

## **Department of Physical Medicine and Rehabilitation**

### **Scope of Practice of PM&R**

#### **Mission:**

The Department of Physical Medicine and Rehabilitation at URMCM delivers comprehensive rehabilitation services to optimize the health and function of patients in a safe, compassionate patient/family centered environment enriched by education, science and technology.

#### **Vision:**

The department of PM&R will be the provider of choice for Physical Medicine and Rehabilitation services in the greater Rochester area, recognized for its expertise in Adult and Pediatric Spinal Cord Injury, Stroke and general rehabilitation.

#### **Values:**

Guided by the needs of our patients, families, staff and trainees we are strongly committed to these values with

- Integrity – We conduct ourselves in a fair, responsible and trustworthy manner.
- Compassion – We act with empathy and understanding toward others.
- Accountability – We are obligated to take responsibility for our actions and join with colleagues in realizing the hospital's vision.
- Respect – We treat patients, families and colleagues with dignity and sensitivity, valuing their differences.
- Excellence – We rise above the ordinary through personal and team efforts.

#### **Objectives:**

While embracing the ICARE values of URMCM, we will provide:

- Team oriented, seamless inpatient, outpatient and SNF rehabilitation for Neurorehabilitation, Musculoskeletal/Orthopaedic Rehabilitation, Pediatric Rehabilitation and Cardiopulmonary/Complex Medical/Transplant and General Rehabilitation
- Continuous patient education throughout their course of treatments
- Patient care with improved communication and coordination with providers internally and externally
- Patient and family centered care; we would show improved outcomes in quality, efficiency and effectiveness of our patient experiences (HCAHPS, Surveys, MedTel)
- Advocacy for our patients by partnering with community agencies to bridge the gap in services
- Patient care seeking opportunities to grow in programs such as MS, Spasticity (ITB and Botox), equipment and technology to complement the existing service lines
- Access to CME activities and other educational opportunities to enhance rehabilitation skills and promote retention of skilled, committed and qualified rehab personnel
- Competitive residency training is evidenced by the quality of residents with a high board pass rate and full RRC accreditation.

#### **Scope**

The Department of Physical Medicine and Rehabilitation (PM&R) at URMCM offers, acute inpatient rehabilitation service, outpatient rehabilitation clinics with Physiatric, physical (PT) and occupational therapies (OT), Integrated cognitive rehabilitation program(ICRP), consultations by physiatrists, PT and OT services to the acute medical and

surgical units and one area skilled nursing facility. PM&R has its own residency training program and we train both physical and occupational therapy students from area PT and OT schools.

## **I. Inpatient Rehabilitation**

Our acute inpatient rehabilitation unit housed in Strong Memorial Hospital is equipped with a well-coordinated, multidisciplinary team of experts to care for the patients. Each patient benefits from a personal rehabilitative team with expertise in specific illnesses and injuries, led by a physiatrist (a doctor who specializes in Physical Medicine & Rehabilitation). The PM&R team includes the patient and family, occupational, physical, speech and recreational therapists, a neuropsychologist, social workers and rehabilitation nurses. With support from the Golisano Children's hospital, we are able to admit persons 6 through 18 years old.

Conditions we treat: Each year, we treat hundreds of people with serious physical disabilities as a result of Amputations, Arthritis, Burns, Cardiac disease, Debility, Multiple traumas, Musculoskeletal conditions, Neurological diseases, Organ transplants, Orthopaedic conditions, Spinal cord injury, Brain injury and Stroke.

Our 20-bed inpatient unit has everything patients need to complete their rehabilitation journey, including:

- State-of-the-art therapeutic facilities and equipment
- A therapy gym to regain movement and build strength
- A completely furnished "living skills" apartment
- A real car to practice mobility and transfers
- A professional team to provide round-the-clock care
- A minimum 3 hours of therapy 5 days per week with additional therapy offered on the weekend.
- Financial counselors to help with your insurance coverage and admission coordinator to assist if prior approval is needed.
- A hospital network of specialists to assist in meeting all of your medical needs
- A network of community resources for the services we do not provide directly (ie: driving and vocational services)

## **II. Physician Services**

- Medical evaluation and treatment of back and neck pain - the vast majority of symptoms related to spinal conditions can be treated conservatively with relative rest, education, activity, and/or work modification, bracing, medication, and/or active physical rehabilitation. These measures are almost always incorporated into the treatment program of spinal conditions as they empower patients to be proactive with acute management and can be crucial in achieving long-term success.
- Image-Guided Spine-Specific Injections - our interventional spine specialists are experts at utilizing x-ray guidance to deliver powerful anti-inflammatory medication (cortisone) safely and precisely to the potentially inflamed swollen spinal structure responsible for your symptoms.
- Our Neurological Rehabilitation program aims to help those affected by a disease or injury to an individual's neurological system. Our physicians are specialists in rehabilitation of neurological conditions such as stroke, spinal cord disease/trauma, and brain injury. Our physicians are part of a greater team consisting of physical therapists, occupational therapists, speech and language therapists, neuropsychologists and more. With our team-based approach, our goal is to optimize your physical and cognitive wellbeing so that you can achieve the highest level of independence.
- Musculoskeletal diseases and injuries can limit your day to day activities and prevent you from doing the things you enjoy, whether it is cooking, playing sports, travel, or many other activities. Our goal is to help you eliminate or reduce musculoskeletal pain so you can return to the activities you enjoy.
- UR Medicine offers an Adult & Pediatric Spasticity Program to help patients who have been diagnosed with spasticity. Through this program, you can reduce the effects of spasticity and improve your quality of life. Customized treatment plans may include therapies, medications, botox injections or a baclofen pump management.

### III. Adult and Pediatric Occupational Therapy Services Outpatient

We offer a full range of occupational therapy treatments for people of all ages—from infancy to older adults. The PM&R advantage is continuity of care from a well-coordinated team. We offer specialists for all types of therapy and for specific diagnoses, to help patients regain function in daily activities with increased confidence. Once we assess patient's condition, we offer outpatient treatments in two convenient locations in the Rochester area. Whether the patient has a temporary or permanent impairment, we provide a personalized therapy program to restore lost function and safely adapt to new circumstances, if necessary.

Adult conditions we treat:

- a. Cumulative trauma; Carpal tunnel syndrome, DeQuervains tendonitis, Repetitive motion disorders, Tendonitis, Trigger finger and Writer's cramp
- b. Traumatic injuries; Amputations, Burns, Fractures and sprains and Lacerations
- c. Rehabilitative conditions; Arthritis, Cognitive deficits, Developmental delays, Lou Gehrig's disease (ALS), Multiple sclerosis, Neuropathies, Parkinson's disease, Spinal cord injury, Stroke and Visual impairments

Treatment program consist of comprehensive evaluation and assessment, targeted functional exercises, practice of real-life tasks, adaptive equipment and techniques design and fabrication of splints and pressure garments, injury-prevention techniques, education on home safety, ergonomic training, Patient and family education programs. Outpatient services are provided in a state-of-the-art clinic, complete with a fully functional apartment to practice daily tasks and a computerized work simulator.

Pediatric conditions we treat:

ADHD, Autism spectrum, Brachial plexus injury, Cerebral palsy, Developmental delays, Juvenile rheumatoid arthritis,  
Learning disabilities, Mental retardation, Motor in-coordination, Sensory processing integration disorders and Traumatic brain injury

Treatment program helps infants through adolescents manage their functional limitations.

We treat children for a wide range of issues that affect their daily lives—from difficulty tolerating the touch of clothing or eating age-appropriate foods to fine-motor, learning and balance disorders. We work together with each child's parents and caregivers to develop a treatment plan that works to reach each patient's maximum potential, step by step.

Working closely with each family, their child's educators and other healthcare providers, therapists will design an age-appropriate treatment program that addresses each child's specific needs. Treatment programs feature specific and attainable goals to help the patient improve functional performance. In addition, we collaborate with school services and supplement them, and offer summer services for children who don't qualify through their school district or county. Every treatment program is personalized for each patient, based on the age and developmental level of each child.

### III. Adult and Pediatric Physical Therapy Services outpatient

Our physical therapy offers a full range of treatments for people of all ages—from infancy to older adults. The PM&R advantage is continuity of care from a well-coordinated team. We offer specialists for all types of therapy and for specific diagnoses, to help patients regain function in daily activities with increased confidence. Once we assess patient's condition, we provide outpatient treatment in three convenient locations in the Rochester area.

Conditions we treat:

Arthritis, Athletic injuries, back and neck pain, balance disorders, burns, cancer-related disorders, fibromyalgia, functional capacity evaluations, motor vehicle-related injuries, neurological disorders, orthopedic injuries, osteoporosis, pediatric disorders, post-surgical rehabilitation, shoulder and elbow injuries, spinal cord injuries, stroke and its complications and work-related injuries, such as carpal tunnel syndrome

Treatment program: Physical therapists provide care for patient through comprehensive evaluation and assessment ultrasound, electrical stimulation, heat and cold therapies, aquatic therapy, through the Rochester Metro Center YMCA, personalized and activity-specific exercise programs designed to restore function and/or an active lifestyle, balance/coordination exercises, myofascial release (gentle, sustained pressure into connective tissue to eliminate pain and restore motion), state-of-the-art equipment and patient and family education programs.

Pediatric conditions we treat:

Brachial plexus injury, brain injuries, gross motor and developmental delays, neurological disorders, orthopedic injuries, pre-surgical assessments, post Botox-injection therapy, post-surgical rehabilitation, spinal cord injuries and Torticollis.

Treatment program: We treat children with conditions ranging from acute injuries to long-term illnesses and disabilities. Like the adult treatment program, physical therapy for children involves a comprehensive evaluation and assessment, followed by treatments designed to address each patient's area(s) of need and developmental level. Our therapists often guide patients through individualized exercise programs that are developmentally appropriate to reach their therapy goals. We also involve each patient's family in our treatment program, and offer educational programs about specific conditions to provide answers to their questions and concerns. Each child's physician is our partner in any physical therapy program we provide.

#### **IV. Integrative cognitive rehabilitation program (ICRP)**

ICRP was developed as a treatment model for individuals with mild cognitive impairments impacting their quality of life. Individuals participate in the program with a hope to return to work, to organize their daily routine or to enhance relationships. Due to the dynamic nature of cognitive impairments, treatment involves a comprehensive, integrative and multidisciplinary approach with neuropsychologist, speech and occupational therapist.

The evaluation cognitive process typically begins with a comprehensive cognitive assessment to quantitatively define the individual's unique strengths and weaknesses related to processing information.

Speech Pathologist in this program defines periods of cognitive breakdowns that interfere with daily life and develop interventions, strategies and skills.

The occupational Therapist helps implementing new strategies and skills utilizing a cognitive prosthetic, and helps the person overcome daily breakdowns that have caused dysfunction.

The Neuropsychologist provides comprehensive cognitive testing on those individuals who may benefit from additional information. The neuropsychologist also works with the team during weekly case reviews to offer input into treatment strategies. The multidisciplinary team meets weekly to discuss and modify the individual's treatment plan in order to maximize functional gains towards participant's goals.

The above outpatient services are provided in three convenient treatment locations: The Strong Rehabilitation Center at Clinton Crossings, Strong Memorial Hospital and at Metro Center YMCA (aquatic program).

#### **V. Education**

The department has a four year categorical, ACGME accredited residency training program with a total of 12 residents in the program. We teach 1<sup>st</sup> year Orthopedic residents, Rheumatology and Gero-

psychiatry Fellows rotating in PM&R for learning aspects of Physical Medicine and Rehabilitation. The faculty and residents teach 3<sup>rd</sup> and 4<sup>th</sup> year medical students during their electives in PM&R. Faculty participate in medical student teaching in the 2<sup>nd</sup> year in the “Mind, Brain and Behavior” course. In addition, both faculty and residents teach a course called “SCOPE” for the 1<sup>st</sup> year students. The physical and occupational therapists train PT and OT students from the local and area PT and OT schools.

#### **VI. Research**

Faculty, residents and staff are engaged in research with many presentations at the national meetings and publications in PM&R journals.

Research is mandatory for PM&R residents who also participate in quality improvement projects.

#### **IV. Community service**

The members of the department of PM&R take pride in hosting and volunteering in an annual Spinal Cord injury Health Fair with educational activities and blood pressure screening. Staff actively participates in local consumer activities including the National Spinal Cord Injury Association and the Monroe County Traffic Safety Board. Therapists support activities through the MS society, the Burn Association, the American Stroke Association and the very active SportsNet organization.

Residents and therapists routinely engage in volunteering in local health care and other organizations.

Sports/Concussion program. Dr. Jeffery Bazarian and Pamela Mapstone, NP Sports Concussion Clinic, providing ImPACT testing and outpatient concussion care to area high and collegiate athletes