UNDERSTANDING PM&R

THE ROLE OF PM&R IN PROVIDING QUALITY HEALTHCARE
Understanding the Role of PM&R: Providing Quality Healthcare
What is PM&R?

- Physical Medicine and Rehabilitation
- Established medical specialty
- Restore or maximize function
- “Quality of Life” specialty
What Conditions Do PM&R Physicians Treat?

- Acute and chronic medical conditions
- Musculoskeletal conditions
- Severe disabilities
Conditions

- Low back pain
- Sports-related injury
- Birth defect
- Trauma recovery
- Spinal cord injury
- Multiple sclerosis
Conditions

- Brain injury
- Stroke
- Amputation
- Cancer
- Nerve injury
Conditions

- Neck pain
- Arthritis
- Tendinitis
- Work-related injury
- Repetitive stress injury
- Muscular dystrophy
Education & Training

- Must understand all major body systems and their impact on function
- Four years of college
- Four years of medical school
- Four years of residency training
- Subspecialty training
Advanced Diagnosis and Treatment

- Special diagnostic techniques: EMG, nerve conduction studies
- Sample treatment options:
  - therapeutic exercise
  - heat and cold therapy
  - manual medicine
  - biofeedback
  - physical therapy
  - prescription
  - medication
  - injection techniques
The PM&R Approach

- Comprehensive care
- Individualized approach
- Preventive medicine
- Nonsurgical treatment
- Teamwork
- Goal-directed care
Ensuring High-Quality Care

- Case management
- Nonsurgical approach
- Treatment team leader
- Measurable goals
Low Back Pain: A case study

- Steve F.; 35-year-old factory worker; out of work for 10 months
- Symptoms: constant pain, out of shape, depressed, overweight
- Previous treatment:
  - physical therapy, hot packs, therapeutic massage, OTC pain medication
Low Back Pain - Statistics

- 4 out of 5 Americans will experience low back pain
- Most frequent cause of disability for people under 45
- Estimated annual cost to society $20 - $50 billion
- Second most common reason for primary care visit
Low Back Pain: PM&R approach

- Comprehensive clinical exam and medical history
- Assessment of patient lifestyle, occupational risks
- Potential for future complications
- Goal setting
Low Back Pain: Treatment plan

- Pain and sleep medication
- Physical therapy program
- Patient counseling and education
- Measure progress
Low Back Pain: Results

- Pain relief
- Return to work in 33 days
- Patient practicing self-management, prevention techniques
PM&R Success in Treating Low Back Pain

- Back Pain Survey in *New York* magazine
- Patients report greater relief from low back pain when treated by PM&R physicians
Stroke Rehabilitation: A case study

- Alice M.; 78-year-old woman with diabetes
- Left side weakness and numbness
- Discharged to home
- Given medication to prevent recurrence of stroke
- One week later, she falls; readmitted for knee injury
Stroke - Statistics

- Leading cause of disability among the elderly
- 3 million Americans have stroke-related disability
- Estimated $30 billion cost to society each year
- Recovery typically involves multiple care settings
Stroke Rehab: PM&R approach

- Treatment team leader
- Patient assessment
- Focus on continuity of care
- Patient and family involvement
Stroke Rehab: PM&R assessment

- Alice’s home somewhat isolated; frequent stair-climbing required
- Diabetes contributes to numbness in her feet and legs
- Weakness from stroke, fear of falling limits her activity
- Signs of depression
Stroke Rehab: PM&R goals

- Maximum mobility
- Help Alice regain functional independence, confidence
- Prevent more falls
- Manage depression
Stroke Rehab: Treatment plan

- Safety improvements to living environment
- Short, intensive outpatient program with emphasis on stair climbing
- Daily home exercises to improve circulation
Stroke Rehab: Results

- Alice’s mood and confidence restored
- Two years later, continues to live independently with no more falls
- Maintains independent personal care skills
What Can PM&R Physicians Do For You?

- Case management skills
- Patient-focused care
- Team orientation
- Nonsurgical treatment
- Measurable goals
How to Locate a PM&R Physician

- Primary care doctor
- Telephone directories
- Local medical society
- www.aapmr.org
- 312/464-9700
PM&R Physicians – Adding Quality to Life

- Match resources to patient needs
- Maximize patient function, self-sufficiency
- Balance quality and cost of care
- Team players—work well with primary care doctors
“Quality of life has long been the goal of PM&R. We strive to achieve that goal by looking at the multiple problems of patients, minimizing those problems, and optimizing function.”