

# WEST LOS ANGELES VA PHYSICAL MEDICINE & REHABILITATION (WLA REH) rev

06/14/2022

## LOCATION

VA Greater Los Angeles Healthcare System, West Los Angeles Campus  
11301 Wilshire Blvd.  
Building 500, 1<sup>st</sup> Floor, PM&R Clinic Room 1415  
Los Angeles, CA 90073

## CONTACTS

Rotation Director:

Dixie Aragaki, MD  
dixie.aragaki@va.gov  
310-478-3711, ext. 41791  
Office 1<sup>st</sup> floor bldg. 500, room 1456 (in cardiac rehab corridor)

Site Director:

Steven Castle, MD  
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310-268-4671

## DESCRIPTION

The Physical Medicine & Rehabilitation (PM&R) Rotation is comprised of outpatient general and specialty clinics where patients are evaluated and treatment programs carried out under the supervision of Rehabilitation Medicine Staff. Introduction to Electromyography, Interdisciplinary Pain Management, Prosthetics & Orthotics, and Cardiac Rehabilitation are all included and achieved through various PM&R specialty clinics. There is also opportunity to gain experience in Inpatient PM&R Consultations in the Acute and Nursing Home settings, as well as to Geriatric Rehabilitation in the West Los Angeles Campus Community Living Center (CLC). The fellow will also have an opportunity to observe Physical Therapists as they work with patients and participate in individualized fitness assessments of older adults.

## GOALS

1. Develop an understanding of the Physical Medicine & Rehabilitation Assessment & Functional Evaluation.
2. Develop an understanding of, and an appreciation for, the impact of various disease processes on function.
3. Develop an understanding of the roles of the various disciplines and therapists in restoring function.
4. Develop an understanding of the various aspects of medical management & treatment of individuals with disabilities or impairments.
5. Develop an understanding of, and appropriate referral to the spectrum of post-acute Rehabilitation Programs.
6. Have confidence in recommending specific exercise routines no matter the age or underlying chronic conditions of older adults.
7. Develop expertise in writing an individualized exercise prescription.
8. Develop an understanding of the impact of inactivity and sedentary behavior on older adults.
9. Gain confidence in utilizing motivational interviewing techniques

OBJECTIVES	COMPETENCIES	
	Patient Care	Medical Knowledge

To gain clinical skill and experience in the Physiatric H&P, with focus and emphasis on function.	X	
Develop clinical competency in assessment of complex medical and psychosocial problems of the disabled.		
Acquire knowledge and clinical skill in management of common Musculo-skeletal syndromes.	X	
Develop an understanding of		

electro-diagnostic study applications & appropriate referral for such studies.	X	
Acquire knowledge in Cardiac Rehabilitation principles and exercise prescription following cardiac events.	X	
To offer interdisciplinary education by teaching Geriatric Medicine Topics to Physical Medicine and Rehabilitation Residents during didactic series		
To gain clinical skills in working with an interdisciplinary team in the management of complex chronic pain.		
Apply motivational interviewing techniques in the home exercise coaching program	X	
Develop Skill in doing Senior Fitness Assessments and writing exercise prescriptions	X	

<b>COMPETENCIES</b>	Patient Care	Medical Knowledge	Practice Based Learning	Interpersonal Communication Skills	Professionalism	Systems Based Practice
<b>TEACHING METHODS</b>	Role Modeling, Discussion on rounds, discussion at interdisciplinary team meetings, Medical literature	Didactic sessions, Medical literature, discussion on rounds, discussion at interdisciplinary team meetings,	Discussion on rounds, discussion at interdisciplinary team meetings	Role modeling, interdisciplinary team discussions	Role modeling, discussion on rounds	Role modeling, discussion on rounds, discussion at interdisciplinary team meetings
<b>METHOD OF EVALUATION</b>	chart review, attending evaluation	attending evaluation, chart review, evaluation of lecture	chart review, attending evaluation	attending evaluation, evaluation by associated health professional, evaluation by patients, evaluation of	attending evaluation, evaluation by associated health professional, evaluation	attending evaluation, chart review, evaluation by associated health professional

				lecture	by patients, evaluation of lecture	al
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PLEASE EMAIL Dr. ARAGAKI AT LEAST 1-2 WEEKS IN ADVANCE OF YOUR ROTATION START DATE SO SHE MAY PROVIDE YOU WITH LEARNING MATERIALS & DIDACTICS SCHEDULES

**WEEKLY SCHEDULE** (PM&R clinic schedules may vary; check with rotation director for most up-to-date schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A M</b>	<p><b>8 – 9</b> PM&amp;R Didactics Room 1277 or Zoom</p> <p>[If time allows: <b>9 – 10</b> PM&amp;R EMG Clinic Room 1415 <i>Code to enter from the back: 24351</i>]</p> <p><b>10 am – 1 pm</b> <b>Gerofit Gym/Fitness Assessment/ Individualized Exercise Rx</b> Dr. Steve Castle Dr. Cathy Lee B220</p>	<p><i>If you do not have continuity clinic on this day then:</i></p> <p><b>8 – 9</b> PM&amp;R Didactics Room 1277 or Zoom</p> <p><b>9 – 10:30</b> PM&amp;R Clinic Room 1415 <i>Code to enter from the back: 24351</i></p> <p><b>11- 12</b> <b>Home Coaching</b> Dr. Steve Castle Dr. Cathy Lee B220</p>	<p><i>If you do not have continuity clinic on this day then:</i></p> <p><b>8 – 9</b> PM&amp;R Didactics Pain Series via Zoom (Dr. Aragaki to email weekly schedule)</p> <p><b>9 – 10:30</b> PM&amp;R Pain Clinic Room 1415 <i>Code to enter from the back: 24351</i></p> <p><b>11- 12</b> <b>Home Coaching</b> Dr. Steve Castle Dr. Cathy Lee B220</p>	<p><b>8 – 9</b> PM&amp;R Didactics Room 1277 or Zoom</p> <p><b>9 – 12</b> PM&amp;R Clinic Room 1415</p> <p>Other clinics available and can be arranged: -Wheelchair clinic in building 304 -Amputee clinic in PT gym area</p>	<p><b>8 – 9</b> PM&amp;R Didactics Room 1277 or Zoom (Unless Geri Grand Rounds or Journal Club)</p> <p><b>9 – 12</b> Cardiac Rehab Main VA Hospital, Near main entrance Room 1612</p>
<b>P M</b>	<p><b>1 – 4:30</b> PM&amp;R</p>	<p><b>2-5</b> PM&amp;R Didactics:</p>	<p><b>1 – 4:30</b> PM&amp;R Pain</p>	<p>Geriatrics</p>	<p><b>1 – 4:30</b> PM&amp;R Clinic</p>

	<p>Clinic Room 1415</p> <p>Other clinics available, and can be arranged:</p> <ul style="list-style-type: none"> <li>-PM&amp;R Brace</li> <li>-PT observation in room 1446/1454</li> <li>-OT observation</li> </ul>	<p>Contact Dr. Aragaki or residents for details (e.g. in-person vs virtual with links)</p>	<p>Clinic Room 1415</p>	<p>Didactics (TLS)</p>	<p>Room 1415</p>
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- The fellow will be absent from the rotation half a day each week to attend his/her outpatient continuity clinic.
- PM&R clinic schedules may vary. Please check with rotation director, Dr. Aragaki (dixie.aragaki@va.gov), at beginning of rotation to see when each clinic is offered. Some of the clinics being offered: Electromyography Clinic, Pain Clinic, Cardiac Rehab Clinic, Brace Clinic or Amputee Rehab Clinic.
- If interested in inpatient bedside evaluations, contact Dr. Aragaki about shadowing inpatient consults.
- If interested in inpatient rehab unit rounds or team conferences, contact Dr. Aragaki to help arrange with inpatient acute rehab unit team.

**USUAL CALL RESPONSIBILITIES:** Fellows will participate in the on-call pool for night and weekend coverage of the Greater LA VA Nursing Home Care Units. Expect one weekend and 2-3 weekday calls per month.