



## SAUDI BOARD RESIDENCY TRAINING PROGRAM

### PHYSICAL MEDICINE AND REHABILITATION

#### Promotion Examination

##### Written Examination Format:

- A written examination shall consist of one paper with not less than 100 MCQs with a single best answer (one correct answer out of four options). Up to 10% unscored items can be added for pretesting purposes.
- The examination shall contain type K2 questions (interpretation, analysis, reasoning and decision making) and type K1 questions (recall and comprehension).
- The examination shall include basic concepts and clinical topics relevant to the specialty.
- Clinical presentation questions include history, clinical finding and patient approach. Diagnosis and investigation questions; include the possible diagnosis and diagnostic methods. Management questions; including treatment and clinical management, either therapeutic or nontherapeutic, and complications of management. Materials and Instruments questions; including material properties, usage, and selection of instruments and equipment used. Health maintenance questions; include health promotion, disease prevention, risk factors assessment, and prognosis.





### Passing Score:

The trainee's performance is assessed in each of the evaluation formulas according to the following scoring system:

Score	Less than 50%	50% – 59.4%	60% - 69.4%	More than 70%
Descriptio	Clear Fail	Borderline Fail	Borderline Pass	Clear Pass

1. To upgrade the trainee from a training level to the next level, she/he must obtain at least a **Borderline Pass** in each evaluation form.

2. The program director may recommend to the local supervision committee to request the promotion of the trainee who did not meet the previous promotion requirement according to the following:

A. In case that the trainee gets a **Borderline Fail** result in **one** of the evaluation forms, the remaining evaluation forms must be passed with **Clear Pass** in at least **one** of them.

B. In case that the trainee gets a **Borderline Fail** result in **two** of the evaluation forms to a maximum, provided they do not fall under the same theme (Knowledge, Attitude, Skills). The remaining evaluation forms must be passed with Clear Pass in at least two of them.

C. The promotion must be approved in this case by the scientific council for the specialization.





### **Suggested References:**

#### **Specialty related Journals:**

- Archives of physical Medicine and Rehabilitation.
- American Journal of Physical Medicine & Rehabilitation.
- Pain Medicine.
- Pain Physician.
- Neuro-Rehabilitation.
- Brain.
- Cerebrovascular Disease.
- Stroke.
- Journal of Head Trauma Rehabilitation.
- Clinical Journal of Sport Medicine.
- Journal of Sport Rehabilitation.
- American Journal of Sports Medicine.
- Disability Rehabilitation.

#### **Specialty related Books:**

- PHYSICAL MEDICINE & REHABILITATION, (BRADDOM-3rd Edition).  
<http://www.braddomtext.com/default.cfm>
- PHYSICAL MEDICINE & REHABILITATION: Principles and Practice.  
(DeLISA-4th Edition).
- Physical Medicine and Rehabilitation Board Review. (Sara J. Cuccurullo, 2004)
- GRANTS ATLAS OF ANATOMY.
- ILLUSTRATED ANATOMY OF THE HEAD AND NECK, (3rd edition, FEHRENBACH & HERRING).
- NEUROANATOMY through CLINICAL CASES, BLUMENFELD.
- Essentials of Clinical Neuroanatomy and Neurophysiology. (10th edition, F.A. Davis)
- NEUROLOGY AND NEUROSURGERY ILLUSTRATED, (3rd edition, Kenneth W. Lindsay).
- Orthopedic Physical Assessment, (4th edition, Magee).
- MUSCULOSKELETAL EXAMINATION, 2nd edition, JEFFREY GROSS & JOSEPH FETTO).
- Physical Examination of the SPINE & EXTREMITIES. (Stanley Hoppenfeld).
- The Mental Status Examination in Neurology, (Strub-Black, 2000).
- Neurological Examination Made Easy, (2nd edition, Fuller).
- MUSCLES: TESTING AND FUNCTION WITH POSTURE AND PAIN. (4th edition, Kendall).





- KINESIOLOGY of the MUSCULOSKELETAL SYSTEM, Foundations for Physical Rehabilitation. (2002, Donald A. Neumann).
- Myofascial Pain and Dysfunction, The Trigger Point Manual. (TRAVELL & SIMONS).
- Clinical Anatomy of the Lumbar Spine and Sacrum, (Nikolai Bogduk, 4th edition).
- PRACTICE GUIDELINES FOR SPINAL DIAGNOSTIC AND TREATMENT PROCEDURES. (International Spine Interventions Society, Nikolai Bogduk 2004).
- PHYSICAL MEDICINE & REHABILITATION (PM&R) PEARLS.
- PM&R SECRETS.
- NEUROLOGY SECRETS.
- SPINE SECRETS.
- ORTHOPEDIC SECRETS.
- SPORTS MEDICINE SECRETS.
- RHUMATOLOGY SECRETS.
- EMG SECRETS.
- Easy EMG.
- EMG Pearls.
- Electromyography in Clinical Practice, A Case Study Approach (Katirji 1998).
- THE REHAB POCKET SURVIVAL GUIDE, (Scott Woska, 2001).
- Manual of Physical Medicine & Rehabilitation, (Brammer - Spiers 2002).
- The Rehabilitation SPECIALIST`S HANDBOOK , (Rothstein- Roy- Wolf ,2005).
- Management of Brain Injured Children, (2nd edition, APPLETON-BALDWIN, 2006).
- BRAIN INJURY MEDICINE, PRINCIPLES AND PRACTICE. (ZASLER-KATZ-ZAFONTE, 2007).
- Spinal Cord Medicine: Principles and Practice, Edited by Vernon W. Lin, New York, Demos, 2003.
- Basic & Clinical Biostatistics, (Beth Dawson & Robert G, 2004).
  - Biostatistics: A Foundation for Analysis in the Health Sciences (W. Daniel, 2005).

### **Crash Courses:**

Outline of each course including suggested reading references given by the provider.

### **Note:**

This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.





## Blueprint Outlines:

### R1

No.	Section	Percentage
1	General Rehabilitation	27%
2	Medicine	13%
3	Rheumatology	11%
4	Orthopaedics	16%
5	Neurosurgery	6%
6	Pediatrics	8%
7	Neurology	19%
<b>Total</b>		<b>100%</b>

### R2-R3

No.	Section	Percentage
1	Stroke	12%
2	Head Injury	12%
3	Amputee/Prosthetics	12%
4	Spinal Cord Injury	12%
5	Pediatric Rehab	12%
6	MSK Pain & Sport & Orthopedics	14%
7	Rheumatology	7%
8	Neurology	9%
9	Cardiac/Pulmonary Rehab	5%
10	Burns & Cancer Rehab	5%
<b>Total</b>		<b>100%</b>

### Notes:

- Blueprint distributions of the examination may differ up to +/-5% in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.
- Research, Ethics, Professionalism, and Patient Safety are incorporated within various domains.

