

REHABILITATION FOR HEMATOLOGY PATIENTS

(cooperation project)



PROBLEMS:

1. Lack of rehabilitation for hematology (also MPN) patients. A particularly noticeable exclusion due to the national health system rules (5 years period after recovery)
2. Physicians and patients' fears of using physical exercise and other forms of rehabilitation during treatment (especially methods of physiotherapy).
3. No formal or unformal standards of rehabilitation activities for hematology patients.

IDEA OF SOLUTION:

1. Developing standards for 4 areas of rehabilitation: prehabilitation (after diagnosis, before treatment), hospital (treatment) period, home period, remission (social) period.
2. Organizing rehabilitation camp for hematology patients thanks to private and institutional sponsors as a start point for system change.
3. Creating an NGO's alliance for promoting rehabilitation for the hematology and developing standards for this group of patients.

REALISATION (REHABILITATION CAMPS):

1. Workshops with a yoga instructor prepared for patients.
2. Music therapy, fitness - exercises with music, overcoming your weaknesses, practicing motor skills.
3. Therapeutic workshops - breaking down mental barriers, ways of solving problems.
4. Art workshops - developing creativity.
5. Outdoor workshops - breaking physical barriers.
6. Individual consultations with a psychologist.

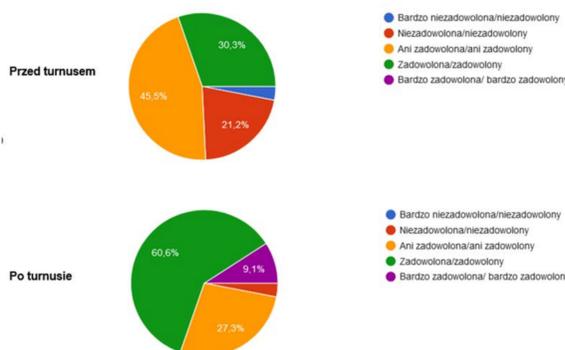
CONCLUSIONS:

1. Rehabilitation is an important element improving the quality of life of patients, it should be available on general terms.
2. Rehabilitation should be promoted among patients and their doctors.
3. It is necessary to standardize rehabilitation to the needs and capabilities of hematology / MPN patients.

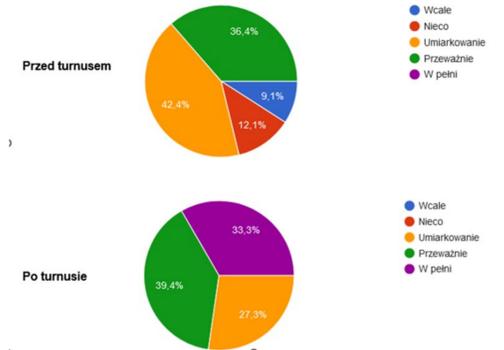
RESULTS:

1. Analysis based on blood test results performed before and after the camps.
2. The average age of the participants was 56.6 years.
3. 46% of participants had their results improved, including 28.6% of participants significantly (2 parameters without any deterioration).
4. 34% of participants had no changes.
5. 20% of participants had deterioration - most likely as a result of an infection.

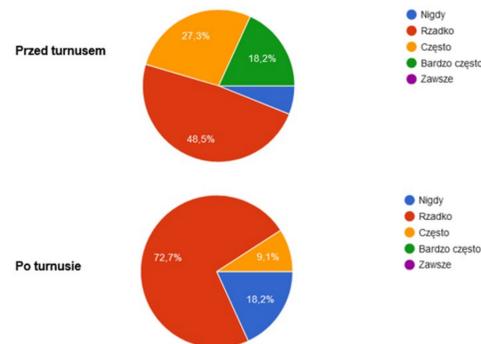
PHYSICAL PERFORMANCE



ENERGY FOR LIVING



NEGATIVE FEELINGS



QUALITY OF LIFE

