

Rehabilitation Medicine as a career

Clinical features

- Uses a holistic approach - the biopsychosocial model of illness
- See patients over time, learn from patients
- See patients with any disease, many diseases (& some with none)
- Need high quality medical knowledge and skills

Skills learned

- Analysing and understanding complex cases crossing boundaries and specialities
- Managing complex patients involved with multiple teams from different organisations
- Applying ethics and law appropriately in challenging situations
- Setting priorities - 'seeing the wood for the trees'
- Understanding unique knowledge and skills of many different professions

Knowledge acquired

- Aspects of many different fields - sociology, psychology, learning theory
- How to manage uncertainty, assess and handle risks
- Strengths and weaknesses of many non-statutory organisations
- Resources available for patients, from outside health

Academic

- Many aspects need high quality research
- Patients generally keen to engage in research
- Opportunities to teach and train many professions
- Much involves multi-disciplinary work

Recognised subspecialties (2017)

- Neurological, relates to trauma and spinal cord injury
- Musculo-skeletal, including trauma and chronic pain
- Amputees and prosthetic rehabilitation; close to trauma
- Spinal cord injury (relates to trauma and neurology)

Other subspecialties & related specialities, current and future

- Paediatrics (already a subspeciality within paediatrics)
- Functional disorders including chronic pain, fibromyalgia, functional neurological disorders etc
- Prolonged disorders of consciousness
- Neuro-psychiatry (within psychiatry) and behavioural disorders
- Use of developing technologies