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## REHABILITATION OF THE MILITARY PERSONNEL AND ROLES OF THE HEALTH TEAM.

The world globally is going through a trying period due to series of issues such as insurgency, conflicts, terrorism, COVID 19, disasters, crises and war. Peace which is the essential aspect of development is lost thus people worldwide are on their toes to make life worthwhile. The Military or Armed Forces of most nations are deployed to maintain peace, curb conflicts or fight war. The deployment of the military to conflict or war zones get them exposed to hazards, traumas both physically and psychologically thus the need to rehabilitate and reintegrate them. These experiences leave them with injuries or post traumatic stress disorders and rehabilitation of such personnel is and mostly extended to their families as well. Hence the importance of the medical intervention swinging into action as soon as these patients are brought in for treatment.

The roles of the medical or health team cannot be over emphasized which is comprising of different specialists who deals with the physical, emotional and spiritual needs of the patient. Rehabilitation is restoring one to health or normal life through training or therapy and for such to be achieved the process has to be continuous. The medical team is headed by a Psychiatrist or Psychologist and other health personnel such as Doctors, nurses, occupational and recreational therapist to mention but a few. Each team member has a role to play to enable the patient adapt to his or her present condition. It is the responsibility of the team to promote adaptation, educate and reassure not only the patient but the family as well through counseling and educating them. The treatment and training for normal living or life, physical, psychological, social and vocational senses depends on the condition as well as diagnosis of the patient. Most personnel end up with post traumatic stress disorder which is characterized by failure to recover after experiencing or witnessing horrible or terrifying incidence. Flashbacks and nightmares are the main symptoms causing anxiety and depression. The treatment and training is gradual and is done in phases. Each phase is handled by certain members of the health team the arrival and reception is the first phase , secondly the medical and psychological care and lastly when the personnel is ready to return to duty. The last phase is usually regarded as reintegration which is the process of integrating someone back into the society or barracks as the case maybe.

Rehabilitation plays an important role in the return to duty and integration of personnel especially after exposure to the horrifying experiences. The successful outcome of personnel in rehabilitation or reintegration is team work by the health specialists. The team ensure promoting healthy balance between the personnel and the barrack life as well as their families.

## REFERENCES

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