

INTERNATIONAL COMMITTEE OF THE RED CROSS
SPECIAL FUND FOR THE DISABLED
ADDIS ABABA - ETHIOPIA

Training Centre in Addis Ababa

Training Information Sheet

1. Introduction

The ICRC Special Fund for the Disabled (SFD) was created in 1983 by the International Committee of the Red Cross (ICRC). In 2001, the SFD became a private foundation operating under the umbrella of the ICRC.

- ✓ Its **mandate** is to ensure the continuity of orthopaedic programmes of the ICRC on behalf of war disabled, and to support other physical rehabilitation Centres in developing countries.
- ✓ Its **objectives** are to improve the accessibility to prosthetic and orthotic services for the destitute, to improve the quality of services provided, and to promote the sustainability of these services.
- ✓ Its **activities** include material assistance, technical assistance and training.

The SFD has three regional offices: Addis Ababa Ethiopia (regional office for Africa); Ho Chi Minh City, Vietnam (regional office for Asia); Managua, Nicaragua (regional office for Central and Latin America).

In the scope of its activities, the SFD established a *Training Centre* in Addis Ababa in 1995, to provide upgrading courses for experienced orthopaedic technicians¹ and physiotherapists working in developing countries.

Initially, the goal of the training was to familiarise orthopaedic technicians with the ICRC Polypropylene (PP) technology for them to apply and eventually train other colleagues with this technology in their respective place of work. Later, six new training modules were developed to upgrade or refresh the technical and managerial knowledge of orthopaedic technicians and physiotherapists working in SFD assisted physical rehabilitation centres.

The SFD Training Centre, set-up as a model for a basic (small size) orthopaedic centre including workshop, administration, storage, and clinic areas is located on the Prosthetic Orthotic Centre (POC)² premises. It can accommodate up to 6 participants at a time for the provision of its different training modules. Thirteen courses are scheduled for the year 2008.

¹ In this document, "orthopaedic technician" is used as a general term for professionals in prosthetic and orthotic manufacture and fitting, regardless the level of education and responsibility.

² Prosthetic & Orthotic Centre (POC): Orthopaedic Centre in Ethiopia located in Addis Ababa and belonging to the Ministry of Labour and Social Affairs. Its services include the manufacturing and fitting of prostheses and orthoses; orthopaedic shoes; manufacture of elbow crutches and wheelchairs; physiotherapy treatment.

2. Courses Description

Ø **MODULE "A": Manufacture of ICRC Polypropylene Lower Limb Prostheses**

- **Goal:** Initiate orthopaedic technicians with the ICRC polypropylene technology to manufacture lower limb prostheses.
- **Content:** Specific equipment for polypropylene technology. Thermoforming and welding techniques. Property of thermoplastics. ICRC Components' description. Manufacture of polypropylene lower limb prostheses for different levels of amputations: partial foot, ankle disarticulation, trans-tibial, through knee disarticulation, trans-femoral, hip disarticulation.
- **Training with demonstration patients – no patient fittings.**

Ø **MODULE "B": Manufacture of ICRC Polypropylene Lower Limb Orthoses**

- **Goal:** Initiate orthopaedic technicians with the ICRC polypropylene technology to manufacture lower limb orthoses.
- **Content:** Specific equipment for polypropylene technology. Thermoforming and welding techniques. Property of thermoplastics. ICRC components' description. Review of cast taking and plaster mould rectification. Review of orthotics design. Manufacture of polypropylene lower limb orthoses for different levels of disability: Ankle-Foot Orthoses, PTB Orthoses, Knee-Ankle-Foot Orthoses.
- **Training without patients.**

Ø **MODULE "C": Clinical methods for lower limb prosthetic fitting**

- **Goal:** Refresh or upgrade theoretical knowledge of anatomy, pathology and biomechanics principles in relation with lower-limb prosthetic fitting. Promote the clinical approach when fitting lower-limb amputees with artificial limbs, through systematic assessment methods, before, during and after fitting, in order to improve quality and to reduce the risks of poor fitting.
- **Content:** Review of anatomy, pathology, pre-prosthetic care, clinical assessment, prosthetic design, casting methods and plaster mould rectification, prosthesis manufacture protocol, static and dynamic alignment, gait training and gait evaluation, check-out procedures.
- **Training includes patients' fitting.**

Ø **Module "D": Clinical methods for lower limb orthotic fitting**

- **Goal:** Refresh or upgrade theoretical knowledge of anatomy, pathology and biomechanics principles in relation with lower-limb orthotic fitting. Promote the clinical approach when fitting lower-limb disabled with orthoses, by making use of systematic assessment methods, before, during and after fitting, in order to improve quality and reduce the risks of poor fitting.
- **Content:** Review of anatomy, pathology, clinical assessment, orthotic design, casting methods and plaster mould rectification, orthoses manufacture protocol, static and dynamic alignment, gait assessment, checkout procedures.
- **Training includes patient fittings.**

Ø **Module "E": Manufacture of ICRC Polypropylene Upper Limb Prostheses**

- **Goal:** Refresh or upgrade the clinical and technical knowledge of orthopaedic technicians in relation to the fitting of upper limb amputees and initiate them with the ICRC polypropylene technology to manufacture upper limb prostheses.
- **Content:** Review of anatomy, pathology, clinical assessment, prosthetic design, casting methods and plaster mould rectification. ICRC components' description. Manufacture of polypropylene upper limb prostheses for different levels of amputations: through-wrist disarticulation, trans-radial and trans-humeral prostheses.
- **Training includes patient fittings.**

Ø **MODULE "G" : Physiotherapy for lower limb amputees (part 1: first fitting)**

- **Goal:** Refresh or upgrade theoretical knowledge of anatomy, pathology and biomechanics principles in relation with lower-limb amputation and prosthetic fitting. Strengthen the competences

of physiotherapists in the rehabilitation of lower limb amputees. Demonstrate the manufacture of lower limb polypropylene prostheses. Reinforce and improve in the short term patient's care in the field of lower limb prosthetic training. Promote a multidisciplinary team approach in the rehabilitation of lower limb amputees.

- Content: Review of anatomy, physiology, biomechanics, physiotherapy techniques, pathology, prosthetic knowledge (ICRC technology: materials, components, alignments, prosthesis manufacture), physical assessment, pre-fitting care, first fitting.
- Training includes patients' fitting.
- Remark: The course "Physiotherapy for lower-limb amputees" has 3 chapters: the Part 1 is taught in Addis Ababa Training Centre; Part 2 (gait training for lower limb amputees) and Part 3 (gait deviations / Lower limb amputees) will be taught on site (in physical rehabilitation centres).

3. Training organisation

- The refresher training sessions include theoretical and practical training. According to the module proposed, theoretical sessions include revision of general clinical knowledge (anatomy, biomechanics, stump pathology, etc.) as well as technical knowledge (basic chemistry, thermo-plastic, description of machineries and tools, etc.).
- The practical training aims at familiarising the technicians with the use of polypropylene components (modules A, B, E) and to improve the clinical approach by using systematic patient assessment during all the fitting steps (Modules C and D). For all modules, patients selected by the SFD will be fitted by the trainees during their training.
- The training uses modern teaching tools (computer presentation) and each participant receives comprehensive manuals on the related module as well as a practical information package (welcome file)
- At the beginning and at the end of training the SFD instructors conduct an evaluation of the trainee.

4. Criteria of selection / pre-requirement / application

Who can attend the courses?

Participants must either speak comprehensible English or French, as the training modules are conducted in one of those two languages. Priority when selecting participants will be given to orthopaedic technicians working within SFD-assisted centres. According to space availability, candidates from non SFD-assisted centres could apply for all modules except Module "G", which is, for the time being, only open for physiotherapists working within SFD assisted-centres.³

Module "A": is open for candidates working in the field of prosthetics and orthotics (manufacturing and clinical) for a minimum of 4 years (training period included) in developing countries. As the module is the introductory module to the ICRC Polypropylene technology, the module is also open to candidates (ortho-prosthetist) working with humanitarian supporting organizations enabling them to learn the technology.

Modules "B" to "D": is open to non-SFD assisted-centres candidates (according to space availability) as long as they have the necessary working experience (4 years, training period included), and as long as they are familiar the Polypropylene technology (Module A)

Modules "E": is open for candidates working in the field of prosthetics and orthotics (manufacturing and clinical) for a minimum of 4 years (training period included) in developing countries. The module is also open to candidates (ortho-prosthetist) working with humanitarian supporting organizations enabling them to learn the technology. In both cases, they have to be familiar with the Polypropylene technology (Module A).

³ We try as much as possible to form groups with people speaking the same language.

Module "G": is open to experienced physiotherapist assistants or physiotherapists with little experience in lower limb amputees' treatment, and working in SFD assisted physical rehabilitation centres.

When and how to apply?

- Candidates must apply at least 2 months prior to the beginning of the training, through their official employer or an official body who can represent them.
- Applications (written either in English or in French) have to be sent to the SFD in Addis Ababa.
- Applications must include the following information concerning the candidate :
 - ⇒ Name and Surname;
 - ⇒ Date of birth
 - ⇒ Education background (in the field of prosthetics and orthotics education certificate/diploma included)
 - ⇒ Professional background (in the field of prosthetics and orthotics)
 - ⇒ Present occupation (employment certificate included)
 - ⇒ Contact address (e-mail, fax)
- Individual / private requests are not accepted.

5. Training Related Costs⁴:

Designation	Cost	Remark
Tuition fee	500 USD	Fixed Participation Fee*
Return air ticket		According to participant's origin
Visa	20 USD	Can be obtained through the SFD
Accommodation	450 USD	15 USD / night – breakfast included
Per diem ⁵	360 USD	12 USD / night, recommended by SFD
Insurance**	60 USD	Compulsory
TOTAL	1'390 USD	

*Tuition fee: For non SFD and ICRC sponsored participants.

The amount of the tuition fee does not cover the total cost of the training course; it is only a participation to the costs (training material including orthopaedic material, manuals, etc.). The tuition fee must be paid through International Bank Transfer prior the beginning of the course. Participation will be validated by the SFD upon receipt of the tuition fee.

**Medical / accident coverage: The SFD covers accidents and medical expenses during training, in the limits of its insurance policy (details communicated to each candidate).

6. Address and Contact:

ICRC Special Fund for the Disabled
c/o International Committee of the Red Cross
Delegation Ethiopia
P.O.BOX 5701
Woreda 15, Kebele 28, House Number 117
Addis Ababa, Ethiopia

Telephone: 00251 11 2756240 / 2777953

Fax: 00251 11 2777222

**E-mail: special_fund.sfd@icrc.org
icrc_sfd@ethionet.et**

Website: <http://www.icrc.org/fund-disabled>

⁴ Estimated cost, subject to fluctuations.

⁵ Recommended per diem covers general expenses such as food & beverage, transport, minor medical expenses. It does not necessarily cover all costs encountered during the stay. It is advised that training participants intending to shop / buy souvenirs take extra pocket money with them.