

PHYSICAL MEDICINE AND REHABILITATION

COORDINATOR: Dr. Michael Payne
OFFICE LOCATION: Parkwood Institute

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Electives are two weeks in length; if physiatry is a potential career goal this may be extended if requested - only one elective per student permitted.

DESCRIPTION

A. General Description

1. Exposure to rehabilitation concepts and experience in musculoskeletal and neuromuscular disorders. The in-patient services (stroke, head injury, spinal cord injury, orthopaedic, amputee) to strengthen and provide skills to assess disability across a broad spectrum of diseases including: hemiplegia, cognitive dysfunction paraplegia, tetraplegia, amputated limbs, chronic pain, brain injury.
2. **Programs**
Parkwood Hospital
3. **Out Patient Clinics**
Offers exposure to upper and lower extremity impairments, orthotics, amputees, general rehabilitation, neuromuscular impairments, sport medicine, occupational medicine, electrodiagnostic medicine, spinal cord injury, traumatic brain injury and stroke.
4. **In-Patient Services**
Multi-disciplinary and inter-disciplinary rehabilitation teams in the assessment and treatment of stroke, neuro-locomotor, amputee, traumatic brain injury, spinal cord injury and orthopaedic rehab.

B. Objectives

- 1) Perform a screening neuromusculoskeletal examination as part of a general physical examination, when appropriate.
- 2) Understand concepts of impairment, disability, and handicap and be able to apply them.
- 3) Perform a detailed and organized musculoskeletal examination, including muscle strength testing, active and passive range of movement testing, and gait analysis, when needed.
- 4) Provide an effective differential diagnosis when presented with a patient with back pain, neck pain, extremity regional pain, hand numbness, localized weakness, and localized tenderness.
- 5) Recommend pertinent modalities and exercises.
- 6) Refer for an electrodiagnostic study to physiotherapy, occupational therapy, speech-language pathology, social services, psychology, vocational assessment, or pastoral care, when appropriate.
- 7) Refer a patient to a physiatrist, if appropriate, using a useful referral note.
- 8) Conduct patient-centered interviews that explore the patient's feelings, ideas, impact on function, and expectations.

- 9) Develop relationships with patients characterized by compassion, empathy, respect, and genuineness, demonstrating a willingness to collaborate with the patient about management.
- 10) Perform a physical examination without causing the patient embarrassment.
- 11) Adapt treatment plans to the individual with consideration for the patient's age, general health, special needs, expectations, cultural background, progress, or changes in condition.
- 12) Demonstrate skill in communication of information with clear, concise explanations that are understandable to patients.
- 13) Demonstrate skill in self-directed learning by:
 - a. Ability to identify areas of deficiency in one's own knowledge and skills.
 - b. Ability to find appropriate educational resources.
 - c. Ability to evaluate personal learning progress.
 - d. Ability to use new knowledge in the care of patients.
- 14) Determine the validity and applicability of published data through critical appraisal.
- 15) Demonstrate the ability to work effectively as a member of a team, as participant or leader.
- 16) Collaborate effectively with patients and families without having to take charge.
- 17) Demonstrate skill in finding common ground when differences of opinion exist.
- 18) Establish effective relationships with colleagues and other member of the health care team by:
 - a. Considering their suggestions and criticisms.
 - b. Tactful handling of differences of opinion.
- 19) Demonstrate the ability to place the needs of patients and families first.
- 20) Demonstrate honesty and trustworthiness in assessment, study and learning.
- 21) Demonstrate responsibility and respect.
- 22) Recognize personal biases and ensure that they do not interfere with the patient's best interests.
- 23) Be willing to seek help, advice or consultation when needed.
- 24) Respond to personal and family needs and develop effective support systems
- 25) Assist patients in accessing the health care system for physical, psychological, social, and economic rehabilitation or long-term care.
- 26) Use the concepts of evidence-based medicine to guide patient care decisions.
- 27) Identify potential conflict between individual and population interests and seek advice from others.
- 28) Assess the effectiveness of practice and engage in continuous quality improvement.

C. Type of Clinical Experience
In-patient and Out-patient.

D. Night and Weekend Call
Yes () No (xx)

E. Evaluation Procedure
Written and Informal

F. Number of Students Accepted
Each Block: **1**
Only 1 elective block per student (no double booking permitted).

G. Other Comments, Regulations, or Expectations

Students will be responsible for at least one presentation of a case illustrating a topic of interest. Students are reminded that The T.H. Coffey Memorial Prize in Physical Medicine and Rehabilitation is available for Schulich students.