



STUDY GUIDE	
PROGRAM	MBBS
MODULE TITLE	Rehabilitation
ACADEMIC YEAR	4th year MBBS- 2024
INTRODUCTION	<p>The rehabilitation module is structured to provide an introduction to rehabilitation medicine. Rehabilitation Medicine focuses on the diagnosis and management of disease and its effects on the functioning of the individual. Rehabilitation medicine is that part of the science of medicine involved with the prevention and reduction of functional loss, activity limitation and participation restriction arising from impairments; management of disability in physical, psychosocial and vocational dimensions and improvement of function.</p> <p>The students will have ample opportunity to be exposed to neurological rehabilitation (stroke and brain injuries), spinal cord injuries, orthopedic and trauma rehabilitation, musculo-skeletal and rheumatologically rehabilitation, amputee rehabilitation, sports medicine, chronic pain rehabilitation, cardiopulmonary rehabilitation and community based rehabilitation. The module is involved with the prevention and reduction of the disability and handicap arising out of physical impairments and with the medical management of disability from a physical, psychological and vocational point of view.</p>
RATIONALE	Rehabilitation is an essential component of most management plans and general physicians must have a clear understanding of how this science can be incorporated to improve patient outcomes.
MODULE OUTCOMES	By the end of the module, students should be able to describe basic concepts related to rehabilitation medicine, e, g, definitions, rehabilitation interventions, treatment principles, and prognoses of common conditions necessitating rehabilitation care.
DEPARTMENT	Institute of Physical Therapy & Rehabilitation
OBJECTIVES	By the end of the module, the students should be able to:



LECTURES

disabling consequences of disease, disorders and injury

1. Community-based rehabilitation

- Define community based rehabilitation
- Describe the strategies of incorporating rehabilitation in the community
- List the benefits of community based rehabilitation

2. Impairment and disability and handicap

- Explain the purpose of rehabilitation
- Describe the phases of rehabilitation after amputation.
- Discuss concepts of impairment, disability, and activity limitation and participation restriction
- Describe epidemiology, pathophysiology, clinical features and complications of diseases, disorders and injuries that may lead to impairment and disability

3. Rehabilitation evaluation

- Describe current tools and systems for the measurement of impairment, disability and activity limitation or participation restriction

4. Assessment of disabilities

- Describe the potential role and benefit of specific medical and rehabilitation therapies in the assessment and management of disability
- Interpret relevant diagnostic investigations, including radiological and electro-diagnostic tests.

5. Rehabilitative management of common musculoskeletal disorders

- Describe the rehabilitation protocols in the following disorder Cervical spondylitis, Sciatica, Low back Pain, Adhesive capsulitis, Impingement, Epicondylitis, Carpal tunnel syndrome, DeQuervain's synovitis, Groin region pain, ligament tear, meniscal tear, Plantar Fasciitis & Ankle Sprain.
- Formulate differential diagnosis and therapeutic interventions for musculoskeletal conditions



6. Management of Arthritis

- Diagnose patient presenting with complications of arthritis
- Discuss rehabilitation interventions to improve joint range of movement (ROM), muscular strength, pain relief, balance and coordination

7. Rehabilitative Management of Osteoporosis

- Discuss Rehabilitative Management of Osteoporosis
- Justify a rehabilitation management plan for osteoporosis

8. Management of Fractures

- Summarize rehabilitation methods following surgical intervention for fractures

9. Pediatric Rehabilitation

- Summarize the theories of development and normal developmental milestones
- Describe assessment methods and rehab interventions for pediatric patients (Cerebral Palsy, Talipes Equino Varus, Duchene muscular dystrophy, Myopathies, Spina Bifida)

10. Rehabilitative management of common neurological disorders

- Discuss Common neurological conditions including Spinal cord injuries, Traumatic brain injuries, and Parkinson's disease
- Describe a comprehensive assessment plan for a patient presenting with a neurological disease
- Formulate differential diagnosis and therapeutic interventions for neurological conditions
- Justify a rehabilitation management plan that specifies appropriate modalities of assessment and treatment

11. Rehabilitative Management of Stroke

- Explain the process of assessment and management of rehabilitation of a patient with cerebro-vascular disease
- Summarize rehabilitation management of stroke deficit



	<p>12. Rehabilitative management of common cardiac conditions</p> <ul style="list-style-type: none"> • Describe a comprehensive assessment of a patient presenting with common cardiac conditions and evaluate the potential for rehabilitation • Formulate differential diagnosis and therapeutic interventions for common cardiac conditions • Justify a rehabilitation management plan that specifies appropriate modalities of assessment and treatment <p>13. Rehabilitation of Amputee</p> <ul style="list-style-type: none"> • Describe epidemiology of major limb loss including etiology, incidence, morbidity and mortality • Summarize surgical principles of limb amputation and levels of amputation including digit(s), thumb, partial hand, trans-carpal wrist disarticulation trans-radial, elbow disarticulation etc. <p>14. Prosthesis Upper & Lower Limbs</p> <ul style="list-style-type: none"> • Describe components of the limb prosthesis: types, characteristics and indications • Explain postoperative patient management
<p>INTERNAL ASSESSMENT</p>	<ul style="list-style-type: none"> • Internal assessment will be according to JSMU policy. The details of internal assessment will be determined by the respective institutions. • Internal assessment carries 20% weightage in the final, end-of-year examination
<p>FINAL EXAMINATION</p>	<p>MCQs and OSCE/OSPE (un observed)</p>
<p>COURSE EVALUATION</p>	<p>Course will be evaluated through a feedback form which will be posted on the JSMU website</p>
<p>SUGGESTED READING SOURCES</p>	<ul style="list-style-type: none"> • Delisa's Physical Medicine and Rehabilitation, by Walter R. Frontera • Physical Medicine and Rehabilitation board review, by SaraCuccurullo, M.D





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