwards

1958 - 1988

Former person	<ul style="list-style-type: none"> • Dr. Hla Pe (training in Physical Medicine in USA) • Dr. Mya Sein (training in Physical Medicine in UK) • Daw Hla Yee (training in physiotherapy in USA)
British Colombo Plan	<ul style="list-style-type: none"> • Paramedical School was established in Yangon General Hospital, and start producing physiotherapists, medical technologists, radio technologist, and pharmacists.
Abroad training of professionals	<ul style="list-style-type: none"> • Physical Medicine (9 persons) • Physiotherapy (7 persons) • Occupational Therapy (4 persons) • Prosthetic and Orthotic (1 person)
Bridge Course	<ul style="list-style-type: none"> • Two years diploma course for Physiotherapy (30 persons)
Community Based Rehabilitation (CBR)	<ul style="list-style-type: none"> • Introduction of CBR with WHO in 1980 • Implemented since 1982



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 Doctor of Medical Technology	Myanmar Physiotherapy Association (MPA) Not yet

No. of graduated students

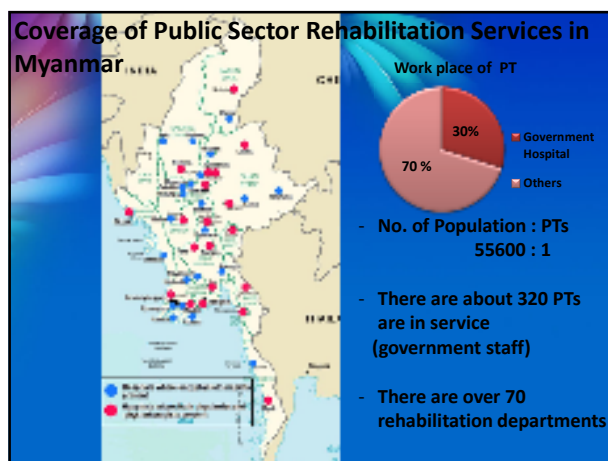
Year	UMT (Yangon)	UMT (Mandalay)	MINP (Yangon)
1993-2012	547		
1999-2012		392	
2002-2012			140

Total - 1079

No. of post graduated students

Year	UMT (Yangon)	UMT (Mandalay)	MINP (Yangon)
2003-2012	28	-	13

Total - 41



- ### 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 Psychiatrists of Thailand
 - Philippine Academy of Psychiatrists
 - Singapore Rehabilitation Medicine Society
 - International Society for the Study of Pain (IASP)

Future Plan

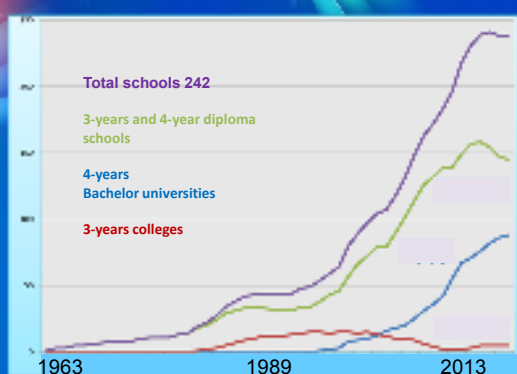
- **Unmet Needs = Challenges**
- 1. Recruitment of Rehabilitation Professionals
- 2. Skill training for existing rehabilitation team members
- 3. Facilitation of career and leadership development
- 4. Promoting awareness for prevention of disabilities
- 5. Strengthening ties among various organizations

How about Rehabilitation in Japan?

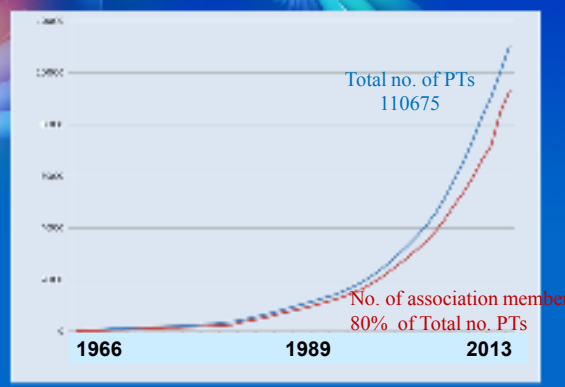
When it was started?

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 (WCPT)
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



No. of PTs



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 who wish to continue their academic studies in addition to the knowledge learned in the Certificated Physical Therapist program

7 Special Interest Groups

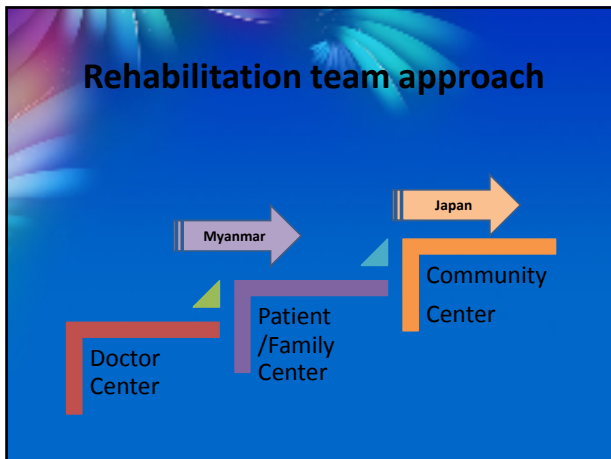
1. Basic physical therapy sciences
2. Neurology
3. Orthopaedic physical therapy
4. Cardiovascular, pulmonary and metabolic disease
5. Physical agents
6. Supports of life
7. Education and management

Ref: JPTA

Work Environment of PTs

Hospital: prefectural, local and private	68%
Offices of health practitioner	10%
Residential care facilities and Adult daycare centers	10%
Educators and Researchers	5%

Ref: JPTA 2014 leaflet
<http://www.japanpt.or.jp/>



Summary

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

