Introduction to Rehabilitation Medicine

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Rehabilitation

• WHO definition

“The use of all means aimed at reducing the impact of disabling and handicapping conditions and at the enabling people with disabilities to achieve optimal social integration”
WHO: rehabilitation

- Medical rehabilitation
- Vocational rehabilitation
- Social rehabilitation
- Educational rehabilitation
ICIDH-WHO

Disease Onset → Signs & symptoms → Impairment → Disability → Handicap

- Loss or abnormality of psychological, physiological, or anatomical structure or function
- Restriction in ability to perform a function that may result from an impairment
- Disadvantage that results when a disability or impairment limits or prevents the fulfillment of a role

(Note: the dashed lines indicate that one state may or may not lead to a subsequent one)
**Figure 1**: The current framework of functioning and disability – the WHO International Classification of Functioning, Disability and Health (ICF)²⁰
Figure 2: Example for Applying the ICF-Model in Musculoskeletal Conditions
Rehabilitation Medicine

• Physical medicine and rehabilitation (PMR)
• Physiatry
  “A medical specialty carrying out diagnosis, evaluation and management of patients who experience physical and/or cognitive dysfunction and disability”*
• Rehabilitation medicine’s main focus is on improvement of functioning

*American Board of Physical medicine and rehabilitation
Principles of Rehabilitation Medicine

• Learning process as a basic principle of rehabilitation medicine
  – Rehabilitation is like schooling
  – Rehabilitation team acts as a teacher
Principles of Rehabilitation Medicine

• Aims of rehabilitation medicine
  – Treating the underlying pathology
  – Reducing the impairment and/or disability
  – Preventing and treating complication
  – Improving functioning and activity
  – Enabling participation

Quality of life

แพทย์เวชศาสตร์ฟื้นฟู แพทย์เพื่อคุณภาพชีวิต
Principles of Rehabilitation Medicine

- The rehabilitation team: work together with the patient and family to help a person with disability reach maximum potential.
Team model

• Medical model

**Medical Model**

• Communication is more vertical than lateral
• Usually physician driven
• Approach effective when discipline is ordered as consult

**FIGURE 5.1** The medical model.
Team model

• Multidisciplinary team
Team model

- Interdisciplinary team
**Team members roles**

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Primary Role in the Team</th>
<th>Examples of Collaboration With Other Team Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiatrist</td>
<td>Responsible for physical medicine and rehabilitation management of patient’s care.</td>
<td>Often leads the team.</td>
</tr>
<tr>
<td>Staff nurse</td>
<td>Coordinates and provides day-to-day patient care. Educates patient/family regarding</td>
<td>Supports and coaches patients to practice newly learned skills. Cues them as needed.</td>
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<tr>
<td></td>
<td>medical and health issues as well as skills needed to provide safe health care (i.e.,</td>
<td>Provides feedback to therapists re: patient ability to follow through with skill and if there are cognitive,</td>
</tr>
<tr>
<td></td>
<td>catheterization skills, bowel programs, skin maintenance/wound management). Patient</td>
<td>behavioral, or physical changes during the day that are impacting patient’s ability to consistently perform on unit.</td>
</tr>
<tr>
<td>Physical therapist (PT)</td>
<td>advocate.</td>
<td></td>
</tr>
<tr>
<td>Occupational therapist (OT)</td>
<td>Maximizes patient function by working with patients to improve gross motor skills.</td>
<td>PT and OT work together to develop strength, balance, and teaching skills needed for ADLs. Patient works on W/C</td>
</tr>
<tr>
<td></td>
<td>Focuses on mobility, including ambulation, balance, W/C skills,</td>
<td>transfers, whereas OT incorporates what PT has taught patient to practice toilet transfers, and instructs patient on</td>
</tr>
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<td></td>
<td>Provides modalities for pain management.</td>
<td>clothing management, personal hygiene.</td>
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<tr>
<td></td>
<td>Assist patient gain maximal function in areas of ADLs.</td>
<td>OT and PT collaborate to assist patient to become functional with all components of skills/ADLs.</td>
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# Team members roles

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<td>Social worker/discharge planner</td>
<td>Focuses on psychosocial support.</td>
<td>Communicates patient/family wishes regarding necessary services. Collaborates with team regarding patient’s needs.</td>
</tr>
<tr>
<td></td>
<td>Prepares patients and families for discharge.</td>
<td>Communicates status of services obtained.</td>
</tr>
<tr>
<td></td>
<td>Identifies supportive services, resources needed after discharge.</td>
<td>Works with case management in coordinating and all written information that will go home with patient.</td>
</tr>
<tr>
<td></td>
<td>Links patient/family to community physicians, services, home health care, long-term care facilities, and medical equipment providers.</td>
<td>Provides necessary information about patient to community providers to ensure continuity of care.</td>
</tr>
<tr>
<td>Speech-language pathologist (SLP)</td>
<td>Evaluates and treats cognition, communication, swallowing disorders, and hearing deficits.</td>
<td>Communicates with team regarding patient communication needs, how to cue patient when learning an activity, impact of cognitive deficits on ability to learn and retain information. Communicates with team regarding feeding and swallowing disorders and works with physicians, nurses, and dieticians about appropriate food and liquid consistencies, compensatory strategies to maintain safe swallow.</td>
</tr>
</tbody>
</table>
MEANWHILE... VALARIE IS CHANGING THE WORLD ONE PHONEME AT A TIME.

AP - PLE!

THIS IS WHY I AM AN SLP!
Team members roles

- **Prosthetist**
  A healthcare professional who makes and fits artificial body parts, such as an artificial leg or arm.

- **Orthotist**
  A healthcare professional who makes braces or splints used to strengthen or stabilize a part of the body.
Mobility

Transfers

Positioning

Toilet and hygiene

Dressing

Feeding

Communication

PT

OT

Speech T

Rehab nurses
Summary

• Rehabilitation team
  – Comprehensive
  – Interdisciplinary
  – Holistic
  – Communication between teams members is the key to success
Disabled People are People Too

Medicine adds years to life.
Rehabilitation medicine adds life to years.