Access to Physical Medicine and Rehabilitation (PMR) services in Albania

Tirana, October 9, 2009
Ali ALIU, Project Manager

Background

- PMR services in Albania were poorly developed
- The country did not have any training facility for PMR professionals
- A small number of rehabilitation institutions providing PMR services, with very limited geographical coverage
- Professionals such as PT, OT, PMR specialists, or P&O technician were non-existent
- Persons in need (PWD & MV) couldn't benefit from proper treatment (prevent complications or reach full physical potential)
### PMR professionals

<table>
<thead>
<tr>
<th>Country</th>
<th>PMR Dr</th>
<th>PT</th>
<th>OT</th>
<th>Inhabitants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albania</td>
<td>?</td>
<td>?</td>
<td>?</td>
<td>3 500 000</td>
</tr>
<tr>
<td>France</td>
<td>2 000</td>
<td>45 000</td>
<td>3 500</td>
<td>70 000 000</td>
</tr>
<tr>
<td>Italy</td>
<td>2 600</td>
<td>40 000</td>
<td>100</td>
<td>60 000 000</td>
</tr>
<tr>
<td>Slovenia</td>
<td>100</td>
<td>1100</td>
<td>300</td>
<td>2 000 000</td>
</tr>
<tr>
<td>Croatia</td>
<td>350</td>
<td>2000</td>
<td>200</td>
<td>5 000 000</td>
</tr>
<tr>
<td>Greece</td>
<td>100</td>
<td>2000</td>
<td>350</td>
<td>10 000 000</td>
</tr>
</tbody>
</table>
Project Goals

Support the Albanian public authorities at developing PMR services on the national level.

Developing a sustainable response to the PMR needs of landmine victims in the mine affected region of Kukes.

Description

PMR project is a five-year program that aims to ensure equal access for all to a quality Rehabilitation services in Albania.

The purpose is that public authorities develop and implement a consistent and long-term plan to ensure access to PMR services.

Phase 1: April 2006 – March 2008
Phase 2: April 2008 – March 2010
Phase 3: After March 2010
Partners:

- Albanian Mine Action Executive / AMAE
- Albanian Ministry of Health / MOH
- Albanian Ministry of Education / MOE
- Nursing Faculty of Tirana University
- Kukes Regional Hospital,
- Physiotherapy school Brussels, Belgium
- Human Study
- French College of PMR Teachers / COFMER

Expected results

1. A PMR National Plan of Action / Ministry of Health
2. Physiotherapy training program
3. Improving the quality of existing prosthetics services training capacities for prosthetics
4. Establishing of the rehabilitation unit of the Kukes hospital delivers basic rehabilitation services (landmine victims)
5. Ortho-prosthetic facilities are being improved at the regional hospital level in Kukes
6. Specialisation for Physical medicine and rehabilitation doctors
PMR National Plan of Action

- A PMR referral person appointed to the MoH
- A working group composed of PMR experts
- PMR National Plan was issued and validated by Minister of Health
- The plan includes priorities, activities, timetable, implementing bodies,…
- Implementation of PMR AP is more challenging
- Slow implementation can be explained by general difficulties experienced by the overall healthcare reform process in Albania

PT Educational Program – NF TU

- PEP started in October 2006;
- PT training is on going with three generations of students involved in program (90 students), support from Belgian PT schools
- The first generation of students was graduated in July 2009, the first contingent of properly trained PT graduated from a public institution in Albania
- The challenge is consolidation of autonomous teaching capacities of Nursing Faculty
Ortho - prosthetic training

- 6 P&O technicians have competed LLP and certificated by MoH and HI;
- Training is continuing with ULP
- Open issue Orthotics training

The rehabilitation unit of the Kukes hospital

- The premises renovated and equipped;
- Basic physiotherapy services are delivered to the patients regularly;
- The Basic rehabilitation training for the 3 staff have been completed
Prosthetic workshop in Kukes hospital

- Workshop is fully functional after the premises are renovated and equipped and necessary materials and components provided;
- Skills of P&O technicians upgraded,
- Workshop is able to answer to the needs of landmine victims and other vulnerable people, including prosthesis production and repair services.
- Up to 30 new prosthesis are produced.

PMR training

- A one year comprehensive qualification in PMR to a number of medical specialists, currently working as rehabilitation doctors is on going,
- This PMR Continuing Education Degree Course for medical doctors started on November 2008, with 20 doctors enrolled;
- Training is organised in collaboration with MoH and is approved officially by MoH;
- Training consists of five modules of one week, taught between November 2008 and September 2009;
- Trainers are French experts in Physical Medicine and Rehabilitation from the COFEMER (French College of Medical University PMR Professors).
Achievements

- Since 2005, through PMR project with the support of the ITF and national partners, significant progress was made in promoting equal access for all to quality PMR services in Albania:
  - Comprehensive Strategic planning for development of PMR services has been issued;
  - Physiotherapy Education program was adopted and implemented by the Nursing Faculty of Tirana
  - Rehabilitation Unit within Kukes regional hospital was established with a specific focus on mine victims
  - Prosthetic training for ortho-prosthetic technicians was developed for reaching internationally recognized certifications
  - One year PMR Continuing Education Degree Course was organized with 20 doctors enrolled.

Difficulty encountered

- Administrative institutional procedures at different levels
- Lack of PMR professionals and of PMR facilities influencing our activities
- Low motivation of some local actors involved !!!
- General situation in the country !!!
Sustainability

- The sustainability is almost guaranteed thanks to the local partners’ strong ownership and to the close collaboration with national authorities
- Institutional sustainability
- Financial sustainability
- Technical sustainability