



**Mount
Sinai**

*Rehabilitation and
Human Performance*

Mount Sinai Neurologic Residency Program

*Mount Sinai Hospital
Department of Rehabilitation and Human Performance
New York, New York*

Department of Rehabilitation and Human Performance

Overall Program Description

The Department of Rehabilitation and Human Performance, operates a 50 bed inpatient rehabilitation unit, a hospital-based outpatient program, and rehabilitation services to acute care units of the Mount Sinai Hospital.

A team of over 200 professionals and support staff provides comprehensive, coordinated, interdisciplinary care to persons with disabilities. Leadership is provided through a diverse group of managers and physicians.

Acute Care Service

Physical, occupational and speech therapists work throughout the acute hospital on all medical/surgical services, including: Neurology, Neurosurgery, Orthopedics, Spine, ENT, GI, General Medicine, Geriatrics, Oncology, Cardiac, Vascular, Psychiatry and Pediatrics. Therapists focus on improving the functional status of the patients, educating patients and family members on safety and mobility, and establishing a safe and appropriate discharge plan from the hospital. Therapy services are provided at the bedside in accordance with clinical needs. The therapists work closely with the interdisciplinary teams to maximize the quality of care provided to every patient.

Inpatient Rehabilitation Units

The 50 bed inpatient rehabilitation center is located on two floors of the Klingenstein Clinical Center (KCC, 1450 Madison Avenue). Each floor has its own gym where therapy is provided. The department believes that this design promotes communication among staff members of the disciplinary team and maximizes the individual's time spent in therapy. The center treats individuals presenting with all types of disability, including but not limited to: stroke, brain injury, spinal cord injuries, neuromuscular diseases, multiple trauma, and amputation. In order to focus care needs of the individuals seen for rehabilitation, the following specifically designed units have been created:

- KCC-2: Rehabilitation is dedicated primarily to persons with motor/functional impairments. It houses the Spinal Cord Injury Specialty Program which is designated a Model System of Care.
- KCC-3: Rehabilitation is dedicated primarily to persons with cognitive / functional impairments. It houses the Brain Injury and Stroke Specialty Programs, and is also designated a Model System of Care for Brain Injury.

Under the direction of board certified physiatrists, the units are staffed by an interdisciplinary team of rehabilitation professionals, including registered nurses, physical therapists, occupational therapists, neuropsychologists, speech-language pathologists, social workers, and therapeutic recreation specialists. Ancillary services, including pharmacy, nutrition, respiratory therapy, radiology and medical consults are available.

The Outpatient Service

The outpatient service includes a full range of rehabilitation services. Services offered include PT, OT, Speech-Language Pathology, Psychological and Neuropsychological services, Vocational Counseling and Social Work services.

There are three specialized day treatment programs available: The Phase II and Bridge Programs for persons with brain injury (BI) and the Do It! Program for persons with spinal cord injuries (SCI). Other outpatient programs include Support Groups for those with SCI and BI, Seating and Positioning Clinic, Specialty services for patients with Lymphedema and Hand Therapy.

Research Activities

The Department of Rehabilitation and Human Performance at the Icahn School of Medicine at Mount Sinai is currently involved in several research initiatives designed to improve our knowledge of disability and how it affects people's lives.

Currently, our research activities focus on the long-term consequences of traumatic brain injury (TBI) and spinal cord injury. Through our research in these areas, we aspire to develop better treatments and therapies for these conditions.

The Abilities Research Center is the newest venture by the department. This center utilizes technology to develop solutions for individuals with disability. The develop partnerships with health technology startups to bridge the gap between early-stage ideas and ready-for-market products

Training Activities

The Mount Sinai Department of Rehabilitation and Human Performance train residents in the field of Physical Medicine and Rehabilitation and Physical Therapy. The department also participates in the education of medical students at the Icahn School of Medicine at Mount Sinai. The Psychology Service provides training at both the pre-doctoral and postdoctoral level. Occupational and Physical Therapy, Rehabilitation Nursing, Speech-Language Pathology, and Therapeutic Recreation provide clinical training experience at the undergraduate and graduate level.

Mount Sinai Neurologic Residency Program

Mission

The Mount Sinai Rehabilitation Center is dedicated to furthering ability through clinical care, education, research and innovation. Our residency program strives to develop physical therapists by enhancing their knowledge, skill and expertise with the neurologically impaired population in the many diverse communities in and around New York City.

The 12-13 month program is designed to achieve the following goals and outcomes:

Goals

1. Provide exposure via direct patient care or observation to specialty neurologic populations in a variety of settings.
2. Provide academic and clinical experiences that facilitate the resident's ability to meet program outcomes and demonstrate excellence in neurologic clinical practice.
3. Achieve and Maintain Accreditation.
4. The residency program will have continuous program improvement that supports the greater Mount Sinai Health System mission by increasing the number of physical therapists with advanced knowledge to provide the best care to the patient with a neurologic condition.
5. Prepare Graduates to be an expert in the field of Neurologic Physical Therapy.
6. As experts, the resident will contribute to the Profession and greater community through leadership, teaching, evidence based practice and service.

Program Outcomes

1. *Clinical*: Residents will demonstrate advanced skills necessary for practice of physical therapy with a specialized neurologic patient population, including brain injury and spinal cord injury
2. *Certification*: Residents will be prepared to sit for and pass the ABPTS exam for board-certification in neurologic physical therapy.
3. *Education*: Demonstrate expertise in physical therapist practice by participating in education to students, colleagues, caregivers, and other members of the health care team. Be able to critically evaluate peer-reviewed literature and synthesize relevant information for evidence-based practice.
4. *Social Advocacy/Community Outreach/Service*: Collaborate with neurologic advocacy groups and participate in educational and awareness events
5. *Professionalism/Communication*: Residents will be models of professionalism and collaborate with health care providers and administrators throughout the organization. They will be proficient in incorporating cultural awareness in patient care in a our diverse environment.
6. *Research*: Participate in research opportunities and demonstrate knowledge in rehabilitation-related research methodology, with a focus on technology and innovation.

American Board of Physical Therapy Residency and Fellowship Education Quality Standards

The Mount Sinai Neurologic Residency Program was designed to follow these education standards. Please follow this link to read and review them:

- [ABPTRFE Quality Standards for Clinical Residency and Fellowship Programs | American Board of Physical Therapy Education Residency and Fellowship \(apta.org\)](https://www.apta.org/quality-standards)

Mount Sinai Neurologic Residency Curriculum/Learning Experiences

The residency curriculum includes both didactic and clinical experiences that are consistent with the standards set by the Description of Residency Practice.

The didactic work will be presented via numerous mediums including:

- Webinars via the Neurologic Physical Therapy Professional Education Consortium
- Journal Clubs onsite and via the Neurologic Physical Therapy Professional Education Consortium
- Attendance with Physical Medicine and Rehabilitation residents in onsite and/or online lectures/case conferences
- Educational sessions with clinical specialists throughout Mount Sinai Hospital
- Grand Rounds

The clinical component will be comprised of the following:

- At least 150 hours of Mentorship by both NCS therapists as well as therapists with years of experience/expertise in Neurologic Physical Therapy
- Approximately 28% of the clinical time will be spent on the Inpatient Rehabilitation Brain Injury unit
- Approximately 28% of the clinical time will be spent on the Inpatient Rehabilitation Spinal Cord Injury unit
- Approximately 17% of the clinical time will be spent on the Acute Bedside service focusing on time in the Neurosurgical ICU, Stroke Unit. Other areas are available to ensure that each resident is exposed to all Primary Health Conditions.
- Approximately 26% of the clinical time will be spent in the Outpatient department continuing to gain exposure to neurologic diagnoses in the outpatient setting.

Other learning experiences include:

- Time spent in the Abilities Research Center and Brain Injury Research Center
- Community Outings with Therapeutic Recreation, Life Challenge Program, and/or Do It! Program
- Participation in state/national conferences or meetings
- Participation in the education of Physical Therapy Students

Self-Directed Learning:

- Observation in Physician Clinics
- Observation in Wheelchair Clinic
- Observation of Surgery
- Ethics Luncheons
- Article Reviews in preparation for NCS
- Other activities throughout MSH

Participant Duties and Expectations

Maintain Licensure

Attend all orientation sessions

Follow all MSH and Residency Policies

Participate in all didactics including but not limited to: webinars, journal clubs, grand rounds and other in-services/learning activities

Be a self-directed learner

Be an active participant in all mentoring sessions

Maintain Productivity expectations

Participate in all evaluation processes

Be prepared each day

Interact with patients, faculty and employees in a professional and respectful manner.

Along with mentor:

- Performs initial examinations, establishes appropriate goals, plans and implements treatment interventions, performs timely re-examinations and modifies goals and treatment interventions accordingly. Coordinates with other disciplines when indicated.
- Assumes responsibility for all documentation requirements in a timely manner, i.e., initial examinations, progress notes, monthly summaries and discharge summaries.
- Provides training to families or care partners and medical personnel as indicated.
- Recommends appropriate durable medical equipment in coordination with appropriate team members. Writes letters of medical necessity when indicated.
- Participates in discharge planning, makes recommendations for continued physical therapy and provides home exercise programs when appropriate.

Participant Evaluation Processes

The resident will be evaluated in the following ways throughout the residency program:

- Written exams
 - 2 comprehensive quizzes each following presentation of Neuroconsortium webinars
 - Midterm Exam
 - Comprehensive Exam at the conclusion of Residency
- Competencies
 - Monthly checklists and meetings with mentor to assess for progress towards goals
- Live Examinations
 - Live patient exam at the end of the Brain Injury Rotation
 - Live patient exam at the end of the Spinal Cord Injury Rotation

The resident will participate in the evaluation of their mentors, the residency director and the residency program as a whole.