

Development of ergotherapy as a method of treatment and rehabilitation in the inclusive environment of modern Ukraine social, philosophical and legal aspects

Mykhailo A. Anishchenko^{1*}, Vadim Zubov², Mykola Serhatyi³, Nataliia Serhata⁴, Olha Bondarenko⁵

PhD in Law, Associate Professor of the Department of Social Medicine, Public Health, Medical and Pharmaceutical law of Zaporizhzhia State Medical University, Zaporizhzhia, Ukraine¹

Doctor of Philosophical Sciences, Professor of Department of Theology and Humanitarian Disciplines, Classic Private University, Zaporizhzhia, Ukraine²

PhD in Law, Associate Professor, Associate Professor of the Department of Physical Therapy, Occupational Therapy and Physical Culture and Sports, Municipal Institution of Higher Education «Khortytsia National Educational Rehabilitation Academy» of Zaporizhzhia Regional Council, Zaporizhzhia, Ukraine³

PhD in sciences in physical education and sports, Associate Professor, Associate Professor of the Department of Physical Therapy, Occupational Therapy and Physical Culture and Sports, Municipal Institution of Higher Education «Khortytsia National Educational Rehabilitation Academy» of Zaporizhzhia Regional Council, Zaporizhzhia, Ukraine⁴

Doctor of Philosophical Sciences, Professor, Chair of the Department of Philosophy, National University "Zaporizhzhia Polytechnic", Zaporizhzhia, Ukraine⁵

Corresponding Author: 1*

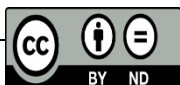


Keywords:

medical rehabilitation, physical rehabilitation, ergotherapy, philosophical concept of ergotherapy, legal regulation of ergotherapeutic technologies in Ukraine.

ABSTRACT

The article examines the socio-philosophical aspect of the development of ergotherapy as a method of treatment and rehabilitation in an inclusive environment. The legal features of the introduction, functioning and further development of ergotherapy in Ukraine are considered. The paper examines the features of cooperation between Ukrainian state bodies and the professional ergotherapeutic environment. The article examines the philosophical ideas of Plato about the role of manual labor in ancient law and its role in the formation of personality. The relationship between physical activity and health preservation in the works of Avicenna has been clarified. The philosophical developments of E. Kant in the field of overcoming pain are investigated. The ideas of the primacy of the natural essence of health by Francis Bacon are investigated. The article examines the positivity from attempts to philosophically substantiate new ergotherapeutic concepts developed by Ukrainian scientists, in particular, the concept of Natural Therapy as a combination of animal therapy, agrotherapy and garden therapy into a single integral rehabilitation concept for various nosologies, developed by a team of scientists. The article analyzes the shortcomings of the Ukrainian legislation in the field of regulatory support of ergotherapy and offers own proposals for its improvement, which will be implemented by improving the existing legislation in the field of rehabilitation activities and introducing new laws in the field of social rehabilitation and a separate law on the implementation of ergotherapeutic activities.



International License.

1. INTRODUCTION

The problem of restoring people with different nosologies to effective functioning within the framework of modern Ukrainian society is very relevant due to the high proportion of people with functional disabilities, both congenital and acquired. An increasing number of people suffer from mental disorders and functional disorders, which are provoked by acute infectious diseases. Modern rehabilitation science has a large number of methods, but scientists and representatives of the professional environment place special hope on methods that would give a double effect in the process of rehabilitation. On the one hand, they gave a therapeutic effect for people with functional limitations and would contribute to their social adaptation. In our opinion, one of these technologies is ergotherapy. Today in Ukraine, ergotherapy is only being introduced through the creation of the first specialized centers, the re-profiling of rehabilitation departments in clinics aimed at rehabilitation using classical methods and the development of certain elements of ergotherapeutic science by doctors and rehabilitologists. At the same time, we understand that it is impossible to build an effective system for the provision of ergotherapeutic assistance without socio-philosophical justification. In addition, the issue of regulatory support on the territory of both Ukraine and within the framework of cross-border cooperation with the countries of Eastern and Central Europe remains an urgent issue. The problem of adaptation of foreign experience of ergotherapeutic activity with patients with various nosologies is no less urgent. These issues require additional research by practitioners, medical theorists and specialists in social philosophy. These theoretical and practical studies should contribute to the further development of ergotherapy as an innovative method of physical and social rehabilitation.

Purpose of the study. Find out the socio-philosophical and legal aspect of the development of ergotherapy as a method of treatment and rehabilitation in the inclusive environment of modern Ukraine.

The methodological basis of the research was the philosophical research of the classics of world philosophical thought [4- 7], Paul-Michel [8]. Particular attention is paid to the research of Ukrainian scientists dealing with the problem of health preservation at the socio-philosophical level under the leadership of [9] and Ukrainian specialists in the theory and practice of ergo therapy [10], [12]. An important role for the methodological part of the work was played by the research of Japanese and German rehabilitologists [11], [13], [14].

2. Results

The use of ergotherapeutic technologies in the framework of the rehabilitation process is quite wide and promising. The use of ergotherapy as part of the treatment and rehabilitation process is the most common process for patients with a wide range of nosologies. The main advantages of ergotherapy are its effectiveness and multidimensional impact on the physical, psychological and social health of the patient.

“Ergotherapy is a branch of clinical medicine that studies methods and means aimed at restoring the physical activity of people with disabilities. Ergotherapy is mainly aimed at developing practical motor functions of the upper extremities” [1]. That is, ergotherapy is based on labor used for rehabilitation purposes. Sometimes representatives of the post-Soviet world use the term ergotherapy. This tendency is based on the fact that in countries where the principles of collectivism are popular, work is considered to be a noble occupation. Therefore, in these countries, the term “ergotherapy” is more commonly used than “ergotherapy”. The concept of “ergotherapy” is broader than “ergotherapy” and the very use of this term contributes to the further development of the direction of medical treatment and physical and social

rehabilitation. One of the conceptual problems of ergotherapy in Ukraine is the lack of traditions of using technologies for ergotherapy both in treatment and rehabilitation processes. “In Europe, ergotherapy has been developing since the thirties. In 2017, according to WFOT statistics, the total number of ergotherapists among the member countries of the organization is 527,997. The largest number of these specialists is in the USA (141 thousand 971), Japan (74 thousand 615), Germany (59 thousand)” [2]. That is, the experience of these countries gives them the opportunity to multiply ergotherapeutic technologies in working with patients with different nosologies. And the accumulation of this experience will create a professional and patient environment that will disseminate, respectively, professional and professional knowledge in ergotherapy and create a demand for ergotherapy services among people in need of treatment, physical, psychological and social forms of socialization and their representatives. By representatives we mean the parents, other relatives, and guardians of the said persons. The importance of attracting these particular persons is due to the fact that they can represent the interests of a person in need of treatment or rehabilitation, but at the same time there is no authority to start these procedures or there is no information about the usefulness of ergotherapeutic techniques and procedures for themselves.

Certain shifts in the popularization of ergotherapeutic technologies in 2019. “Based on the results of the meeting with representatives of the Ukrainian Society of Ergotherapists, Minister of Social Policy of Ukraine Yulia Sokolovskaya voiced the following intentions in the development of ergotherapy in Ukraine:“ Involvement of ergotherapists in improving the rehabilitation system for persons with disabilities and people in need of rehabilitation; development of new approaches to providing Ukrainians with technical means of rehabilitation, including viewing the catalog; involvement of ergotherapists in our rehabilitation centers; introduction of international experience in ergotherapy in the Ukrainian realities” [3]. To date, all of these theses are under development and require theoretical and methodological comprehension. At the same time, the dialogue that has begun between the state and representatives of the professional community of ergotherapists gives great hopes for the development of ergotherapy in Ukraine. The development of ergotherapy or individual elements of labor for the harmonious development of the personality was considered even in the works of ancient Greek philosophers. In particular, Plato argued that the Athenians, who were engaged in manual labor, possessed nobility and wisdom [4, p. 91]. That is, manual labor provided an opportunity for the development of the personality and was considered by Plato as a technology for self-improvement of the personality. Thousands of years have passed, but this opinion about the nobility of labor is also common among many representatives of modern Ukrainian society, and the idea of improving the personality through manual labor is shared by both ergotherapists and representatives of other areas of rehabilitation.

Avicenna in her work “Preservation of health”, highlighting 7 factors of health preservation, suggests maintaining the correct state of physique and balance of physical and mental [5, p. 16]. In order to take advantage of Avicenna's advice, one had to engage in physical activity, including physical labor. Modern ergotherapists offer their patients to engage in physical labor specifically with nosologies associated with disorders of the locomotor apparatus and mental diseases, both within the framework of rehabilitation and medical technology.

One of the philosophers who actively used ergotherapy techniques for self-improvement was the famous German philosopher E. Kant. Having a large number of congenital chronic diseases that prevented him from fully functioning within the Prussian society of that time, he developed his own rehabilitation system and lived a full life, working a lot as a philosopher and teacher at Kennisburg University. In fact, in his life he proved that an active life position, constant work to compensate for his own chronic diseases and active professional work became a guarantee that he became one of the outstanding philosophers in the entire

history of both German and world philosophical thought. He formulated his own achievements in the field of ergotherapy within the framework of the treatise “On the ability to overcome painful sensations with the power of spirit and will” [6]. In our opinion, the significance of this philosophical treatise is underestimated both within the framework of philosophical science and rehabilitation. First, this treatise contains a number of important and useful practices that are useful for both physical and psychological rehabilitation. Secondly, the treatise formulates the principles and techniques for overcoming pain, which is revolutionary for the XXIII century. At the same time, this treatise could be the basis of ergotherapeutic activity in German medical and rehabilitation practices. This treatise was ahead of its time and today is perceived as an important element of E. Kant's philosophical heritage, but the techniques for overcoming pain and activating the will, set out in his works, have not been widely used in practice and today remain the property of classical German philosophical thought.

The works of Francis Bacon, written and published during the Renaissance, asserted the primacy of the natural essence of man and his health [7]. The relevance of Francis Bacon's opinions can hardly be overestimated, since at that time the opinion about the divinity of human nature still dominated. The idea of the primacy of the biological nature of man made it possible to search for mechanisms for the treatment of chronic diseases using biological rather than divine devices. One of the mechanisms for solving this problem, according to Francis Bacon, is to harmonize relations with nature. Extrapolating these principles to modern ergotherapy, we can conclude that care for plants and animals can be considered harmonization with nature, which is now actively implemented within the framework of garden therapy and animal therapy.

A new milestone in the study of ergotherapeutic practices can be considered the works of the French social philosopher Paul-Michel Foucault, in his work "The Birth of the Clinic" he explored the socio-philosophical context of the creation of the clinic as a social institution [8]. In general, these and other works of Paul-Michel Foucault are imbued with skepticism about the formation of medicine as a social institution and, in particular, the system of treatment of mental illness and the use of this branch of medicine as a punitive one in the framework of reprisals against legal, political and cultural nihilists. At the same time, despite a certain extravagance of his texts, one can testify that labor was used as a method of treating mental illness in medieval France. At the same time, it should be noted that the choice of this form was chosen as a punishment and in most cases this technique did not bring therapeutic effects and aversion to treatment and rehabilitation with the use of physical labor was formed in society. The importance of the study of French postmodernists and, in particular, M. Foucault, lies in the fact that, although they described the negative experience of using elements of ergotherapy in the framework of psychiatry, they simultaneously studied the social and psychological effects of ergotherapy on representatives of certain categories of the population. This negative experience was spread within the framework of repressive psychotherapy in countries with authoritarian and totalitarian political regimes, and therefore Foucault and his followers analyzed ergotherapy technologies from the point of view of violent influence on the personality. Therefore, another conclusion of the work of Paul-Michel Foucault is the importance of voluntary use of ergotherapy in rehabilitation work with all categories of patients. In the case of involuntary use of ergotherapeutic technologies, positive therapeutic and rehabilitation effects are leveled.

According to, “In the context of the global ecological and socio-economic crisis, the use of a holistic approach to understanding the nature of man and the mechanisms of his health contributes to the formation of a philosophy of self-preservation as a worldview platform for preventing the degradation of the biosphere and man” [9]. This point of view comes from the nature of man and his basic values, which he realizes during his life. Therefore, ergotherapeutic technologies, in addition to being used in the framework of

rehabilitation and medical activities, can be actively used in the field of health preservation. In this direction, the direction of prevention of chronic diseases looks promising. This direction is promising for people over 40 years old, since the functionality of these people is naturally limited through the inclusion of aging mechanisms. At the same time, within the framework of rehabilitation work with older and elderly people, ergotherapy contributes to the preservation of physical and mental health by restoring functionality through the use of ergotherapeutic technologies. This philosophical approach expands the scope of application of ergotherapeutic technologies and the field of potential clients who can use ergotherapeutic technologies.

An important element in the development of ergotherapy in Ukraine is the invention of new therapeutic and rehabilitation effects both within the framework of rehabilitation science and ergotherapy in particular. This is also important for the formation of the Ukrainian scientific school of ergotherapy. One of such ergotherapeutic concepts is the development of Ukrainian scientists headed. The specified concept of Natural Therapy as Integral Technology of Social and Physical Rehabilitation is a new milestone in the conceptual development of ergotherapy in Ukraine [10]. The essence of this concept is in combination with animal therapy, agrotherapy and garden therapy. Each of these rehabilitation directions is based on the use of rehabilitation effects from human interaction with animals and plants. This concept is integral and multiparadigmatic, expanding the methodological and methodological field of ergotherapy. To bring this concept to life requires the efforts of specialists in ergotherapy, social workers, psychologists and representatives of landscape gardening. Representatives of these specialties have their own field for the development of the concept. Ergotherapists, together with physiotherapists, should develop exercises for patients with different nosologies. Social workers should add social adaptation exercises to ergotherapy sessions for patient collaboration at the group level. This form of cooperation will allow patients to learn the practice of positive interaction in a team. Psychologists, within the framework of ergotherapy classes using Natural Therapy techniques, can work out individual methods of psychological rehabilitation, which is especially important in the framework of psychological rehabilitation of patients with mental and psychological disorders. Landscaping specialists are responsible for the creation of agrotherapy and garden therapy locations. These locations can be both universal and created for ergotherapy sessions with a separate group of clients.

One of the important factors in the further development of ergotherapy in Ukraine is its maximum professionalization. As studies by foreign scientists show, there are no trifles when organizing ergotherapy classes. Thus, a team of Japanese scientists led by conducted a study to identify music that stimulates the assimilation of ergotherapeutic practices in the best possible way [11]. This study is especially valuable for Ukrainian ergotherapy, as it shows the level of development of ergotherapy in other countries of the world. While Ukrainian rehabilitologists are focusing on the process of introducing ergotherapeutic technologies in working with patients with certain nosologies in other countries of the world, they are increasing the effectiveness of ergotherapy through various means of art. The use of ergotherapeutic technologies is wide, and there are a large number of patients whose rehabilitation is impossible without ergotherapy, and yet certain categories of the population have a special need for the use of ergotherapeutic technologies. Thus, a team of Ukrainian scientists headed by investigated the fact of the special need to use ergotherapy in rehabilitation work with the elderly, despite their nosology [12]. This need is that older people are in a state of social maladjustment, and within the framework of their individual rehabilitation plan, social rehabilitation plays a special place and significantly improves the therapeutic and rehabilitation effects of physical and medical rehabilitation technologies.

Despite the various philosophical and legal grounds for ergotherapeutic activity, it should be remembered

that the main application of ergotherapy is a rehabilitation addition to medical rehabilitation, in particular, the studies of German rheumatologists [13], [14] the effectiveness of a combination of medicinal funds in combination with physical and ergotherapeutic rehabilitation in the treatment of rheumatism. This example encourages ergotherapists to actively cooperate with medical rehabilitation specialists, which should lead to therapeutic synergies.

One of the important directions for the further development of ergotherapy is the improvement of its regulatory and legal field. To date, the only law of Ukraine that comprehensively regulates legal relations in the field of ergotherapy is the Law of Ukraine "On Rehabilitation in the Field of Health Care" [15]. The specified normative legal act was adopted in 2020. The year of the adoption of this law already suggests that it was adopted much later than the situation in the country required, since such a law should have been adopted at the dawn of Ukrainian statehood in the 90s of the twentieth century. This would allow avoiding most of the problems that have arisen in the treatment and rehabilitation of tens of thousands of patients with various nosologies. During this time, it was possible to provide better quality care to thousands of patients, and this is the whole tragedy of an already irreparable situation, but today we have a chance to improve the national regulatory framework for ergotherapy so that there are no more problems with legal support for the implementation of ergotherapy activities on the territory of Ukraine. One of our proposals is to make the composition of the members of a multidisciplinary rehabilitation team more concrete. In our opinion, an ergotherapist and a social worker should be added. It is the presence of these specialists that will contribute to the development of ergotherapy in the country and the composition of the rehabilitation multi-rehabilitation team will become complex and will correspond to rehabilitation challenges in all relevant areas. This law defines the concept of ergotherapy, but most of the rehabilitation directions and direct technologies within the framework of rehabilitation in the field of health care do not contain an ergotherapeutic context. This situation is not conducive to the provision of quality rehabilitation services to patients regardless of their nosology. Therefore, this problem should be solved by making appropriate amendments to the above-mentioned law. These amendments should enhance the status of ergotherapy and ergotherapists by providing new functions that will enable the provision of a full range of rehabilitation and treatment services. In addition, the possible process of creating the laws of Ukraine "On social rehabilitation" and "On the implementation of rehabilitation through ergotherapy" looks promising. It is difficult to overestimate the importance of the adoption of these laws, since a separate law on social rehabilitation will significantly expand the scope of application of ergotherapeutic technologies. This will happen due to the fact that, in addition to the healthcare sector, a wider field for the implementation of rehabilitation activities will be concretized, which will provide new opportunities for creating new jobs for ergotherapists. A separate Law of Ukraine "On the implementation of rehabilitation through ergotherapeutic activities" will contribute to the consolidation of ergotherapy as a separate social institution within the social structure of the Ukrainian society by branching its external and internal structure and formalizing social and legal regulations of rehabilitation activities based on the use of ergotherapeutic technologies.

3. CONCLUSION

Ergotherapy is a promising method of medical treatment and physical, social and psychological rehabilitation. It is customary to use medical and rehabilitation technologies of an ergotherapeutic type for a dual purpose. On the one hand, they are aimed at restoring the physical functions of the body, and on the other, at social and psychological rehabilitation for the highest possible level of adaptation to the conditions of functioning within society. The philosophical substantiation of ergotherapy is based on the works of the classics of philosophical thought and the concepts of modern Ukrainian and foreign specialists in rehabilitation.

4. REFERENCES

- [1] Ergotherapy, what is it? Available from: <https://nodus.ua/tsentr/nauka-i-praktyka/neyroreabilitatsiya/ergoterapiya-chto-eto/>
- [2] Naumets I. Profession that returns to society after trauma. What will ergotherapists do in Ukraine? Available from: https://ipress.ua/ru/articles/professyya_kotoraya_vozvrashchaet_k_sotsyumu_posle_travmi_chem_budut_zanymatsya_ergoterapevti_v_ukrayne_263287.html.
- [3] Our philosophy is to prevent problems, not just to fight their consequences. Available from: <https://www.msp.gov.ua/news/17662.html?PrintVersion>.
- [4] Platon. Works in four volumes. T. 1 / Under total. ed. A. F. Losev and V. F. Asmus; Per. from ancient Greek. St. Petersburg: Publishing house of St. Petersburg. un-that; Publishing house of Oleg Abyshko, 2006.632 p.
- [5] Avicena (Ibn Sina). On the preservation of health. 2011. Voronezh. 160 p.
- [6] Kant Immanuel. Treatises and letters. Moscow: Nauka, 1980. 711 p.
- [7] The Works of F. Bacon in 14 vols /Ed. by J.Spedding, R.Ellis a. J.Heath. L.,1857–1874.
- [8] Foucault M. The birth of the clinic. Moscow: Smysl, 1998. 310 p.
- [9] General theory of health and healthcare: a collective monograph / according to the general editing by prof. Yu. D. Boychuk. Kharkiv: Publisher Rozhko S. G., 2017. 488 p.
- [10] Ellina Pozdniakova-Kyrbiatieva, Yurii Mosaiev, Yuliia Siliavina, Lilia Zhuzha, Oksana Kobets. Natural Therapy as Integral Technology of Social and Physical Rehabilitation. European Online Journal of Natural and Social Sciences, 2021. Vol.10. № 6. P. 430-437. Available from: <https://european-science.com/eojnss/article/view/6246/pdf>.
- [11] Naoko Kosugi, Sachiko Shimizu, Shiori Sasaki, Nguyen Thi Ngoc Diep, Yasushi Kiyoki. Music Retrieval and Adjustment Technique to Support and Motivate Ergotherapy and Daily Exercises. Proceedings of the 16th International Conference on Information Integration and Web-based Applications & Services December 2014 Pages 385–394. URL: <https://doi.org/10.1145/2684200.2684313>.
- [12] Mykhailo A. Anishchenko, Angelina I. Myrna, Dmytriy P. Myrnyi, Hryhorii M. Bukanov, Volodymyr O. Taran. The impact of medical and social rehabilitation on the adaptation of the elderly to modern social and legal processes. Teikyo medical journal. Volume 44, Issue 04, November, 2021. pp. 941-947.
- [13] Engel J.M. Physiotherapy and ergotherapy are indispensable. Concrete prescription of remedies – without recourse. Zeitschrift fur Rheumatologie, 01 Jul 2012, 71(5):369-380 DOI: 10.1007/s00393-011-0865-8.
- [14] Kalden J.R, Burkhardt H, Buss B, Donhauser-Gruber U, Erstling U, Gromnica-Ihle E, Karberg K und andere. Strategies for improved healthcare of people with the endemic disease rheumatism exemplified by

rheumatoid arthritis. *Zeitschrift fur Rheumatologie*, 01 Oct 2011, 70(8):641-650. DOI: 10.1007/s00393-011-0763-0.

[15] On rehabilitation in the field of health care: Law of Ukraine dated 03.12.2020 No. 1053-IX. *Vedomosti of the Verkhovna Rada of Ukraine*. 2021, no. 8, art. 59.