

District expands rehab network in communities

Yin Qinqin and Li Xinran

TWO demonstration rehabilitation centers in Jiading began operation this year, providing convenient, continuous and intelligent community rehabilitation services for residents.

The Jiading Town Health Service Center has two registered rehabilitation doctors, four therapists and five nurses, according to Tang Wei, director of the rehabilitation center.

A 56-year-old woman surnamed Wang suffered from arthritis and could not lift her arms on cold days. She came to the community rehabilitation center for therapy on her

left hand with the help of the center's upper limb rehabilitation robot.

Later, she also underwent physical therapy to relieve joint stiffness and other symptoms through ultrasound, heat conduction and other treatments.

"Arthritis attacks when the weather is cold. I used to get physiotherapy at the district's TCM hospital, but now I can do it at the rehab center near my home. It's very convenient," Wang said.

In addition to providing traditional rehabilitation to middle-aged and elderly patients to fix symptoms such as

chronic bone and joint pain, the Jiading Town Health Service Center also introduced new equipment for postpartum women, which is also the first rehabilitation center in Jiading to offer postpartum rehabilitation.

According to Cheng Tianyue, the center's therapist, postpartum rehabilitation is set up in a separate, private area.

It mainly treats women's postpartum stress, urinary incontinence, uterine prolapse, pelvic pain and other diseases.

The pelvic floor muscle repair physiotherapy instrument is a massage chair, and patients can treat pelvic floor diseases while sitting or lying down.

"It can stimulate muscle contraction and nerve recovery through pelvic floor magnetism, and alleviate women's symptoms such as urine leakage and pelvic floor muscle relaxation," Cheng said.

Apart from the Jiading Town Health Service Center, the Malu Town Health Service Center also set up a demonstration rehabilitation center.

This center covers 1,683 square meters, integrating rehabilitation wards and treatment areas. It has 11 rehabilitation wards and 22 beds.

By the end of this year, Jiading will add two more facilities in the community health service centers. By 2025, each community health service center in the district will have its own rehabilitation center.

A woman receives postpartum therapy after giving birth. — Yin Qinqin



Rest areas set up for deliverymen, cabbies

Yu Chao and Li Xinran

NANXIANG Town has set up 56 rest areas in local Party service stations, businesses, shopping malls and gas stations to serve deliverymen and ride-hailing drivers.

The rest areas provide couch, water, free reading and emergency supplies and practice 24 functional scenarios, including skill training, legal aid, fitness, child care and ticketing for holiday rush.

At 12:30pm, deliveryman Liu Zhiguo visited a rest area in the Party service station on Baoxiang Road, after finishing work

nearby in the morning.

During the lunch break, he took a rest, drank water and read books here.

"Previously, you had to either go back to the company or your home, or sit at the roadside for a while. It is now more convenient to enjoy the noon break," Liu said.

The rest areas are mainly set in places deliverymen and ride-hailing drivers frequent, so that they can enjoy the services and convenience in the vicinity.

"We also hope that they will actively participate in our social



Two deliverymen have a light chat during the lunch break.

governance," said Sun Zheng, a member of the Party Committee of Nanxiang Town.

In addition, Nanxiang Town has customized WeChat mini-programs to collect feedback and suggestions.



A patient takes her disease risk assessment at the chronic disease health management support center.

Health center provides efficient medical service

Yin Qinqin, Zhouhong and Li Xinran

THE Waigang Town Community Health Service Center in Jiading District now serves nearly 100,000 local residents.

Spreading across 13,300 square meters, the center provides outpatient services such as general medicine, traditional Chinese medicine, rehabilitation medicine, gynecology, dermatology, vaccination and child health care.

The number of beds in the inpatient ward has also increased from 33 to 98.

A chronic disease health management support center has been set up at the entrance of the outpatient department.

As a pilot project of the Shanghai Disease Control and Prevention Center, it can carry out blood pressure measurement, blood glucose testing and comprehensive risk assessment of chronic diseases, and communicate with family doctors to optimize the medical process.

As a community health service center affiliated to Shanghai University of Traditional Chinese Medicine and one of the first batch of "Demonstration Community Health Service Centers of Traditional

Chinese Medicine with Shanghai Characteristics," the new center has further expanded TCM clinics, increased the number of treatment beds from seven to 12, and introduced many new equipment such as laser instruments and traction beds.

"In the next stage, we will rely on the family doctor team and the construction of health management, rehabilitation, nursing and other support centers to improve the outpatient service," said Huo Yongyan, Party secretary of the center.

"We will provide comprehensive care for chronic diseases, wounds and PICC (peripherally inserted central catheter), and increase CT (Computed Tomography), breath test and other inspection items, allowing people to access convenient, high-quality and affordable medical services."

At present, there are 141 community health service institutions in Jiading, including 22 community health service centers and sub-centers. In the past five years, 11 community health service centers have been built (reconstructed or expanded) in the suburban district.