**Physical Medicine and Rehabilitation Tips**

Rotation director:

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**Call**

You will be on the VA CLC call schedule sent month prior, usually three days for the month

**​Things to bring**

1. Reflex hammer is useful for PM&R clinics

2. Stethoscope for cardiopulmonary clinic on Friday mornings​

**​Things that are helpful to review prior to rotation**

1. Dermatomes

2. Anatomy of muscles, joints, bones, nerves

**​PM&R Clinic**

1. You shadow and see patients with PM&R residents

2. Highly recommended to shadow any procedures done in clinic including joint injections, use of ultrasound for injections, battlefield ear acupuncture

3. You learn about different types of injections--corticosteroid, prolotherapy, monovisc (hyaluronic acid)

4. You learn about different pain treatment modalities--injections, topicals, oral medications (tylenol, nsaids, gabapentinoids, duloxetine), TENS unit, braces, splints, PT/OT, kinesiotherapy, surgery indications)​

5. Lectures in the morning and didactics on Tuesday afternoons are great so be sure to go !

**​Morning Lectures**

Monday thru Friday 8am - 9 am​ PM&R lectures are ​​​either in person or via zoom. Dr. Aragaki will email ​the ​Friday before to update lecture topics and to specify if lecture​ each day is via zoom or in person.

- if morning lecture is via zoom, zoom link will be in Dr. Aragaki’s email schedule

- if morning lecture is in person, go to West LA VA room 1277

**​Locations**

**1. PM&R Lectures/didact​ics West LA VA Main Building 500, first floor, Room 1277**

​--​when entering building from parking lot near retail store, make a right on the hallway AFTER you pass the elevators—room 1277 is​ the​ last room on the right before​ the​ hallway ends

**​2. ​PM&R Clinic West LA VA Main Building 500, first floor, Room 1​415​**

--when entering ​the ​building from ​the ​parking lot near ​the ​retail store, make a right on the FIRST hallway BEFORE you pass the elevators​. Clinic room 1415 is down the hallway on the left with a sign above stating Physical Medicine and Rehabilitation​.

**​3. GeroFit Rose Garden Building 220**

--must drive to VA building​ ​across Wilshire, building number​ 220--SEE ATTACHED MAP and RED pathway I drew from VA parking to where Building 220 is. Park at the parking lot​ to the​ left ​of ​the ​building. Walk to the ​Rose ​Garden behind building ​220, ​which is where gerofit ​is ​held.

**4. Wheelchair clinic West LA VA Building 304**

--​​building 304 is the building right next to where we park at the West LA VA. Enter through the automatic door and enter the doors next to where the clerk sits. Walk straight and the wheelchair clinic is the first door on the LEFT. ​It is just one big room.

**5. Cardiopulmonary Rehab clinic West LA VA building 500, Room 1612**

--when entering ​the ​building from ​the ​parking lot near ​the ​retail store​, walk straight and pass the elevators. Make a LEFT at the first hallway AFTER the elevators. Walk down the hallway and before you reach the main entrance of the hospital, on the LEFT you will see Room 1612, labeled as Cardiology Clinic​.

**​Weekly ​Schedule**

**Monday**

8am-9am

PM​&​R didactics​- either zoom or room 1277, see Dr. Aragaki schedule​

9am-10am

PM​&​R EMG clinic Room 1415

10am-12/1pm

Gerofit ​Building 220 ​

​--​I recommend wearing shorts​, ​t​-​shirt​ and exercise shoes,​ since you’ll be exercising with the veterans. You will meet ​our Geriatric faculty who run Gerofit, ​Drs. ​Steven ​Castle and ​Cathy ​Lee and the Gerofit UCLA undergrad group who help​ with gerofit. Drs. Lee and Castle will show you how to do the assessments and where to get all the exercise equipment.

1pm-5pm

PM​&​R Clinic Room 1415

**Tuesday**

8am-9am

PM​&​R didactics​- either zoom or room 1277, see Dr. Aragaki schedule​

9am-12pm

PM​&​R Clinic Room 1415 (unless you have your geriatric continuity clinic)

1pm- 4/5pm

- PM​&​R weekly didactics​ for their residents​

- again either via zoom or in person in​ the​ same didactics room noted above​ 1277​. See Dr. Aragaki’s email from ​the ​week prior for details.

**Wednesday**

8am-9am

PM​&​R didactics​- either zoom or room 1277, see Dr. Aragaki schedule​

9am-12pm

PM​&​R Clinic Room 1415 (unless you have your geriatric continuity clinic)

1pm-5pm

PM​&​R Clinic Room 1415

**Thursday**

8am-9am

PM​&​R didactics​- either zoom or room 1277, see Dr. Aragaki schedule​

9am-12pm

​Wheelchair Clinic Building 304

​or you can go to PM​&​R Clinic Room 1415

​1pm-5pm​​

Afternoon geriatric ​weekly ​didactics

**Friday**

8am-9am

PM​&​R didactics​- either zoom or room 1277, see Dr. Aragaki schedule​ UNLESS we have Geriatric Grand Rounds OR Journal Club scheduled

9am-12pm ​

C​ardiopulmonary ​Rehab Clinic Room 1612

​​

1pm-5pm

PM​&​R Clinic Room 1415

**​Other potential opportunities**

- Monday afternoons you can also check with Dr. Aragaki to see if possible to shadow physical or occupational therapy or go to Brace Clinic

- Thursday mornings you can also check with Dr. Aragaki to see if it is possible to go to amputee clinic​

- If interested in PM&R consults or inpatient shadowing, see if possible by asking Dr. Aragaki

**​Cardiopulmonary Rehab Clinic Tips and Directions**

- Fridays 9am-12pm Room 1612

- BRING YOUR STETHOSCOPE!

- You will be with Dr. Aragaki and ​one of the senior PM&R residents

- Make sure you sign onto Microsoft TEAMS when you start the clinic as Dr. Aragaki or resident may send you useful information

**What is cardiopulmonary rehab clinic?**

- This clinic is to evaluate patients who meet criteria for rehabilitation to either increase endurance, exercise tolerance, lose weight, smoking cessation, lifestyle modifications in setting of either a pulmonary issue as COPD or a cardiac issue (such as heart surgery, valve replacement, aneurysm repair, CABG, post MI, CHF, etc)

- If patient qualifies and desires to be a part of the program, they will be meeting with a team of providers including PM&R physician, physical therapist, nutritionist and psychologist

- The program starts at what is denoted as Phase II

- Patients can choose to either do the program in person three times a week for several weeks OR if they live far or transportation is an issue, they can do a HYBRID program where they come for first session and the rest of the sessions are from home

- Once patients graduate from Phase II, they will then move onto Phase I

**Seeing patients and doing notes**

- Dr. Aragaki will give you a list of the patients to be seen and called that day and you and the senior resident will split the list

- Please see the attached note template you will use for seeing these patients in person or via phone. Save this in your CPRS templates for ease of use

- Make sure you start a TICKLER note and do NOT associate your note with the PM&R cardiopulmonary clinic since you will be editing your note and Dr. Aragaki will review it before you copy and paste it into the formal note in chart, therefore do the following below:

1. open chart of patient you will be seeing

2. click on the SECOND box next to patient's name at the TOP middle

3. click tab NEW VISIT

4. for visit location you want to select 1NO WORKLOAD

5. next click notes tab and then click new note

6. for note title find TICKLER/POST IT Note and then click OK. Delete the prefilled info from the tickler note

7. now use the cardiopulm template I have attached (make sure you save it in your templates so you can just click and have it filled into your note from your saved templates)

8. now you can go ahead and pre-chart and fill in your note

9. Pretty much follow the template note in terms of questions to ask patient

10. for reason for consult, click the CONSULTS tab at the bottom of patient's chart and in the PM&R cardiopulmonary consult referral, you can see why they were referred to rehab clinic. Often its for COPD or post surgery etc. Put this reason in quotes at top of note.

11. In subjective you want to ask about functional status, how far able to walk before becoming short of breath, any symptoms that may be concerning to us that may need further workup (chest pain, orthopnea, BLE edema, shortness of breath, dizziness, etc). If COPD, ask if any exacerbations or hospitalizations, increased sputum production or cough, use of recent steroids, how often the patient needs to use albuterol inhaler.

12. Denote risk factors patient meets on template

13. For social history ask the questions on template. Living situation ask if patient lives alone or with family, if any stairs, etc

14. for functional status can ask if use assistive aid to walk, if they can do all their ADLs and iADLs

15. Note the vitals done by nurse that day

16. Physical exam focus on cardiopulm exam, BLE edema, gait

17. For labs and imaging the template should populate the labs automatically

18. for imaging you want to copy and paste and PUT QUOTES around the results from imaging. Paste results as TTE, cardiac cath, ziopatch, PFTs, CT chest, Myocardial perfusion scans, stress tests

19. In the assessment and plan section you follow template style noting the patient's cardiovascular risk factors. Then write a few sentences if patient is a good candidate for rehab. Note patient may only need pulm rehab or may only need cardio rehab. Note as well here what the patient will be working on, for example, pt will be working on increasing endurance, exercise tolerance, weight loss, smoking cessation, etc.

20. If patient has concerning symptoms that you want to do further testing with exercise tolerance test (ETT,) discuss with Dr. Aragaki. If patient based on history, symptoms, recent imaging and history has no need for exercise tolerance test, then patient can go ahead and get enrolled in rehab program.

21. If patient does NOT need exercise tolerance test (ETT), then delete this part of template plan that makes note of this. Keep the part of the plan in template that states you made referral to which specific rehab program. Keep also the following parts: the precautions noted in template, the education component about preventative health, continuing current meds and follow up with primary care and providers.

22. Once you have finished your TICKLER note, review it with Dr. Aragaki, make corrections and you are ready to put this corrected note as your final note in chart

**Putting final note in chart**

1. Now click on the top middle button next patient's name, and now click the PM&R cardiopulmonary rehab clinic appointment listed to associate your note with this clinic visit

2. Click on notes, click new note

3. Search for note title, can use PM&R cardiopulmonary new patient

4. Copy and paste your TICKLER note

5. Click Encounter

6. Add Dr. Aragaki and denote her as primary

7. At the top left, click new consult for patient type

8. Billing Code for patient type click the 4th one down 99244

9. Click the second tab, and add the diagnosis, click OK

10. sign note

**How to order the Referral to Phase II rehab program**

- Once it is determined with Dr. Aragaki that a patient can enroll in rehab program, you need to place an order for it. Here are the steps:

1. Click Orders tab

2. On left hand side click the INPATIENT WARDS order menu

3. Click 2E Rehab at top

4. Click REHAB CONSULT MENU under consults

5. Click PM&RS Cardiopulmonary Rehab- Phase II OPT

6. Popup for order will appear

7. Click square at top left to start the order

8. Under cardiac, if patient is getting cardiac rehab click that and which condition the patient has. If patient only getting pulm rehab, then click None under the cardiac section. Under pulm section, again if the patient is only getting cardiac rehab, click none here, otherwise can click which condition the patient has that the patient will get rehab for.

9. At the bottom of the order CLICK PRECAUTIONS

10. Click cardiac (including BP, HR, etc)

11. In the yellow box to the right of the cardiac you will type the following:

- TARGET HR resting + 20-30 or BORG RPE 11-14

- Hold for BP >180/100 or < 90/50

- Hold for any concerning cardiopulmonary symptoms

- Please note---confirm these parameters above with Dr. Aragaki because sometimes you may have a patient who has an unfixed aortic aneurysm and you may want to hold exercises for BP >140/90, for example.

12. Click OK

13. Top RIGHT under ATTENTION, search for Phillips, Amanda C.

14. In diagnosis search for their diagnosis

15. For the date desired, select the date for following Friday. If patient has chosen to do a HYBRID in person and home version of rehab, just type that out in the middle box as well so that Amanda is aware.

16. Click OK and SIGN order

**Notes for telephone patients, you do the same template as above**

- I would ADD at top of the note that this is a PHONE note and "patient's identity was confirmed using two identifiers

- follow the same directions as above, first do tickler note, confirm edits and corrections with Dr. Aragaki and then put it in as final note as above

- Make sure the physical exam portion is edited and you can write "alert and oriented status and speaks in full sentences"

- use same note title PM&R cardiopulmonary new patient

- before you sign the note, click ENCOUNTER, make sure Dr. Aragaki is added as primary. In second tab, add the diagnosis. In the procedure tab, click time 21-30 mins which is how much time you spent on patient encounter. Then in the same procedure tab, search 99448. This will add billing item that you provided also education and counseling

- click OK and sign note

- Dont forget to put your order for rehab too for phone patients if they are ok to start rehab per Dr. Aragaki. Follow directions above