



# **Training Programme (essential elements)**

## **Clinical Practical Year (CPY)**

### **at Medical University of Vienna, Austria**

CPY-Tertial C

**Physical Medicine and General Rehabilitation**

Valid from academic year 2020/21

Responsible for the content

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This training programme applies to the subject of "Physical Medicine and General Rehabilitation" within CPY tertial C "Electives". The training programmes for the elective subjects in CPY tertial C are each designed for a duration of 8 weeks. If the subject in CPY tertial C is being completed over a period of 16 weeks, the specified content shall be treated in greater depth.

### 3. Learning objectives (competences)

The following skills must be acquired or deepened in the subject of Physical Medicine and General Rehabilitation during the CPY.

#### 3.1 Competences to be achieved (mandatory)

##### A) History taking

1. Clarifying the patient's expectations and requests for the consultation
2. Taking a systematic history (symptoms, current complaints - the patient's life situation, her/his understanding of the illness and concerns, social and cultural background and illness experience)
3. Taking a targeted, hypothesis-directed history
4. Noting and reacting to non-verbal cues
5. Identifying hazardous behaviour and dangerous lifestyles
6. Communicating in a multi-disciplinary team

##### B) Performance of examination techniques

7. Assessment of general condition (habitus and posture, symmetry and mobility of body) and nutritional state
8. Clinical-physical status
9. Assessment of basic and instrumental activities of daily living
10. Evaluation of health-related quality of life
11. Assessment of basic motor functions

##### C) Performance of routine skills and procedures

12. Prescription of physical therapy rehabilitation measures
13. Prescribe pain relief medication
14. RR blood pressure measurement
15. Venepuncture/drawing blood
16. Interpretation of findings in specialist context

##### D) Therapeutic measures

17. Checking the tolerability of physical therapy rehabilitation measures and their management
18. Prescription of physical therapy rehabilitation treatment measures
19. Performance of physical therapy rehabilitation treatment measures
20. Evaluation of contraindications of physical therapy rehabilitation treatment measures

##### E) Communication with patient/team

21. Providing information to patients and relatives in an ethically correct and professional manner in compliance with legal requirements and ensuring that the patient has understood the information
22. Checking compliance
23. Giving main information elements necessary to get informed consent
24. Summarizing the main points of diagnoses, active problems and management plans of a patient

25. Identifying ethically problematic situations
  26. Communicating and dealing professionally with geriatric patients
  27. Advising and supporting patients (empowerment)
  28. Managing patients with contradictory investigation results
  29. Conservative management of patients with self-limiting disease ("wait and see")
  30. Discussing diagnoses/prognoses with patients
  31. Participating in meetings with relatives
- F) Documentation
32. Record findings in patient file
  33. Writing short letters for transfer or discharge of patient
  34. Working with local/national and international guidelines and protocols

### **3.2 Optional competences**

In addition to the competences that are mandatory to achieve, further competences from the following list may also be acquired.

1. Performance of hand-held dynamometry
2. Performance of lactate measurements
3. Performance of functional tests
4. Performance of assessments and scores relating to physical medicine and rehabilitation
5. Ergometry
6. Knowledge from occupational medicine
7. Working ability (special outpatient clinic)
8. Occupational medicine (special outpatient clinic)
9. Ergonomics (special outpatient clinic)
10. Occupational diseases (special outpatient clinic)
11. Spiroergometry (special outpatient clinic)
12. Exercise testing, strength testing (special outpatient clinic)
13. Prevention (special outpatient clinic)

## **4. Information on verification of performance, on-going assessments**

### **4.1 The following aspects can be assessed in the Mini-CEX:**

1. Taking a medical history
2. Planning the diagnostic process
3. Planning physical therapy rehabilitation measures
4. Clarification of diagnostic and therapeutic measures
5. Case presentation based on the medical files

This list can be expanded accordingly.

#### 4.2 The following skills can be assessed in the DOPS

1. Filling out a requisition for instrumental investigations (lab tests, imaging)
2. Examination of bones, joints and muscles of shoulder girdle
3. Examination of spine, spine mobility and paravertebral muscles standing and supine (kyphosis, scoliosis, lateral tilt, Schober procedure, position-dependent pain)
4. Record findings in patient file
5. Prescribe physical therapy rehabilitation measures
6. Working in a multidisciplinary team
7. Retrieving patient-specific information from clinical data system

This list can be expanded accordingly.

#### 5. References

- 1) MCW Blockbücher aktuelle Ausgaben, Facultas Verlag, Wien.
- 2) R. Crevenna, Hrsg.: Gesund bleiben. Strategien für Alltag und Freizeit, MedUni Ratgeber, Wien, MANZ Verlag, 2020, ISBN: 978-3-214-04367-4.
- 3) R. Crevenna, Hrsg.: Onkologische Rehabilitation. Grundlagen, Methoden, Verfahren und Wiedereingliederung, Springer, 2020, ISBN: 9783662579817.
- 4) R. Crevenna, Hrsg.: Physikalische Medizin und Rehabilitation: Ein Kurzlehrbuch, Wien, Facultas Universitätsverlag, 2018, ISBN: 978-3-7089-1409-1.
- 5) R. Crevenna, Hrsg.: Kompendium Physikalische Medizin und Rehabilitation: Diagnostische und therapeutische Konzepte, Springer, 2017, ISBN: 978-3-662-49035-8.
- 6) R. Crevenna: Physical medicine and rehabilitation-a relevant interdisciplinary specialty. Wien Med Wochenschr. 2016 Feb;166 (1-2):2-3.
- 7) R. Crevenna, Hrsg.: Rückenschmerzen Vorbeugen und aktiv behandeln. MANZ Verlag Wien, 2022, ISBN: 978-3-21402529-8.
- 8) D. CifuRL. Braddom, ed: Braddom's Physical Medicine and RehabilitationPhysical Medicine and Rehabilitation, Elsevier Saunders, 202015, ISBN: 9780323625401 9780323280464
- 9) A Lange: Physikalische Medizin, Springer, 2003, ISBN: 978-3-642-55837-5.