



EUROPEAN BOARD OF
PHYSICAL & REHABILITATION MEDICINE

EDUCATION IN PRM
USEFUL RESOURCES II

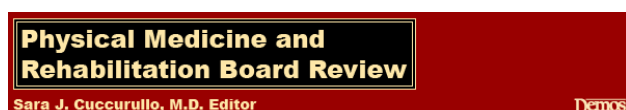
SEPTEMBER 2009

FREE PRM BOOKS

1. Physical Medicine and Rehabilitation Articles <http://emedicine.medscape.com/rehabilitation>

The screenshot shows the Medscape website interface. At the top left is the 'emedicine' logo with 'from WebMD' underneath. To the right of the logo is the text 'Medscape's Continually Updated Clinical Reference' and '6,500 Articles | 10,000 Physician Contributors'. Below the logo is a navigation menu for 'PHYSICAL MEDICINE AND REHABILITATION SECTIONS' with a list of sub-sections including Arthritis and Connective Tissue Disorders, Cervical Spine Disorders, Disorders of the Motor Unit, Electrodiagnostic Medicine, Lower Limb Musculoskeletal Conditions, Lumbar Spine Disorders, Medical Diseases, Movement Disorders, Muscle Pain Syndromes, Muscular Dystrophy, Myopathy, Occupational Medicine, Orthotics, Peripheral Neuropathy, Plexopathy, Prosthetics, Rehabilitation Protocols, and Spinal Cord Injury. The main content area is titled 'PHYSICAL MEDICINE & REHABILITATION ARTICLES' and includes a 'Sort: Alphabetically | by Section' dropdown. Below this are three sections of articles: 'ARTHRITIS AND CONNECTIVE TISSUE DISORDERS' (listing Osteoarthritis, Psoriatic Arthritis, Rheumatoid Arthritis, and Systemic Lupus Erythematosus), 'CERVICAL SPINE DISORDERS' (listing Cervical Disc Disease, Cervical Myofascial Pain, Cervical Spondylosis, and Cervical Sprain and Strain), and 'DISORDERS OF THE MOTOR UNIT' (listing Acute Poliomyelitis, Amyotrophic Lateral Sclerosis, Hereditary Spastic Paraplegia, Kugelberg Welander Spinal Muscular Atrophy, and Botulism Syndrome).

2. **Bookshelf**



The *Physical Medicine and Rehabilitation Board Review* reflects the commitment of the authors and the faculty in the Department of Physical Medicine and Rehabilitation at UMDNJ Robert Wood Johnson Medical School, based at JFK Johnson Rehabilitation Institute, to produce a text that would be used as a guide containing selected topics considered important for physicians preparing for either the certifying or the recertifying examination offered by the American Board of Physical Medicine and Rehabilitation.

<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=physmedrehab.TOC&depth=2>

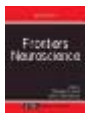
NB Look at 'Full contents', then use the search engine at the top right-hand corner (select 'this book') to enter each chapter!!

Examples of other books from Bookshelf NLM



[Alternative Medicine and Rehabilitation: A Guide for Practitioners](#)

Wainapel, Stanley F.; Fast, Avital, editors
New York: Demos Medical Publishing, Inc.; c2003



[Frontiers in Neuroscience](#)

Simon, Sidney A.; Nicolelis, Miguel A.L., series editors
Boca Raton (FL): CRC Press, Taylor & Francis Group; c2006-2008



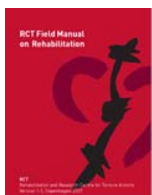
[Parkinson's Disease: Diagnosis and Clinical Management](#)

Factor, Stewart A.; Weiner, William J.
New York: Demos Medical Publishing, Inc. ; c2002



[Spinal Cord Medicine: Principles and Practice](#)

Lin, Vernon W., editor
New York: Demos Medical Publishing, Inc.; c2003



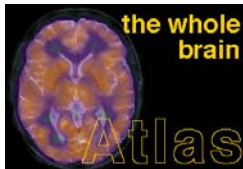
3. RCT Field Manual on Rehabilitation

A manual for the Rehabilitation of Torture and Organised Violence Survivors

Webpage: http://www.uk.rct.dk/About_RCT/Material/Field_manual.aspx

Direct download (3.1 MB):

http://www.rct.dk/sitecore/shell/Controls/Rich%20Text%20Editor/~/_media/Files/Feltmanual_web_low%20pdf.ashx



4. The **Whole Brain Atlas** is an information resource for central nervous system imaging which integrates clinical information with magnetic resonance (MR), x-ray computed tomography (CT), and nuclear medicine images.

<http://www.med.harvard.edu/AANLIB/home.html>



5. Wheless' Textbook of Orthopaedics

This is the most comprehensive, unparalleled, dynamic online Orthopaedics textbook. Looking through its 11,000 pages with more than 5,000 images (daily updated), you'll find key references in an easy to read outline format. Each topic is fully searchable by alphabetical, anatomical and keyword searches, or just click on a particular part of the Skeleton for easy access.

<http://www.whelessonline.com/>



6. **European Agency for Safety and Health at Work** . All of the Agency's publications can be downloaded free of charge at

<http://osha.europa.eu/en/publications>. For example:

Work-related musculoskeletal disorders: prevention report

<http://osha.europa.eu/en/publications/reports/TE8107132ENC>

Work-related musculoskeletal disorders: back to work report

<http://osha.europa.eu/en/publications/reports/7807300>

and **Patient handling techniques to prevent MSDs in health care**

<http://osha.europa.eu/en/publications/e-facts/efact28>

PRM JOURNALS (FREE TEXTS)

1. Geneva Foundation for Medical Education and Research

Free medical journals - Disabilities, rehabilitation, physical therapy

http://www.gfmer.ch/Medical_journals/Disabilities_rehabilitation_physical_therapy.htm

Lists of free medical journals in other specialties are available at

http://www.gfmer.ch/Medical_journals/Free_medical.php



2. *European Journal of Physical and Rehabilitation Medicine*

<http://www.minervamedica.it/en/journals/europa-medicophysica/index.php>



3. *Journal of Rehabilitation Research & Development* -

Free online at:

<http://www.rehab.research.va.gov/jour/jourindx.html>



4. *Journal of Rehabilitation Medicine* - Open access articles at:

<http://medicaljournals.se/jrm/>

<http://jrm.medicaljournals.se/>



5. *Physical Medicine & Rehabilitation* – The new official scientific journal of the American Academy of Physical Medicine and Rehabilitation (AAPM&R).

<http://pmrjournal.org/>

The January 2009 issue and some editorials and invited perspectives are FREE



6. *Physical Therapy*

<http://www.ptjournal.org/> (one year after publication)



7. *Journal of Neuroengineering and Rehabilitation*

<http://www.jneuroengrehab.com/>

EDUCATION & EVIDENCE-BASED MEDICINE



1. "The purpose of the **Association of Academic Physiatrists (AAP)** is to advance academic physiatry by providing leading edge programs, products, and services"

http://www.physiatry.org/Education_Section.cfm



2. **American Academy of Physical Medicine and Rehabilitation**

a. **Practice Guideline Resources**

A list, prepared by AAPM&R staff, that includes a select listing of guidelines that are developed as educational tools to improve patient care by outlining

reasonable information-gathering and decision-making processes used in the management of various diagnoses relative to the practice of physical medicine and rehabilitation.

<http://www.aapmr.org/hpl/pracguide/resource.htm>

b. Practice Guidelines and Outcomes - This section provides you with timely, in-depth information about PRM practice guidelines and outcomes <http://www.aapmr.org/hpl/guideline.htm>

c. AcadeME, AAPM&R's educational resource - AcadeME is AAPM&R's new online education platform that allows physiatrists to access educational services and obtain and manage CME credits. Expanding course catalogs within the Lifelong Learning and Self-Assessment sections.

<http://www.aapmr.org/education.htm> and <http://me.e-aapmr.org/>

d. Physiatric research: a hands-on approach –

A 1991 Supplement to the American Journal of PM&R

I [How to Ask the Question](#)

THOMAS W. FINDLEY, MD, PHD

II [The Conceptual Review of the Literature or How to Read More Articles Than You Ever Want to See in Your Entire Life](#)

THOMAS W. FINDLEY, MD, PHD

III [The Chart Review or How to Use Clinical Data for Exploratory Retrospective Studies](#)

THOMAS W. FINDLEY, MD, PHD and MIRIAM C. DAUM, RPT, MPH

IV [Some Practical Designs in Applied Research](#)

RICHARD P. REILLY, PHD and THOMAS W. FINDLEY, MD, PHD

V [Data Entry and Early Exploratory Data Analysis](#)

THOMAS W. FINDLEY, MD, PHD and MARGARET G. STINEMAN, MD

VI [Research Project Management](#)

THOMAS W. FINDLEY, MD, PHD and MIRIAM C. DAUM, PT, MPH and JUDY A. MACEDO, MS

VII [The Role of the Principal Investigator](#)

THOMAS W. FINDLEY, MD, PHD and MIRIAM C. DAUM, MPH, PT and MARGARET G. STINEMAN, MD

VIII [Preliminary Data Analysis](#) and the VIII [Bars & Graphs](#)

DAVID M. BUCHNER, MD, MPH and THOMAS W. FINDLEY, MD, PHD

IX [Primary Data Analysis](#)

THOMAS W. FINDLEY, MD, PHD

X [Information Resources](#)

ALAN M. DAVIS, MD and THOMAS W. FINDLEY, MD, PHD

XI [Research Training: Setting the Stage for Lifelong Learning](#)

THOMAS W. FINDLEY, MD, PHD and JOEL A. DELISA, MD, MS

XII [Measurement Tools with Application to Brain Injury](#)

MARK V. JOHNSTON, PHD and THOMAS W. FINDLEY, MD, PHD and JOHN DELUCA, PHD and RICHARD T. KATZ, MD



3. British Medical Journal – (to open the papers, please click the link ‘Free full text article in PubMed Central’ at the right-hand side of the PubMed page)

[How to read a paper. Papers that tell you what things cost \(economic analyses\).](#)

Greenhalgh T. BMJ. 1997 Sep 6;315(7108):596-9.

[How to read a paper. Papers that report diagnostic or screening tests.](#)

Greenhalgh T. BMJ. 1997 Aug 30;315(7107):540-3.

Erratum in: BMJ 1997 Oct 11;315(7113):942. BMJ 1998 Jan 17;316(7126):225.

[How to read a paper. Papers that report drug trials.](#)

Greenhalgh T. BMJ. 1997 Aug 23;315(7106):480-3.

[How to read a paper. Statistics for the non-statistician. II: "Significant" relations and their pitfalls.](#)

Greenhalgh T. BMJ. 1997 Aug 16;315(7105):422-5.

[How to read a paper. Statistics for the non-statistician. I: Different types of data need different statistical tests.](#)

Greenhalgh T. BMJ. 1997 Aug 9;315(7104):364-6.

[Assessing the methodological quality of published papers.](#)

Greenhalgh T. BMJ. 1997 Aug 2;315(7103):305-8.

[How to read a paper. Getting your bearings \(deciding what the paper is about\).](#)

Greenhalgh T. BMJ. 1997 Jul 26;315(7102):243-6.

4. Centre For Health Evidence (CHE) is a multi-disciplinary initiative that brings universities, health organizations, and professional associations together. CHE supports the learning, teaching, and practice of evidence-based health care.

Users' Guides to Evidence-Based Practice - The following is the complete set of Users' Guides, originally published as a series in the *Journal of the American Medical Association (JAMA)*.

The CHE continues to maintain the full text pre-publication version of this series on behalf of the Evidence-Based Medicine Working Group. <http://www.cche.net/usersguides/main.asp>



5. Open Clinical contains ‘Clinical practice guidelines’, i.e. “systematically developed statements to assist practitioners and patient decisions about appropriate health care for specific circumstances”.

<http://www.openclinical.org/guidelines.html>



6. Centre for Evidence-based Medicine - It was established in Oxford as the first of several UK centres with the aim of promoting evidence-based health care. The CEBM provides free support and resources to doctors, clinicians,

teachers and others interested in learning more about EBM. <http://www.cebm.net/>

See for example ‘Critical Appraisal’ > ‘Study Designs’: <http://www.cebm.net/index.aspx?o=1039>



National Institute for Health and Clinical Excellence

7. NICE is an independent UK organisation responsible for providing national guidance on promoting good health and preventing and treating ill health.

On the other hand, the NHS Evidence Health Information Resources website (formerly the National Library for Health, UK) (<http://www.library.nhs.uk/>) runs in parallel to the NHS Evidence website (<http://www.evidence.nhs.uk/>). Services of the former National Library for Health are reviewed following the launch of NHS Evidence and strategic decisions are taken by about their migration into NHS Evidence after the review.



8. PEDro is the Physiotherapy Evidence Database. It has been developed to give rapid access to bibliographic details and abstracts of randomised controlled trials, systematic reviews and evidence-based clinical practice guidelines in physiotherapy.

<http://www.pedro.org.au/>

Look also at Physiotherapy Choices, an initiative of the Centre for Evidence-Based Physiotherapy (CEBP), containing a catalogue of the best research evidence of the effectiveness of physiotherapy interventions <http://www.pedro.org.au/physiotherapychoices/index.html>



National Guideline Clearinghouse
www.guideline.gov

9. National Guideline Clearinghouse™ (NGC), a U.S.A. resource for evidence-based clinical practice guidelines. <http://www.guidelines.gov/>



10. Medscape is a part of WebMD Health Professional Network (including also eMedicine.com), that offers integrated medical information and educational tools. After a simple free registration,

Medscape automatically delivers you the specialty site that best fits your profile. Unfortunately, for the time being PRM is not listed in the Specialty Sites, but you may browse other Specialties as Orthopaedics, Rheumatology, or Neurology. Medscape's key features include original, professional medical contents and more than **850 online CME activities**. <http://www.medscape.com/>



11. PeerView Press offers continuing medical education activities for physicians, nurses, pharmacists and healthcare professionals. The

services include **CME presentations** in many pathologies of PRM interest.

<http://www.peerviewpress.com/>



12. The webpage <http://www.hta.ac.uk/project/htapubs.asp> contains the National Institute for Health Research (NIHR, UK) Health Technology Assessment programme. Here you can find free full-texts in pdf format of papers published on '*Health Technology Assessment*' (indexed by PubMed as 'Health Technol Assess.'), including reviews on research methods, outcome measures and some rehabilitation topics.

OTHER USEFUL LINKS FOR EDUCATION AND RESEARCH



1. American Congress of Rehabilitation Medicine

Online & Print Resources

http://www.acrm.org/consumer_professional/Online_Print_Resources.cfm

Evidence-based practice

http://www.acrm.org/consumer_professional/Evidence_Based_Practice.cfm



2. The Open Directory Project is the largest, most comprehensive human-edited directory of the Web. It is

constructed and maintained by a vast, global community of volunteer editors.

Rehabilitation Medicine at:

http://www.dmoz.org/Health/Medicine/Medical_Specialties/Rehabilitation_Medicine/



3. Rehabilitation Medicine Links

<http://www.ualberta.ca/~lslater/achrn/rehablinks.html>



4. MedlinePlus directs you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations.

'Rehabilitation' at : <http://www.nlm.nih.gov/medlineplus/rehabilitation.html#cat1>



5. All disABILITY Links

<http://www.eskimo.com/~jlubin/disabled/all.htm>



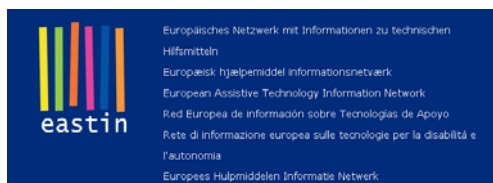
6. Cornucopia Of Disability Information (CODI) - CODI serves as a community resource for consumers and professionals by providing disability information in a wide variety of areas. For example, about assistive technology:

<http://codi.buffalo.edu/assistiv.htm>



7. The Consortium for Assistive Technology Outcomes Research (CATOR) was established in 2001 to advance the field of Assistive Technology outcomes measurement. Look at its page "Links" relevant to the field of assistive technology and to outcomes measurements at:

<http://www.atoutcomes.com/content/view/5/>



8. EASTIN is a comprehensive information service on Assistive Technology (AT) in Europe. Here you have the starting point for a web-based tour of AT products in Europe. You can find products, services, regulations and best practice, related to English, Italian, German, Spanish and Danish databases. <http://www.eastin.info/>



ABLEDATA

Your source for assistive technology information

9. ABLEDATA provides information about assistive technology products and rehabilitation equipment <http://www.abledata.com/>



10. Amedeo – The Medical Literature Guide - You may choose a subset of the following journals in Rehabilitation Medicine and subscribe to our free e-mail service. Every week you will receive an e-mail with bibliographical details and links to available abstracts. <http://www.amedeo.com/medicine/reh.htm>

See also: <http://www.goldenlinks4doctors.com/medicine.php>

<http://www.freebooks4doctors.com/>

<http://www.freemedicaljournals.com/#fmj>



11. The research articles in all journals published by **BioMed Central** are 'Open Access'. They are immediately and permanently available online without charge.

<http://www.biomedcentral.com/browse/journals/>

MedBioWorld™

12. MedBioWorld is an online resource portal for professional medical and biotechnology information. The portal provides access to comprehensive lists of journals.

For Physical Medicine:

<http://www.medbioworld.com/MedBioWorld/ResourceLinks.aspx?type=Publications&&category=Journals&&concept=Physical%20Medicine>

**Rehab
management**

The Interdisciplinary Journal
of Rehabilitation

current issues in the rehab industry. <http://www.rehabpub.com/>

13. Rehab Management is a pragmatic clinical and management magazine that features recent advances in the rehabilitation marketplace along with news and



14. University of Oklahoma – Health Sciences Center

Lecture Topics in Kinesiology (from course material developed for the Dept. of Rehabilitation Sciences) - Control of Human Movement

<http://moon.ouhsc.edu/dthomps/namics/lecsked.htm>

CHASS

COLLEGE OF HUMANITIES
AND SOCIAL SCIENCES

15. North Carolina State University - Statistics -

Statnotes: Topics in Multivariate Analysis, by G. David Garson

A detailed description of quantitative methods, qualitative methods and

theoretical frameworks <http://www2.chass.ncsu.edu/garson/pa765/statnote.htm>



16. The American College of Sports Medicine

(ACSM) and the **American Heart Association**

(AHA) have updated their 'physical activity & public health guidelines'. These guidelines outline exercise recommendations for healthy adults and

older adults and are an update from the 1995 guidelines.

http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764