

Skills requirements

For Physical and Rehabilitation Medicine, learning objectives a1-a6, b1-b5 and c1-c13 apply.

Learning objectives a and b

Learning objective a1 Teamwork, leadership and pedagogy	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to take responsibility for his/her continuous learning in the workplace – Be able to exercise leadership in his/her daily work, including lead a healthcare team – Be able to take responsibility for the development of multi-professional teamwork – Be able to take responsibility for cooperation with patients and their families** – Be able to work in networks looking after the patient – Be able to collaborate with agencies outside the hospital healthcare system such as social welfare boards, agencies within the social services, schools and Försäkringskassan (the Swedish Social Insurance Agency) – Be able to present and explain medical information in a way that is understandable to the recipient, orally and in writing – Be able to plan and carry out teaching and training – Be able to supervise and instruct colleagues and students 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Supervise under supervision Teach under supervision	

Learning objective a2 Ethics, diversity and equality	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Demonstrate knowledge and understanding of the principles of medical ethics and be able to identify ethical problems and analyse these in a structured way – Be able to handle conflicts in values in his/her daily work – Be able to treat people as individuals and with respect regardless of gender, transgender identity or expression, ethnic 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

origin, religion or other faith, disability, sexual orientation or age.	General recommendations Participation in intra- or inter-professional reflection in groups	
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Learning objective a3 Infection Prevention and Control	Programme activities	Assessment
The specialist doctor shall: – Be able to take responsibility for the prevention and control of healthcare-associated infections	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor

Learning objective a4 Systematic quality and patient safety management	Programme activities	Assessment
The specialist doctor shall: – Critically examine his/her own practice and be able to conduct a risk and outcome analysis – Be able to take responsibility for systematically implementing measures, processes and procedures to improve patient care – Be able to take responsibility for the integration of new technologies and procedures into his/her daily work as a doctor	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Quality and development work	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	

Learning objective a5 Medical science	Programme activities	Assessment
The specialist doctor shall: – Demonstrate a deeper knowledge and understanding of medical scientific methodology and ethical principles – Be able to critically examine and evaluate medical science information – Demonstrate a scientific evidence based approach to his/her daily way of working and routines	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Independent written work based on scientific methodology	Certificate of completed programme activities and attained the required competencies issued by the supervisor



	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	

Learning objective a6 Legislation and other regulations and the health and medical care system's organisation	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none">– Demonstrate knowledge of the legislation and regulations which govern the healthcare system and its staff– Demonstrate knowledge of the health and medical care system's organisation and administration– Demonstrate knowledge of the health and medical care system's various financial control systems and their importance for the balancing of priorities in his/her daily work	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

Learning objective b1	Programme activities	Assessment
Communication with patients and families		
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to adapt his/her way of communicating based on the patient's and their relatives' individual needs and communication capabilities – Be able to give patients and their families difficult news with respect, empathy and sensitivity – Be able to support the patient's ability to manage a change in life situation as a result of an illness or disability – Be able to consult with patients and their families concerning the patient's self-care 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Clinical attachment	

Learning objective b2	Programme activities	Assessment
Prevention of disease and ill-health		
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to guide patients in matters of lifestyle choices in order to: – Prevent the development of diseases associated with one or more lifestyle habits – Improve the prognosis in patients with diseases associated with one or more lifestyle habits 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings	

Learning objective b3	Programme activities	Assessment
Medicines		
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to adapt pharmacotherapy to the patient's age, sex, weight, kidney and liver 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor

<p>function as well as any comorbidity and other medication</p> <ul style="list-style-type: none"> – Be able to assess the risks of interactions and side effects with pharmacotherapy – Be able to work with patients and their families to achieve compliance with medications – Be able to work with other parties in the patient care chain with regard to pharmacotherapy – Be able to critically review and evaluate scientific evidence surrounding pharmacotherapy – Demonstrate knowledge of the environmental impacts of pharmacotherapy – Demonstrate knowledge of the health economics aspects of pharmacotherapy 	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained required competencies requirements issued by the course provider or the supervisor</p>
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Learning objective b4 Insurance medicine	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to apply procedures in insurance medicine as part of the treatment of the individual patient – Be able to collaborate on insurance medicine matters relating to the individual patient with actors within and outside the healthcare system 	<p>Clinical practice under supervision</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or supervisor</p>
	<p>General recommendations</p> <p>Attendance at large professional gatherings</p>	

Learning objective b5 Palliative care in the final stages of life	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to identify the need for and initiate palliative care in the final stages of life – Be able to hold conversations with patients and their families concerning transiting to palliative care – Be able to apply the fundamental principles of palliative symptom relief with regard to 	<p>Clinical practice under supervision or alternatively clinical attachment</p>	<p>Certificate of completed programme activities and attained the required competences issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competences issued by the</p>



physical, psychological, social and existential needs		course provider or the supervisor
	<i>General recommendations</i> Participation in seminars Attendance at large professional gatherings Clinical attachment Training in simulated environment	

Learning objectives c

Based on knowledge of anatomy, neurobiology and physiology, the specialist doctor is to master:

- The rehabilitation of traumatic and vascular injuries and diseases,
- The rehabilitation of other injuries and diseases of the central and peripheral nervous systems that have caused extensive disabilities, and
- Rehabilitation for prolonged pain conditions.

In addition, the specialist doctor is to:

- Have knowledge of rehabilitation in cases of functional impairments of the musculoskeletal system, and in the case of chronic neurological disease,
- Have knowledge of the management of internal medicine complications and conditions that can arise during rehabilitation,
- Have knowledge of the management of adult habilitation,
- Master the psychological consequences of illnesses in patients and their families, and
- Master the impact of mental illnesses on rehabilitation.

Particular attention should be paid to developing an interdisciplinary approach which is characteristic of physical and rehabilitation medicine. It is therefore important to have knowledge of other professional groups and actors in the area and their methods.

Learning objective c1	Programme activities	Assessment
The specialist doctor shall: – Master anatomy, neurobiology and neurophysiology as the theoretical basis for clinical assessment and management	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings Theoretical studies	

Learning objective c2	Programme activities	Assessment
The specialist doctor shall: – Master the investigation of function, capacity and empowerment, and on the basis of this evaluate the rehabilitation potential, prioritise efforts and formulate a rehabilitation plan	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies Work in a care team	

Learning objective c3	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of the methods of investigation and rehabilitation used by all professional groups in the interdisciplinary rehabilitation team 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Clinical attachment Theoretical studies Work in a care team	

Learning objective c4	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of how psychological factors and mental illnesses impact the rehabilitation process – Master the treatment of these conditions. 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in seminars Theoretical studies	

Learning objective c5	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of other rehabilitation actors within and outside the health and medical care system, and be able to collaborate with these 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in diagnostic and treatment conferences Theoretical studies	

Learning objective c6	Programme activities	Assessment
The specialist doctor shall: – Master rehabilitation after brain damage/injury	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies Work in a care team	

Learning objective c7	Programme activities	Assessment
The specialist doctor shall: – Master rehabilitation after spinal cord injury	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies Work in a care team	

Learning objective c8	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to manage rehabilitation in the case of peripheral nerve damage – Be able to manage rehabilitation in the case of chronic neurological disease 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<i>General recommendations</i> Theoretical studies Work in a care team	

Learning objective c9	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Master rehabilitation in the case of longterm pain in the patient 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<i>General recommendations</i> Participation in diagnostic and treatment conferences Theoretical studies Work in a care team	

Learning objective c10	Programme activities	Assessment
The specialist doctor shall: – Be able to manage rehabilitation in the case of injuries and diseases in the musculoskeletal and nervous systems	Clinical practice under supervision, or alternatively clinical attachment at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c11	Programme activities	Assessment
The specialist doctor shall: – Be able to manage habilitation in adults	Clinical practice under supervision, or alternatively clinical attachment at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Clinical attachment Theoretical studies	

Learning objective c12	Programme activities	Assessment
The specialist doctor shall: – Be able to manage internal medicine conditions in connection with rehabilitation	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Theoretical studies	

Learning objective c13	Programme activities	Assessment
The specialist doctor shall: – Be able to apply legislation and other regulations applicable to the specialty	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

General recommendations

Programme structure

The specialty resident in Physical and Rehabilitation Medicine should begin his/her education in interdisciplinary team work at a specialised rehabilitation unit. The aim is that the specialty resident can eventually lead the team in the assessment, prioritisation and planning of rehabilitation efforts. Documentation should be part of this work as well as various forms of contact with other rehabilitation actors within and outside the health and medical care system.

After having acquired basic knowledge in the main areas of the specialty which are neuro rehabilitation and pain rehabilitation, it is appropriate for the specialty resident to begin his/her ancillary programme. This should be completed through clinical practice primarily within internal medicine, psychiatry and neurology practices. Suitable areas for other specialty training or clinical attachment are habilitation for adults, orthopaedics, rheumatology, neurophysiology, neurosurgery or occupational and environmental medicine.

Specialist medical training should conclude with a period where the specialty resident gets the opportunity to independently lead a rehabilitation team.

It is important that the courses taken by the specialty resident cover the main areas of the specialty and that the specialty resident's participation in these courses is integrated into the rest of the programme. Throughout his/her specialty training, the specialty resident should participate in the internally and externally provided continuing education at the clinic, and be given time for knowledge acquisition and self-study of the literature. The specialty resident should also be given the opportunity to teach patients and their families as well as co-workers under supervision.