



## British Society of Rehabilitation Medicine

Promoting quality through  
education and standards

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### President's Report

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As ever, these are challenging times! Despite the increased profile of the specialty and the wider acceptance that rehabilitation is cost-effective and everybody's business, Rehabilitation Medicine has been challenged by the current financial crisis in the NHS and by restructuring of NHS England - including reorganisation of the Clinical Reference Groups and culling of National Clinical Director roles.

However, the specialty is as well positioned as we can be, having contributed to the work of the Rehabilitation Programme Board (many thanks to Judith Allanson and Diane Playford) and with the recent publication of UKROC data. Many of you will be aware of the paper recently published in the BMJ open 'Cost-efficiency of specialist inpatient rehabilitation for working-aged adults with complex neurological disabilities: a multicentre cohort analysis of a national clinical data set'. This analysis of the first 5-year national cohort confirms that specialist in-patient rehabilitation is cost-efficient, across all service levels and all neurological diagnostic groups. Additional publications will follow reporting on further analyses of data relating to trauma and to hyper-acute services which present evidence that specialist rehabilitation is a critical component of the acute care pathway and without it the benefits of early acute care cannot be realised.

BSRM made robust representation to NHS England in response to the proposed re-organisation of CRG's which has meant a reduction in the number of CRG's and perhaps more critically, a reduction in professional representation on each remaining CRG. Although the new structure is not ideal, representation on each CRG has at least been widened a little. The new CRG will cover both specialised rehabilitation and complex disability equipment.

The eagerly awaited [commissioning guidance for rehabilitation from NHS England](#) was published in March to support Clinical Commissioning Groups in commissioning rehabilitation services. It includes useful resources/references (including reference to BSRM guidance) and highlights the substantial evidence of the long-term cost benefits delivered by rehabilitation services.

Our own work on guidelines and standards continues, with the guidance on Rehabilitation for Neuromuscular Conditions now in its final stages of production. The revision of guidance for Management of Adults with Spasticity is also now well-advanced and on track for publication by the end of this year.

With the changing horizon in healthcare and the impact on the delivery of rehabilitation services, it is important that the competency structure of the Rehabilitation Medicine curriculum ensures RM trainees are equipped for practice in their chosen area. BSRM has recently submitted its recommendations for the update of the Rehabilitation

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Medicine curriculum to the SAC and it is expected that a new curriculum will be published by the JRCPTB soon.

2016 has seen the introduction of reduced price membership for trainee members and it is proposed that further reductions will follow for all members paying by direct debit in the future. BSRM is also able to provide even better value for money for members wishing to participate in groups such as UKABIF, WFNR, ESPRM and ISPRM – BSRM membership of these organisations brings reduced registration fees for all members who attend their meetings.

Rehabilitation Medicine is thriving and growing and it is encouraging to see the range of exciting job opportunities available ([many are listed on the BSRM website](#)).

Finally, I look forward to seeing you all at the annual meeting in Manchester from 21-23 November 2016 which has a main theme of rehabilitation following major trauma and which offers ample opportunity for participation of the Special Interest Groups (including the new Trauma Rehabilitation Special Interest Group) and for poster/oral presentation. And for the first time, trainees who are authors of the abstracts selected for oral presentation will receive free registration!

*Lynne Turner-Stokes*

**President**

[lynne.turner-stokes@dial.pipex.com](mailto:lynne.turner-stokes@dial.pipex.com)

### **BSRM Annual Scientific Meeting & 2016 AGM**

**21-23 November 2016, The Midland Hotel, Manchester**

**'Rehabilitation following major trauma'**

**Abstract submission will open soon – Closing date for  
receipt of abstracts is 30 September**

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### **Congratulations!**

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Congratulations to the following on their recent appointment as Rehabilitation Medicine Chair–

Professor Rory O'Connor, Charterhouse Professor of Rehabilitation Medicine Head of the Section of Rehabilitation Medicine, University of Leeds

Professor Diane Playford, Professor of Neurological Rehabilitation, University of Warwick.

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## New Trauma Rehabilitation Special Interest Group TRSIG

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I am really pleased to have been asked to Chair a new BSRM Special Interest Group focussing on Trauma Rehabilitation – TRSIG. As many of you will be aware the BSRM has developed [core standards for rehabilitation following trauma](#) and continues to work with the major trauma networks. BSRM was represented at the MTN11 meeting in February and at the various NHS England 'Improving Rehabilitation Services Regional Stakeholder Events' in April. The group will continue to work with others in developing the national rehabilitation prescription. The TRSIG is also supporting the National Clinical Audit, commissioned by the Healthcare Quality Improvement Partnership (HQIP), of patients with complex needs following major injury.

The main theme for the BSRM's Annual Meeting in Manchester this year (21-23 November 2016) is Trauma Rehabilitation. The new Trauma Rehabilitation Special Interest Group has been allocated a SIG slot on the third day (23 November), during which we will explore RM input to trauma centres, repatriation policies and mild traumatic brain injury pathways and the interface with PTSD services. There will also be a meeting of the TRSIG committee at the Annual Meeting.

Any members wishing to join the SIG and/or be involved in the various strands of work please do get in touch.

*Judith Allanson*  
judith.allanson.1@gmail.com

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## Trainees' Section

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It has been a busy few months for trainees with plenty of conferences and courses. The BSRM annual meeting was a success with several trainees attending. The trainees had an annual trainee meeting on the 1st of December where important topics such as the junior doctors' strikes and the shape of training were discussed. In addition to this the RCP careers day was held on the 27th of February 2016. Rehabilitation Medicine was represented by Dr Meena Nayar and Dr Lloyd Bradley. A platform presentation about Rehabilitation Medicine was received with much enthusiasm by the attendees who were mainly Foundation Year trainees and medical students.

Training events so far this year have included the EAT training course, MSK course and Advanced Prosthetics and Amputee Rehabilitation course.

There were 6 trainees who passed the European Board of Physical and Rehabilitation Medicine Examination:  
*Dr Annabel Crossman, Oxford*  
*Dr Shresth Dharm-Datta, Epsom*  
*Dr Zaid Ibrahim, Edinburgh*  
*Dr Hollie Ringrose, Salford*  
*Dr Anita Suthanthirasingh, Stoke on Trent*  
*Dr Vicki Williams, Rochdale*

Big congratulations to them all.

Finally, there have been new 'specialist interest group' trainee representatives appointed this year.  
Vocational rehabilitation SIG rep: *Laura Edwards*  
Electronic assistive technology SIG rep: *Sadar Bahadur*  
Spinal cord SIG rep: *Srinivasa Budithi*  
Representative to REBSIG: *Lenyalo King*

The existing SIG reps who will continue in their current roles are:

Musculoskeletal SIG rep: *Simon Shaw*  
Amputee SIG rep: *Vijay Knolli*

That's it for now. Any questions please do get in touch and have a great Summer!

Find us on Facebook 'Rehabilitation Medicine specialist trainees'

*Meena Nayar* & *Becky Davidson*  
meenakshi.nayar@nhs.net    rievins@doctors.org.uk

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## SIGAM

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Amputee Rehabilitation continues to be a very rewarding subspecialty to be part of. The Advanced Prosthetic & Amputee Rehabilitation Course at the Royal National Orthopaedic Hospital, in March this year was over-subscribed. The feedback was very good and as usual the course is changed a little each year to improve on the quality of the sessions and maximise the learning.



*Keren Fisher at the 16<sup>th</sup> Advanced Prosthetic & Amputee Rehabilitation Course, Stanmore*

The SIGAM endeavours to be a very active special interest group and we continue our involvement with influencing and advising NHS England on policy and best practice. We have expressed our concern this year that Amputee Rehabilitation appeared to be viewed by the Department of Health as mostly concerned about artificial limbs. We have clarified that the more-costly work with amputees is in the provision of much needed multidisciplinary treatment both inpatient and in the community. This too must be costed.

The revised Amputee and Prosthetics Standards and Guidelines third edition is close to completion and should be available soon. Thank you to all in the committee who gave of their time, especially Imad Sedki for steering us

through. These guidelines will be of significant help for benchmarking best practice.

There continue to be excellent job prospects in Amputee Rehabilitation for Specialist Registrars and we would encourage new registrars to experience, as early as they can in their training, this subspecialty.

## Lorraine Graham

SIGAM Chair

Lorraine.Graham@belfasttrust.hscni.net

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## VRSIG

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The VRSIG have had a busy year and were delighted to welcome Diane Playford as a committee member.

The group met quarterly and had a successful VRSIG session at the Annual Meeting in December where we were pleased to welcome Pui Ling Li CMO of DWP who gave a Keynote address - the first time a DWP CMO has addressed the BSRM.



*Dr Pui Ling Li, DWP CMO at 2015 Annual Meeting, London*

VRSIG committee members Andy Tyerman, Diane Playford and John Pilkington spoke at the meeting and addressed the challenges in setting up a vocational service, managing a brain injury VR service and the approach to VR in chronic musculoskeletal conditions.

Zacc Falope for the VRSIG has contributed to the update of the Rehabilitation Medicine training curriculum and submitted VR training competencies for consideration by the BSRM Education Subcommittee.

I represented the BSRM at a joint DWP/DoH roundtable event in September where there was information on a new joint unit which has been set up to contribute to the government manifesto commitments. The objectives were to create greater integration between the work and health systems, to encourage work to be seen as a health outcome, to influence employers so that they support health in the workplace and to develop delivery models to support and incentivise return to work over the next five years. The initial phase of consultations will culminate in a White Paper and influence a potential new WCA and Work programme replacement.

Congratulations to John Pilkington who has been elected to the board of the Council for Work and Health which will further strengthen the links between the Council, the BSRM VRSIG and the VRA.

John and I attended the launch of the new Rehab Code where it was announced that VRA and BSRM will be consulted on preparing a separate guide to good practice 'hardwired' into the code. We both met with Lynne Turner Stokes to work on a proposed Clinical Good Practice document to link to the revised Rehab Code.

Diane Playford, Andy Tyerman and I have met to work on an update to the BSRM/RCP Vocational standards documents and this work will continue this year.

We as Rehabilitation physicians have an important role not only in our specialist understanding of the functional implications of disability but in our ability to bridge the gap between health rehabilitation agencies and work agencies.

We look forward to inviting as many BSRM members as possible to our SIG meeting in November in Manchester.

## Emer McGilloway

VRSIG Chair

emcgilloway@doctors.org.uk

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## European News

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[www.euro-prm.org](http://www.euro-prm.org)

European Physical & Rehabilitation Medicine Certification: In 2015 a record number of candidates sat the Physical and Rehabilitation Medicine examination. Congratulations to the six British successful candidates (see the Trainees Section for names). In addition 16 fellows were re-certified, four trainers and three training centres (including Oswestry) were approved. A reduction in fees for recertification, certification by equivalence and training centre certification are being offered for a limited period.

The White Book: The updated 'White Book on Physical & Rehabilitation Medicine in Europe' is due for publication in January 2018 and the European Board is developing e-books. The first e-book will be on the subject of PMR management of scoliosis.

We are pleased to let members know that Mark Delargy from Ireland has been elected as the new Chair of the Board's Clinical Affairs Committee and the UK will have a place on the question-setting committee for the European Board examination.

Trainees are reminded that two free places are available for each member country at the European Summer Schools ([alain.delarque@ap-hm.fr](mailto:alain.delarque@ap-hm.fr)) and that the next European examination in the UK will be held in Poole on 26 November (the closing date for applications via [www.euro-prm.org](http://www.euro-prm.org) being 30 September).

The next meeting of the Board will be in Prague in August.

As always if you have any queries for us as the UK representatives to the European Board of Physical & Rehabilitation Medicine, please do not hesitate to get in touch.

*John Burn*

*Rajiv Singh*

[john.burn@poole.nhs.uk](mailto:john.burn@poole.nhs.uk)

[rajiv.singh@sth.nhs.uk](mailto:rajiv.singh@sth.nhs.uk)

## Members' experience of Rehabilitation in Madagascar

For several years we have been disappearing off to Madagascar - an unlikely place for family holidays though good for the adventurous . Why?

Since 2008 the Leeds Teaching Hospitals have had an MOU with the Ministry of Health of Madagascar, and the University of Antananarivo. One part of this concerns a three-year programme of teaching Rehabilitation Medicine to mid-level (Diplome Universitaire) to eight highly motivated doctors who had to run regional and national rehabilitation centres without having had any specialist training – an almost impossible task you would think. This rehabilitation programme is run by the charity 'Opt In' ([www.optin.uk.net](http://www.optin.uk.net)) co-directed by Anne who in 2013 co-opted Ram to teach about SCI rehab.

Opt In had previously sent health staff to teach for short periods in Bangladesh, Uganda and a few other developing countries and now sought to respond to the Crisp Report (2007) advising that links were better formed between departments rather than individuals, giving better results in terms of sustainability of learning and competences. In this way populations will have an increasing chance of improving services. Of course what can be accomplished depends also on the health infra-structure of the country.

To start a new in-patient department of Rehabilitation with related out-patient and community services takes a long time in the UK so one would expect it to take longer in a low resource country. To some extent that has been true in Madagascar. But with a committed and highly capable partner, Dr Sonia Andrianabela, a Rehabilitation Consultant responsible for long-term conditions and rehabilitation within the Ministry of Health of Madagascar and who had a (rehabilitation) vision for the country, our input has had dramatic effects relatively quickly. A recent evaluation of our teaching has shown marked improvements in practice in both regional and national centres.

The Rehabilitation Medicine programme of training we gave for these doctors, devised by Sonia and Anne in 2009, was at intermediate level (a Diplôme Universitaire, D.U in French-based medical systems) based on local needs. Our modern methods of teaching with an emphasis on practical skills (and enough supporting theory) were enjoyed. UK teaching had to be considerably adapted: many drugs were too expensive, many treatments not safe (such as Botulinum treatment of spasticity and intra-articular injections) and rehabilitation interventions in the UK rely heavily on the presence of many highly trained therapists. Madagascar has some 200 physiotherapists for a population of 23 million, no OTs (though the undergraduate training has now just started) and no Speech and Language therapists.

Our UK teams (including therapists) have taught since 2011: by 2013 eight doctors had their DU with enhanced clinical skills and knowledge (fairly examined with OSCEs), with some 10 physios receiving some training. They have formed the Association of Physical and Rehabilitation Medicine of Madagascar, recognised by the ISPRM. They have mounted a successful international congress on the rehabilitation of cerebral palsy and a paper re the training is published (J Rehabil Med 2015;47:682-687) and another is in press.

The story is incomplete without documenting the development of the first SCI rehabilitation service in southern Africa. One of the DU doctors, Dr Renaud, who is currently the head of the Rehabilitation Medicine department in the main hospital in the capital city, Tana, has, with the help of Ram Hariharan, taken the lead to develop the spinal cord injury services. During the first two-week SCI training back in 2013, a collaboration was set up with the neurosurgical department in the form of an MDT. These meetings have paved the way for the formation of a pathway for patients admitted to this hospital with a spinal cord injury. The neurosurgeons, impressed with the valuable input from the rehab team, are now supporting Renaud with the proposal for a new 10 bedded ward for Rehabilitation Medicine. Renaud, Sonia and Ram have had meetings with the director of the main hospital who is very supportive of this new project. The idea is to develop a centre of excellence for SCI services in the capital that will serve as a model for other centres across the country.

The Madagascar model of SCI development was presented at the African Spinal Cord Injury Network [AFSCIN] of which Madagascar is now an active member and Renaud a member of the Executive Committee. Renaud is attending the South African Spinal Cord Association [SASCA] at Cape team in April 2016. Talk to us if you'd like to know more about the development of this service and future aspirations regarding which we will try and keep you updated.

The whole programme has been rigorously evaluated in 2011 and 2015. Just two quotes may give a flavour: 'This is in many ways an exemplary project driven by a locally defined vision and integrated with a coherent plan for rehabilitation sector development' and 'returned volunteers reported benefits to themselves and to their employer and workplace.'

We'd gladly give you further information.

*Ram Hariharan*

[ram.hariharan@sth.nhs.uk](mailto:ram.hariharan@sth.nhs.uk)

*& Anne Chamberlain*

[m.a.chamberlain@leeds.ac.uk](mailto:m.a.chamberlain@leeds.ac.uk)

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## BSRM Prizes

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Don't forget there is a selection of prizes to compete for, available to various levels of BSRM membership and medical students:

- ***The Memorial Postgraduate Research Travelling Scholarship***  
This is for any member who wishes to do some rehabilitation research away from their normal place of work. The first awards will be made in memory of Bipin Bhakta, Professor of Rehabilitation Medicine at the University of Leeds.
- ***Travelling Scholarship***  
The travelling scholarship is open to any member for the purpose of travel to further an aspect of rehabilitation practice. It excludes courses and conferences.
- ***Postgraduate Training Bursary***  
This bursary is open to members pursuing an MD or PhD in a rehabilitation related topic, and goes towards tuition fees.
- ***The Philip Nichols Prize***  
The Philip Nichols prize is the oldest BSRM prize and is awarded for an essay describing a piece of rehabilitation research and putting it in the context of its relevance to Rehabilitation Medicine.
- ***Medical Students Essay Prize***  
Encourage your medical students with this prize! It is for any UK medical student writing on any topic concerning rehabilitation medicine and including a literature review.

Deadline for all is 31st December, so time to get writing!

See the detail at <http://www.bsrn.org.uk/members/prizes-bursaries>

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## BSRM Specialist Rehabilitation Medicine Course

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After an absence of two years the Specialist Rehabilitation Medicine Course is starting again in 2017. Dates are 18th and 19th May, and it is held in Derby.

The course runs over a four-year cycle, covering topics relevant to specialist training that are not covered in the other BSRM associated courses; that are less easily covered in regional training, or benefit from a larger group for exploration of ideas and skills concerning rehabilitation. Although designed with trainees specifically in mind it will also be useful as an update for consultants and associate specialists in rehabilitation medicine. Details of programme and speakers will be advertised later this year.

*Margaret Phillips*

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## New Members

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Welcome to the following new members since the last Newsletter. We look forward to seeing you at future events and to your involvement in the Society:

- Dr Jane Anketell***, ST3 – Rehabilitation Medicine, Belfast  
***Dr Siobhan Barrie***, ST3 – Rehabilitation Medicine, Oxford  
***Mr Ajay Boppana***, ST6 – Rehabilitation Medicine, West Midlands  
***Dr Eleonora Bradaschia*** – Locum Consultant in Rehabilitation Medicine, London  
***Mr Srinivasa Budithi***, Specialist Registrar, West Midlands  
***Mr Vasileios Chatziagorakis***, Locum Consultant in Rehabilitation Medicine, Edinburgh  
***Dr Lin Cheng***, ST3 – Rehabilitation Medicine, Preston  
***Dr Michael Dilley***, Consultant Neuropsychiatrist, London  
***Dr Peter Franks***, ST7 – Anaesthetics/Critical Care, North Western Deanery  
***Dr Sarah Gonsalves***, ST3 – Rehabilitation Medicine, Newcastle-upon-Tyne  
***Dr Stephen Halpin***, ST3 – Rehabilitation Medicine, Leeds  
***Dr Damon Hoad***, ST5 – Rehabilitation Medicine, London  
***Dr Sam Jose***, Specialty Doctor, Rehabilitation Medicine, Inverclyde  
***Mr Sreedhar Kolli***, Consultant in Spinal Injuries, Cardiff  
***Dr Nicola Murray***, ST3 – Rehabilitation Medicine, Manchester  
***Dr Alison Seymour***, ST3 – Rehabilitation Medicine, Leamington Spa  
***Dr Han Shu Yin***, ST3 – Rehabilitation Medicine, Sheffield

***Members are reminded that vacant RM posts are advertised on the BSRM website at***

***<http://www.bsrn.org.uk/training--careers/rehabilitation-medicine-vacancies>***

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## Rehab Diary

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Please note that all meetings advertised as BSRM meetings are approved for the purposes of CPD.

**BSRM Meetings details and on-line registration can be found at [www.bsrm.org.uk](http://www.bsrm.org.uk)**

### BSRM MEETINGS

Date	Event & contact details
3 June 2016	<a href="#">BSRM Scottish Region Meeting</a> , Aberdeen To register contact <a href="mailto:elida.brooks@nhs.net">elida.brooks@nhs.net</a>
21-23 November 2016	BSRM Annual Meeting 2016 – Rehabilitation Following Major Trauma, Manchester

### OTHER MEETINGS

Date	Event & contact details
29 May-2 June 2016	<a href="#">ISPRM 2016, Kuala Lumpur, Malaysia</a>
3 June 2016	<a href="#">BSRM Scottish Region Meeting</a> , Aberdeen To register contact <a href="mailto:elida.brooks@nhs.net">elida.brooks@nhs.net</a>
30 June-1 July 2016	4th Annual Upper Limb Neurorehabilitation course 'Treating patients with upper limb deficit integrating research into practice, London Contact: <a href="mailto:cnr@ucl.ac.uk">cnr@ucl.ac.uk</a> <a href="#">More information here</a> and <a href="#">programme here</a>
1 July 2016	<a href="#">National Brain Injury Symposium</a> at the Royal Hospital for Neurodisability, London Call for abstracts by 14 April 2016 <a href="http://www.rhn.org.uk/nursingconf">www.rhn.org.uk/nursingconf</a>
5 July 2016	<a href="#">SRR Summer Meeting</a> , Coventry
6-8 July 2016	<a href="#">2nd Sheffield Spinal Cord Medicine Course</a> , Sheffield - contact: <a href="mailto:Louise.Adams@sth.nhs.uk">Louise.Adams@sth.nhs.uk</a>
Starting in the Autumn	<a href="#">MSc/PGDip Musculoskeletal Medicine</a> , University of Loughborough Contact: <a href="mailto:deena@bimm.org.uk">deena@bimm.org.uk</a>
8 September 2016	The Walton Centre NHS Foundation Trust/Cheshire and Merseyside Rehabilitation Network - Neuro-Trauma Rehabilitation Conference 2016 - <a href="#">programme here</a> Register via <a href="mailto:RehabConference@thewaltoncentre.nhs.uk">RehabConference@thewaltoncentre.nhs.uk</a>
28-30 September 2016	<a href="#">ISPO UK MS - TIPS 2016, Glasgow</a> <a href="http://www.ispo.org.uk/events_meetings-V.html">http://www.ispo.org.uk/events_meetings-V.html</a>
13-15 October 2016	MENA Physical Medicine & Rehabilitation Conference - 'Improving Lives Through Interdisciplinary Rehabilitation Approach, Dubai View the programme <a href="#">here</a> Further information/updates <a href="#">here</a>
14 November 2016	UKABIF 8th Annual Conference, Royal Society of Medicine, London <a href="http://www.ukabif.org.uk">www.ukabif.org.uk</a> (members' discount available to BSRM members too!)
21-23 November 2016	BSRM Annual Meeting 2016 – Manchester 'Rehabilitation following major trauma'

**CPD AWARDED TO RECENT BSRM MEETINGS**

**BSRM Autumn Meeting & AGM 'Neuromuscular conditions: rehabilitation issues & interventions'**

1 December 2015, RCP London 6 credits - Event Code 101469

**1st Musculoskeletal Rehabilitation Course**

8-10 February 2016, Stoke on Trent, 18 credits, Event Code 103146

**16th Advanced Prosthetic & Amputee Rehabilitation Course**

14-16 March 2016, Stanmore, 18 credits, Event Code 103882

**[www.bsrm.org.uk](http://www.bsrm.org.uk)**