



BRITISH SOCIETY OF  
REHABILITATION MEDICINE

TRAINING  
OPPORTUNITIES IN  
REHABILITATION  
MEDICINE

# REHABILITATION MEDICINE

# Rehabilitation medicine

- is a newly registered specialty providing assessment and rehabilitation for adults with complex disabilities
- RM consultants are based in hospitals but with strong community links

# What is rehabilitation?

## Medical rehabilitation -

- uses all possible means to reduce the impact of disease and injury on quality of life
- is an active process
- requires the collaboration of individuals, families and friends and professionals

# Rehabilitation medicine

- Is one of the fastest growing consultant medical specialties
- Provides well-designed 4-year specialist registrar training programmes
- Offers good opportunities for flexible training programmes

**FLEXIBLE**

**training**

**Rehabilitation medicine suits trainees who are looking for:**

- **stimulating workload**
- **very little out-of-hours work**
- **flexible training programme**
- **team working**

**Rehabilitation medicine will expand as the number of disabled people grows and expectations rise.**



**The NHS is responding to the demand for community services which can improve quality of life for those with long-term disabilities.**

- **The General Medical Council includes rehabilitation as a core element in the undergraduate curriculum**
- **The Royal College of Physicians recognizes the importance of the specialty**
- **The need for more consultants in rehabilitation medicine is acknowledged by NHS Trusts**

**A rehabilitation medicine consultant** is an expert on medical aspects of disabling disorders such as

- **stroke**
- **head injury**
- **MS**
- **locomotor disorders**
- **amputation**

# **A rehabilitation medicine consultant is trained to**

- assess complex situations**
- recognize psychological and social factors**
- recognize the potential use of assistive technologies**
- provide specific interventions, e.g. in the treatment of spasticity**

# **A rehabilitation medicine consultant**

- **works closely with other professionals**
- **has a leading role in a multidisciplinary team**
- **has strong links with primary healthcare and social services teams**

## **Consultants in spinal injuries**

- **are currently trained through a similar route**
- **require extra training specifically in spinal injuries**
- **are appointed to posts in the national network of spinal injuries centres**

# Trainees in rehabilitation medicine and spinal injuries

- must have MRCP or equivalent
- must complete general professional training
- need have no specialist experience prior to joining a training programme

- **The core training curriculum in rehabilitation medicine includes neurology, rheumatology, amputation rehabilitation, spinal injuries and assistive technology.**
- **Additional experience in other specialties is desirable, although not essential**
- **Dual accreditation can be achieved with an extended training programme**

# Research

- Rehabilitation research covers a wide field, from engineering to social science as well as medicine
- There is widespread recognition of the need for more research
- The number of academic departments of Rehabilitation has grown from 3 to 5 in the past five years, with more planned.

- *Further information can be obtained from your nearest Consultants in Rehabilitation Medicine or Spinal Injuries. Also from the*

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