Partnership Services with Local Government: A Successful Model for Delivering Sustained Physical Rehabilitation

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Context

Innovative service delivery strategies have played a significant role in delivering quality services to people living with disabilities in Nepal. By integrating physical rehabilitation services into the existing public health system, and promoting local government’s stewardship to rehabilitation services, the amount of fee is decided based on the socio-economic status of the clients. Prerana also collaborates with other municipalities to ensure sustainable delivery of physical rehabilitation services. The approach is inclusive and ensures that people from all social economic groups can access the services without any discrimination.

Activity Description

USAID’s Physical Rehabilitation Activity (PRA) utilizes local health systems strengthening approaches to establish an integrated rehabilitation service system in Nepal. As a result of the experience and lessons learned, the model in Sarlahi District has been expanded to adjacent districts in Madhesh Province. The model in Sarlahi is part of the larger USAID’s PRA’s approach to strengthen the health system and ensure that those with disabilities are able to access quality rehabilitation services.

Activity Impact

Resource Optimization

- Signed a memorandum of understanding (MoU) between Prerana and Lalbandi Municipality for providing Prerana a space of 2,793 square feet to provide rehabilitation services to individuals in need. The total rental value of the space is approximately USD 1,318.80 per year paid by the municipality of Lalbandi.
- USD 517 was supported to Prerana for renovation expenses to set-up the Physical Rehabilitation center in its own office premises.
- In addition to the land and infrastructure provided, Prerana has been receiving regular support from USAID’s PRA for the last two years.

Quality

- Prerana PRC’s team comprises a team of eight staff including a medical officer, physiotherapists, occupational therapists, and orthotists.
- Clients received feedback about the services they received.
- Prerana PRC is committed to providing physical rehabilitation services free of cost. Where the rental value of the space is approximately USD 4,540.00 per year but was provided free of cost by the municipality.
- Prerana PRC provides free physiotherapy services to people living in Lalbandi municipality.

Facilitators

- Regular technical support from USAID’s PRA to local government and PRC on sensitization and advocacy for integration of rehabilitation services at local level.
- USAID’s PRA supports to set-up of services for Physiotherapy and Prosthetics and Orthotics services at Lalbandi municipality.

Challenges

- Equity: Equity is a key challenge as the services are provided only to residents of Lalbandi municipality.
- Limited human resource capacity at local level to manage health services is a challenge. This is often worsened by the frequent staff turnover.
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Lessons Learned

- Regular funding from Lalbandi Municipality for physical rehabilitation services (详情 in Figure 4).
- Lack of coordination and funding support from USAID. Prerana has been delivering the physical rehabilitation services for more than a decade.
- The need for rehabilitation is growing by the day and the land has limited the demand for adequate rehabilitation services. Rehabilitation services have the potential to reduce the burden on the health system by preventing disabilities and improving the quality of life of individuals with disabilities.
- Prerana also collaborates with other municipalities to ensure sustainable delivery of physical rehabilitation services.

Evidence

- Client satisfaction, exit interview with the clients to collect feedback on the services they received. Most of the exit clients interviewed also expressed their satisfaction with the services.

In conclusion, the establishment and successful development of the Prerana Physical Rehabilitation Center has been a significant achievement. The model has shown how a collaborative approach involving stakeholders such as rehabilitation professionals, local governments, and community leaders can lead to sustainable and inclusive solutions for people living with disabilities.