

# Co-design of a Community-based Rehabilitation Program to Decrease Musculoskeletal Disabilities in a Mayan-Yucateco Municipality

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## What Is the Purpose of This Study?

- This manuscript describes the process of a community-based participatory research strategy implemented in a Mayan community to design a community-based rehabilitation program for people living with chronic musculoskeletal diseases.

## What Is the Problem?

- Many people living in the Mayan community of Chankom have a musculoskeletal disease that limits their function and participation in community life. Therefore, there is a need to develop a rehabilitation program that decreases the disabling effects of these conditions, considering their specific sociocultural needs.

## What Are the Findings?

- The community-based participatory research strategy was formed by four main processes: 1) forming and maintaining an alliance between academia and community representatives, 2) clarifying community needs, 3) integrating local and global knowledge, and 4) conducting shared-decision making efforts, all of which include the basic principles of community-based participatory research.
- We co-designed a community-based rehabilitation program formed by six main components: 1) coordination of services, 2) provision of personal support, 3) provision of blood sampling services, 4) provision of specialized rheumatology and rehabilitation services, 5) implementation of health promotion strategies, and 6) provision of transportation, which mainly address the Health Component of the World Health Organization–community-based rehabilitation program matrix.

## Who Should Care Most?

- This study is relevant for anyone trying to design a community-based rehabilitation program in Indigenous and other underserved communities with full engagement and participation of community members.

## Recommendations for Action

- Community-based rehabilitation programs aimed at improving functioning of people living with disabilities in Indigenous contexts should be co-designed with the community, following a community-based participatory research strategy.



- Community members who contribute with working hours to the participatory effort should be adequately financially compensated for their time.
- The future implementation of the six components of the co-design community-based rehabilitation program will likely improve the quality of services provided to this Mayan community and hence the function and quality of life of people living with chronic musculoskeletal diseases in this Indigenous community.