

UND GERIATRIC MEDICINE FELLOWSHIP CURRICULUM  
PHYSICAL MEDICINE & REHABILITATION

**LOCATION SITES:**

SANFORD MEDICAL CENTER

5225 23rd Avenue S  
Fargo, ND 58104

SANFORD BROADWAY CLINIC

801 Broadway N  
Fargo, ND 58102

SNF-VM

Villa Maria  
3102 University Dr, Fargo, ND 58103  
(701) 293-7750  
villamariafargo.com

SNF-BETHANY

Bethany Retirement Living  
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# UND GERIATRIC MEDICINE FELLOWSHIP CURRICULUM PHYSICAL MEDICINE & REHABILITATION

## INTRODUCTION

Rehabilitation intends to restore some or all of an older adult's physical, cognitive and psychological capabilities that have been lost in progressive disease, injury or acute illness. Many therapists talk about removing the "dis" from disability. The methods for rehab are varied and may range from physical and cognitive training to use of adaptive devices. The overall goal is to achieve the highest possible function, independence and quality of life.

## OBJECTIVES BASED ON CORE COMPETENCIES

### *Medical knowledge*

1. Describe conceptual models used for rehabilitation
2. Understand different sites of rehabilitation and describe their strengths and weaknesses
3. Define the roles of each rehab team member
4. Describe common rehab interventions
5. List adaptive aids and how they are used

### *Interpersonal and Communication Skills*

1. Engage team members in patient care plans
2. Adjust patient interactions according to their neurosensory impairment
3. Discuss with caregivers their involvement and safety of caregiving

### *Patient care*

1. Perform a functional assessment in physical, cognitive and psychosocial domains
2. Evaluate and treat older adults in the continuum of rehab care (acute, outpatient, SNF).
3. Apply interprofessional team concepts
4. Prescribe patient – centered exercise
5. Adjust adaptive devices

### *Professionalism*

1. Provide punctual attendance at patient rounds and team meetings
2. Create timely reports of patient evaluations and management plans

### *Patient-Based Learning and Improvement*

1. Identify current or new quality improvement projects in rehab

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## *Systems-Based Practice*

1. Understand payment systems used for rehab
2. Know the criteria for entry into each levels of rehab (acute, SNF, home)

## **CURRICULUM FORMAT**

This block rotation has both clinical experiences and didactic components. The latter is self – directed learning through book chapters, review articles and original reports in the medical literature. The clinical experiences engage fellows across the continuum of rehab healthcare.

## **DUTIES AND RESPONSIBILITIES**

During this block rotation, fellows join rehab team members for in – patient rounds on the stroke rehab unit where they will provide Geriatric assessment and make recommendations for care and recovery. Fellows also attend outpatient rehab clinic as well as a SNF rehab center. During the outpatient rehab rotation, fellows will evaluate new and established older adults and report to the rehab attending regarding their assessment and recommendations.

## **RESOURCES**

Hazzard's Geriatric Medicine and Gerontology, Chapter 29 Rehabilitation

GRS, Chapter 21

Elderly Stroke Rehabilitation: Overcoming the Complications and Its Associated Challenges. Lui SK, Nguyen MH. *Curr Gerontol Geriatr Res*. 2018 Jun 27;2018:9853837. doi: 10.1155/2018/9853837.

Pharmacological Interventions to Improve Muscle Mass, Muscle Strength and Physical Performance in Older People: An Umbrella Review of Systematic Reviews and Meta-analyses. De Spiegeleer A, Beckwée D, Bautmans I, Petrovic M; Sarcopenia Guidelines Development group of the Belgian Society of Gerontology and Geriatrics (BSGG). *Drugs Aging*. 2018 Jul 25. doi: 10.1007/s40266-018-0566-y

Effects of Geriatric Team Rehabilitation After Hip Fracture: Meta-Analysis of Randomized Controlled Trials. Nordström P, Thorngren KG, Hommel A, Ziden L, Anttila S. *J Am Med Dir Assoc*. 2018 Jun 26. pii: S1525-8610(18)30262-7. doi: 10.1016/j.jamda.2018.05.008

Age-Related Hearing Loss: Innovations in Hearing Augmentation. Vaisbuch Y, Santa Maria PL. *Otolaryngol Clin North Am*. 2018 Aug;51(4):705-723. doi: 10.1016/j.otc.2018.03.002

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**GERIATRIC MILESTONES**

Complete list of UND Geriatric Medicine Fellowship Curricular Milestones can be found in the handbook/website.

**ROTATION SPECIFIC MILESTONES**

**Functional impairment and rehabilitation**

14 Know the indications and contraindications for referring patients to physical, occupational, speech or other rehabilitative therapies, and refer if appropriate

15 Know indications for durable medical equipment, prescribe and evaluate for appropriate use

16 Recognize and manage the care of patients at high risk for poor outcomes from common conditions such as deconditioning, stroke, hip fracture, and dysphagia

**EVALUATIONS**

Evaluations will be based on core competencies and completed by multiple entities:

COMPETENCIES	PATIENT CARE	MEDICAL KNOWLEDGE	PRACTICE BASED LEARNING	INTERPERSONAL COMMUNICATION SKILLS	PROFESSIONALISM	SYSTEMS BASED PRACTICE
EVALUATOR						
ATTENDING	X	X	X	X	X	X
PEER	X			X	X	
PROGRAM DIRECTOR*						
SELF**						
PATIENT/FAMILY MEMBER				X	X	
ALIED HEALTH PROFESSIONAL				X	X	X
PARTICIPATION IN DIDACTICS		X				

\*Milestones based quarterly evaluations \*Evaluations performed semi-annually and annually