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The Important Role Played by Occupational Therapy in the Process of China's Community-Based Rehabilitation System

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Abstract: Community-Based Rehabilitation started in China in the 1990s, which is the inevitable result of the rapid development of social science, technology, and the continuous improvement of economic level and the gradual improvement of people's quality of life. Community-Based Rehabilitation (CBR) is an emerging social medical model that is people-oriented, community-linked, led by rehabilitation therapists and supported by various social forces. Different from the traditional biomedical model, the treatment scope of this model is not limited to individuals, but often extends to groups with common living habits. And this model is not disease-oriented, but with "Do Something" as the core of value.

Keywords: Community-Based Rehabilitation; Occupational Therapy; Social Medicine

1. Background of Community-Based Rehabilitation

For thousands of years, the small-scale peasant economy has implanted a deep-rooted regional concept for the Chinese people. The "community" formed by the transformation of villages and towns has a strong cohesion effect for residents and a high sense of belonging. Therefore, Community-Based Rehabilitation has a more significant effect and a higher acceptance than that in hospitals and institutions.

In the early 21st century, China's rapid economic development, along with the requirements of family planning, China's aging trend began to become prominent. The reform of administrative divisions has gradually formed the concept of "community". People's understanding of the community has been gradually deepened, and their dependence on it has been gradually enhanced. At present, when medical conditions are developed but medical resources are scarce, it is a great problem and we have to constantly explore to find a way that can greatly save medical resources and correctly improve the physical condition of patients locally. Community-Based Rehabilitation, it can well meet the above conditions.

The development of new things cannot be separated from the support of national policies. In the State Council of the People's Republic of China on speeding up the development of mental disorders Community-Based Rehabilitation service opinion, points out that Xi Jinping always concerned about the disabled production and rehabilitation services, and require the party committees and governments at all levels attaches great importance to the career development of the disabled people, special care, pay special attention to the disabled. In the report to the 19th National Congress of the CPC, the General Secretary also made a major decision to "develop the cause of the disabled and strengthen disability rehabilitation services", which pointed out the direction and provided fundamental guidance for the Community-Based Rehabilitation services for mental disorders in the new era. The Communist Party of China and The State Council attach great importance to the development of the cause of the disabled. During the 13th Five-Year Plan period, the goal of "building a moderately prosperous society in all respects without any disabled people" was achieved as scheduled.

2. The Development of CBR

At the end of the 20th century, the concept of rehabilitation was gradually adopted by the Chinese people. The development of rehabilitation treatment in the mainland is slower than some of Chinese city just like Hong Kong, Macao, Taiwan and other foreign regions. According to the research, the main reason for this situation is the lack of economic

support. Rehabilitation treatment in mainland China is mostly recovery function training and treatment after surgery, with a long cycle, long time, high cost, and the effect is not significant. The professional treatment process is still lacking, so it cannot be accepted by the majority of dysfunction with general economic conditions. In China, most people have misunderstandings about the cognition of rehabilitation treatment. Patients often think that the function can be restored to the normal level with rehabilitation. Therefore, therapists and doctors should declare the prognosis of patients, the necessity of rehabilitation treatment and patients in advance. More than half of the patients believe that the recovery of physical function is because of the time-based self-repair of the body itself works, often ignoring the value played by rehabilitation exercises and occupational activities.

In 2002, China's Third National Conference on Rehabilitation of Disabled Persons was held, which mentioned that "Community-Based Rehabilitation" is the cornerstone of "rehabilitation services" for people with functional disabilities in China. Community-Based Rehabilitation as the background color to carry out a distinctive rehabilitation model. In the following 20 years, the government's relevant community policies have surged, and the requirements for community transformation, community services and community governance are also increasing. With the development of economy, the community, as the basic unit of social governance, plays a "people" and is the backbone of stabilizing today's governance model. The newly revised Law of the People's Republic of China on the Protection of Persons with Disabilities further puts rehabilitation treatment in a prominent position in solving social contradictions among persons with disabilities. The Community-Based Rehabilitation 12th Five-Year Implementation Plan was introduced in 2015, which for the first time creatively incorporated "Community-Based Rehabilitation" into government planning and built rehabilitation on rich community resources. In 2021 written "difference" national career development and pension service system planning " mentioned, to promote the construction of the elderly friendly community, to respect the elderly love social atmosphere, make the elderly participate in the social degree, can make the old people to better adapt to and into the wisdom society. This also puts forward new requirements and new expectations for the modern Community-Based Rehabilitation.

We have reason to believe that in today's society where community governance capacity is constantly improving, government gradually pays attention, economic level is developing rapidly, and biomedical and social medicine is more professional, the road of CBR treatment will continue to accelerate, and homework treatment will play a more and more significant role. The large population base is one of the main social problems in China. However, because the population problems emerge in an endless stream, the Communist Party of China and the government have always been able to play a leading role to find ways to balance resources and demand. Among them, the development of rehabilitation treatment is an important way to save the relationship between supply and demand of medical treatment and patients. Rehabilitation is a long-term process, which requires the long-term efforts of patients and therapists to achieve good results. Therefore, the construction of a community-based rehabilitation system requires the efforts of generation after generation.

At present, digitalization and informatization are the development direction of the medical system, and the development of rehabilitation treatment cannot be separated from their support. However, at present, for most communities, digital development is still at a low level. Compared with the developed information level in the hospital, the development of rehabilitation treatment in the community is challenging and has certain limitations. Therefore, to develop CBR, we need to lay a good digital foundation, which still needs more than ten years of efforts for us.

3. The value of OT in the community

Compared with physical therapy, the concept of operation therapy is much less accessible to the broad masses of the people. National Society for the Promotion of Occupational Therapy, the predecessor of American Occupational Therapy Association, was established in 1917, and these pioneers of occupational therapists proposed the idea that active participation in meaningful daily activities can build healthy physical and mental states, laying the foundation for the future theoretical development of occupational therapists. What is occupational therapy? In popular words, occupation means a general term of

things that can be done in life. Occupational therapy refers to the purpose of improving physical function and enriching the spiritual world by doing interesting and meaningful activities, work and behaviors.

Nowadays, occupational therapy, as a branch of the rehabilitation discipline, has been involved in emergency rehabilitation, ICR, severe rehabilitation, outpatient rehabilitation, sports rehabilitation, pediatric rehabilitation, mental illness rehabilitation and other fields in the United States. A large number of research on occupational treatment has also been published on —— physical disorders, consciousness disorders, occupational treatment ideas and so on, and the scope of research involved is constantly expanding.^[1]

Chinese community evolution is more and more rapid, community scale is more and more large, the problem is how to optimize the structure of community, improve the current community governance model, can provide multi-source, multidimensional help, especially pension is one of the pain points of community governance, in the mainland with the support of various policies, also constantly carry out the pilot work, is exploring more good Community-Based Rehabilitation model. Zhang Weifeng, Shi Meifang and others took 60 stroke cases who did not carried out occupational treatment and family environment transformation before community training as the control group, and 60 stroke patients who carried out occupational treatment and family environment transformation after community training as the observation group. Using modified Barthel index (BI) and Frenchay activity refers to the number table, respectively, two groups of patients after community treatment, finally concluded that the two groups of patients daily life activities are improved, 2 months after entering the community BI index and Frenchay activity index score is significantly higher than the control group ($P < 0.01$). This means that the appropriate working environment and appropriate working activities can improve the quality of life of patients, and also promote the physical and mental health of patients, in line with the current health administration departments to implement the hierarchical diagnosis and treatment system "minor diseases in the community, serious diseases into the hospital, rehabilitation back to the community, health into the family" requirements.^[1]

4. Conclusion

For people, the most important thing is health. Only by vigorously developing Community-Based Rehabilitation can we save hospital resources to a greater extent, provide patients in more need, and be conducive to the management and benign development of the hospital. More meaningful is that Community-Based Rehabilitation allows people to pay close attention to health for a long time, continuously improve the curative effect of rehabilitation, and make the later effect of rehabilitation more stable.

To put occupational treatment in Community-Based Rehabilitation, attention should be paid to making community residents actively participate in the treatment in daily life activities, community residents think that training is useful and closely related to life, and can really improve self-care ability and social ability. At the same time, Chinese occupational therapists should also learn from the therapists in Europe and other western regions, master the thinking and professional ability of occupational therapy, can provide more comprehensive services to the residents in the community, and gain their trust and support.

References

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