

REHABILITATION IN HEALTH SYSTEMS: GUIDE FOR ACTION INFORMATION SHEET

The World Health Organization (WHO) Rehabilitation in health systems: guide for action (hereafter referred to as the Guide) helps governments strengthen their health systems in order to provide rehabilitation. It leads governments through a four-phase process of (1) rehabilitation situation assessment; (2) strategic planning; (3) development of a monitoring framework, evaluation and review processes; and (4) implementation of the strategic plan.

The Guide is in line with recommendations in WHO's Rehabilitation in Health Systems and the Rehabilitation 2030 Call for Action. It responds to the challenges faced by low- and middle-income countries by providing practical guidance, and seeking to strengthen rehabilitation leadership, planning, and integration across health systems.

The process of using the Guide requires government leadership, readiness, and commitment. Successful outcomes require cooperation between government, consultants, WHO, and in some instances, development partners. The process can take place at national or subnational level, typically over a 12-month period. It is recommended that all four phases are undertaken in the proposed sequence. However, WHO encourages tailoring the process to country contexts.

The four phases, 12 steps, accompanying guidance and tools are outlined in the diagram overleaf. Strengthening health systems to provide rehabilitation for all who need it is a priority and essential to achieving universal health coverage. A request from governments to WHO for technical support can initiate the process.

Rehabilitation is an essential part of health care, and is integral to achieving universal health coverage. Rehabilitation needs are increasing globally, along with rising prevalence of noncommunicable diseases and ageing populations. National efforts must strengthen health systems to provide rehabilitation, making it available to everyone at all levels of health care, whenever needed.

For further information, please contact:

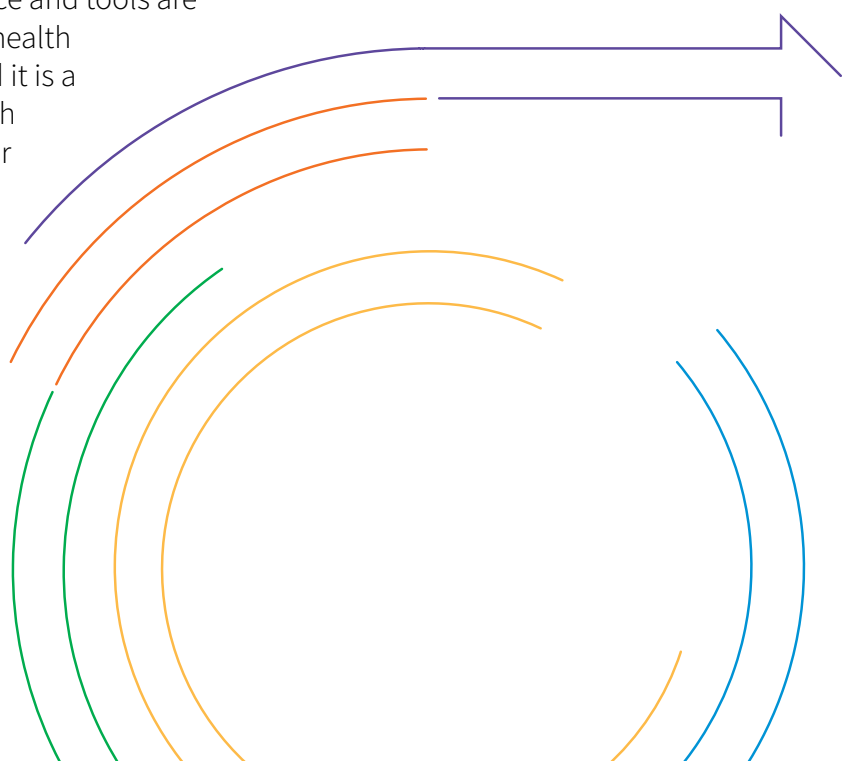
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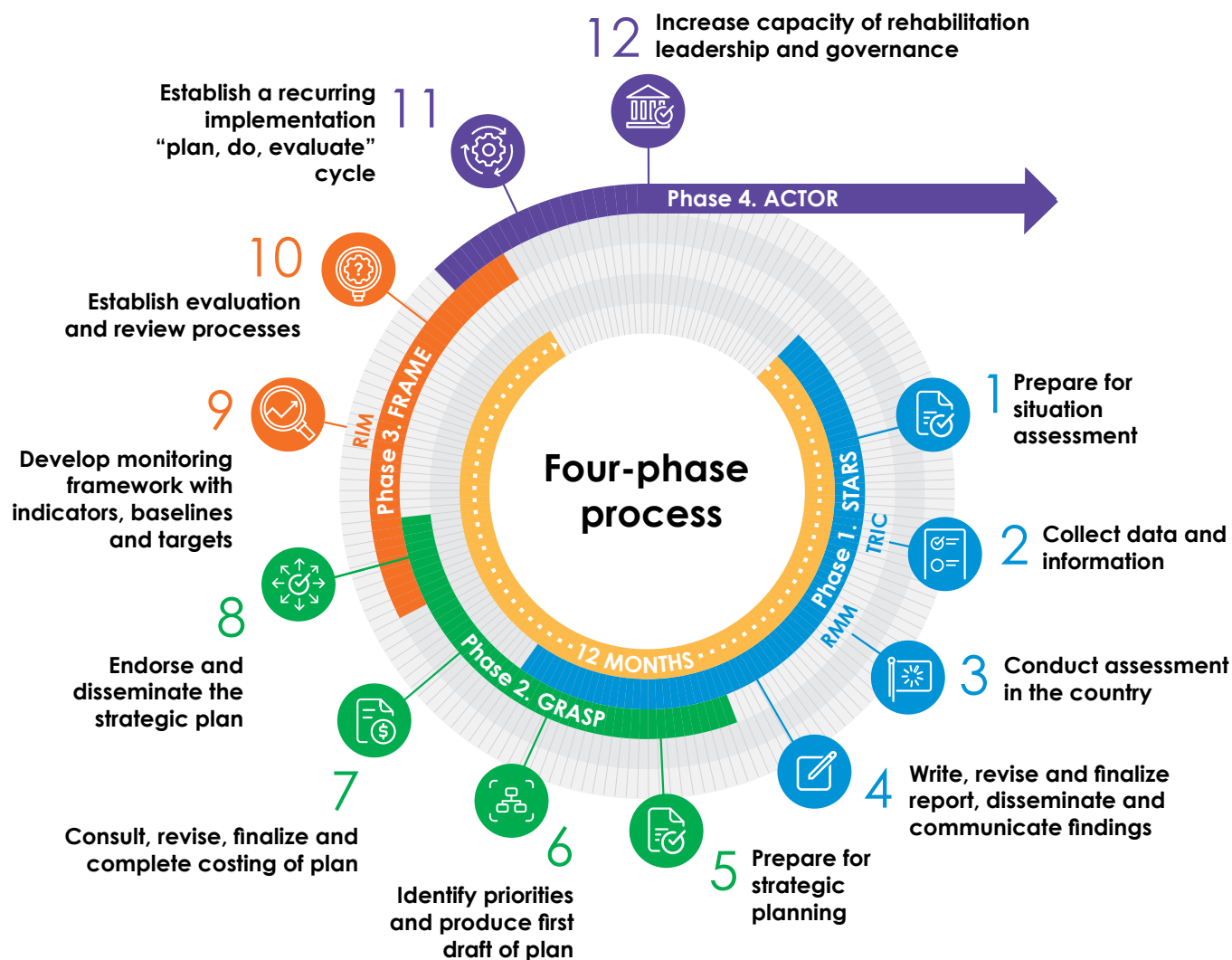
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Phase 1. STARS

ASSESS THE SITUATION

- Follow the four steps of the **Systematic Assessment of Rehabilitation Situation (STARS)** to undertake a comprehensive situation assessment
- Use the **Template for Rehabilitation Information Collection (TRIC)** within STARS to direct collection of data and information
- Use the **Rehabilitation Maturity Model (RMM)** within STARS to structure the assessment and its findings
- Produce a high-quality situation assessment report

Phase 2. GRASP

DEVELOP A REHABILITATION STRATEGIC PLAN

- Follow the four steps of the **Guidance for Rehabilitation Strategic Planning (GRASP)** to undertake a strategic planning process
- Produce a high-quality strategic plan

Phase 3. FRAME

ESTABLISH MONITORING, EVALUATION, AND REVIEW PROCESSES

- Follow the two steps of the **Framework for Rehabilitation Monitoring and Evaluation (FRAME)** to establish a monitoring framework for the strategic plan and an evaluation and review process
- Use the **Rehabilitation Indicator Menu (RIM)** to guide selection of indicators, then identify baselines and targets

Phase 4. ACTOR

IMPLEMENT THE STRATEGIC PLAN

- Follow the two steps of the **Action on Rehabilitation (ACTOR)** guidance to establish the recurring implementation cycle
- Build capacity of rehabilitation governance and leadership to improve implementation of the rehabilitation strategic plan over time