GENERAL ASPECTS OF MEDICAL REHABILITATION

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Rehabilitation is the active process, the aim of which is to achieve full recovery of damaged due to disease or injury functions, or if it is unreal - optimum implementation of the physical, mental and social potential of the disabled, the most adequate to its integration into society according to the World Health Organization (WHO).

Thus, rehabilitation should be seen as a complicated socio-medical problem, which has several aspects: medical (including psychological), professional (labor howling) and socio-economic.

WHO Committee (1980) gave a definition of medical rehabilitation: rehabilitation - it is an active process, the aim of which is to achieve full recovery of damaged due to disease or injury functions, or the optimal implementation of the physical, mental and social potential of the disabled, the most adequate to its integration into society.

Rehabilitation as a way to recover the disturbed functions of the organism has been known since very ancient times. Even ancient Egyptian doctors used some occupational therapy techniques to speed up the recovery of their patients. The doctors of ancient Greece and Rome were also used in the medical complex physical activation of patients and occupational therapy.

The first definition of the term "rehabilitation" given in 1903 by F. Namisto in the book "System of general guardianship of the poor."

Only with the end of the XIX century, and especially to the middle of the XX century, the problem of recovery of the disturbed functions of the organism has grown into a science -Medical Rehabilitation, when, after the First and Second World Wars, the number of disabled people in the participating countries was too much, and the state can not ignore this problem.

The basic principles of medical rehabilitation include: early start of rehabilitation measures; the complexity of the application of the necessary funds; individualization of rehabilitation programs; stages of rehabilitation; continuity and consistency throughout all stages of rehabilitation; a combination of general and special actions; social orientation of rehabilitation; the use of methods of control loads adequacy and effectiveness of rehabilitation.

There are five main stages of medical rehabilitation: preventive, stationary, polyclinic, sanatorium, metabolic.

Thus, the medical rehabilitation in most cases prevents disability and give possibility to return to normal work, reduces the risk of recurrence of the disease, reduces the likelihood of hospital readmissions and needs for medications.