

General Introduction of Physical Medicine and Rehabilitation

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Definition of Rehabilitation

- habil(Latin):
able
- rehabilitation:
making able again
- Synonym:
reconstruction, reconditioning,
reeducation, convalescent care

Definition of Physical Medicine

- A branch of medicine using physical agents, such as light, heat, water, electricity and mechanical agents in the management of diseases

Definition of Rehabilitation Medicine (I)

- S. Licht: Rehabilitation Medicine is the medical management of **physical disability**
- F.H. Krusen: Rehabilitation involves treatment and training of the patient to the end that he may attain his **maximal potential** for normal living **physically, psychologically, socially and vocationally**.

Definition of Rehabilitation Medicine (II)

- J.F. Lehmann: A continuing effect to restore function and reintegrate the patient into his **family and community**.
- H.J. Yesner: A treatment process designed to help physically handicapped individuals **make maximal use of residual capacities** and to enable them to obtain optimal satisfaction and usefulness in terms of themselves, their families and community.

Definition of Rehabilitation Medicine

- Rehabilitation is defined as the development of a person to the fullest physical, psychological, social, vocational and educational potentials consistent with his or her physiological or anatomical impairment and environmental limitations.

Goal of Rehabilitation

- The realistic goal is to obtain optimal function despite pathological process that cannot be reversed even with the best of modern medical treatment.
- 1.Return to previous work
2.Shelter work
3.part-time work at home
4.independent in self-care at home
5.independent in self-care in nursing home
6.partially independent

Concept of Rehabilitation Medicine

- Rehabilitation is a concept that should permeate the entire health care system. It should be comprehensive and should include prevention, early recognition, outpatient, inpatient and extended care programs.

什麼是復健？

- 對殘障的人,藉由醫療,功能代償及環境改造,使其剩餘功能作最充分的發揮,以達到在生理心理家庭社會環境及職業上獨立不依賴他人,或儘量不依賴他人,即稱為復健.

• 殘障的層次及其復健對策

*殘障的 三個層次	問題屬性	基本 治療對策	復健對策
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• 1.生理機 能的障礙 impairment	生物性 biological	醫療矯治 therapeutic approach	各種醫療及訓練
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• 2.生活能 力的障礙 disability	功能性 functional	功能代償 compensatory approach	加強殘存功能訓練, ADL訓練,輔具(如義肢 裝具輪椅等)之使用
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• 3.社會適 應的障礙 handicap 工 . 社會	社會性 social	環境改造 environment correction	居家及公共設施的改造, 對殘障者觀念的改變 , 輔導受教育就業(庇護 廠)及參與社會性
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