

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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