

Virginia Commonwealth University's
 Medical College of Virginia
 Physical Medicine and Rehabilitation
 Pain Fellowship

The Virginia Commonwealth University's Department of PM&R in Richmond, Virginia is pleased to announce the accreditation of its PM&R Pain Fellowship. "We are proud to be the first ACGME-accredited PM&R Pain Fellowship in the country and will continue to lead the way in keeping our academic focus to this challenging area. This accreditation supports the Department's philosophy of developing evidence-based teaching, research, and clinical programs across the field of PM&R", states Fellowship Director and *The Herman J. Flax, M.D.* Professor and Chairman David X. Cifu, M.D.

The pain program is a joint venture of the VCU/MC V Departments of Anesthesia and PM&R through the Hunter Holmes McGuire VA Medical Center Pain Clinic, the VCU Medical College of Virginia Hospital Cancer Pain Clinic, Children's Hospital of Richmond and the Sheltering Arms Rehabilitation Centers. This partnership brings the necessary balance to pain management training with state-of-the-art interventional services, cutting edge non-interventional approaches to pain, a diverse patient population and a focus on function. The VAMC's Pain Clinic Director, Denise Lester, M.D. is a pain fellowship-trained anesthesiologist with appointments in both VCU's Departments of Anesthesia and

PM&R. In addition to the great clinical exposure the fellow's also get involved in research. . Michael DePalma, M.D., an Assistant Professor in the Department of PM&R, who provides a strong background in Sports Medicine, provides Medical Directorship to the programs community-based Pain Management and Functional Restoration Center.

The Pain Management Fellowship features a twice weekly lecture series, a weekly grand rounds, a monthly journal club, and anatomical dissection. Under the direction of Dr. DePalma and his PM&R colleague Jeff Ericksen, M.D., there are several ongoing research projects, including; pain perception in Parkinson's disease, efficacy studies of prolotherapy, pain interventions in SCI, acute injuries in resistance training, and outcomes in running-related injury. A clinical patient database is also being instituted.

"This additional fellowship training program helps to strengthen the Department's overall educational offerings, from our outstanding residency program to our TBI, SCI and Pediatric fellowships, these opportunities continue to place the VCU Department of PM&R among the best in the country', adds Associate Professor and Vice-Chairman for Education William O. McKinley, M.D.

**Hunter Holmes McGuire VAMC
 Pain Clinic
 Overview**

- 1) Hours of Operation: Monday 8-5, Tuesday 8-5, Wednesday thru Friday 9-5
- 2) Patient Volume:
 Outpatient Clinics
 - a. New Patients - 6-10/wk
 - b. Follow Up - 50-60/wk
 - c. Injection Clinic - 20-25/wk
 - d. Inpatient consults - 1-2/wk
 - e. Consults - 6-10/wk
- 3) Fellow involvement:
 - a. The Fellow is involved in every aspect of the Pain Clinic, seeing about a third of the total clinic volume.
 - b. The Fellow becomes very familiar with many patients, as he/she will follow them throughout their care in the Pain Clinic taking the role of primary provider for pain related medical issues.
 - c. The Fellow has the opportunity to cover high school and college sporting events.

Didactics/Lectures

Monday	8 am
Tuesday	8 am
Thursday	Noon Pain GR
Friday	8am PM&R GR

Reading Assignments

Readings will be assigned from major pain texts, classic and recent articles. These are often reviewed in the lectures given on Monday or Tuesday morning.

Grand Rounds

Pain Grand Rounds are conducted twice a month at VAMC, while PM&R Grand Rounds are conducted every Friday morning. Fellows are required to attend.

Journal Club

Occurs once a month. Current articles are reviewed in a round table discussion with Fellows, Residents and Faculty, using a critical eye on scientific quality.

Cancer Pain Clinic

This clinic is every other Wednesday at the Dalton Oncology Center at MC VH. Procedures are often scheduled for Friday mornings.

Functional Restoration Program

This clinic is held at Sheltering Arms and offers the Fellow an opportunity to evaluate patients, most of who are injured workers for an interdisciplinary program focused on return to work. They work with the interdisciplinary team consisting of a Pain Psychologist,

Physical Therapist, and a Vocational Rehabilitation Specialist.

Project Pain

This is an NIH funded program focused on treating patients with pain who have had difficulty in the past in controlling their pain or with compliance. They are referred by the primary physician.

MCVH Rotation

Monday	Spine Center (Acute/CA Pain Consults)	Sheltering Arms Clinics
Tuesday	Research / Consults / Administrative	Project Pain / Children's Hospital Clinics
Wednesday	Sheltering Arms Clinics	Massey Cancer Pain Clinic / Dr. Weaver's Clinic
Thursday	Project Pain / Children's Hospital Clinics	Spine Center / Acute/CA Pain Consults
Friday	PM&R Grand Rounds / Spine Center Procedures	Spine Center - (Acute/CA Pain Consults / Research Time)

McGuire VAMC Rotation

Monday	F/u clinic / Injection Clinic	Injection clinic / Telephone Clinic
Tuesday	F/u clinic / Injection Clinic	F/u clinic / Project Pain
Wednesday	F/u clinic	F/u clinic
Thursday	New Patient Clinic / Project Pain	New Patient Clinic
Friday	PM&R Grand Rounds / Injection Clinic	Injection Clinic / Telephone Clinic

Faculty

David X. Cifu, M.D., Fellowship Director
 Michael DePalama, M.D., Assistant Fellowship Director
 Denise Lester, M.D., Director, VAMC Pain Clinic
 Michael Weaver, M.D., Medical Director, Project Pain
 Jeffery Ericksen, M.D.
 William Walker, M.D.
 William Broaddus, M.D.

For More Information Contact:

Faye Richardson, Fellowship Coordinator at 804-828-4230 or via e-mail at farichar@mail2.vcu.edu -