

四川地震与OT工作 Wenchuan Earthquake and Occupational Therapy

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A Tough Job for Rehabilitation

- 地震伤需康复的伤残人士：70000多人（四川），
(New cases caused by earthquake)
其中截瘫，截肢约共5000人（SCI, Amputation)
Fractures (骨折)
TBI (颅脑损伤)
PTSD (创伤后应激障碍)
- Old cases of PWD with new complication
caused by earthquake.

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Earthquake Opens a New Chapter of Rehabilitation Medicine in China

四川地震开启了中国康复医学发展的新篇章

1. Awareness, Focus on the Role of Rehab
 - A series of National Guidelines on medical rehabilitation for earthquake victims were issued soon after the accident.
2. Mobilization, recruitment and organization of National Medical Rehab Teams (totalling 500 persons) to the Earthquake area.
3. Provinces outside Sichuan admitted 20000 persons with injuries for medical care and rehabilitation.

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四川地震开启中国康复医学发展的新篇章

The medical authority and the community have gained new insight on the importance and the situation of rehab in China.

“Rehabilitation medicine is very important in the recovery of the injured caused by earthquake. Rehab Institutions, Departments and the development of rehab professionals should be strengthened.”

(Dr. Chan Zhu, Minister, MOH)

The government will take action to do that.

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The role of OT Team in rehabilitation following earthquake

- To help people in need of hand rehabilitation, ADL training, orthosis and other assistive devices for independent functioning
- To help people in need of psychological, cognitive rehabilitation, eg, PTSD (post-traumatic stress disorders)

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The role of OT Team in rehabilitation following earthquake

- To conduct training programs to train local health workers to acquire basic skill of hand function training and ADL therapy
- To conduct on-job training of OT skills to the nurses and therapists in local medical institutions
- To help setting up an OT service program in a temporary small rehab station.

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Target Groups for OT after Earthquake

- Inpatients in rehab program for physical rehabilitation
- Children and adults in outpatient program or in special rehab camp for psychological and mental rehab program
- Local teachers, health staff with psychological disorders.

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OT helps a child walk out from a dark world in her heart

The child, a pupil of primary school, after a course of music therapy and play therapy given by the therapists, wrote a letter to express her gratitude and happiness.

“Dear sisters:

Since the terrible earthquake, I have been feeling in a dark world in my heart, no light, no sky. Thanks for your help, now I was able to get out of the dark world, because you are the brightest stars, you are the highest stars!”

OT helps a child walk out from a dark world in her heart

- 哥哥、姐姐

– 您们好，你们是灾区最高的星星，也是最亮的星星，自从地震后，有很多和你们一样的哥哥姐姐带来快乐，让我们从黑黑的地方走了出来，感受到了星星有多明高。

– 哥哥、姐姐，谢谢！

- 灾区小朋友 张菡滢
- 2008年7月26日晚

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Strategy for providing OT service in earthquake area

- It is desirable for an OT or PT to play the role of a multipurpose therapist to provide both PT and OT services, if necessary.
- OT Services should be integrated with psycho-therapy as much as possible. Music therapy has proved useful in soothing the mind of the clients (especially children) and in building up confidence.

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Strategy for providing OT service in earthquake area

- “*Quis cus todiet ipsos custodies?*”
(Who will take care of those who take care of others?)
(谁去照料那些照料别人的人呢?)
- Don't forget to motivate, encourage and cheer your team members.
- For the same reason, the local survived medical staff and teachers should be provided with OT +psychotherapy.

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Thank You!

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