

# Exploring Rehabilitation Centers on the Caribbean coast of Honduras to build collaborations and assess rehabilitation capacity

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# Ethical considerations

Consent was obtained from adults and parents for use the photographs in this presentations

# Outline

- Introduction
  - Network of Rehabilitation Workers
  - Setting – Honduras
- Description of Rehabilitation Centers
- General Observations
- Conclusions





## Network of Rehabilitation Workers of the Americas

- An informal organization
- reaching out to increase rehab capacity in Honduras
- Building Rehabilitation Connections
- The visits are one example of our work
- We are proud of other accomplishments (eg, workshops, promotional activities)



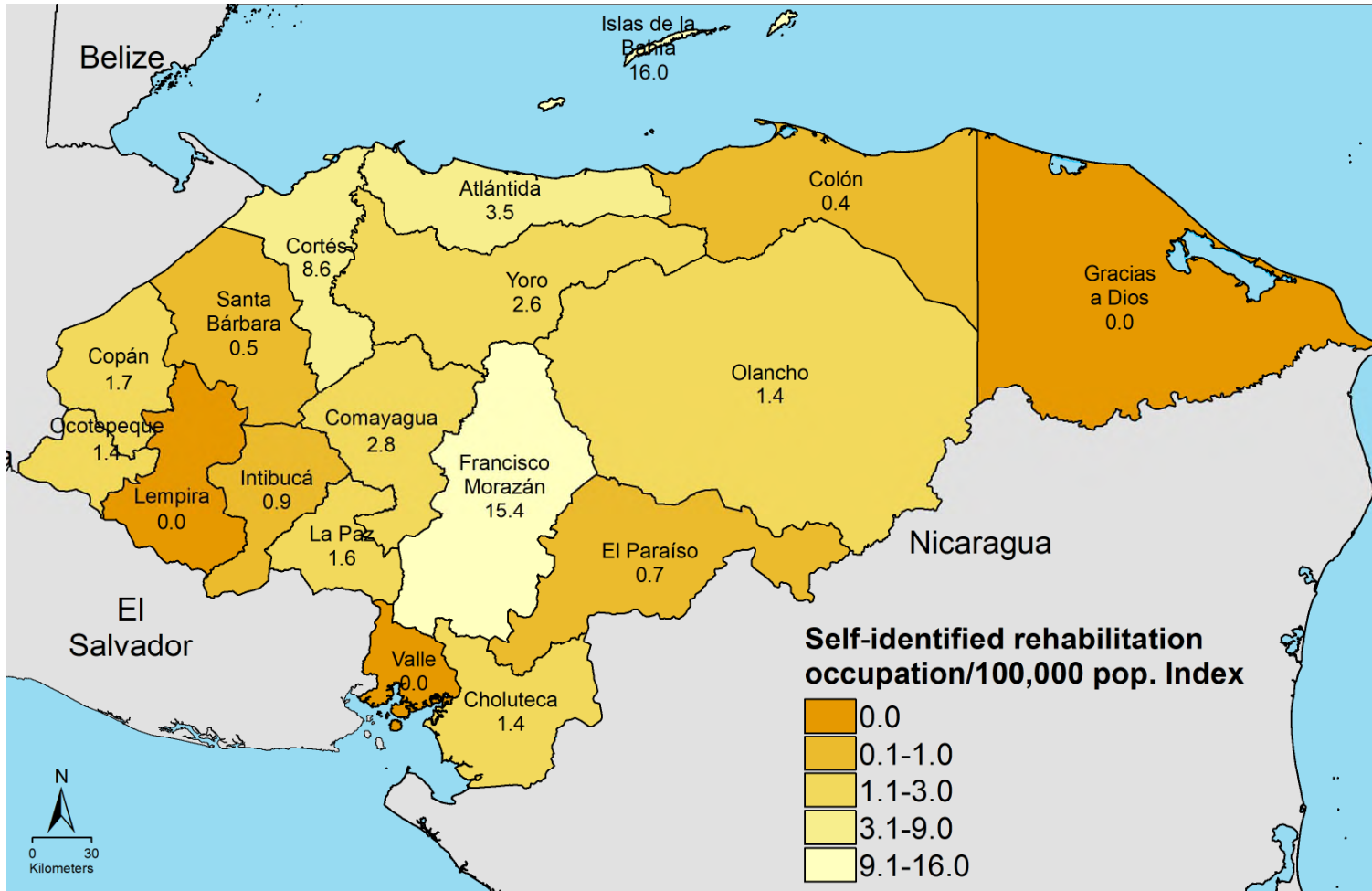
# Why Honduras?



Casa 5 – NJOI - Trujillo







# Distribution of self-identified rehabilitation workers by province in Honduras - 2013



Source: Prepared by the A.Agarita based on the Instituto Nacional de Estadística Honduras (2013)

## COMPARISON

Rehab Workers / 100, 000		
<b>Colón (1)</b> (2013)	<b>0.4</b>	
<b>Francisco Morazán (1)</b> (2013)	<b>15.4</b>	
<b>Santander, Colombia (3)</b> (Physical Therapists only 2000)	<b>48</b>	
<b>Saskatchewan, Canada (2)</b> (Physical Therapists only 2018)	<b>69.3</b>	

1. Instituto Nacional de Estadística Honduras (2013)
2. Sask. College of Physical Therapists Annual Report (2018)
3. Asociación Colombiana de Fisioterapia. Caracterización de la fisioterapia en Colombia. Bogotá, D.C. : s.n., 2008.



# The Visits

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- Oct. 2015 Trujillo
- Apr. 2016 Tocoa
- Oct. 2017 Olanchito
- Oct. 2017 La Ceiba
- Apr. 2018 Roatan
- Apr. 2018 San Juan Pueblo
- Apr. 2018 La Masica
- Sept. 2018 Puerto Cortés







# Trujillo, Colón

Population  
62,559 (2015)

## Little Hands, Big Hearts

Est. 2003

### Date of first visit

- Oct. 2015



## Mission

Inspire and empower the families with special needs children through specific ministries that target individual needs.



## Personnel

Teacher	
- Special education	1
- Primary, basic	2
Psychology student	1
- Second year practicum	
Nurse	2
Volunteer	1
Administrator	2



# Trujillo Little Hands, Big Hearts







# Trujillo Little Hands, Big Hearts







# Trjillo

# Little Hands, Big Hearts







# Trjillo

# Little Hands, Big Hearts

## Adaptive Playground

By: Benny Richardson, Muhammad Musharaf,  
Jacqueline Payne, Logan Shade





# Tocoa, Colón

Population  
94,120 (2015)

14



**Mission:** Provide the user with quality services and care to achieve appropriate rehabilitation care

**Vision:** Provide mental, emotional and physical rehabilitation services to all citizens in the Atlantic Coast particularly those in economic disadvantage. The staff will ensure that the services are provided with the highest care and accessibility.



## CRICOL

Centro de  
Rehabilitación  
Integral de Colon

Est. 2011

**First visit:**  
April 2016

## Personnel

PTs (Cuba, El Salvador)	4
Teacher	1
Psychologist	1
Physiatrist	1 (alt. Sat.)
Director	1
Cleaner	1
Security	1
Volunteers	variable





# CRICOL - Tocoa







# CRICOL - Tocoa







# CRICOL - Tocoa







# CRICOL - Tocoa

18







# Olanchito, Atlantida

Population  
104,609 (2013)

## CRIVA

Centro de  
Rehabilitación  
Integral del Valle  
Aguan

Est. 2011

Visit date  
Oct. 2, 2017



## Mission

Provide quality  
services and care to  
achieve an  
improvement in  
patients



## Personnel

PTs

Teacher

Psychologist

Director

Cleaner

Security

Volunteers







**Olanchito**

**CRIVA**







# La Ceiba, Atlantida

Population  
197,267 (2013)

## CRILA

Centro de  
Rehabilitación  
integral del Litoral  
Atlántico

Est. 2007

Date of first visit  
Oct. 3, 2017



**Mission:** Provide the user with quality services and care to achieve rehabilitation goals

**Vision:** Provide mental, emotional and physical rehabilitation services to all citizens in the Atlantic Coast particularly those in economic disadvantage.



### Personnel

Personnel	
Functional Therapist	6
Students (UNAH)	2
Physiatrist	1
Administration	2 + vol
Surgeons and Medical Specialists (Neuro, Ortho, Peds)	Mar. + Nov. (Brigade)



# La Ceiba

# CRILA







# La Ceiba

# CRILA





# La Masica, Atlántida

Population  
30,00 (2015)

## CRILAMAS

Rehabilitación  
Integral del  
Litoral Atlántico  
de Masica

Est. ??

### Visited

- April 4, 2018
- March 20, 2019

At the time  
of the first visit, the  
center was closed,  
but the Director was  
insistent that we  
come.



### Personnel

The Physical Therapist  
was absent due to  
lengthy illness





**Centro de  
Rehabilitación  
Integral del Litoral  
Atlántico de Masica**



**CRILAMAS**

**April 4, 2018**





# CRILAMAS

## March 2019



My day at the center





## FUNDAMOR

Est. 2011

First Visit  
Oct. 2017



### Mission

- to offer specialized services of rehabilitation to people who have a physical or mental disability
- to improve the quality of life and inclusion to society



Personnel	
Physical Therapist (trained in Cuba)	1 (8 hr/day)
Psychologist	1 (2 days/week)
Manager	1 (8 hr/day)
A housekeeper	1 (afternoons only)



# FUNDAMOR





# FUNDAMOR



# Coxen Hole, Roatán Bay Islands

Population  
5,700



## Mission

Provide people with disabilities all the resources necessary to develop a comprehensive, spiritual and psychological health, through physical therapies provided at the RBC center with love and charity ensuring the well-being of the islanders and their future generations.



**R.B.C.  
Insular**

**Est. 2007**

**Visit  
Oct. 2017**

## Personal

Physical Therapist	1
Psychologist	1
Nurse	1
Support	2
Administration	1
Volunteer	2





# Brigades



## RBC Insular, Roatán



**RBC INSULAR**

**"EL DESPERTAR DE LOS  
SENTIDOS"**



# RBC Insular, Roatán





# Puerto Cortés, Cortés

Population  
122,426



## CRIPCO

Centro de  
Rehabilitación Integral  
de Puerto Cortes

Est. 2010

Visit  
Sept. 21, 2018

**Mission:** Provide the patient with quality services and care to achieve physical and mental rehabilitation goals, free of charge.

**Vision:** Provide physical, mental and emotional rehabilitation services to the inhabitants of the municipality of Puerto Cortés and its surroundings, with special emphasis on people with limited economic resources, ensuring that the service is of quality.



### Personnel

Physiotherapists <i>(Cuba, El Salvador)</i>	3
Speech Language Pathologist	1
Functional Therapists	3
Psychologist	1
Housekeeping	1
Secretary	1
Security	Contract
Director (M.D.)	Volunteer



# CRIPCO

# Puerto Cortés







# CRIPCO

# Puerto Cortés

# Observations

- Grass-roots, volunteer based
  - Example – Founders of CRICOL, Tocoa



- No government funding
- No fee for service

- The centers were varied, some thriving, others struggling
- Staff seemed to be ...
  - Resourceful
  - Resilient
  - Dedicated
  - Caring



# Workforce

- In Honduras, most rehabilitation therapy is being done by Functional Therapists who learn basic therapy methods of PT and OT at a 3 year University-based technical program
- Physical therapists working in Honduras trained in other countries – Cuba and El Salvador
- There is no licensing for rehabilitation therapists, no protection of the name or scope of practice
- In the centers we visited in northern Honduras
  - No occupational therapists
  - Only one speech language pathologist
  - One Physiatrist



Functional Therapy Program  
Universidad Nacional Autónoma de Honduras

# Making ends meet ...

- Supplies, utilities
- Salaries
  - most expensive part of the budget
  - “we have to pay them well because the work they do, they deserve it, and we think that we do not even pay what they are worth ... they work very hard ... [people] are super satisfied with the service” *Director, CRIPCO, Puerto Cortés, 2019*
- Land/Building
  - Lent or given by benefactors (personal or commercial businesses), or municipality





# Fundraising...

- Raffles, selling meals, bingo, donations – personal, commercial
- Marathon: most of the money we get is through a marathon) that we do every December
  - everyone collaborates: civil and military society, fire department, the naval base, the police, business owners
  - we make on average three million lempiras (~\$160K)







Photo taken at CRILA OMS conference (2018)

## Super Volunteers sustain the centers

- A quote ... “9 years of continuous work of a group of 15 volunteers ... it is a very exhausting job, and we are volunteers who all work, we are all very busy, but we dedicate part of our time to carry out these activities in order to support the center.”  
*Director, CRIPCO, Puerto Cortés, 2019*





- 8 centers, 4 provinces
- 2015 – 2019
- Hundreds of new contacts and dozens of collaborations
- Welcomed warmly in all centers

# Summary

# Conclusions

Despite immense financial and human resource challenges, a small number of rehabilitation centers have emerged to provide care for a rural and impoverished population.