

Online Trainings for Physiotherapists working Internationally

[UN basic and advanced field security](#)

Really designed for UN staff in the field, however includes sessions on how to stay on the move, how to limit exposing yourself and others to danger and keeping your own health and well being in mind. There are interactive scenarios which are useful for anyone travelling internationally, especially to low income countries or conflict areas.



Available in six UN languages including Arabic. Also available in low bandwidth for poor internet connection. Certificate available.

[International Federation of the Red Cross \(IFRC\) Training:](#)

The IFRC has a large library of high quality online courses, which once registered, are available to anyone. It will ask on registration for a regional Red Cross Federation office, which should be UK for most. These courses use multimedia and scenario based questioning to take participants through courses which vary between 30 minutes and 4 hours.



The Personal Security course is particularly useful to those preparing to go on their first volunteer placement abroad. Other courses extend to a variety of subjects such as climate change and food security, public health issues you may face in the field during disaster and emergency response, humanitarian diplomacy and leadership.

Browse the menu and see what takes your fancy in a few spare hours!

[Disaster Ready.org](#)

This excellent learning platform is full of constantly updated free courses for all professionals in humanitarian work, but many are transferable to those in development. Most recently a fifteen minute course on Ebola awareness for all field staff has been released.



[The humanitarian starter pack](#) is excellent for those heading out to their first humanitarian response deployment. Complete the humanitarian Starter Pack and be

better prepared for the challenges you'll face along the way. Through a combination of online courses, videos, and guide booklets, the Starter Pack will help familiarize you with the international standards and best practices that underpin effective and accountable humanitarian action.

The World Food Programme '[Basic Concepts in Nutrition](#)' is an excellent introduction to issues that all of us working in low and middle income countries or disasters and emergencies need to be aware of. Physical wellbeing, and the ability to benefit from rehab services is highly dependent on appropriate nutrition - this course is a brief insight into what we can be aware of in our practice.

The organisation also offers to send USB sticks with core modules on them for training purposes to humanitarian organisations with offices in the field for free.

[Reliefweb online tour](#)

Do you often disappear into the rabbit warren of information on this website?? Humanitarians need constant access to reliable information and analysis to better understand crises and disasters and to make decisions. ReliefWeb is a specialized digital service of the United Nations Office for the Coordination of Humanitarian Affairs (OCHA). This [brief online tour](#) will provide you with the knowledge to effectively navigate and use this site to access relevant and up-to-date humanitarian information. 20 minutes long and worth it for the time you will save in months to come!



[Rehab Monitor](#)

This one is more physiotherapy specific. It is a vast selection of rehab specific online courses,



developed by Handicap International for a predominantly South East Asian audience, but with informative and still relevant information for all rehab professionals. Modules include 'Amputation and Gait Training', 'Management of Cerebral Palsy', and a particularly useful one for fracture management rather ambiguously called 'post-emergency allied orthopaedic management'. The modules require registration which is free, and can be a little 'heavy' and slow to use - but make use of video links and case studies and can be highly beneficial if you feel you have a large gap in clinical knowledge in one area.

[Physiotherapy Management of Spinal Cord Injuries - Physiopedia](#)

For those physiotherapists and students with good core knowledge, but little experience of SCI treatment.

Next course starts Spring 2015. Recent course content can be reviewed using the link. Time needed: 15 hours. CPD certificate available.



[Building a Better Response](#)

This is a very high standard course which is highly recommended for anyone thinking of, or already involved in humanitarian response. It is designed for those working for NGOs to better understand the huge 'machine' they are working within, to understand the structure, function and roles of others in humanitarian response.

The teaching materials are easily accessible, and great at introducing you to humanitarian standards, international law and the cluster approach amongst many others. Certificate of CPD from Humanitarian Academy of Harvard on completion of all modules is available.



Finally, as is the nature of work internationally, we may often find ourselves completing these courses in a spare few hours, alone and without the benefits of discourse between fellow students. We would love for ADAPT members who are completing these courses to let us know their thoughts and how they are getting on via our Facebook or on the iCSP ADAPT discussion page. Happy learning!