PHYSICAL MEDICINE AND REHABILITATION

Overview

Internal Medicine Residents have the opportunity to receive instruction and clinical experience in Physical Medicine and Rehabilitation (PM&R) in the following settings:

- Ambulatory block: PM&R clinics with Dr. Jeff Halsell and at the OU Internal Medicine clinic.
- Private practice office of: Dr. Jeff Halsell
- Bernsen Rehabilitation Center with Dr. Annie Venugopal
- Broken Arrow Rehab at St. Francis Hospital: Dr. Perri Craven
  - Inpatient with emphasis on neurorehab.

Goals

To teach residents those aspects of Physical Medicine and Rehabilitation that can be diagnosed and managed by general internists.

To teach residents to recognize which patients should be referred to, or managed jointly with, Physiatrists.

Objectives

Patient Care

- To learn the types of patients who benefit from the care of and treatment by a PM&R physician.
- To effectively assess lifestyle and occupational risks for injury
- To effectively assess limitations of function and quality of life
- To understand the indications for and interpretation of EMG and NCVs
- To be able to select among various treatment options, the most effective treatment for a given pain syndrome
- To understand the indications for and techniques of joint injection
- To plan and implement individualized, goal directed care

Interpersonal and Communication skills

- To communicate, in a sensitive and effective manner, with patients who may have chronic pain and disability;
- To communicate in an effective manner with the provider requesting the consultation to confirm the reason for the consult, and to ensure that the question asked is clear;
- To communicate with the patient's primary care physician early and as often as necessary; and
- To document concisely, with clear, detailed recommendations.
Practice Based Learning and Improvement

- To develop a logical and organized approach to the evaluation and treatment of the PM&R patient;
- To identify deficiencies in one's knowledge, skills and attitudes in the care of the patient with chronic pain and disability;
- To develop strategies for correcting deficiencies in one's knowledge, skills and attitudes in the care of the patient with chronic pain and disability; and
- To evaluate the requesting physician's satisfaction with the services provided by PM&R providers

Medical Knowledge

- To learn the basic principles of PM&R;
- To expand the clinical knowledge of the basic and clinical sciences underlying common conditions referred for PM&R evaluation including LBP syndromes, stroke, spinal cord injury, orthopedic problems, and diabetic neuropathy; and
- To learn to access and critically evaluate current medical information and scientific evidence relevant to a patient's medical illnesses and therapy.

Professionalism

- To be respectful and courteous when dealing with patients, families, and other members of the health care team
- To ensure patient understanding of their disease and consent to treatment plans; and
- To effectively educate student and resident colleagues

Systems Based Practice

- To understand the role of physical therapy in PM&R;
- To understand the role of occupational therapy in PM&R;
- To understand the role of speech therapy in PM&R; and
- To understand the role of mental health providers/psychologists in PM&R;
- To recognize the contributions of each in the delivery of high quality multidisciplinary care;
- To be able to coordinate patient centered care among a variety of providers;
- To assist with scheduling of any tests, treatments or physician appointments to ensure the patient's proper medical care is accomplished; and
- To use evidence-based, cost conscious strategies in the medical care of patients.
Methods of achieving objectives

- Didactics from the attending physician
- Direct patient care under the supervision of the attending physician and consulting physicians
- Observation of other professional services that provide care to the patients, including physical therapy, occupational therapy, speech therapy, psychologists and case managers
- Syllabus or other reading materials provided by the PM&R attending

Assessment tools

- Supervising Attending will observe Resident’s history and physical examination.
- Supervising Attending will critique interview, exam skills, and assessments and plans
- Supervising Attending will monitor Resident’s interactions with patients and other health care team members
- Physical Therapists and Occupational Therapists may assess Resident’s professionalism
- Resident will complete end of rotation quiz
- Supervising Attending will assess if the Resident has met the objectives detailed above

Evaluation process

- The Supervising Attending will provide verbal feedback throughout and at the completion of the rotation
- The Supervising Attending will provide verbal and written or electronic evaluation at the conclusion of the rotation