

“Stroke Rehabilitation”
Outline of General Information

I Basic information about the Country-focused Training course

Title (Japanese)	国別研修「脳卒中リハビリテーション」
(English)	Country-focused training “Stroke Rehabilitation”
Course N	202209707J001
Period	26 August 2024 – 7 September, 2024 ¹
Target countries	Uzbekistan, Kazakhstan, Kyrgyzstan, Tajikistan
Number of participants	Capacity: 15 participants ² (Uzbekistan (8), Tajikistan (2), Kyrgyzstan (3), Kazakhstan (2))
Target organizations	<p><u>In Uzbekistan:</u> Ministry of Health of Uzbekistan (The Republican Specialized Scientific and Practical Medical Center for Therapy and Medical etc.), National Agency of Social Protection (National Center of Rehabilitation and Prosthetics etc.) :</p> <p><u>In Kazakhstan:</u> Ministry of Health of Kazakhstan (the National Center for Neurosurgery)</p> <p><u>In Kyrgyzstan:</u> Ministry of Health of Kyrgyzstan, (Kyrgyz Science and Research Institute of Balneology and Medical Rehabilitation, National Hospital)</p> <p><u>In Tajikistan:</u> Ministry of Health and Social Protection of the Population of the Republic of Tajikistan (<u>National Medical Center “Shifobakhsh” and Republican Center for Physiotherapy</u>),</p> <p>And others deemed eligible in each country. If there are suitable institutions other than the above-mentioned target hospitals, please recommend them.</p>
Target group for 2024 year	Basically, medical professionals who have a leadership position in the rehabilitation of patients after stroke in medical institutions (persons from the relevant field in each country)
Language	Russian (with translation from and to Japanese)
Accepting organization	(preliminary) Rehabilitation Hospital Kawagoe

¹ The project period is three years, so the training course will be implemented three times in the period from April 2023 till March 2026

² For all three years – Uzbekistan: 8 participants, however further the number of participants will be changed as below:

In 2023 Kazakhstan – 2, Kyrgyzstan – 2, Tajikistan – 3.

In 2024 Kazakhstan – 2 slots, Kyrgyzstan – 3, Tajikistan – 2.

In 2025 Kazakhstan – 3, Kyrgyzstan – 2, Tajikistan – 2.

The order of countries for 3 participants from 2024 might change depending on availability of candidates in each country, budget, and consensus among stakeholders.

Organizer (JICA Center in Japan):	JICA Tokyo Center (JICA Tokyo)
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1. Background information

Recently, the percentage of deaths caused by non-communicable diseases (NCDs) in Central Asian countries has been increasing or reaching high levels. The main types of NCDs are cardiovascular diseases, with stroke being one of the main and affecting many patients. Unfortunately, the system for rehabilitation after stroke is not fully developed in Central Asian countries, and its need is increasing. For patients after a stroke, rehabilitation is essential as it influences on early recovery and back to a standard quality of life. However, in CIS countries, rehabilitation has not been paid as much attention compared to treatment. Although related medical institutions exist, the number of competent medical staff is not enough. Also, the flow of rehabilitation which includes all stages of support, starting from early interactions after the acute phase, further at the stage of recovery and during the “back to life” stage is not systematized. In addition, knowledge and skills in clinical practice are outdated, and considered an important field for improvement. The goal of this project is to contribute to the improvement of the quality of rehabilitation in the target countries by implementing training on rehabilitation after stroke for human resources responsible for the rehabilitation of patients after stroke in medical institutions.

2. Goal

Strengthening the capacities of medical professionals who are in the leading position in the field of stroke rehabilitation to assess and provide rehabilitation properly at each stage (acute-recovery-“back to life”) after stroke.

3. Outputs

- To acquire basic knowledge of pathology of stroke and disease severity assessment to formulate appropriate rehabilitation plan and provide services based on them.
- To understand the theory and practice of stroke rehabilitation, gain the necessary knowledge and skills to be able to provide appropriate services and treatment aligned to the needs and situation of the patients.
- To understand the concept of Community-based rehabilitation (CBR), to strengthen relevant systems in medical institutions and in communities.
- To understand the Japanese system of professional development for rehabilitation doctor and physiotherapist, and practice of rehabilitation, to analyze current situation and tasks in own country by comparison, and to consider ideas for improvement. To prepare an Action plan and present it.

II Contents and the program of the training in 2024

Period: August 26 ~ September 7, 2024

The goal of the training:

- Focused on stroke, to learn the general situation of rehabilitation in Japan, its place in the medical and welfare system, education, and allocation of human resources in this field, a mechanism for CBR,
- to understand theory and practice for all stages of rehabilitation after stroke (acute-recovery-“back to life”), and
- to grasp the tasks which need to be addressed in priority order in each country.

Target organizations: please see Target organizations in I Basic information about the Country-focused Training course

Target group and qualification of participants:

- Medical staff who are in a leadership position in rehabilitation of patients after stroke in medical institutions providing rehabilitation (persons from the relevant field in each country), in line with the Goal of the training written in Section II Contents and the training program in 2024 above.
- The participants must have willingness to contribute to the development of stroke rehabilitation in each country by disseminating the knowledge and skills acquired through the training.
- The participants must be in good health conditions to participate in the training.

Program (draft):

Date	Activity	Venue
August 26 (mon)	Arrival in Japan	JICA Tokyo
27 (tue) AM	Briefing and Program Orientation	JICA Tokyo
PM	History of rehabilitation in Japan Inception Report Presentations	JICA Tokyo
28 (wed) AM	Lecture about health and medical system in Japan (insurance system) Team approach of stroke and rehabilitation Process and measures for stroke (from acute to “back to life” stages)	JICA Tokyo
PM	Intervention depending on the disease severity	JICA Tokyo
29 (thu)	Measures for acute stage: rehabilitation in hospital	National Rehabilitation

AM		Center for Persons with Disabilities
PM	Diagnoses for stroke rehabilitation Physical therapy education	JICA Tokyo
30 (fri) AM	Measures for recovery stage: rehabilitation in hospital	Kawagoe Rehabilitation Hospital
PM	Overview of disease severity assessment	Kawagoe Rehabilitation Hospital
31 (sat)	Data collection	JICA Tokyo
September 1(sun)	Data collection	JICA Tokyo
2 (mon) AM	Stroke rehabilitation learned from cases (behavioral observation and analysis)	JICA Tokyo
PM	Stroke rehabilitation learned from cases (clinical thought process)	JICA Tokyo
3 (tue) AM	Measures for a stage of back to life Visiting home for rehabilitation	Geriatric health services facility VTR
PM	Assessment of Stroke Basic behavioral observation Nursing care techniques	JICA Tokyo
4 (wed) AM	Stroke rehabilitation practice	JICA Tokyo
PM	Action Plan Preparation	JICA Tokyo
5 (thu) AM	Summary of the training Group discussions	JICA Tokyo
PM	Group discussions	JICA Tokyo
6 (fri) AM	Action Plans, Group discussions, finalization of proposals	JICA Tokyo
PM	Action Plans Presentation, Evaluation Meeting	JICA Tokyo
7 (sat)	Departure from Japan	

Required Documents for Application

(1) Application Form:

The Application Form is available at the JICA overseas office (or the Embassy of Japan) * If you have any difficulties/disabilities which require assistance, please specify necessary assistances in the QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION (1-(c)) of the application form. Information will be reviewed and used for reasonable accommodation.

(2) Photocopy of Passport:

You should submit it with the application form if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it. *The following information should be included in the photocopy: Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date.

(3) Inception Report:

Please prepare one per each country, preferably in the format of a Power Point Presentation. The presentation time is 10 minutes, with 5 minutes for Q&A.

The Inception report will be presented on the first day of the training to introduce own country's situation to the Japanese side and other participants. It is envisaged that the contents of the Inception report will be referred to in the group discussion sessions, and for developing recommendations for the contents of the training for further years.

The Inception Report (PPT Presentation) should contain the following information.

- Organization and names and job titles of participants from a participating country
- Explanation of the system of rehabilitation in your country (if possible, with focus on Stroke rehabilitation), including such information as policy measures, regulations, human resources, budget allocation, facilities, etc.
- Explanation about achievements, tasks and challenges in the field rehabilitation (if possible, with focus on stroke rehabilitation).
- Measures of the country to cope with the tasks and challenges, mentioned above.
- Photos of rehabilitation facility (exterior, photos of patients in rehabilitation, equipment, etc.)
- What you want to know and learn through this training in Japan

Procedures for Application and Selection

(1) Submission of the Application Documents

Closing date for applications: Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan). (All required material must arrive at JICA Tokyo in Japan by [July 10, 2024](#))

(2) Selection

Primary screening is conducted at the JICA overseas office (or the Embassy of Japan) after receiving official documents from your government. JICA Tokyo will consult with concerned organizations in Japan

in the process of final selection.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development Cooperation Charter of Japan.

(3) Notice of Acceptance

The JICA overseas office (or the Embassy of Japan) will notify the results not later than July 26, 2024.

Conditions for Participation

The participants of KCCP are required

- (1) to strictly adhere the course schedule,
- (2) not to change the air ticket (and flight class and flight schedule arranged by JICA) and lodging by the participants themselves,
- (3) to understand that leaving Japan during the course period (to return to home country, etc.) is not allowed
- (4) not to bring or invite any family members,
- (5) to carry out such instructions and abide by such conditions as may be stipulated by both the nominating Government and the Japanese Government in respect of the course,
- (6) to observe the rules and regulations of the program implementing partners to provide the program or establishments,
- (7) not to engage in political activities, or any form of employment for profit,
- (8) to discontinue the program, should the participants violate the Japanese laws or JICA's regulations, or the participants commit illegal or immoral conduct, or get critical illness or serious injury and be considered unable to continue the course.

The participants shall be responsible for paying any cost for treatment of the said health conditions except for the medical care stipulated in (3) of "3.Expenses", "Administrative Arrangements",

- (9) to return the total amount or a part of the expenditure for the KCCP depending on the severity of such violation, should the participants violate the laws and ordinances,
- (10) not to drive a car or motorbike, regardless of an international driving license possessed, (11) to observe the rules and regulations at the place of the participants' accommodation, and (12) to refund allowances or other benefits paid by JICA in the case of a change in schedule.
- (11) to bring your own computer since it is necessary to participate in the program. If you do not have the computer, it is available for rent as well.

Administrative Arrangements

Organizer (JICA Center in Japan)

- (1) Center: JICA Tokyo Center (JICA Tokyo)
- (2) Program Officer: Mr. Yuji INOUE (ticthdop@jica.go.jp)
- (3) URL: <https://www.jica.go.jp/tokyo/english/office/index.html>

(4) YouTube: <https://www.youtube.com/watch?v=SLurfKugrEw>

(5) Facebook: <https://www.facebook.com/jicatokyo>

Implementing Partner: To be confirmed.

Expenses

JICA will provide the following expenses in Japan

- (1) Allowances for meals, living expenses, outfits, and shipping and stopover.
- (2) Expenses for study tours (basically in the form of bus/train/air tickets).
- (3) Medical care for participants who become ill after arriving in Japan (the costs related to pre-existing illness, pregnancy, or dental treatment are not included).
- (4) Expenses for program implementation, including materials.
- (5) For more details, please see "III. ALLOWANCES" of the brochure for participants titled "KENSHU-IN GUIDE BOOK," which will be given before departure for Japan.

Pre-departure Orientation

A pre-departure orientation will be held at the respective country's JICA office (or the Japanese Embassy), to provide Participants with details on travel to Japan, conditions of the course, and other matters.

Pre-departure Learning

The participants of KCCP should watch the video "Health Medical Care System in Japan". This video provides an easy-to-understand overview of Japan's health/healthcare administration system, its structure, and the roles and functions of its organizations, so that trainees can gain an accurate understanding of Japan's health and medical care system.

(JICA DVD) Health Medical Care System in Japan

https://www.youtube.com/watch?v=gw8wBb_LIXY

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