

1.	School	Medicine
2.	Department	Special surgery
3.	Program title (Arabic)	الطب الطبيعي والتأهيل
4.	Program title (English)	physical medicine and rehabilitation
5.	Track	Higher specialization degree

	Specialization #	Degree	Dep #	Faculty #	Year	Track
Plan Number						

First: General Rules & Conditions:

1. This plan conforms to the valid regulations of the programs of graduate studies.

2. Specialties of Admission:

- The First Priority: Medical doctor degree or Bachelor of Medicine and surgery

Second: Special Conditions: None.

Third: Study Plan:

Year	Teaching & Training	Duration
First	The first year the student spends in the department of internal medicine and give more focus on <ul style="list-style-type: none"> • Neurology • Rheumatology • Respiratory • Cardiovascular 	12 months
Second	Physical medicine and rehabilitation 4 months orthopaedic surgery 8 months physical medicine and rehabilitation <ul style="list-style-type: none"> • Orthopedic surgery, • techniques in rehabilitation medicine • therapeutic modalities <ol style="list-style-type: none"> 1. Physiatric History and physical examination 2. Patient care and follow up 3. Morning report 4. In patient consultations and follow up 5. Seminars in physical medicine and rehabilitation 	12 months
Third	Physical medicine and rehabilitation 2 <ul style="list-style-type: none"> • amputee rehabilitation, • orthotics and prosthetics • medical rehabilitation) 	12 months
Fourth	Physical medicine and rehabilitation 3 <ul style="list-style-type: none"> • Electrodiagnosis • Spinal corg injury rehabilitation • Traumatic brain injury rehabilitation • Rehabilitation of special cases 	12 months

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The program is divided into:

- Progressive elements in various topics of the training program, which are built over the years of training, where competencies are honed over time.
- Specific skills (modular elements) that can be obtained at any time during the program

Upon completion of the training program, the trainee is expected to have acquired all the required competencies and skills to practice physical medicine and rehabilitation specialty and to prepare the trainees for the exams of the Jordanian Medical Council .

Detailed program goals

Upon successful completion of the high specialization program in Physical medicine and rehabilitation, the trainees are expected to be able to:

- 1) Diagnose by taking a complete history and physical examination pertinent to physical medicine and rehabilitation in addition to assessment of neurological, musculoskeletal and cardiovascular-pulmonary systems; assessment of disability and impairment and familiarity with the ratings of disability and impairment and data gathering and interpreting of psychosocial and vocational factors;
- 2) Communication effectively with patients and their families.
- 3) Evaluate the need for laboratory tests, and radiological images related to patients with various disabilities.
- 4) Diagnose and treat emergency conditions in rehabilitation e.g (autonomic dysreflexia).
- 5) Possess and show professional values and ethical medical behaviours.
- 6) Illustrate the knowledge of the diseases associated disabilities.
- 7) Efficiently take the following actions:

- Intraarticular injections
- Soft tissue injectins
- Botulinum toxin injection
- ASIA assessment for spinal cord injury
- Adequate manual muscle testing and reporting
- Electrodiagnosis
- Shock wave therapy
- Orthotics and prosthetics prescription

- 8) Formulate a treatment plan suitable for various acute and chronic rehabilitation conditions.
- 9) Illustrate knowledge of basic principles and reasons for using different treatments, such as heat therapy, cold therapy, electrotherapy, exercise prescription and laser.
- 10) Illustrate knowledge of clinical research and evidence based medicine and continuing professional development. The trainee is expected to publish at least one scientific research during the training period.
- 11) adequate knowledge of prescriptions for orthotics, prosthetics, wheelchairs and ambulatory devices, special beds and other assistive devices; 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.
- 12) Familiarity with the safety, maintenance, as well as the actual use, of medical equipment common to the various therapy areas and laboratories; pediatric rehabilitation; geriatric rehabilitation.
- 13) adequate knowledge in congenital or acquired myopathies, peripheral neuropathies, motor neuron and motor system diseases and other neuromuscular diseases; hereditary, developmental and acquired central nervous system disorders, including cerebral palsy, stroke, myelomeningocele, and multiple sclerosis
- 14) adequate knowledge of rehabilitative care of traumatic brain injury; rehabilitative care of spinal cord trauma and diseases, including management of bladder and bowel dysfunction and pressure ulcer prevention and treatment; rehabilitative care of amputations for both congenital and acquired conditions ;sexual dysfunction common to the physically impaired

- 15) adequate knowledge of postfracture care and rehabilitation of postoperative joint arthroplasty; experience in evaluation and application of cardiac and pulmonary rehabilitation as related to psychiatric responsibilities
- 16) adequate knowledge diseases, impairments and functional limitations seen in the pediatric, young and geriatric population.

Training schedule

The program includes general physical medicine and rehabilitation clinics, in addition to lists of simple therapeutic procedures, clinical traffic, teaching and research.

It is expected that the trainees will follow up patients referred from inside the hospital and from the emergency department, as well as daily review of rehabilitation patients entering the hospital.

Learning opportunities

- Scientific lectures twice / week covering various topics in the curriculum.
- Morning tutorial once / month.
- Lecture in rehabilitation once a week
- Scientific Magazine Club once / month.
- Opportunities to attend medical seminars in and outside the hospital.
- Individual training in rehabilitation procedures.
- Work-based Learning which includes:
 1. Rehabilitation clinics, including specialist clinics
During the initial period, the trainees see patients in outpatient clinics under direct supervision by a specialist or more experienced residents. Responsibility is expected to increase with increased efficiency to include evaluation of new patients and reviewers and presentation of their findings to the clinical supervisor.
 2. Evaluating the patients referred from the emergency department and the floors and providing clinical care for the rehabilitation entering the hospital.
 3. Multidisciplinary meetings when introducing a Multi-disciplinary team meeting
 4. Independent study - During the training period, it is necessary to spend some time in an independent study, including reading approved texts, scientific journals and electronic research.

Evaluation

- Evaluation is carried out on a unified basis and takes into account the following skills and points:
- Communication skills, Attendance, Theoretical knowledge, procedural skills, Clinical skills in taking a history, clinical examination, diagnosis and treatment plan for patients with acute and chronic skin diseases, Documenting medical information, and lastly feedback from colleagues, supervisors and patients.