

University of Florida College of Medicine - Jacksonville
Rheumatology Fellowship Program
Physical Therapy and Occupational Therapy Rotation

Goals:

Through this elective rotation the fellow will:

- Understand the scope of regional musculoskeletal disorders.
- Understand the musculoskeletal mechanics that may give rise to regional syndromes.
- Understand the utility and role of orthotics and bracing, non-invasive treatment modalities (topical analgesia, ice/heat, TENS unit, iontophoresis, physical and occupational therapy in treating regional musculoskeletal disorders).

Objectives

Patient Care

- Obtain a comprehensive history and physical for evaluation of the spine.
- Determine for the individual patient the risk vs benefit of invasive procedures for radiculopathies.
- Demonstrate proper sterile techniques for musculoskeletal injection/aspiration.
- Demonstrate proficiency at performing myofascial trigger point examination in multiple anatomic locations and be aware of the utility of directed trigger point injections.
- Diagnose regional rheumatic conditions and implement treatment plan.
- Identify patients who may benefit from soft tissue injection.

Medical Knowledge

- Describe the clinical presentation and physical findings of regional rheumatic conditions.
- Contrast those to systemic inflammatory conditions.
- Identify patients who may benefit from soft tissue injection.
- Describe the structure and function of the myofascial unit, and its examination.
- Describe the etiology of referred pain, trigger points, muscle fatigue and factors that perpetuate chronic pain.
- Generate a differential diagnosis for patients with regional musculoskeletal complaints.
- Describe techniques including trigger point release, strengthening, stretching, manipulative therapies as well as local injections that may be considered for regional pain disorders.
- Obtain/interpret appropriate imaging studies for patients with regional pain disorders.

Interpersonal and communication skills

- Review the risks and benefits for local injection with the patient.
- Advise patients regarding post-injection precautions.
- Outline and explain the benefits of a comprehensive rehabilitation program for a patient with chronic destructive inflammatory joint disease.

Systems-based practice

- Appropriately refer to physical and occupational therapy for rehabilitation and assistive devices and to orthopedics for surgical interventions.

- Determine for individual patients suffering from spine disease and other musculoskeletal problems, the indications for referral to ancillary services, including PT, OT, and clinical health psychology.
- Refer active duty patients appropriately for Medical Evaluation Boards.

Practice-based learning and improvement

- Incorporate evidence from the literature into patient care decisions.
- Demonstrate appropriate use of educational resources for self-education, including medical literature and on-line medical information.
- Identify gaps in personal knowledge and skills in the care of patients with neuromuscular disease.
- Develop and implement strategies for filling in gaps in knowledge and skills.

Professionalism

Demonstrate:

- Accurate representation of data
- Ethically sound decisions
- Professional appearance
- Attendance at clinics and conferences on time
- Respect for patients' confidentiality
- Sensitivity to culture, genders and disabilities

Methods of achieving objectives

- Direct patient care under the supervising physical therapist.
- Reading relevant sections from Rheumatology textbooks (Kelley or Hochberg) , Travell and Simons' textbook of Myofascial pain and dysfunction, and as per PT/OT preceptor.
- Select handouts and journal articles on pertinent topics.
- Core conference series.
- Electronic databases and computerized resources (UF databases, Up To Date)

Assessment tools

- Physical therapist will monitor fellow's interaction with the primary service and other health care team members.
- Physical therapist will critique fellow's assessment and plan.
- Physical therapist will monitor fellow's self-directed learning.
- Physical therapist will determine whether fellow has met the objectives detailed above.
- Rheumatology MKSAP questions
- Faculty -based quizzes
- ACR questions

Evaluation process

- Goals and Objectives will be reviewed with the fellow at the beginning of each rotation.
- Verbal feedback will be given throughout and at the completion of the rotation from the physical therapist.
- Evaluation form will be completed by the physical therapist and reviewed with the fellow.
- The evaluation will be submitted to the administrative office for review by the program director.