

Active Ayu Life

C-368, Vikaspuri, New Delhi-110018



COP/POL/004

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Rehabilitation Policy

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1. **Definition: Rehabilitation:** Rehabilitation of people with disabilities is a process aimed at enabling them to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides disabled people the required strength they need to attain independence and self-determination.
2. **Purpose:** To help restore the patients following disease, illness or injury, of the ability to function in a normal or near normal manner
3. **Scope:** Clinic Wide
4. **Responsibility:** Vaidya and Paricharak.
5. **Policy:**
 - The rehabilitative services will be provided to the patients to enhance and restore functional ability and quality of life to those with physical impairments or disabilities.
 - Rehabilitative services are provided to commensurate with the scope of services of Rehabilitation
 - Rehabilitative services shall be a part of overall plan of care for the patient, whenever required.
 - Rehabilitation services are provided by a multi-disciplinary team.
 - For any patient presenting with pain & muscular weaknesses, he shall first visit our Ayurveda consultant Dr Ruchi Bhardwaj.
 - Vaidya and Paricharak medicines & therapies given suggestions.
 - Any recommended therapy like Janu Basti, kati basti or any PanchKarma therapy will be carried out by PanchKarma therapist.
 - Patient shall then consult Dr Dinesh Bhardwaj for further management while Dr Dolly & Dr Anjali Rawat shall teach exercises for muscular strengthening.

6. Safety Measures:

- Keeping electrical cords clear of passageways. Avoid using electrical extension cords.
- Proper storage of all equipment and supplies. Do not store heavy items on top shelves.
- Turning off all electric machines with heat producing elements when not in use.
- Illumination and ventilation should be proper.
- Arrangement of furniture and equipment must be arranged to allow passage and access to exit at all times.
- Giving information regarding minor spills, such as water to cleaning person immediately.
- Reporting faulty equipment to the vendor /concerned person.
- Obey warning signs.
- Usage of appropriate personal protective equipment.
- Safety precautions such as closing file drawers and cabinet doors when not in use. Open only one drawer at a time. Even distribution of material to prevent the file cabinet from being unbalanced and tipping over.
- Frequently inspect cords, plugs, switches, sockets and outlets for damage. Report any defects such as frayed cords, broken plugs, etc. immediately.
- Not leaving equipment standing in traffic lanes. Return equipment to its proper location when not in use.
- Do not obstruct fire equipment. Know location of firefighting equipment and how to use it. Know evacuation routes and what to do in case of fire.

Records & Documents: Patient progress note.


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