

Physiotherapist for RISE UP Project



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Project Location :	Chaurjahari, Rukum West, Nepal
Service type :	RISE UP Project
Type of Contract :	Yearly contract for three years
Post Level :	Mid-level management
Reports to:	Community Development Programme Manager

Organisation Background:

Human Development and Community Services (HDACS) is a faith-based NGO working in three main sectors of health, education, and community development since 1991. Currently, it manages various projects across Nepal especially in rural areas and provides services through hospitals, health camps, public health programs, disaster preparedness and response, school development programs, teacher training, educational daycare centres for children with special needs and community radio stations. The organisation is aiming to launch a One Health Project in Rukum West. HDACS is committed to attract and retain the best employees from all ethnicities, gender and backgrounds in its vision to transform the communities.

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Resilient Independence, Strengthening & Empowerment - Uplift Persons with Disabilities (RISE-UP Project) Rukum

The Rise Up project focuses on empowering individuals with disabilities in Chaurjahari Municipality by advocating for their rights, promoting inclusion, and fostering environments that enable them to lead fulfilling lives. The project works to ensure that persons with disabilities are valued equally within their families and communities by raising awareness, removing barriers, and encouraging positive attitudes. Additionally, it supports their active participation in family livelihoods by enhancing vocational skills, providing financial and medical assistance, and linking them to social security systems, ultimately enabling their meaningful contribution to society.

Responsibilities

The Physiotherapist in the RISE UP Project plays a key role in providing rehabilitation services and improving the physical well-being of persons with disabilities. Their responsibilities include:

- Conduct thorough assessments of individuals with disabilities to identify their specific rehabilitation needs and challenges.
- Evaluate the physical condition, mobility limitations, and overall functional abilities of each individual to create a personalized treatment plan.
- Regularly reassess progress and adjust treatment plans as needed to ensure the most effective rehabilitation.
- Provide hands-on physiotherapy treatment aimed at improving mobility, strength, and independence for individuals with disabilities.
- Utilize various physiotherapy techniques, such as exercises, manual therapy, and modalities, to address physical impairments and promote recovery.
- Help individuals improve their functional abilities, such as walking, balance, and coordination, to enhance their daily life and quality of life.
- Identify cases where specialized treatment or care is required beyond the scope of physiotherapy services.
- Make appropriate referrals to other healthcare professionals or institutions, such as orthopedists, occupational therapists, or medical centers, to ensure comprehensive care for individuals.
- Follow up with referral processes to ensure continuity of care and that patients receive the necessary specialized services.
- Collaborate with Community Facilitators and the Project Officer to ensure the coordination of rehabilitation services with other aspects of the project.
- Work closely with the multidisciplinary team to provide holistic care that addresses both the physical and social needs of people with disabilities.
- Participate in team discussions to provide input on rehabilitation strategies and ensure that the needs of people with disabilities are met effectively.
- Provide training and guidance to community members, caregivers, and other relevant stakeholders on disability-inclusive rehabilitation practices.

- Educate families and caregivers on how to assist in rehabilitation exercises, mobility techniques, and maintaining the progress of individuals at home.
- Raise awareness about the importance of physiotherapy and rehabilitation services for people with disabilities, helping the community understand how to support individuals' recovery
- Maintain accurate and up-to-date records of all assessments, treatments, and progress for individuals receiving physiotherapy services.
- Ensure proper documentation of each patient's rehabilitation journey, including goals, treatments, and outcomes, to track improvements and adjust plans as necessary.
- Keep detailed notes to comply with project reporting and quality assurance standards.
- Provide regular updates to the Project Officer regarding rehabilitation activities and the outcomes achieved for individuals with disabilities.
- Highlight successes, challenges, and areas for improvement in rehabilitation processes through detailed reports.
- Contribute data and insights that assist in evaluating the overall impact of the project and identifying potential adjustments to services.
- Participate in community outreach efforts to raise awareness about the availability and benefits of rehabilitation services for people with disabilities.
- Organize or support community events, workshops, or informational sessions aimed at increasing understanding of disability-inclusive rehabilitation practices.
- Advocate for the inclusion of rehabilitation services in local communities and encourage the participation of individuals with disabilities in rehabilitation programs.

Essential skills:

- **Communication:** Strong verbal communication skills are essential for engaging with diverse community members, including people with disabilities, families, and other stakeholders. The ability to clearly explain rehabilitation techniques and treatment plans is crucial for effective support.
- **Organizing:** The ability to plan and organize community events, training sessions, and outreach activities is important for raising awareness about rehabilitation services and ensuring their successful implementation.
- **Collaboration:** A physiotherapist must work effectively as part of a multidisciplinary team, collaborating with community facilitators, project officers, and other healthcare professionals to deliver holistic care and ensure coordinated services.
- **Cultural Sensitivity:** A physiotherapist should be able to engage with and respect local cultures, particularly when working in remote or diverse communities. Cultural sensitivity ensures that treatment plans and rehabilitation activities are tailored to meet the unique needs of the community.
- **Problem-Solving:** Strong problem-solving skills are necessary to address challenges that individuals or the community may face in accessing rehabilitation services, ensuring that

barriers are overcome, and appropriate solutions are provided to support the success of the project.

Qualifications:

- Academic: Bachelor's degree or higher in Physiotherapy.
- Professional: Minimum 2 years of work experience in relevant field
- Qualities: Compassionate and patient, with a strong commitment to improving the lives of people with disabilities. Possesses extensive knowledge of physiotherapy techniques and rehabilitation practices, along with excellent communication and interpersonal skills to work effectively in a multidisciplinary team.
- Purpose: The purpose of a Physiotherapist is to assess, treat, and support people with physical disabilities or impairments through targeted rehabilitation techniques. By helping individuals to improve mobility, reduce pain, and enhance their quality of life by providing appropriate personalized physiotherapy services. Physiotherapists work closely with patients as well as family members to develop treatment plans that contribute to recovery, prevent further injury, and improve overall physical function, especially for those with disabilities or injuries. This role is essential in helping individuals regain independence and achieve better physical well-being.