

Children with physical conditions

- Lung and chest conditions (PT)

Musculoskeletal conditions:

- Craniofacial Disorders (ST)
- Fractures as soon as POP/traction ORIF applied (PT & OT Hands)
- Amputations pre- & post-op (PT & OT)
- Limb deformities (PT & OT)
- Tendon Injury (PT & OT Hands)
- Soft tissue injuries
- Muscular dysfunction - early (PT)
- Sports injuries - early (PT)
- Moderate & severe Burns on day 1 (PT & OT)
- Juvenile Arthritis (PT & OT)

Surgical:

- Moderate & severe Burns on day 1 (PT, OT & DT)
- Nasogastric tube feeding (ST & DT)
- Tracheostomy (ST)
- Craniofacial Disorders (ST)

Hands (OT):

- Neurological fallout
- Rheumatoid Arthritis
- Tendon repairs (on day 1)
- Septic hands

Conditions associated with hearing loss (Audiologist):

- FAS
- Any Syndrome
- Mumps
- Meningitis,
- Chronic Otitis Media (stopped suppurating)

Genetic

- Albinism (OT)
- Down's Syndrome (PT,OT,ST)
- Cystic Fibrosis (PT)

Vision problems:

- Reduced visual field
- Problems with visual perception

Children with developmental problems

- Malnutrition (DT, OT & PT)
- Growth faltering >2/12 in kids (DT & OT)
- Patients on PEM still not gaining weight (DT)
- Babies unable to suck or swallow well (DT & ST)
- Problems introducing solids to babies or swallowing or chewing problems (DT & ST)
- Nasogastric tube feeding (DT & ST)
- Excessive drooling (ST)
- Intellectual Impairment (OT and ST)
- Autistic Spectrum Syndromes (OT and ST)
- Behaviour problems (OT)
- Problems coping at school (OT and ST)
- Delayed language development (ST & Audiologist)
- Unintelligible speech (ST)
- Speech problems or stutter (ST)
- Any hearing loss (ST and Audiologist)

RuReSA consists of professionals who are involved in, or interested in the delivery of rehabilitation services within rural South Africa. RuReSA aims to promote the provision of rehabilitation services in rural South Africa, provide support to rehabilitation therapists in rural areas through a resource website, an email discussion forum, and a Facebook page. We advocate for "rural proofing" health policies and service strategies and work with the policy makers, professional associations and bodies as relevant

www.ruresa.com
ruralrehabsa@gmail.com
www.facebook.com/ruresa
118-079 NPO

When ? Should I Refer to REHABILITATION

Referring from a clinic:

Early detection of babies and young children at risk of disability is vital to prevent lifelong problems. Complete the Road to Health Booklet fully and refer children who have any delayed development or "At risk" signs.

Anyone with chronic illness or disability effecting ability to cope with school, housework, leisure, work or mobility.

From Hospitals

Early discharges and late referrals can severely compromise a person's recovery and quality of life, and their family's ability to care for them. Living in rural areas has social, economic and contextual impact on recovery from illness and the severity of a disability. **Come and talk to your therapist!**

Emergency referrals & critical care

- Adult and Children ICU cases
- Attempted Suicide
- Severe burns over joints or on face
- Lobar collapse
- Ventilated patients & low-GCS patients at risk
- Dysphagia before oral feeding



A better life for rural communities through rehabilitation for all

REFERRALS TO ALL THERAPISTS

- All head injuries
- All meningitis
- All strokes
- All premature, high risk & kangaroo care babies
- All developmental delays
- All Syndromes
- All cerebral palsy
- Any degenerative neurology

KEY

DT: Dietician

PT: Physiotherapist

OT: Occupational Therapist

ST: Speech and Language therapist

Adults with physical conditions

Any poor mobility or chronic pain whether a new or existing condition

Musculoskeletal conditions:

- Back and neck pain, or whiplash early (PT)
- Fractures as soon as POP/traction/ORIF applied (PT & OT Hands)
- Amputations pre- & post-op (PT & OT)
- Tendon Injury (PT & OT Hands)
- Soft tissue conditions including bursitis & tendonitis - early (PT)
- Temporal Maxilla Joint & tension headaches (PT)
- Peripheral joint dysfunction (PT)
- Muscular dysfunction - early (PT)
- Sports injuries - early (PT)

Hands (OT):

- Neurological fallout
- Rheumatoid Arthritis
- Tendon repairs (on day 1)
- Septic hands
- Crush injuries/fractures

Rheumatology:

- All arthritis (PT & OT)
- Ankylosing spondylitis (PT)
- Psoriasis with joint involvement (PT)

Neurological conditions (on day 1):

- All Spinal cord problems (PT & OT)
- Peripheral neurology: brachial plexus lesions, any neuropathy (PT & OT)
- CCM (PT & OT)
- Swallowing or chewing problems (ST & DT)

Pulmonology:

- Sputum inductions (PT)
- Chest drains/Intercostal drain (PT)
- Chronic disease and restrictive disorders: asthma, bronchiectasis, chronic obstructive airways disease (PT)
- Lung abscess - once ruptured (PT)
- Tuberculosis (PT & Audiology; DT if BMI<18.5)
- All TB patients on MDR and injectables PRE-INITIATION until after treatment is completed (Audiologist)

Medical:

- Diabetes (DT; and PT & OT if mobility effected)
- Obesity (DT & PT)
- Heart Disease (DT, PT & OT)
- Cancers (DT & OT)

Weight Loss:

- HIV BMI < 18.5 or > 30 (DT)
- Gastric Intestinal Disorders (DT)
- Malnutrition (DT)

Surgical:

- Laryngectomy (ST)
- Tracheostomy (ST)
- Moderate & severe Burns on day 1 (PT, OT & DT)
- Craniofacial Disorders (ST)

Hearing loss or ear problems (Audiology):

- Any hearing problem
- Struggling to hear, especially in noisy environments
- Hearing aid users
- Tinnitus, dizziness, vertigo or ear pain

Communication problems (ST):

- Voice problems or stutter
- Poor eye contact
- Cannot communicate needs
- Loss of speech comprehension, unclear speech, or communication that doesn't make sense (ST)

Vision problems (OT):

- Reduced visual field
- Problems with visual perception

Maternity

- All Ante- & post-natal clinic mothers (DT)
- Musculoskeletal conditions (PT)
- Mental health problems (OT)
- Breastfeeding problems (DT & ST)

Adults with mental health problems

Any person with moderate & severe problems on day 1 (OT):

- Intellectual impairment
- Psychosis/Schizophrenia
- Depression & Anxiety
- Bipolar Disorder
- Drug & alcohol abuse
- Eating disorder

Elderly

- Geriatrics for balance & mobilising (PT)
- Dementia (OT)
- Hearing Loss (Audiologist)
- Malnutrition (DT)
- Communication problems (ST)

Any age:

- Snake bites (PT & OT Hands)