

Medical Student Electives in PM&R

The Department of PM&R at VCU offers **Electives** for medical students.

MI - "Intro to PM&R" (Jan-Feb)

MII - "Intro to PM&R" (Oct-Dec)

"Advanced Elective" (Oct-Dec)

M-IV (4th year):

- **PM&R Acting Intern** (#6000)
- **Brain Injury "AI"** (# 6001)
- **PM&R Rotating Elective** (# 9500)
- **Pediatric/PM&R** (# 9600)



PM&R "Shadowing Program"

In addition to electives, a **PM&R "Shadowing Program"** provides opportunities to enhance student exposure to PM&R (esp w/i M-I, M-II and M-III). Students can schedule time with PM&R faculty/residents and staff, to observe:

- **Clinical Practice** of PM&R
- **Procedures / Sports Medicine**
- **Research Opportunities**
- **Therapeutic outreach** with patients

CONTACT INFORMATION

For more information about the **PM&R SIG**, contact:

Erin Murdock or David Powell

SIG co-Presidents at:
murdockee@vcu.edu or
powelldj@vcu.edu

For more info @ **VCU PM&R Residency** program, see our website (www.pmr.vcu.edu), or contact:

William McKinley MD
Residency Program Director
wmckinley@mcvh-vcu.edu
828-4233

Or

Wanda Allen
Residency Coordinator
wcarlton@mcvh-vcu.edu

Key "**national links**" for PM&R
www.aapmr.org
www.physiatry.org

Physical Medicine
& Rehabilitation
(PM&R)
Student Interest
Group (SIG)



**Virginia Commonwealth
University**

Richmond, Virginia

Co-sponsored by:
VCU Department of PM&R
(www.pmr.vcu.edu)

PM&R SIG: Mission and Objectives...

The **PM&R Student Interest Group (SIG)** promotes opportunities for PM&R educational and clinical interaction. By increasing PM&R knowledge, the student will be able to improve their:

- Physical exam & problem-solving skills
- Future referrals for PM&R-related issues
- Informed decisions about potential residency training options

We hope to meet these objectives through:

- Interactive student “get-togethers”
- Presentations by PM&R faculty
- PM&R clinical exposure opportunities



2008-09 Officers

- Presidents:** David Powell (M4)
Erin Murdock (M4)
- Vice-President:** Amr Kouhouk (M4)
Anuj Sharma (M4)
- Treasurer:** Courtney Ross (M4)
- Secretary:** Nick Packer (M3)
- Clinical Liaison:** Kevin Dholaria (M2)
- Advisor:** William McKinley, MD

Frequently Asked Questions about PM&R

1. What is PM&R?

Physical Medicine & Rehabilitation (PM&R) is a specialty medical field. The goal of a **Physiatrist** (a physician specializing in PM&R) is to restore individuals to their highest functional level. This is done by tailoring a program of medical treatment & therapy to best fit the individual’s needs.

2. What types of patients do PM&R specialists see?

PM&R physicians treat individuals with a wide variety of conditions such as Spinal Cord Injury, Brain Injury, Stroke, Multiple Trauma, Musculoskeletal, and Neuromuscular Disorders, Pain, Sports Injuries, Amputations and Burns.

3. What is the future for PM&R? In general & with the aging population, it is anticipated that the need for PM&R services will continue to grow.

4. Where do PM&R doctors practice? Practice sites include outpatient clinics, inpatient rehab centers and acute-care hospitals. Many practices are a combination of consultation, inpatient, and outpatient services, as part of academic medical centers or private practice.



5. What type of procedures do physiatrists perform? physiatrists receive training in Electromyography & Nerve Conduction Studies (used to diagnose peripheral nerve/ muscle disorders) joint, soft tissue & spinal injections (for pain management), nerve & motor point blocks (for spasticity).

6. What are the requirements for training in PM&R? One year of an medical internship and three years specialty training in PM&R residency.



7. How do I obtain a residency position in PM&R? Most programs participate in the National Residency Matching Program (“**The Match**”). Interested students should perform a PM&R elective early in their senior year. Important qualifications include grades, national board scores, dean’s and other recommendation letters, extracurricular activities, honors/awards, interviews, and the applicant personal statement.

8. What is the average income of a physiatrist? Starting salaries vary with geographic location, but compare well with other medical specialties.

9. What is the lifestyle of a physiatrist? PM&R specialists rate their practice opportunities, work hours, salaries, lifestyle and quality of life as excellent!