

**WCPT-IPT-HOPE
Online Educational Session
Summer 2019**



HIV & Physiotherapy -

A home-based rehabilitation intervention for people living with HIV in a resource-poor community in KwaZulu-Natal province, South Africa

Presenter: Saul Cobbing, Senior Lecturer,
Department of Physiotherapy, University of KwaZulu-Natal,
Durban, South Africa

Date: July 18, 2019 **Time:** 12:00 EST

LINK:

<https://oakland.webex.com/oakland/j.php?MTID=tf4801f5ca3a5f43c717384e20fff4d36>



The session will be recorded so if you are not able to view it at the scheduled time, a link will be posted on the WCPT IPT-HOPE website <http://www.wcpt.org/node/49580> two days following this presentation so that you may view the video recording.

Purpose: This presentation aims to describe a novel home-based rehabilitation intervention for adults living with HIV in a resource-poor community in KwaZulu-Natal province, South Africa.

Objectives:

1. To describe the disabling effects of HIV (both mental and physical) with reference to a large cohort of people living with HIV (PLHIV) in the study community
2. To evaluate the existing global research for home-based rehabilitation (HBR) interventions for PLHIV
3. To describe a novel HBR intervention for PLHIV in a resource-poor community, which utilised a task-shifting approach
4. To consider ways of translating this research into practice in the South African public health care sector

Biography:

Saul Cobbing is a qualified Physiotherapist and Biokineticist, and is a senior lecturer and head of department in the Discipline of Physiotherapy, School of Health Sciences, University of KwaZulu-Natal. His duties include teaching and supervising research for both undergraduate and postgraduate students. He graduated with a PhD in Physiotherapy in April 2017 and is currently a post-doctoral fellow on the College of Health Science's **Developing Research, Innovation, Localization and Leadership in South Africa (DRILL)** Programme. His post-doctoral research aims to develop and implement community interventions for the rehabilitation of people living with HIV and other chronic diseases, in an under-resourced district in KZN. He is married and has two children, Daniel (7) and Lola (4).