

Physical Medicine & Rehabilitation Elective

Course Leadership:

Course Coordinator- Arpita Gaggar, agaggar@ttuhsc.edu

Course Director- Dr. Christina Sanders, Division of PM&R

Description:

The PM&R elective will serve to introduce students to the various subspecialties within PM&R and their associated clinical skills. Students will be responsible for attending faculty-led lectures, skills labs, and conducting the appropriate clinical exam (MSK, Neuro, etc.) to apply these skills when shadowing in a clinic in the future, and to apply these skills when in the PM&R clinics, procedure suites, and inpatient rehabilitation unit.

Goals/ Objectives:

1. Understand the roles of the physiatrist and the interdisciplinary management of the disabled patient, including the role of the physical therapist, occupational therapist, speech therapist, rehabilitation nurse, dietician, clinical psychologist, social worker, therapeutic recreation specialist;
2. Demonstrate appropriate interpretation of patient history, including quality of life functions, physical exams, social, occupational and familial data; and improve physical examination skills, emphasizing chronic disability and musculoskeletal impairment;
3. Understand the basic concepts, terminology and model of rehabilitation medicine;
4. Demonstrate familiarity with procedures commonly done in physiatry: peripheral joint injections, soft tissue injections, spinal injections, electromyography nerve conduction studies, nerve blocks, botulinum toxin injections, intrathecal baclofen pump management;
5. Recognize clinical problems commonly treated or managed by rehabilitation on an inpatient setting, and be familiar with major disabling conditions, such as stroke, brain injury, spinal cord injury;
6. Recognize clinical problems in rehabilitation commonly addressed in the outpatient setting, such as arthritis, low back pain, MS, neck pain, shoulder pain, carpal tunnel syndrome, etc;
7. Identify the health disparities faced by persons with disabilities.

Course Format:

The course will be organized into:

- 5 lectures, wherein various aspects of the specialty of PM&R will be introduced,
- 3 workshops, wherein students will have hands-on experiences to practice clinical skills, and
- Several volunteer and other extracurricular event opportunities.

Grading will be on a credit/no credit basis. In order to receive credit for the course students must:

Students will be required to attend at least 8 events- **4 out of 5 lectures, 2 out of 3 workshops, 1 volunteer event, and 1 social event or other PM&R Interest Group event.**

Students may make up 1 missed lecture session by attending a PM&R Interest Group meeting or Sports Medicine Interest Group meeting, 1 missed workshop by setting up shadowing with the PM&R department, and 1 volunteer event of their choosing as long as it is related to PM&R. Students must contact the coordinator in advance to approve any makeup request.

Total 12 hours of educational time: 4 hours of lecture, 4 hours of clinical skills, 2 hours of volunteering, 2 hours of another social or extracurricular PM&R event.

Lectures:

1. Introduction Meeting (PM&R Leadership)- August 14th, 12-1pm
2. Intro to Procedures in Physiatry (Guest lecture)
3. Intro to Pediatric Rehabilitation (Dr. Cristina Sanders)
4. Intro to Amputees and Prosthetics (Guest lecture)
5. Intro to Brain Injuries and Interpreting Brain MRI's (Dr. Hansen/Dr. Zhang)
6. Intro to Spinal Cord Injuries (Dr. Roger Wolcott)

Tentative Dates (subject to change). Most meetings will be at lunchtime (12-1 pm)

1. August 14th
2. September 5th
3. September 26th
4. October 21st
5. November 21st
6. January 7th

Workshops:

1. Tour of Trustpoint Rehabilitation Center, Day in the Life with Residents (Dr. Merritt Crump)

2. Spinal Cord Injuries
3. Physical Exams

Volunteer opportunities:

1. Texas Ramp Project
2. Adaptive Rodeo- October 26th
3. Trick or Treating with patients at Trustpoint Rehabilitation Center
4. Texas Tech Therapeutic Riding Center
5. Help with the Resident Recovery Garden

Social events (dates TBA)

1. C3 Workout
2. Crossfit Workout

Other volunteer, social, extracurricular events, or PM&R Interest Group events may be announced as they come up.

Applications:

Students can apply through the Elective Application portal by Wednesday, August 21st at 11:59 pm. Between 15-30 MSI/MSII students will be accepted.

Applicants will answer two questions, minimum 75 words each:

1. Why are you interested in PM&R?
2. What would you like to learn or gain from this elective?