



Icahn
School of
Medicine at
Mount
Sinai

Career Planning Services Newsletter

FEBRUARY 2015

Spotlight on:

Physical Medicine & Rehabilitation

Overview

Physical Medicine Rehabilitation (PM&R) is a medical specialty that focuses on the diagnosis and treatment of injuries and illnesses that cause temporary or permanent impairment and disability. Its goal is to help patients to gain maximum level of function and optimal quality of life. Specialists in PM&R are referred to as physiatrists. They are trained to provide integrated care in the treatment of conditions that affect the brain, spinal cord, nerves, muscles and bones, i.e. conditions that may impair mobility, self-care skills and be painful. Physiatrists perform comprehensive functional evaluations of their patients or appropriate tests to establish from a diagnosis and prescribe a treatment plan, often working in coordination with a team of allied health professionals, including nursing, physical/occupational/speech/recreational therapists, psychologists, social workers and vocational counselors. Specific treatments include medications, physical modalities, therapeutic exercise, mobility and self care training, adaptive equipment and spinal/joint injections under fluoroscopic or ultrasonic guidance.

Following one year of internship in medicine or surgery, the PM&R residency program lasts three years after which many physiatrists pursue fellowships in sub-specialties, such as pain medicine, sports medicine, pediatric rehabilitation, spinal cord injury medicine, brain injury medicine, palliative care etc.

Why I Chose Physical Medicine and Rehabilitation

By Lori Garjian, MD, Assistant Professor, Department of Rehabilitation Medicine

As a medical student, I enjoyed all my clinical rotations but was especially interested in treating patients with musculoskeletal and neurologic disorders. Physical Medicine and Rehabilitation was a field where I could combine these interests. The field also appealed to me due to its emphasis on restoration of function in treating not just a patient's physical injuries but the resultant psychological and emotional dysfunction which occurs as a result of disability. I felt that in such a field, I could follow my patients on a long term basis from acute injury to recovery.

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From the Chair:

Kristjan T. Ragnarsson, MD

Chair of the Department of Rehabilitation Medicine

Physiatrists have ample opportunities to make a valuable difference in their patients' lives by improving their mobility, self-care skills and quality of life and by reducing their pain. While fast or dramatic cure may be relatively rare in our field, working with a disabled person patients for years or even a lifetime creates lasting, rewarding relationships. For most physiatrists working hours are quite predictable and flexible enough to permit time for other obligations. Practice settings may vary from solo to groups in either private practice or hospital employment. Many who choose an academic career have the opportunity to teach students, residents, fellows and other healthcare professionals and to participate in research. Few patients of physiatrists have mortal conditions and the low risk of PM&R interventions are reflected in affordable malpractice insurance rates. In general physiatrist's income compares favorably to those of other non-surgical specialties.

Information about PM&R from AAMC Careers in Medicine

Patient Profile

5 most frequently encountered conditions

1. Back pain/injury/surgery
2. Stroke
3. Neck pain/injury/surgery
4. Spinal cord injury
5. Arthritis (unspecified)

Subspecialties (ABMS approved)

[Neuromuscular Medicine](#)

[Pain Medicine](#)

Pediatric Rehabilitation Medicine

Brain Injury Medicine

[Spinal Cord Injury Medicine](#)

[Sports Medicine](#)

Prerequisites

PM&R residency requires successful completion of a preliminary (internship) year

Length of training

4 years, including preliminary year

**Careers in
Medicine**



Do you know about CiM Assessments?

Careers in Medicine offers numerous assessments to help you throughout your medical school career and decision making processes.

Start with the **Specialty Indecision Scale** to discover where you are on decision making—it's a quick and reliable, means for identifying areas of career indecision. The responses are summed up into 6 areas: readiness, information, identity, barriers, indecisiveness, and self-doubt.

Next, take the **Interests: Medical Specialty Preference Inventory**. It measures interests in different aspects of medical practice. Ratings are used to assess your probability of entering 16 medical specialties and your preference of 18 areas of medical practice.

Values: Physician Values in Practice Scale will measure what is important to you as a physician and what you want from a career. This tool prioritizes six values (Autonomy, Management, Prestige, Service, Lifestyle, and Scholarly Pursuits) using your responses and provides results that you can compare to various environments and activities in medical practice. Your scores best help you determine how you want to practice medicine, rather than what specialty to choose.

The **Skills** assessment will help you determine areas in which you excel. These assessments help do that by assessing your adaptive, functional, and specific content skills. Skills and abilities can be grouped into three major areas: Adaptive, Functional, and Specific Content.

Personality Type and Learning Styles assessments help you discover who you are and how you relate to others. Your style of interacting with patients, colleagues, and supervisors is especially crucial when choosing a specialty and identifying the type of work you want to perform within a specialty.

Want more information about PM&R?

Specialty advisor: Joseph Herrera, D.O., Director of Medical Education

Chairman: Kristjan T. Ragnarsson, MD, is Professor and Chair of the Department of Rehabilitation Medicine

Check out the **Specialty Roadmap** on Blackboard

View two videos about PM&R

Blackboard>Student Resources>Career Planning Services>Rehab medicine

<http://icahn.mssm.edu/departments-and-institutes/rehabilitation-medicine>

Residency Training Program <http://icahn.mssm.edu/departments-and-institutes/rehabilitation-medicine/programs-and-services/physical-medicine-and-rehabilitation-residency>

Societies, Boards, and Other Organizations

[American Academy of Pain Medicine](#)

[American Academy of Physical Medicine and Rehabilitation](#)

[American Board of Physical Medicine and Rehabilitation](#)

[American Congress of Rehabilitation Medicine](#)

[Association of Academic Physiatrists](#)

[International Society of Physical and Rehabilitation Medicine](#)

American College of Sports Medicine

American Medical Society of Sports Medicine

Publications

[Archives of Physical Medicine and Rehabilitation](#)

[American Journal of Physical Medicine and Rehabilitation](#)

[Journal of Rehabilitation Research and Development](#)

[Disability and Rehabilitation](#)

[Journal of Rehabilitation Medicine](#)

[Physical Therapy](#)

AAMC Careers in Medicine

<http://www.aamc.org/cim>> Choose your specialty> Physical medicine and rehabilitation

Announcements & Upcoming Events

- The Family Medicine Interest Group (FMIG) is hosting a Happy Hour event on February 5, 2015 at 7:30 PM in the Annenberg Student Lounge. Faculty, Staff, and Residents from the Department of Family and Community Medicine will attend the event, as well as students interested in Family Medicine. Food and beverages will be provided.
- The Internal Medicine Interest Group is holding an Internal Medicine Sub-specialty Mixer, where students will have the opportunity to talk to and ask questions of physicians from various subspecialties of Internal Medicine on Wednesday February 25th, at 4:30pm in the Annenberg Student Lounge

Coming up...

OB/Gyn
Psychiatry
Pediatrics

Family Medicine
Ophthalmology
Radiology

Office of Student Affairs

212.241.4426

Annenberg 13-30

Blackboard>Student Resources>Career Planning Services

<http://icahn.mssm.edu/education/medical/student-affairs>