



## **Fellowship in Spinal Cord Injury Rehabilitation**

### **Program Director :**

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Physiatrist

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### **Fellowship Location :**

CIUSSS Centre-Sud de l'île de Montréal

Institut de Réadaptation Gingras-Lindsay de Montréal (IRGLM)

Rehabilitation Center

6300 Avenue de Darlington, Montréal, Québec H3S 2J4

### **Candidate Requirements :**

- M.D. having completed his/her postdoctoral training in physical medicine and rehabilitation (physiatry), or certified physiatrist
- Strong interest in spinal cord injury rehabilitation
- Good command of French, spoken and written
- Has own source of financial support for the duration of fellowship (bursary, scholarship or RVI)
- Internship of 6 months minimum to 2 years maximum
- Letter of intent
- Three letters of recommendation by supervising attending physicians

### **Institution description :**

Institut de réadaptation Gingras-Lindsay de Montréal (IRGLM)– reference centre in intensive functional rehabilitation for spinal cord injured patients, within the framework of the « centre d'expertise des blessés médullaires de l'Ouest du Québec (CEBMOQ) », which regroups two other institutions (Hôpital du Sacré-Cœur de

Montréal, Centre de Réadaptation Lucie-Bruneau) also specialized in care for spinal cord injured individuals.

- 25 inpatient hospital beds
- Long-term outpatient follow-up clinic of several hundred patients
- Specialized clinics in :
  - Spasticity
  - Intrathecal Baclofen pumps
  - Upper extremity tendon transfers
  - Wound care
  - Urology

### **Candidate fellow involvement:**

- Overall care and management of patients hospitalized in inpatient functional rehabilitation, as treating physician
- Active participation to multidisciplinary team meetings
- Animation of individualized goal setting meetings
- Participation to long-term follow-up clinics
- Participation to spasticity clinics, including intrathecal Baclofen pump clinics.
- Participation to upper extremity tendon transfer clinics.
- Participation to the on-call list of physiatrists at the IRGLM
- Participation to a research project in the field of spinal cord injury
- Presentations to continuing medical education meetings in the institution.
- Participation to teaching of medical students and residents

### **Learning objectives :**

At the end of the Fellowship the candidate must :

- Know the various rehabilitation techniques used in spinal cord injury rehabilitation
- Know the epidemiology of traumatic spinal cord injuries, and etiologies of non-traumatic spinal cord injuries
- Know and apply the standardized neurological assessment of spinal cord injured individuals according to the International Standards for Neurological Classification of SCI (ISNCSCI) Exam
- Know the different spinal cord injury neurological syndromes
- Know the orthopedic aspect of spinal fractures and instability criteria
- Know the possible associated peripheral nervous lesions

- Know the neurological and functional prognoses according to injury level and severity
- Know the different types of neurogenic bladder and bowels, and specific management interventions
- Know the uro-vesical assessment and follow-up, and understanding of urodynamic studies
- Know the international classification for pain in spinal cord injury, and therapeutic options for pain treatment
- Know the assessment and available treatments for spasticity
- Know the incidence, the prevention, staging and treatment of pressure ulcers
- Know the neurologic complications in spinal cord injured patients
- Know the sublesional bony complications (osteoporosis, fractures and heterotopic ossification) and their treatment
- Know the short and long term medical complications associated with spinal cord injury
- Know the supralesional soft tissue musculoskeletal complications
- Know the peripheral nervous complications (carpal tunnel syndrome, ulnar neuropathy)
- Know upper extremity surgical reconstruction options to improve function.
- Know the respiratory issues associated with spinal cord injury and their therapeutic options
- Know the current state of restorative and regenerative research : peripheral and central electrical stimulation, stem cells