

## STATE AND PROSPECTS OF DEVELOPMENT OF REHABILITATION ASSISTANCE IN THE ZHYTOMYR REGION

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Establishing an effective rehabilitation care system is one of the key tasks of Ukraine's modern healthcare sector, especially in the context of martial law and the growing number of people in need of recovery from injuries, illnesses or disabilities. Zhytomyr Oblast, as a border region with a high level of social and medical challenges, is actively seeking solutions to improve the accessibility and quality of rehabilitation services for various categories of the population, including children, military personnel and civilians. The introduction of modern approaches to rehabilitation, the development of multidisciplinary teams and the expansion of the network of specialized institutions meet the current needs of the community and contribute to the integration of rehabilitation care into the system of state guarantees. That is why the study of the state and prospects of rehabilitation care in Zhytomyr region is extremely important for the development of effective health care policy.

The issue of rehabilitation assistance development in Ukraine is the subject of active scientific analysis, which is reflected in numerous contemporary studies. In particular, K. Khandiuk in his article «Rehabilitation Assistance as a Component of the Social Sphere of the Ukrainian State» defines the stages of formation of the rehabilitation assistance system and emphasizes the multi-subjective nature of public administration in this area, focusing on organizational barriers and the need for an integrated approach [2]. S. V. Kravets analyzes the public administration of the medical rehabilitation system in the conditions of war, emphasizing the need for quick decisions and adaptation of the system to new challenges, in particular for military and civilian victims of hostilities [3]. O. Yushkovska and A. Kitsis in their works consider the use of adaptive sports in the rehabilitation of veterans with amputations, proving the effectiveness of individualized programs to improve the physical and psycho-emotional state of patients [7]. S. V. Hordiychuk, L. Z. Olefir, S. D. Poplavska, N. M. Samun and V. Y. Shatylo analyze the role of territorial communities in the development of the rehabilitation system, as well as the problems of training in physical

therapy and occupational therapy in their research [1]. Thus, the scientific works of modern researchers cover a wide range of aspects of the development of rehabilitation care, which creates the basis for further improvement of the system of rehabilitation services in Ukraine.

The current state of rehabilitation care in the Zhytomyr region is characterized by dynamic infrastructure development, the introduction of new organizational approaches and the expansion of the range of services for different population groups. Since the beginning of the Russian aggression in Ukraine, especially since 2022, the need for rehabilitation has increased among both military personnel and civilians who have been injured, wounded or experienced stressful situations. In response to these challenges, the Zhytomyr Regional Military Administration initiated the creation and modernization of rehabilitation facilities, which has allowed it to reach more than 22,000 servicemen and women in recent years alone. An important step was the conclusion of medical service packages by 33 health care institutions in the region with the National Health Service of Ukraine, which ensured funding and standardization of rehabilitation care in accordance with the state program of medical guarantees [8].

Particular attention is paid to the development of multidisciplinary teams that include physical and rehabilitation medicine doctors, physical therapists, occupational therapists, psychologists, speech therapists, social workers and other specialists [9]. This approach promotes comprehensive recovery of patients, taking into account both medical and social aspects of rehabilitation. The application of the biopsychosocial model recommended by the WHO and reflected in the International Classification of Functioning allows individualizing rehabilitation plans and increasing their effectiveness [6].

Considerable attention is paid to the rehabilitation of children with disabilities and limitations in daily functioning. In Zhytomyr, there is a Center for Medical Rehabilitation and Palliative Care for Children, which is the only one in the region that fully meets the requirements of state standards and provides free assistance to children of all ages, including those from remote communities. In 2024, more than 500 children used the services of the Center, and 140 out of 317 children with disabilities received rehabilitation at the expense of public funds [5, 6]. The department provides initial, stage and final examinations, individualized plans, training for families and caregivers, as well as round-the-clock care and psychological support.

Updating the material and technical base, introducing modern methods and training staff were made possible through cooperation with international organizations and charitable foundations. In particular, in 2023, a memorandum was signed on the construction of a mobile rehabilitation module in the north of the region, which will ensure the availability of services in remote areas [8].

At the same time, there are certain challenges related to insufficient public awareness of rehabilitation opportunities, a limited number of specialists, and the need for further standardization of services. The answer to these challenges is to introduce a

licensing system for institutions, improve staff skills, and develop information campaigns for citizens.

In general, rehabilitation care in Zhytomyr Oblast is undergoing active development, driven by both the urgent needs of wartime and the strategic objectives of reforming the healthcare system. The introduction of a multidisciplinary approach, expansion of the network of institutions, modernization of the material and technical base, and integration of modern methods contribute to improving the quality and accessibility of rehabilitation services for all categories of the population. Of particular importance is the development of specialized centers for children and people with disabilities that meet national and European standards. Further development prospects are associated with improving the regulatory framework, professional development of specialists, expanding cooperation with international partners and introducing innovative technologies. Thus, the Zhytomyr region has all the prerequisites for the formation of an effective and sustainable rehabilitation care system focused on the needs of the population and modern challenges of society.

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