CSPRM - UEMS PRM Section and Board agreement

Zagreb, Croatia, June 18, 2010

History and education

- 1874 - Croatian Medical Association
- 1911 - first two sections - Surgery and Internal medicine
- 1947 - Section of Rheumatology, Physical Medicine and Balneoclimatology
- 1966 - divided into PRM Section and Rheumatology Section
- 1960 - PRM specialty was established in 1960
- 1957 – inpatient PRM unit in Varazdinske Toplice
- undergraduate education in PRM: 45 hours of training, at all of 4 university Medical Schools
- PRM specialty: 4 years of training in nationally approved training centres, with obligatory logbook and final examination
- new curriculum implementing the “Curriculum of Studies and Theoretical Knowledge for the European Board Diploma”

Undergraduate PRM curriculum

1. hours of undergraduate training in PRM: 45
   - Theoretical courses: (in hours) ............15
   - Practical sessions (in hours) .............30

2. Content of the undergraduate training in PRM

Theoretical sessions:
- History, role and importance of PRM, Prevalence, diagnosis and evaluation of disability, Methods and organizing of rehabilitation, Social aspects of disability – 2 hours
- Propedeutics and diseases of musculoskeletal system – 2 hours
- Planning of rehabilitation and rehabilitation interventions. Individuality of medicamentosus and physical treatment. Use of electrotherapy, thermotherapy, phototherapy, acupuncture, kinesiotherapy. Modulation of pain – 2 hours
- Diagnostics, treatment and rehabilitation in rheumatic inflammatory and degenerative diseases – 1 hour
- Rehabilitation of patients with amputation – 1 hour
- Rehabilitation of patients with spinal cord lesion – 1 hour
- Rehabilitation of patients with traumatic brain injury and children with cerebral palsy – 1 hour
- Rehabilitation of patients with trauma of musculoskeletal system or arthroplasty – 1 hour
- Rehabilitation / orthotic aids – orthoses and prostheses – 1 hour
- Balneology and thermo-mineral waters – 1 hour
- Rehabilitation of patients with cardio-pulmonary dysfunction – 1 hour
- Sport in disabled persons – 1 hour

Practical skills

- History taking and clinical evaluation of patients with emphasis on functional limitations (3)
- Developing of rehabilitation strategy for the patient (1)
- Communication skills with patients, family members and other members of rehabilitation team (2)
- VAS for pain, measurement of joints and spine range of motion, manual muscle test (4)
- Measurements in PRM and evaluation of outcome indicators in PRM – FIM, SF-36, Barthel’s, WOMAC, HAQ, BASFI (3)

Statinfo and manpower

- 4.4 million inhabitants
- 56000 square kilometers
- GDP per capita - 15500 $, 63% of EU average
- 16% of population > 65 years
- 16568 licensed and 12149 practising physicians
- 43 different specialties
- 350 licensed PRM specialists, 289 working in public health system, and 40 trainees
- 6,8 PRM/100.000 inhabitants
- 3000 PTs and OTs
- psychologists, speech therapists, social workers...
Practical exercises

- Use of kinesiotherapy, occupational therapy, hydrotherapy, electrotherapy, phototherapy, ultrasound, electro-stimulation, teamwork in rehabilitation
- Application of orthoses and prostheses
- Assessment of ambulation, self-care and use of aids following stroke
- Assessment of children with cerebral palsy
- Assessment of patient with spinal cord lesion
- Assessment of patient with brain injury
- Assessment of patient with acute and/or chronic rheumatic disease
- Gait and posture analysis
- Range of motion measurement: spine, shoulder, elbow, wrist, hip, knee, ankle
- Hand grip and strength
- MMT
- MMT for quadriceps, assessment of atrophy
- Measurement of leg circumference and leg length
- Assessment of swollen joint
- Assessment of joint pain on pressure
- Palpation of distal arteries
- Neurological tests: Lasegue, reflexes
- VAS
- FIM, HAQ
- Propose rehabilitation diagnosis: impairment, limitation, restriction
- Application of ultrasound, TENS, interference current, criotherapy
- Isometric and isotonic exercises

PRM specialty training

- 4 years or few months more
- Nationally approved training centres
- Logbook (with upgrades in Varazdinske Toplice)
- Final examination

- "Curriculum of Studies and Theoretical Knowledge for the European Board Diploma" extended

accreditation fields

- Neurological rehabilitation
- Rehabilitation of SCI patients
- Paediatric neurological rehabilitation
- Oncological rehabilitation
- Cardiological rehabilitation
- Rehabilitation in sports injuries
- Rehabilitation of patients with amputees
- Manual medicine

programme

- Introductory basics in PRM and basic part (internal medicine, neurology, radiology, paediatrics and PRM) – 10 months
- Special parts: PRM and rheumatology, orthopaedic rehabilitation, surgery and rehabilitation, orthotics, prosthetics, amputations, internal medicine and rehabilitation, oncology and rehabilitation, PRM in nervous system pathology, sports rehabilitation, manual medicine – 32 months
- Postgraduate studies in PRM – 3 months
- Annual leave – 4 months
balneo-climatology

- balneoclimatology - integral part of undergraduate studies and PRM specialty in Croatia
- 27 hot springs
- 17 spas, of which 10 evolved to special rehabilitation hospitals
- 100 wellsprings with mineral waters
- 26 peloid resorts
- 90 seaside thalassotherapy and 13 mountainous resorts
- the Institute for Balneo-climatology - established in 1949, and its balneo-laboratory has carried out 400 termomineral water analysis, produced many expert opinions, related books, symposia and congresses

medical rehabilitation

- 8500 stroke survivors, with 7000 in need of inpatient rehabilitation
- 100 traumatic SCI patients
- 700 brain injuries, with 10% in coma
- 1000 lower limb amputations
- prevalence of osteoarthritis is 11%
- prevalence of rheumatoid arthritis 1.5%
- CP, MS, Parkinsons disease, polyneuropathies, congenital anomalies, severe limb fractures, arthroplasty...

medical rehabilitation

- in approximately 1900 rehabilitation beds
- 0.42 per 1000 inhabitants
- in 10 Special Medical Rehabilitation Hospitals
- in PRM departments of teaching hospitals
- in General hospitals
- stroke and major trauma, especially TBI, SCI and post-amputee rehabilitation are divided among Special hospitals
- teaching hospitals also focus on rheumatology patients
- all facilities have outpatient departments, serving as consultants to other departments and in an acute-rehabilitation phase, and provide physical and kinesitherapy to ambulatory patients
- CBR was organized as a project, now continued as a home physical therapy service
- special hospitals have 2000 more beds available on the market for private insurance schemes for balneotherapy and health tourism

Croatian Society of PRM

- Croatian Society of PRM – presidency Prof. Ivan Đizić
- Board – 14 members
- membership of 250 members, fee is 20 Euro
- communicate with members by regular mails, e-mails, and through our web site www.hdfrm.com
- regular meetings with lectures up to 4 times a year
- the general assembly is held every year
- elections every 4th year, as well as national congresses
- CSPRM is negotiating all vital aspects of the specialty with Croatian Institute for Health Insurance, Ministry of Health, Croatian Medical Chamber, University Medical Schools, PRM Clinics and Departments

Journal: “Fizikalna i rehabilitacijska medicina”

- since 1984
- in 2007 published the localised version of the “White Book…”
- the journal is part of the European Physical and Rehabilitation Medicine Journal Network (EPRMJN)
The European Physical and Rehabilitation Medicine Journal Network (EPRMJN)


- Fizikalna i rehabilitacijska medicina – Editor-in-Chief Prof. Simeon Grazio

CSPRM active member to ESPRM

PRM specialists members to MFPRM

Croatian presence in UEMS Council, PRM Section and Board of UEMS

- 1996 - Prof Ante Dražančić
- 1997 - Prof Ana Bobinac – Georgievski
- 2002 - Dr Katarina Sekelj Kaužarić
- 2007 - Dr Saša Moslavac
- 2011 - ....

UEMS – PRM Section and Board

- associated
- BC: 12
  - ALJANOVIć Ana
  - BURGO Rinu
  - ĆURKOVIC Ivana
  - DŽIĆ Ivan
  - GRAZO Simen
  - GRĐURIĆ Ivan
  - JAKIĆ Ivica
  - MARKO Anslav
  - MOLJAK Ranko
  - MOLJAK Saša
  - MIČLE Željana
  - MIČLE Željko
  - VRANKA Ivan
  - VLAŠKO Torko

CSPRM reimburses 300 euro to successful candidates
SMFM Vranadinsko Toplo reimburses all successful candidates, including by equivalence ESM. Syracsue – CSPRM reimburses travel costs to Croatian trainees

- Trainers: 4
- Training centres: 5
  - Clinical Hospital Center Zagreb, Clinic for rheumatic diseases and rehabilitation Zagreb (2009-)
  - Special Medical Rehabilitation Hospital, Vranadinsko Toplo (2009-2014)
accreditation – in progress

• PRM Programme for patients with Spinal Cord Injury (Džidić, Moslavac)

limitations

• research?

• PRM – rehabilitation medicine

• payment system for inpatient rehabilitation

Declaration of Intention for cooperation in the domains of Education, Quality of Care and the Field of Competence in Physical and Rehabilitation Medicine

• the domains of Education
• Quality of Physical and Rehabilitation Medicine programmes
• defining the Field of Competence of PRM
• CSPRM – help in preparing E-books, hosting UEMS Section and Board representatives at our meetings, have reduced fees for European Board Certified colleagues, and to publish news regarding the UEMS PRM Section and Board in CSPRM website and official journal, to hold an annual educational session – in English - free for European PRM trainees
• UEMS PRM Section and Board will do its best to promote CSPRM by adding a link to CSPRM website on a devoted page of its website www.euro-prm.org, promote CSPRM National Congresses and international courses on its European Calendar as well as circulating information about these events to all on its mailing lists, publish links to CSPRM recommendations and guidelines related to PRM clinical practice and take these into account when assessing PRM programmes for European Accreditation
Prof Alain Delarque

- Professor in PRM at Medecine Physique et de Readaptation, CHU Timone, Marseille
- President of the UEMS PRM Section (former General Secretary)
- Member to European Academy of Rehabilitation Medicine
- Host to European School of Marseille
- Link to editors of PRM journals
- Person in charge for development of research in European Society of PRM (member to Executive Committee)

Prof Franco Franchignoni

- Professor in PRM in Istituto Scientifico di Riabilitazione, VERUNO
- President of the UEMS PRM Board
- Member to European Academy of Rehabilitation Medicine
- Author of Educational Resources on e-learning platform for trainees
- Editor of the book: Assessment in Physical Medicine and Rehabilitation

Prof Nicolas Christodoulou

- Professor in PRM at School of Sciences of the European University Cyprus
- Secretary General of the UEMS PRM Section and Board
- Med. Dir. of the Limassol Centre of Physical and Rehabilitation Medicine
- President of the Cyprus Society of Physical & Rehabilitation Medicine
- President of the Mediterranean Forum of PRM
- President of the UEMS MJC on Sports Medicine
- CME/CPD – accreditation of scientific events

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