

# Patan Academy of Health Sciences (PAHS)



## Fellowship in Physical Medicine & Rehabilitation (FPMR)

## PROSPECTUS (2024)

**Note:**

- Please go through the prospectus and instructions carefully before filling the forms
- The fees once paid will not be refunded

## BACKGROUND

Physical Medicine and Rehabilitation, also called *physiatry*, *rehabilitation medicine* or *physical and Rehabilitation Medicine* (PRM), is a non-surgical medical specialty that focuses on the prevention, diagnosis, treatment and rehabilitation of disorders particularly affecting the brain, spinal cord, nerves, muscles, ligaments, tendons, joints, and/or bones, heart, lungs which produce temporary or permanent disability. Physical and rehabilitation medicine doctors specialize in functioning. They can provide oversight and coordination of overall rehabilitation programs through interdisciplinary approach and case management for people with complex needs, and as medical specialists, they can conduct advanced assessments and provide pharmacological and non-pharmacological rehabilitative interventions.

## Mission

The mission of the PM&R Fellowship Program at PAHS is to train and prepare PM&R physicians in Nepal who are capable of preventing, diagnosing, and managing disorders particularly affecting the brain, spinal cord, nerves, muscles, ligaments, tendons, joints, and/or bones, heart and lungs which produce temporary or permanent disability; educating healthcare workers; and advancing research related to the field.

## Competency of the Fellowship Program

Fellows must demonstrate competence in the practice of health promotion, disease prevention, diagnosis, treatment and rehabilitative care of all adult patients due to disorders, diseases or injuries irrespective of their gender (or gender identity), caste, religion, race, social or economic status, or nationality.

The fellows are expected to gain the following 8 core competencies:

1. Professionalism
2. Patient centered care
3. Procedural skills
4. Clinical reasoning (Medical rehabilitation knowledge)
5. Scholarship (Practice-based learning and improvement)
6. Communication skills
7. Leadership (Systems-based practice)
8. Community Oriented

## CLINICAL ROTATION

The following core rotations are required for completion of the PM&R training:

Rotation Title	Duration/ Frequency	Location	Supervision
<b>Year 1</b>			
Outpatient PM&R	2 times/week, ongoing	SIRC and PAHS OPD (Outpatient Department)	Orthopedic/PM&R Faculty SIRC/PAHS
Inpatient PM&R – SCI Rehabilitation	2 months	SIRC and PAHS– Inpatient	Orthopedic/PM&R Faculty SIRC/PAHS
Inpatient PM&R – Stroke/Brain Injury Rehab	2 months	SIRC – Inpatient	PM&R Faculty SIRC/PAHS assigned faculty
Inpatient PM&R – General Rehabilitation/Ortho Rehab	2 month	SIRC /PAHS ORTHO – Inpatient/outpatient	Orthopedic/PM&R Faculty SIRC/PAHS
Burn Care	1 week	SIRC/PAHS/SKM/Bir	PM&R Faculty/PAHS/, assigned Bir/SKM
Neurosurgery & Neurology	2 months	Patan Hospital – Inpatient/Outpatient Neurology and Neurosurgery Services	PAHS/Assigned Faculty
Internal Medicine- cardiopulmonary unit	1 month and 7 days	PAHS	PAHS/assigned Faculty
Rheumatology	2 week	PAHS	PAHS/assigned faculty
Inpatient consults	1 month	PAHS	PAHS/SIRC Faculty
Research/Professional	1 month, ongoing	PAHS/SIRC – project planning and proposal writing in first month	PAHS designated faculty/ mentor
Epidemiology and Public Health, Community Rehabilitation	Ongoing	SIRC	PM&R Faculty/Assigned faculty
<b>Year 2</b>			
Outpatient PM&R	2 times/week, ongoing	PAHS/SIRC, OPD	Orthopedic/PM&R Faculty
Prosthetics, Orthotics and amputation	1 month	SIRC and PAHS Inpatient	Orthopedic/ PM&R Faculty
Inpatient Consult	2 months	Patan Hospital	Orthopedic/PM&R Faculty
Inpatient PM&R – General Rehabilitation/Ortho Rehab	2 months	SIRC/PAHS – Inpatient	Orthopedic/PM&R Faculty/assigned faculty
Inpatient PM&R – SCI Rehabilitation	1 1/2 months	SIRC/PAHS – Inpatient	Orthopedic/PM&R Faculty
Inpatient PM&R – Stroke/Brain Injury Rehab	2 months	SIRC/PAHS – Inpatient	PM&R Faculty SIRC/assigned PAHS faculty
Pediatric Rehabilitation	1 month	SIRC/PAHS – Inpatient	Orthopedic/PM&R Faculty
Psychiatry	2 week	PAHS	PAHS/Psychiatry or assigned by PAHS
Ultrasound/EMG/MSK	2 week	SIRC, OPD, Inpatient/PAHS	Orthopedic/PM&R Faculty/Assigned faculty
Research/Professional	2 weeks, ongoing	PAHS/SIRC	Orthopedic/PM&R/Designated faculty/mentor
Elective Rotation	1 month	To be determined	To be determined
Epidemiology and Public Health/Community Rehabilitation/Disability Management and Rehabilitation	Ongoing	SIRC/PAHS	PM&R Faculty/Designated faculty

## EVALUATION

Evaluation and feedback are ongoing processes designed to provide information regarding a fellow's performance, knowledge, and understanding in order to enable them to transform from a new specialist into one with growing subspecialty expertise.

There will be two types of ongoing evaluations and feedback, as well as a final evaluation:

**Formative Evaluations:** These evaluations are meant to monitor learning and provide ongoing feedback to the fellows in order to improve their learning in the context of provision of patient care or other educational opportunities.

Formative evaluations will include:

- Supervising faculty evaluations and one-to-one feedback to the fellows at the end of each rotation
- Assessment of procedural competence after each procedure
- Entrustable Professional Activities (EPAs): professional activities will be assessed per fellowship requirements
- Feedback from presentations and teaching activities

Research evaluations and one-to-one feedback after each research rotation or at least once every quarter after presentation of proposal, progress, or results; final thesis writing, presentation & defense; abstract presentations; manuscript preparation

**Summative Evaluations:** These are meant for evaluating a fellow's learning by comparing the fellow's performance with the rotation goals and program objectives. Summative evaluations will be composite scores of:

- All formative evaluations (as noted above)
- Mid-term assessment (Formal examination)

**Final Evaluations** of the fellows will occur at least once per year during the final month of each academic year.

## GRADUATION CRITERIA

The trainees must meet all of the following criteria to graduate from the PM&R training program at SIRC/PAHS:

1. Successful completion of all required rotations and successful completion of 2 years of training
2. Consistent attendance at academic sessions
3. Completion of assigned research and scholarly projects, satisfactory presentation of results in front of the faculty, and submission of reports
4. Completion of all formative assessments
5. Success in midterm examination and final examination
6. Demonstration and certification of all EPAs and SIRC/PAHS core competencies

## Degree Awarded

Upon satisfactory completion of the fellowship training program and meeting all of the graduation criteria noted above, PAHS will award the following degree to the graduate:

**“Fellowship in Physical Medicine and Rehabilitation”**

## Repetition of the course

Repeating resident shall pay fees as follows:

1. Tuition Fee: 15% of the total tuition fee
2. All other fees: 100% as mentioned in the prospectus

## Leave Rules

- Leaves will be as per rules of Patan Academy of Health Sciences.

## Accommodation

- The candidates must manage their own accommodation.

## Allowance

- Stipend for the Fellows will be paid as per PAHS rules and regulations.

## Appointment

- PAHS fellowship candidates get a temporary appointment at the lecturer's level and an equivalent stipend.

## ADMISSIONS

### Eligibility Criteria

- Successful completion of at least 3-year residency in clinical subject (Priority will be given to Internal Medicine/General Practice/Orthopedics/General Surgery) from a medical college/university recognized by the Nepal Medical Council.

### Duration of Training

- The Fellowship program will be of **24 months**.

### Available Seats

- There will be a total of **2 seats**.

## Types of Seats

- Both the seats/candidates will be sponsored by the Spinal Injury Rehabilitation Centre (SIRC), Nepal

## Selection Process

Fellowship candidates will be selected on merit basis through an entrance examination as per the Post Graduate Admission Directive of PAHS.

## Fee Structure

SN	Particulars/Headings	Fees in NPR	Remarks
1	Application Fee	5,000.00	
2	Tuition Fee	2,50,000.00	
3	Other Fees:		
	3.1 PAHS Registration Fee	5,000.00	
	3.2 Security Deposit	20,000.00	Refundable on completion of course
	3.3 Health Insurance	4,000.00	Annual
<b>Total Fee Payable at the Time of Admission</b>		<b>2,79,000.00</b>	<i>In words: Two lakh seventy -nine thousand only</i>
Additional Fees:			
4	Rotational Clinical Placement:		
	4.1 Within the country	7,000.00	Per Week
	4.2 Outside the country		To be borne by candidate
5	Supplementary Exam	15,000.00	Per attempt

**Note:** The fees, once paid, shall not be refunded and is subjected to change or reviewed.

## Documents to be submitted

- Curriculum Vitae
- Postgraduate degree certificates
- MBBS certificates
- NMC Specialty registration
- Citizenship
- Bank Voucher

## How to Apply

Candidates must fulfill the application process by deadline

## For Further Detail

Please contact: +977-1-5545112; E-mail: [pahs@pahs.edu.np](mailto:pahs@pahs.edu.np)