

Physical Medicine and Rehabilitation

Goal: To provide the opportunity for the fellow to learn rehabilitation assessment and to practice the delivery of a comprehensive rehabilitation program in older adult patients

Location: UPMC Southside Hospital

Preceptor: Leonard Cabacungan MD, is an Assistant Professor in the UPMC Department of Physical Medicine and Rehabilitation, and Medical Director of UPMC Southside Rehabilitation Unit. His interests include geriatric, cardiopulmonary rehab, orthopedic and musculoskeletal rehab and neurological disorders including stroke.

Michael C. Munin MD, is Medical Director of the UPMC Center's Spasticity Evaluation and Treatment Center, Medical Director of the UPMC Orthopaedic Rehabilitation Hospital and Medical Director of the Inpatient Rehabilitation Unit at UPMC Presbyterian Hospital. His interests are hip fractures, botulinum toxins, electromyography, muscle spasticity, amputees, post stroke spasticity, and vocal cord paralysis.

Experience: The fellow will work with Dr. Cabacungan and other members of the interdisciplinary team in the Rehabilitation Unit at Southside Hospital. They will spend time with the various therapists, accompany Dr. Cabacungan on inpatient rounds, perform inpatient consultations, and work with him in the outpatient clinic. They will participate in the weekly interdisciplinary care conference and gait rounds.

They will also arrange to work with Dr. Munin in his outpatient clinic to learn more about the management of joint contractures and the use of botulinum toxin injections.

Competency-based Objectives:

Medical Knowledge

1. To know the basic principles of Physical Medicine and Rehabilitation as they apply to the older adult patient
2. To understand the pathophysiology of common conditions requiring rehabilitation such as strokes, fractures, joint replacements and de-conditioning
3. To understand functional implications of common age-related disorders

Patient Care (Clinical Skills)

4. To perform appropriate physical examination with focus on neurological and musculoskeletal assessment
5. To perform an appropriate functional assessment

Patient Care (Patient Management Skills)

6. To learn how to appropriately prescribe basic adaptive equipment and ambulatory aids for the older adult
7. To recognize the difficulties encountered in rehabilitating persons with cognitive impairment

Practice-based Learning

8. Through practical experience and reading, gain competence in formulating a rehabilitative program for common disabilities seen in older adults

Communication and Interpersonal Skills

9. To understand the importance of effective communication with other members of the interdisciplinary rehabilitation team
10. To experience coordinating a multidisciplinary team in delivering comprehensive rehabilitation program

System-based Practice

11. To determine which patients are likely to benefit from a stay on an acute rehabilitation unit, those who would do better in a skilled nursing facility and those for whom therapy in the home might be best

Evaluation: Direct observation and feedback by faculty and other interdisciplinary team members
Competency-based faculty evaluation form at end of rotation

Recommended reading:

Lin JL. Armour D. Selected medical management of the older rehabilitative patient (Review) Archives of Physical Medicine and Rehabilitation, 85 (7Suppl 3): S76-82, 2004 Jul.

Klingbeil H. Baer HR. Wilson PE. Aging with disability (Review) Archives of Physical Medicine and Rehabilitation. 85 (7Suppl 3): S68-73, 2004 July

Phillips EM. Schneider JC. Mercer GR. Motivating elders to initiate and maintain exercise (Review) Archives of Physical Medicine and Rehabilitation. 85 (7Suppl 3): S52-7, 2004 Jul

Burris JE. Pharmacologic approaches to geriatric pain management (Review) Archives of Physical Medicine and Rehabilitation. 85 (7Suppl 3): S45-9, 2004 Jul

Bean JF. Vora A. Frontera WR. Benefits of exercise for community dwelling older adults (Review) Archives of Physical Medicine and Rehabilitation. 85 (7Suppl 3): S 31-42, 2004 July

Phillips EM. Bodenheimer CF. Roig RL. Cifu DX. Geriatric rehabilitation 4. Physical medicine and rehabilitation interventions for common age-related disorders and geriatric syndromes (Review) Archives of Physical Medicine and Rehabilitation. 85 (7 Suppl 3): S18-22, July 2004

Stewart DG. Phillips EM. Bodenheimer CF. Cifu DX. Geriatric rehabilitation 2. Physiatric approach to the older adult. (Review) Archives of Physical Medicine and Rehabilitation. 85 (7 Suppl 3): S7-11, July 2004

Preceptor

Fellow

Date: _____

Date: _____