**PM&R**

**PROGRAM GOALS & OBJECTIVES**

**Competency Based and by PGY Level**

**MEDICAL KNOWLEDGE**

***Goal:* Residents should demonstrate knowledge of established and evolving biomedical, clinical, epidemiological and socio-behavioral sciences, as well as the application of this knowledge to patient care. Residents are expected to:**

***PGY-2 Objectives:***

1. Discuss the diagnosis, pathogenesis, treatment, prevention, and rehabilitation of those neuromusculoskeletal, neurobehavioral, cardiovascular, pulmonary, and other system disorders common to this specialty in patients of both sexes and all ages
2. Describe basic sciences relevant to physical medicine and rehabilitation such as anatomy, physiology, pathology and pathophysiology of the neuromusculoskeletal, cardiovascular and pulmonary systems, kinesiology and biomechanics, functional anatomy, Electrodiagnostic medicine, fundamental research design and methodologies, and instrumentation related to the field
3. Demonstrate skills in reviewing pertinent laboratory and imaging materials for the patient, including the proper use and function of equipment and tests
4. Demonstrate basic skills in nerve conduction studies.
5. Describe the basic principles of research, including how research is conducted, evaluated, explained to patients, and applied to patient care
6. Describe the principles of pharmacology as they relate to the indications for and complications of drugs utilized in physical medicine and rehabilitation

***PGY-3 Objectives:***

1. Review procedures commonly employed in physiatry
2. Examine the decision-making process involving ethical issues that arise in the diagnosis and management of patients
3. Demonstrate basic needle EMG skills.
4. Discuss the principles of bioethics as applied to medical care
5. Demonstrate skills in orthotics and prosthetics, including fitting and Physical Medicine and Rehabilitation manufacturing, through instruction and arrangements made with appropriate orthotic-prosthetic facilities
6. Demonstrate ability to perform critical appraisal of current medical literature

***PGY-4 Objectives:***

1. Participate in decision-making process involving ethical issues that arise in the diagnosis and management of patients
2. Demonstrate ability to produce a peer-reviewed publication or engage in an in-depth scholarly activity
3. Demonstrate skills proficiency in the procedures commonly employed by physiatry
4. Discuss comprehensively physiologic responses to the various physical modalities and therapeutic exercises

**PATIENT CARE**

***Goal:* Residents should be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health. Residents are expected to:**

***PGY-2 Objectives:***

1. Demonstrate skills proficiency in writing patient history and perform physical examination
2. Present patient’s illness, background, management strategies, and to be able to perform a lucid presentation of the case summary
3. Demonstrate proficiency in diagnosing, assessing, and managing the conditions commonly encountered by the physiatrist in the rehabilitative management of patients of all ages in the following areas:
   1. acute and chronic musculoskeletal syndromes, including sports and occupational injuries
   2. rehabilitative care of spinal cord trauma and diseases, including management of bladder and bowel dysfunction and pressure ulcer prevention and treatment;
   3. neurorehabilitative care of traumatic brain injury, cerebrovascular accident and other brain disorders
4. Develop competence in the following areas:
   1. history and physical examination pertinent to physical medicine and rehabilitation
   2. assessment of neurological, musculoskeletal and cardiovascular-pulmonary systems;
   3. assessment of disability and impairment and familiarity with the ratings of disability and impairment
   4. data gathering and interpreting of psychosocial and vocational factors
   5. written prescriptions with specific details appropriate to the patient for therapeutic modalities, therapeutic exercises and testing performed by physical therapists, occupational therapists, speech/language pathologists
   6. familiarity with the safety, maintenance, as well as the actual use, of medical equipment common to the various therapy areas and laboratories
   7. Development of a differential diagnosis and initial plan for nerve conduction studies in a patient sent for EMG evaluation.
   8. performance of EMG 40 consultations per resident under appropriate supervision

***PGY-3 Objectives:***

1. Demonstrate proficiency in diagnosing, assessing, and managing the conditions commonly encountered by the physiatrist in the rehabilitative management of patients of all ages in the following areas:
   1. congenital or acquired myopathies, peripheral neuropathies, motor neuron and motor system diseases and other neuromuscular diseases
   2. hereditary, developmental and acquired central nervous system disorders, including cerebral palsy, stroke, myelomeningocele, and multiple sclerosis
   3. sexual dysfunction common to the physically impaired
   4. post-fracture care and rehabilitation of postoperative joint arthroplasty
2. Develop competence in the following areas:
   1. diseases, impairments and functional limitations seen in the geriatric population
   2. medical conditioning, reconditioning and fitness
   3. soft tissue disorders and conditions including burns, ulcers and wound care
   4. prescriptions for orthotics, prosthetics, wheelchairs and ambulatory devices, special beds and other assistive devices
   5. understanding and coordination of psychologic and vocational interventions and tests
   6. inpatient and outpatient pediatric rehabilitation
   7. inpatient and outpatient geriatric rehabilitation
   8. Development of complete differential diagnosis and test design for needle EMG and NCS.
   9. performance of EMG 100 consultations per resident under appropriate supervision

***PGY-4 Objectives:***

1. Develop the attitudes and psychomotor skills required to:
   1. modify history-taking technique to include data critical to the recognition of functional abilities, and physical and psychosocial impairments which may cause functional disabilities
   2. perform the general and specific physiatric examinations, including electromyography, nerve conduction studies, and other procedures common to the practice of physical medicine and rehabilitation
   3. make sound clinical judgments
   4. design and monitor rehabilitation treatment programs to minimize and prevent impairment and maximize functional abilities
   5. prevent injury, illness and disability
2. Develop competence in the following areas:
   1. experience in evaluation and application of cardiac and pulmonary rehabilitation as related to physiatric responsibilities
   2. pulmonary, cardiac, oncologic, infectious, immunosuppressive and other common medical conditions seen in patients with physical disabilities;
   3. rheumatologic disorders treated by the physiatrist
   4. performance of EMG 200 consultations per resident under appropriate supervision
   5. therapeutic and diagnostic injection techniques
   6. Sports medicine rehabilitation
3. Demonstrate proficiency in diagnosing, assessing, and managing the conditions commonly encountered by the physiatrist in the rehabilitative management of patients of all ages in the following areas:
   1. acute and chronic pain management; Physical Medicine and Rehabilitation
   2. rehabilitative care of amputations for both congenital and acquired conditions;
   3. chronic pain

**PRACTICE-BASED LEARNING & IMPROVEMENT**

***Goal:* Residents should demonstrate the ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and life-long learning. Residents are expected to develop skills and habits to be able to meet the following objectives:**

***PGY-2 Objectives:***

1. Identify strengths, deficiencies, and limits in one’s knowledge and expertise
2. Set learning and improvement goals for one-self
3. Identify and perform appropriate learning activities

***PGY-3 Objectives:***

1. Systematically analyze practice using quality improvement methods, and implement changes with the goal of practice improvement
2. Incorporate formative evaluation feedback into daily practice
3. Locate, appraise, and assimilate evidence from scientific studies related to their patients’ health problems

***PGY-4 Objectives:***

1. Demonstrate the application of information technology to optimize patient care and learning
2. Demonstrate skills in educating patients, families, students, residents and other health professionals
3. Exemplify the importance of self-evaluation, continuing medical education, and continued professional development after graduation
4. Identify an area of improvement and complete a process improvement project

**INTERPERSONAL & COMMUNICATION SKILLS**

***Goal:* Residents must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals. Residents are expected to:**

***PGY-2 Objectives:***

1. Communicate effectively with patients, families, and the public, as appropriate, across a broad range of socioeconomic and cultural backgrounds
2. Communicate effectively with physicians, other health professionals, and health related agencies
3. Provide comprehensive, timely, and legible discharge summary dictations and notes, and any other medical records

***PGY-3 Objectives:***

1. Act in a consultative role to other physicians and health professionals
2. Maintain comprehensive, timely, and legible medical records
3. Work effectively as a member or leader of a health care team or other professional group

***PGY-4 Objectives:***

1. Develop the necessary written and verbal communication skills essential to the efficient practice of physiatry
2. Counsel patients and family members, including end of life care issues
3. Discuss the medical administration and teaching methodologies

**PROFESSIONALISM**

***Goal:*** **Residents must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles. Residents are expected to:**

***PGY-2 Objectives:***

1. Demonstrate compassion, integrity, and respect for others
2. Model responsiveness to patient needs that supersedes self-interest
3. Respect patients’ privacy and autonomy

***PGY-3 Objectives:***

1. Recognize the importance of personal, social and cultural factors in the disease process and clinical management
2. Exemplify sensitivity and responsiveness to a diverse patient population, including but not limited to diversity in gender, age, culture, race, religion, disabilities, and sexual orientation
3. Demonstrate a spirit of collegiality and a high standard of moral behavior within the clinical setting in the care of patients, in the education of residents, and in conducting research

***PGY-4 Objectives:***

1. Be accountable to patients, society and the profession
2. Participate in community service, professional organizations, or institutional committee activities
3. Demonstrate humanistic qualities that foster the formation of appropriate patient/physician relationships. These qualities include integrity, respect, compassion, professional responsibility, courtesy, sensitivity to patient needs for comfort and encouragement, and an appropriate professional attitude and behavior toward colleagues.

**SYSTEM-BASED PRACTICE**

***Goal:* Residents should demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care. Residents are expected to:**

***PGY-2 Objectives:***

1. Coordinate patient care within the health care system relevant to their clinical specialty
2. Work in inter-professional teams to enhance patient safety and improve patient care quality
3. Demonstrate proper skills in the continuing care of patients with long-term disabilities through appropriate follow-up care

***PGY-3 Objectives:***

1. Participate in identifying system errors and implementing potential systems solutions.
2. Discuss the principles, objectives and process of performance improvement and program evaluation, risk management and cost effectiveness in medicine
3. Examine the types of patients served, referral patterns and services available in the continuum of rehabilitation care in community rehabilitation facilities. These might include subacute units and skilled nursing facilities, sheltered workshops and other vocational facilities, schools for persons with multiple handicaps, including deafness and blindness, independent living facilities for individuals with severe physical impairments, day hospitals, and home health care services, and community based rehabilitation. Introduction to these options for care may be made by on-site visits to some of these facilities as well as didactic lectures. Residents should be encouraged to interact with health care consumer groups and organizations in supervised working environments
4. Coordinate effectively the inpatient rehabilitation service.

***PGY-4 Objectives:***

1. Demonstrate effective collaboration in various health care delivery settings and systems relevant to their clinical specialty
2. Incorporate considerations of cost awareness and risk-benefit analysis in patient and/or population-based care as appropriate
3. Advocate for quality patient care and optimal patient care systems
4. Coordinate effectively and efficiently an interdisciplinary team of allied rehabilitation professionals for the maximum benefit of the patient through:
   1. understanding of each allied health professional's role
   2. ability to write adequately detailed prescriptions based on functional goals for physiatric management
   3. development of management and leadership skills.

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