

# The RCFM rehabilitation model

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## Background

- Rehabilitation Center for Neuromuscular Diseases (RCFM):
- National, highly specialized private outpatient hospital for people with neuromuscular diseases in Denmark
  - Approximately 3500 patients with over 40 different diagnoses.

## Aim

- To develop a rehabilitation model on the organization of the rehabilitation services at RCFM defining working methods and concept
- To visualize the specific way of working with rehabilitation of people with NMD in a graphic model.

## Method

Three occupational therapists, two physiotherapists and two nurses collaborated during a period of two years in developing a model based on evidence and practice experience.



## Results

Based on evidence and practice experience we developed a model for rehabilitation.

The model shows how RCFM works at three levels:

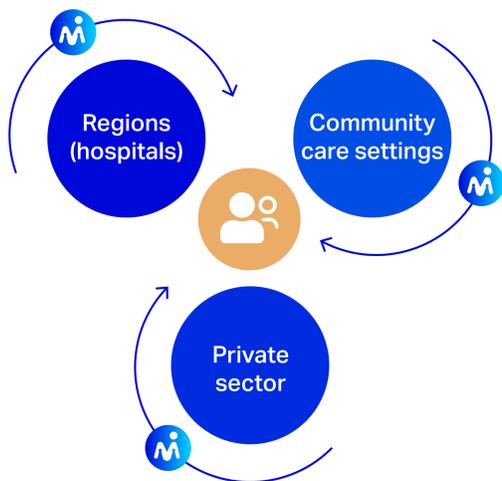
- in society,
- inside the organization
- at the individual level

It describes the facilitating, cross-sectional cooperation between families and local authorities in the field of highly specialized rehabilitation for people with rare and progressive neuromuscular diagnoses.

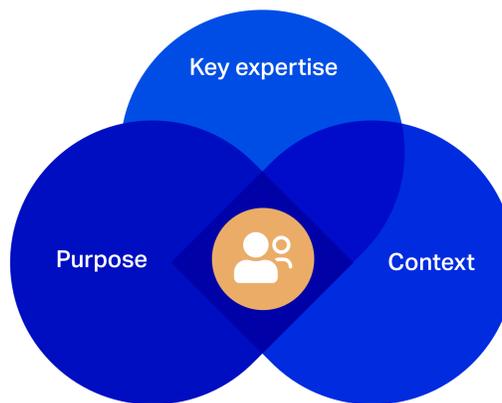
It is inspired by the WHO classification of functioning, disability, and health (ICF)

## The RCFM model

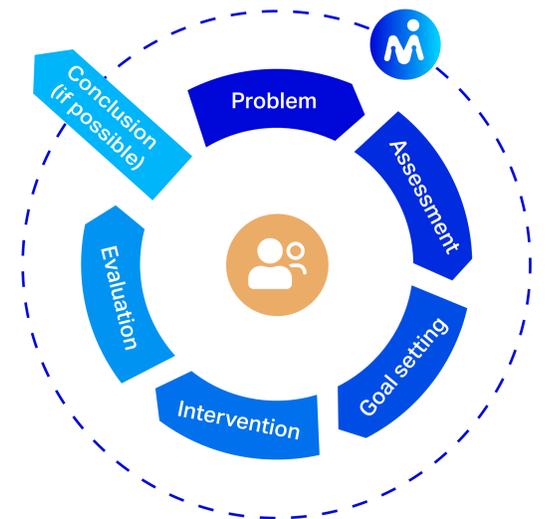
### Societal level



### Organizational level



### Individual level



## Societal level

### RCFM in rehabilitation

- Facilitator of cross-sectional collaboration (Illustrated by the blue arrows)
- The patients and their families are at the center of everything we do (Illustrated by the circle in the middle with the patient at the front and a relative behind the patient)
- Contributes with professionally well-founded and detailed description on the specific patients' functional level.



### RCFM brings together the most relevant collaborators

The local community: health care, schools and social services

The hospital sector: highly specialized hospital departments

The private sector: general practitioners, psychologists, and physiotherapists.

## About neuromuscular diseases

A broad range of conditions that impair the functioning of muscles, mobility, breathing, and sometimes the heart

- Progressive and rare
- Hereditary and chronic
- Require multidisciplinary care

## Organizational level

### Purpose

To support the Danish health and social system with expert knowledge on rehabilitation of people with rare neuromuscular diseases.



### Context

- Patients with NMD are referred to RCFM from hospitals after diagnosis. The referral is lifelong
- We work in the patients' own homes and local environment, offering counselling and advice to patients, relatives and local professionals
- Our 40 employees are organized in multiprofessional specialist rehabilitation teams

### Key-expertise:

- We deliver expert knowledge about rare neuromuscular diagnoses and challenges of daily living. The knowledge is prophylactic in terms of future care and treatment needs
- Life-long perspective
- We engage in international research and development. Our research is always inspired by real life and must always find its way back to real life.

## Individual level

### Bio-psycho-social rehabilitation

Our main focus is on the patient's entire life-situation.



RCFM's work is based on the following frames of reference

- The Danish white paper on rehabilitation which adheres to WHO's international definition
- WHO's definition of palliative care

