

Innovative Physical Group Treatment in Resource Constrained Environments

Maatje Kloppers

Stellenbosch University, Cape Town, Western Cape, South Africa

Working in a developing country at a community based physical rehabilitation centre with three other professions and dealing with resource constraints calls for innovative ways to address the need for therapy services. Group treatment is advocated as a possible solution but coping with the high patient to therapist ratio, finding the space to host the groups and insuring integrated inter-professional care can be challenging.

The centre is managed in an inter-professional manner and as the inter-professional team managers we reviewed literature for possible solutions to our space and staff shortage with groups. We decided on a functional circuit approach. We however needed to adapt the format to suit our community and the inter-professional nature of our service.

It was adapted so that the circuit stations flow into each other with an over arching theme. The theme aims to give meaning to the stations and makes reintegration into the community concrete for the patients for e.g. "going shopping" as a theme.

Some of the results are better participation from patients with them being actively engaged for the full duration of the group. It leads to better IP-collaboration with shared goals within each theme and thus treatment is more optimal. Less space is needed as the circuit happens linear so different spaces can be utilized instead of one big space.

The adaptive functional circuit could be an innovative way of addressing the resource constraints at many community based rehabilitation centres.