PRM and Social Rehabilitation in Latvia

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Facts & figures

- Territory of Latvia: 64,589 km²
- Population of Latvia: 2.24 million
- Population of Riga: 717,400
- Life expectancy
  - Latvia: 71.20 years
  - European Union (average): 79.21 years
PRM AND SOCIAL REHABILITATION IN LATVIA

MEDICAL REHABILITATION

MINISTRY OF HEALTH

Budget 2010
(all together)
432780000 LVL
615793966 EUR

SOCIAL REHABILITATION

MINISTRY OF WELFARE

Budget 2010
(for social rehabilitation)
6026748 LVL
8575338 EUR
Rehabilitation has been defined by the WHO as "The use of all means aimed at reducing the impact of disabling and handicapping conditions and at enabling people with disabilities to achieve optimal social integration".

Physical and Rehabilitation Medicine in Europe is a single medical specialty and has been defined by the UEMS Section of PRM as follows:
— PRM is an independent medical specialty concerned with the promotion of physical and cognitive functioning, activities (including behaviour), participation (including quality of life) and modifying personal and environmental factors. It is thus responsible for the prevention, diagnosis, treatment and rehabilitation management of people with disabling medical conditions and co-morbidity across all ages.

/White book on PRM in Europe/
There are longstanding traditions of treatment in health resorts and sanatoriums in Latvia since the end of the 19th century.

Baldone, Jaunkemeri, Kemeri, Jurmala.

“Old soviet school” traditions of physical medicine.

PRM in contemporary conception in Latvia was born less than 20 years ago with support of our colleagues from Scandinavia, USA and other Western countries.

1992 NRC Vaivari was founded and started the first Cerebral palsy project.
Development of modern understanding

**EDUCATION**

- **1994-1995**  The first educational programm for physicians in rehabilititology in NRC Vaivari.
- **1994**  Faculty of Rehabilititology in Riga Stradins University.
- **1995**  Occupational therapy study programme.
- **1995**  Technical orthopaedy study programme.
- **1995**  Physiotherapy study programme.
- **1997**  Speech-audiology therapy study programme.
- **2004**  Nutrition speciality study programme.
Development of modern understanding

EDUCATION

• **Riga Stradins University**
  PRM speciality doctors - 6 years of medical studies  4 years of residency programme
  Faculty of Rehabilitation
  Bachelor study programmes in:
  Physiotherapy (this year the competition was > 6 per 1 position);
  Occupational Therapy;
  Audiology-Speech Therapy;
  Orthotics – Prosthetics;
  Social Work;
  Nutrition and Fitness.

• **Latvian Academy of Sport Education**
  Bachelor study programme in Sport Science & Physiotherapy

• **Daugavpils University**
  Bachelor study programme in Physiotherapy
Since 2009 one speciality PRM Physical and Rehabilitation Medicine

certificated physicians - 160

Two professional associations

Latvian Association of Physical Medicine and Rehabilitation

Latvian Association of Physician of Rehabilititology
- **Physiotherapists – 448**

- It is characteristic for our PT that they start in states funded institutions, consolidate their practical skills and then often move to private business.
REHAB. STAFF
Latvia 2010

• **Certificated occupational therapists - 65**

145 graduated from School of Occupational Therapy Riga Stradins University 2000-2009

**53 working in health care system**

24 in hospitals (14 of them in Psychiatric clinics)

29 in rehabilitation centres

**22 working in social care system**
Rehabilitology services are in 7 hospitals and NRC Vaivari.
• National Rehabilitation Center Vaivari - 105 beds

Children’s rehabilitation programm - 40 beds
Neurorehabilitation programm - 25 beds
(stroke & brain injury)
SCI rehabilitation programm - 20 beds
Orthopaedic’s rehabilitation programm - 10 beds
Back pain programm - 5 beds
Cardiology rehabilitation programm - 5 beds
ORGANISATION OF MEDICAL REHABILITATION
INPATIENTS
FINANCED BY STATES BUDGET

• Groups of priority:
  - children
  - patients with functional limitations

• Follow up programme for those groups
Outpatient rehabilitation programmes in outpatient clinics, rehabilitation centers (Jaunkēmeri, Līgatne) and in rehabilitation departments of state hospitals.

Physiotherapy, occupational and speech therapy sessions

All physical procedures are excluded
Large scale possibilities for rehabilitation on a daily basis and private health centres.
SOCIAL REHABILITATION
FINANCED BY STATE
Ministry of Welfare

- Social rehabilitation programs for disabled people with functional limitation and special groups such as casualties of Chernobyl disaster
- Social houses for old people and psychiatric patients, where people live life long.
Technical aids

Budget for year 2010 – 1 million LVL

~1422880 EUR

- Hearing and optical aids are distributed between nongovernmental organisations for the blind and the deaf.

- Other technical aids (wheelchairs, crutches, walking assist devices, etc.) and, orthotic and prosthetic devices are distributed through the Centre of Technical Auxiliaries within the structure of Vaivari NRC.
SOCIAL REHABILITATION
FINANCED BY STATE
Ministry of Welfare

States Agency of Social Integrancy

- Program for re-education and special working places for disabled people
During past 20 years we have developed modern system of rehabilitation.
We have good education system for all multidisciplinary team members.
We have experienced Stroke units, SCI unit.
We have rehab. programs for children, cardiology and orthopaedic patients.
We have started to solve some difficult problems as ventilator depended patients.

What shall we do next?
WHAT SHALL WE DO NEXT?

Cooperation
Education
Research

To make world better
THANK YOU