



Queen's
UNIVERSITY

Hôpital Providence Care Hospital

PHYSICAL MEDICINE AND REHABILITATION

Physical Medicine and Rehabilitation, also known as Physiatry, is the branch of medicine concerned with the comprehensive diagnosis, medical management and rehabilitation of people of all ages with neuromusculoskeletal disorders and associated disabilities. Physiatrists work in a diverse range of subspecialty areas to help patients with a variety of impairments related to conditions such as stroke, acquired brain injuries, spinal cord injuries, amputations, and various musculoskeletal disorders. Physiatrists play a vital role in our health care system and as the Canadian population continues to age, the demand for their services will only continue to grow.

Program Strengths

Queen's PM&R provides its residents with a challenging yet rewarding five-year experience. Key strengths of the program include:

Program Structure

The unique design of Queen's PM&R provides its residents with horizontal exposure to critical components of the program, and the opportunity to revisit core areas of rehabilitation a second time in their Core of Discipline rotations.

Individual Professional Responsibility

A system of graduated responsibility allows residents to take on increasing leadership roles and enhanced clinical, administrative and academic responsibilities equivalent to those of a consultant.

Service/Education Balance

Inpatient wards are fully staffed by Hospitalists and Nurse Practitioners that can function without resident support, allowing residents to fully maximize their educational experience by focusing their time on activities with the most educational value.

Dedicated Faculty

Our faculty members are dedicated to teaching and all resident clinical activities are supervised directly by a faculty member.

Program Size

The small size of the program facilitates close working relationships between residents, faculty, and allied health professionals in a friendly and supportive working environment.

Program Overview

The Physical Medicine and Rehabilitation Residency (PM&R) postgraduate training program is five years in length. Residents will complete their first two blocks in Transition to Discipline, learning “Rehab Basics.” Foundations of Discipline (FD) is primarily off-service, but residents will have rotations in core PM&R areas as well. In Core of Discipline (CD), residents have the opportunity to revisit these core rotations as a senior resident. Going through the rotations twice allows for graduated responsibility and independence, and consolidation of knowledge from other off-service rotations such as Rheumatology, Neurology and Orthopedic Surgery.

During PM&R rotations, residents will participate in longitudinal rehabilitation clinics, such as Neuromuscular Rehabilitation and Prosthetics and Orthotics (P&O). Residents complete 3 blocks of Pediatric Rehabilitation and 1 block of P&O in Ottawa. Residents will complete 6 blocks of EMG, which affords the opportunity to meet the CSCN (EMG) examination requirements.

The Transition to Practice (TP) stage allows residents to focus on career planning and preparation for independent practice. Residents in the TP stage are given opportunities to function as a junior attending, with enhanced responsibilities equivalent to those of a consultant in PM&R.

Transition to Discipline	Foundations of Discipline	Core of Discipline	Transition to Practice
2 Blocks	19 Blocks	34 Blocks	10 Blocks
Rehab Basics (2)	Internal Medicine (4) – 2 of Cardio, ID, Resp + 2CTU Geriatrics (1) Surgery (2) – 2 of plastics, urology, vasc, nsx Selective (2) Acquired Brain Injury (1) Spinal Cord Injury (1) Stroke (1) Musculoskeletal (2) Neurology (2) Rheumatology (1) Ortho (2)	Acquired Brain Injury (3) Spinal Cord Injury (3) Stroke (3) Musculoskeletal (4) EMG (6) Pediatric Rehab – Ottawa (3) Cardiac and/or Respiratory Rehab (1) Prosthetics and Orthotics – Ottawa (1) Consolidation (4) Research (3) Electives (3)	Junior attending Electives Further EMG training Rec: Community Based on career plan Other options: Research Extra training
	Longitudinal Rotations		
	Neuromuscular Prosthetics and Orthotics		

*Rotation order may vary due to scheduling conflicts and rotation availability

Rounds and Other Educational Opportunities

Dedicated education half days occur twice weekly throughout the year to ensure that residents have ample opportunity to cover the entire core curriculum in a comprehensive fashion. In addition to these weekly “Core” and “Professor” Rounds which are supervised by a faculty member, the entire department participates in weekly “Case” Rounds and monthly EMG Rounds, Grand Rounds and Journal Club. Residents are also encouraged to attend other local hospital rounds/educational opportunities when appropriate such as Medical Grand Rounds, Neurosciences Rounds, and various subspecialty medical and surgical rounds.

Conferences and Workshops

A variety of workshops organized and run by the Postgraduate Medical Education Office are offered at various points throughout the course of your residency including the Resident Research Day, Essentials of Teaching Course, QCARE conference at junior and senior level and Chief and Senior Resident Workshop. While attendance at all of these workshops is not necessarily mandatory, it is strongly encouraged and supported by our department. Our department also offers \$10,000 to attend relevant provincial, national and international conferences and workshops approved by the Program Director. This fund is distributed as follows: \$1,000 for each of first and second year, \$2,000 in third year and a total of \$6,000 for fourth and fifth year (depending when review course takes place).

Research

Research is strongly supported by the Department and a resident research project is a mandatory requirement for Royal College of Physicians and Surgeons of Canada certification. Opportunities exist within the Department and additional research options are facilitated through extensive linkages with other departments at Queen's. Residents present their projects at the Department's annual Research Day, and are encouraged to present their work at provincial, national and international meetings, and submit their manuscripts for peer reviewed publication. Department funding for resident research projects is available up to a maximum of \$6000. Residents who are interested in completing a graduate degree concurrent with their PM&R program may do so through the new Clinician Investigator Program (CIP), benefitting those interested in a career in academic physiatry. Further information regarding the CIP can be found at meds.queensu.ca/cip.





New Providence Care Hospital

In April 2017, a brand new 270 bed hospital opened, including 60 Rehabilitation beds, as well as Specialized Geriatrics, Specialized Mental Health, Palliative Care and Complex Continuing Care. While Kingston General Hospital and Hotel Dieu Hospital are the primary learning sites for off-service rotations, the majority of residents' time will be spent at Providence Care Hospital.

Each inpatient unit will have only private rooms, with each room having their own washroom. All patient rooms are wheelchair accessible, with ceiling lifts from the bed directly into the washroom. Nine inpatient units are divided into 10-bed clusters, with each cluster having its own space for dining, recreation and therapy.

The new Providence Care Hospital is designed to maximize natural lighting and views of Lake Ontario. Each unit also has direct access to the outdoors, either through a ground-level access or a terrace.

Providence Care Hospital brings to life the concept of patient-centred care, where services are not siloed in separate facilities but instead working in collaboration to meet the physical, emotional, social and spiritual needs of each person.

The new hospital will meet the changing needs of our community in the years to come. The project is part of an overall joint hospitals' redevelopment plan, in order to meet the needs of the communities we serve.







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Medicine

DEPARTMENT OF PHYSICAL
MEDICINE AND REHABILITATION

Providence Care Hospital
752 King Street West
Kingston, Ontario K7L 4X3
Tel: 613-544-4900 ext. 53293
Fax: 613-544-4164

pmr.queensu.ca