

In the Name of God

Islamic Republic of Iran Ministry of Health and Medical Education Deputy for Education

Physical Medicine and Rehabilitation (PM&R)

Degree: Specialty

Program Description

Along with the tremendous progress in science and technology, impressive progresses have emerged in Physical Medicine and Rehabilitation. The progresses include the new diagnostic methods, especially the electrodiagnostic medicine; physical medicine modalities; manual therapeutic techniques; prostheses and orthoses; types of clinical diagnostic methods; and organ rehabilitation techniques in different conditions. These progresses along with the continuous changes in needs of the society make the planners take action toward reviewing the curriculum of the relevant discipline and doing necessary revisions.

Definition and Duration of Training Program:

Physical Medicine and Rehabilitation is a medical clinical specialty that deals with the prevention, evaluation, diagnosis, and treatment of diseases; disorders and lesions of the neuromusculoskeletal system; and suggestion of different rehabilitative methods to patients and disabled people with the associated physical and cognitive disability in all ages for both outpatients and inpatients.

This specialty applies the electrodiagnostic medicine methods, diagnostic and therapeutic injections, pharmacological and physical methods (therapeutic exercises, therapeutic modalities, and osteopathic manipulative medicine) in order to diagnose, treat, and administer different therapeutic and rehabilitative methods in patients with painful conditions that limit the performance and disable the physical and cognitive functioning. This discipline also emphasizes the prevention of complications caused by disabilities.

Specialists of this discipline should be able to diagnose, treat, suggest different therapeutic and rehabilitative methods for neuromusculoskeletal diseases and disabilities (including disabilities related to the exercising and working) and other disabled organs, and manage disabled patients for a long time. They should be also able to lead the multidisciplinary rehabilitative teams for enforcing maximum level of improvement of the physical, mental, social, and occupational performance in people whose ability has been limited due to a disease, trauma, congenital defect, or pain.

The residency course of Physical Medicine and Rehabilitation lasts 3 years.

Aims:

1-We will reach the superior academic level and extend frontiers of knowledge in this regard within next 10 years besides achieving the global standards and expanding the research activities and academic products.

2- It will predispose the maximum level of quantitative and qualitative services in prevention, diagnosis, and treatment of neuromusculoskeletal lesions and Science Production in the region.

3- To train efficient specialists who fulfill needs of the society and prevent, evaluate, diagnose, and treat neuromusculoskeletal lesions and diseases.

Admission Requirements Expected Competencies at the End of the Program

General Competencies*

Specific Competencies and Skills

Major procedural skills

- Electrodiagnosis
- Osteopathic manipulative medicine
- Interventional pain management techniques
- All types of diagnostic and therapeutic injections

Educational Strategies, Methods and Techniques*

Student evaluation:

A- Evaluation methods

- Written multiple choice exams
- DOPS
- OSCE
- Continuous evaluation of the log book
- Modern methods, depending on the case

B: Periods of evaluation

- * 3-month periods
- * Annual evaluation (promotion)
- * Continuous evaluation of the log book

Ethical Considerations*

*Note: The related document(s) can be found at <http://hcmep.behdasht.gov.ir/>

The overall structure of the course

Residency year	Ward / unit / Place of training	Training content	Duration
First	EDO or EDC	General tutorials	1 month
	Physiotherapy ward, clinics, and admission ward	Observing and visiting inpatients and outpatients with common diseases, performing all types of injections	9 months
Second	Electrodiagnosis unit, Physical medicine and rehabilitation ward	Observing all types of tests Choosing thesis	2 months
	Admission ward, general and specialized clinics, Electrodiagnosis unit	Visiting, performing procedural practices	10 months
	Rheumatology ward	Observing the patients in the ward	1 month
	Neurology ward	Observing the patients in the ward	1 month
Third	Orthopedic ward	Orthopedics	1 month
	Technical orthopedic ward A relevant optional ward	Teaching prostheses and orthoses Pediatric neurology, heart, and surgery	1 month
	Admission ward, clinics, and thesis defense	Nerves, anesthesia, or performing procedural methods	9 months

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