

PHYSICAL MEDICINE AND REHABILITATION DEPARTMENT AT MMC

Introduction:

Physical Medicine and Rehabilitation (PMR) is a surgical specialty, recognised by the National Medical Commission, which aims at attaining optimal function despite the residual disability of the patient. This is achieved by cohesively treating, teaching, training and mentally tempering the disabled individual. These four approaches are used in combination to produce positive changes in all spheres of the patients' lives, thus converting people who would otherwise be resource burners into resource earners i.e., teaching the patients to take care of themselves and train them for a new job.

The Department is proposed as large interdisciplinary team of Doctors, Physiotherapists, Nurses, and other professionals. This team will work together in maximizing the health and functional ability of the people with disabilities

The holistic approach of PMR means that a disabled patient can enjoy all facets of rehabilitation under the responsibility of one single department, where otherwise his or her care would be fragmented around many different hospital departments and non-hospital services. Thus, there is an overlap between PMR and a wide range of specialties.

These medical and surgical specialties include General Medicine, Neurology, Orthopaedics, Paediatrics, Plastic Surgery, Psychiatry and Urology. Biomechanical Engineering and the technology related to the use of newer composites in Orthotics and Prosthetics also comes under the purview of PMR. The department will be fully operational by 2022

HEAD OF DEPARTMENT:



Dr. Shilpi Jindal

Head of Department, Physical Medicine and Rehabilitation (PMR)

Dr Shilpi Jindal is a MBBS from J.J.MC Davanagere, Karnataka and has done her DNB from V.M.M.C and Safdarjung Hospital, New Delhi. A gold medallist in DNB training she has more than 19 years of experience and many articles published under her name. Being a fellow member of National Academy of Medical Sciences (2005), she is also a lifetime member of the prestigious Indian Association of Physical Medicine and Rehabilitation, Indraprastha Association of Rehabilitation Medicine, New Delhi, Academy of General Education, Manipal, Karnataka and has done research on various projects such as BPPV,

Chronic Fatigue Syndrome and ICMR Task Force Project Prevention of Disability among pre-school children.

She has successfully laid the foundation stone of PMR department in various medical institutions such as H.N.B Base Hospital, Srinagar, L.L.R.M Medical College, Meerut, Subharti Medical College, Meerut, RAMA medical college HAPUR

She has been the chief member of disability board of LLRM medical college and SVBP Hospital and pre-medical UPPGME and has assessed disability percentage of many selected medical undergraduates and post-graduate medical students. She has taken various classes on her subject and has taught Prosthesis and orthosis to MS Orthopaedics, Interns, MBBS undergraduates, BPT, MPT, BOT, MOT, MSW and Diploma students of prosthesis and orthosis. She is a confidential paper setter of CCS University, Meerut of BPT, MPT, BOT and MOT

Adding to her feathers she also has done Post Graduate course in Paediatrics under IMA AKN Sinha Institute (2002) and has been awarded DIP.GO from society of Advanced Studies in Medical Sciences, New Delhi (2003), Diploma in Naturopathy and Yoga from international foundation of Natural Health and Yoga, New Delhi (2003)

VISION:

Department of Physical Medicine and Rehabilitation (PMR) is one of the pioneers Rehabilitation Centre in the region where comprehensive medical and rehabilitation services are available to restore an individual's condition to the maximum possible level of functioning in consideration with the medical condition vis-a-vis environmental factors.

MISSION:

We focus to improve the quality of life of the patient through a dynamic team-oriented approach. The traditional medical approach aims "adding years to life" while PMR with the functional model accomplishes "adding life to years" Thus the department mission was borne:

Paraplegics will be walking,

Amputees will run

CORE VALUES:

The department of physical medicine and rehabilitation is linked to aim at enabling the person to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional label

The aim of Rehabilitation Medicine is to convert people who are "resource burners" (both patients and their full-time care-givers) once again into "resource earners". The concept that 'life goes on', and that the patient must lead a meaningful and productive life is central to the philosophy of rehabilitation.

The process of rehabilitation includes all the steps taken to treat, train and teach the patient. These three approaches are used in combination to produce positive changes in all spheres of the patient's life. It is only in this way that the goal of rehabilitation - enabling a person to do the best that he or she is capable of doing can be achieved.

The process of rehabilitation is not restricted to a hospital. For example, recommending appropriate home modifications to provide a user-friendly environment for the patient is also a part of the lengthy but satisfying process of comprehensively rehabilitating a disabled individual.

FACILITIES:

Physical Medicine and Rehabilitation department offers several services to patients having cervical pain, slip disc, backache, knee pain, shoulder pain, tennis elbow, carpal tunnel syndrome, ankle pain, hip pain, headache, heel pain, frozen shoulder, sports injuries, arthritis, post herpetic neuralgia, diabetic foot, diabetic neuropathy, facial pain, facial palsy and rehabilitation of stroke, cerebral palsy, spinal cord injuries problems. Also, physicians of the department work in the way of multidisciplinary team. These staff members perform pulmonary & cardiovascular rehabilitation in IPD patients in various departments and ICUs. Services provided such as interventional pain procedures nerve blocks and joints, Regenerative medicine such as platelets rich plasma and dextrose prolotherapy and Botox injections.

The patients: The group of locomotors especially abled people that are commonly referred for rehabilitation include those with spinal cord injuries, cerebral palsy, poliomyelitis, amputations, meninge-myelocoele, Hansen's disease, arthritis and soft tissue disorders. Less commonly referred patients include those with strokes, head injuries, muscular disorders, chronic pains, burns and cancer.

In all the above cases a combination of medical and surgical treatment, physical and occupational training and social support are required in order to allow the patient not only to survive, but also to resume a normal life.

It can be argued that almost every patient who is discharged from a hospital would need some form of rehabilitation in order to be re-integrated into society. It is Muzaffarnagar Medical College and Hospital's firm belief that the social responsibility of the hospital goes beyond performing a medical service. Thus, in the future the department aims to promote the concept of rehabilitation in its broadest sense, including mentally handicapped, visually handicapped and geriatric populations

The Department of PMR will be providing Out Patient and In Patient services for persons with physical / neurological impairments due to conditions such as:

Autism, specially abled children, Spinal Cord Injury, Brain Injury due to Trauma & Other Causes, Stroke, Develop Mental Disorders such as Cerebral Palsy, Spinal Dysraphism, Amputations of the Extremities, Rheumatological Conditions, Cancer, Neuro Muscular Disorders, Chronic Pain.

EFFORTS FROM DOCTOR OF THE DEPARTMENT

Rehabilitation usually deals with patients who have chronic problems, and such patients have a variety of needs, both medical and surgical. A spinal cord injured patient, for example, would often present with pressure sores, bladder stones, reactive depression, contractures, and autonomic dysreflexia. His 'non-medical' problems might include unemployment, functional dependence on others, an impending separation from his wife, and architectural barriers within his house.

Patients with such a wide spectrum of problems do benefit if all the facets of their disability are managed by a single physician. The physiatrist - who has been trained in assessing the strengths and weakness of the patient and those of his support system - is in a unique position to most meaningfully manage the individual needs of the patient, be it surgical, medical, social, vocational, or psychological.

In traditional medicine and surgery, the rehabilitation needs of the patient are often never addressed. With modern multi-drug therapy (MDT) a pauci-bacillary patient of Hansen's disease can be declared "medically cured" 2½ years after starting MDT. However, for the patient such a "cure" might be meaningless, especially if he has already developed deformities. Yet surgical correction of such a patient's deformities alone - without a comprehensive rehabilitation programme - can produce more harm than good. According to the patient, the surgery had actually worsened his plight, because his surgically corrected hands had been rendered useless for the only job that he knew: begging. The strength of Rehabilitation Medicine is in its cohesive treatment plan which attempts to restore the patient as far as possible to functional independence. This holistic approach is the most rational method of caring for disabled people who are beset with a range of problems, such as the man in the above example.

ACADEMICS

The Department of PMR will be imparting internship training to students after completion of MBBS and will be taking classes of MBBS students as per NMC.