

FELLOWSHIP COURSE IN PHYSIOTHERAPY AND REHABILITATION

Prospectus

RAJAGIRI

Carmelites of Mary Immaculate (CMI), founded in 1831 by St. Kuriakose Elias Chavara is the first indigenous religious order of the Catholic Church in India. Till date, it remains the largest among various such Christian initiatives in India with the mission of propagating and practicing love, truth, service and justice. It has grown having almost 2500 members, and 15 provinces spread all over the country and abroad, finding newer ways and avenues to spread the good news of God's love and care.

The CMI across the globe, during the past two centuries, have tried to give expression to the good news of God's care and concern in many and new ways, especially through the liberating mission of education. It has established a unique and unparalleled tradition in this field, by steady and systematic steps in covering all avenues of education.

One of the recent steps in this continuing mission has been the entry of CMI into healthcare and medical education, with Amala Hospital and Medical College establishing one of the new generation medical colleges in Thrissur, which has already carved a niche in the field of medical education in the state.

Sacred Heart Province, Kochi, popularly known as RAJAGIRI, of the CMI has been the leader as far as quality and advanced education is concerned. It has been in the forefront in the quality movement in education – in school, college and technical and professional education in the state. The Rajagiri brand in education is renowned for its unique blend of quality – of the best in teaching-learning of curriculum, and going beyond curriculum by reaching out the benefits of education to society at large.

Rajagiri Hospital is a prestigious initiative from the Rajagiri (CMI) group of institutions based in the pristine State of Kerala (India), to provide state of the art healthcare services.

This mega project is indeed a thoughtful response to the vital needs of the present day health care sector, mainly that of offering quality and affordable medical care at the hands of committed and competent health care professionals. The idea is to bring the highest standards of expertise and skill involved in the treatment of patients, using the most advanced and sophisticated instrument techniques available currently in the world and to bring the benefit of these at affordable rates. Rajagiri hospital has been accredited by the National Accreditation Board for Hospitals & Healthcare Providers (NABH) and has been awarded accreditation by Joint Commission International (JCI), as an ultimate stamp on the safety and quality of the services rendered here.

The Rajagiri campus for 'Rajagiri Healthcare and Education Project' is a well laid out, sprawling 40-acre green landscape in the serene setting of Chunangamvely, Aluva, in close proximity to the Cochin International Airport.

OUR VISION

"... to give life abundantly"

OUR MISSION

- To provide the most advanced & scientific, curative, preventive & promotive healthcare that leads to an 'abundance of life'.
- To undertake specialized and holistic healthcare services of world standard and to provide them to all sections of the society, with special concern for the marginalized.
- To grow into a model & global leader in healthcare, innovative teacher in medical sciences & pioneering research centre on health.



DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION

CURRICULUM FOR FELLOWSHIP IN PHYSIOTHERAPY & REHABILITATION

AIM

This institutional fellowship course has been designed to educate, train and upgrade the knowledge and skills of candidates in becoming proficient, well-educated, modern, moral, constructive, and creative physiotherapists who act according to ethics, respect to human rights, are equipped with the skills of life-long learning, teaching and effective communication, and who are experts in their professional field.

OBJECTIVES

- To acquaint a student with concept of quality care at the institutional as well as at the community levels.
- To inculcate appropriate professional relationship in multidisciplinary setup, patient management and co-partnership basis.
- To provide honest competent and accountable physiotherapy services to the community.

DURATION OF THE COURSE

Six months

ELIGIBILITY CRITERIA

Candidate must possess BPT / MPT or any equivalent degree from a recognized university.

MODE OF SELECTION

Direct selection through interview from the application received.

If more than two candidates have same eligibility criteria, senior by age will be given preference.

The management reserves the right to deny admission to any candidate without assigning any reason whatsoever.

Hostel facility will not be available.



The students are liable to compensate for any damage to hospital property or breakage of any equipment caused by them.

INTAKE

Two candidates per specialty.

TEACHING AND TRAINING METHOD

During the period of training, candidates should work along with staff physiotherapists and will be given increasing responsibilities gradually. Patient assessment, evidence based management will be done only with the supervision of a staff physiotherapist. He/she should conduct seminars/symposium & journal clubs. The candidate should maintain a log book of the work performed by them.

ASSESSMENT

Internal assessment will be made on day to day work of the trainee, which involves patient evaluation and management, hands on training, bed side presentation, log book maintenance, teaching and discipline.

ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATIONS

A candidate is required to have a minimum of 80% of attendance. A candidate lacking the prescribed attendance shall not be permitted for admission to the examination.

EXIT EXAMINATION

This should be done at the end of six months training which consists of theory examination, clinical examination and viva voice. One long case and three short cases will be given to each candidate and clinical discussion would last for 40 minutes for long case, 15 minutes for short case. In each segment a candidate's familiarity and knowledge in evaluation of cases, choice and specificity of treatment procedures, performance of various techniques, ability to use equipment and familiarity with recent advances in the field and communication skills are tested.

The candidates will also be given X-ray, ABG reports to interpret. Various equipment used in physiotherapy to be interpreted and discussed.



FEES

Rs. 15,000/- (For six months)

** Fees once paid shall not be refundable under any circumstances.*

**The cost of uniforms and study materials shall be borne by the students.*

STIPEND

Nil

HOW TO APPLY

- Candidate can download the application form from our hospital website: <http://www.rajagirihospital.com/>. Application Fee Rs. 200/- to be transferred to the following bank account.
- The bank details for NEFT transferring:

Bank: Rajagiri Healthcare and Education Trust
Bank: South Indian Bank
Account No: 0587053000003161
IFSC: SIBL0000587
Branch: Rajagiri Valley, Kakkanad
Swift Code: SOININ55
- Filled in application form should be submitted through the mail: academic.coord@rajagirihospital.com along with the payment transaction screen shot.
- **Last date for submitting application form is on or before 5 PM 15th June 2021**
- The application should be filled by the candidates in his/her own handwriting.
- Certificates to be attached along with the application form are:
 1. Self-attested copies of 10th standard/SSLC certificate and Mark sheet of +2/HSC examination.
 2. Self-attested copy of Birth certificate.
 3. Self-attested copy of Transfer Certificate.
 4. Character and conduct certificate issued by the HOD of the institution last studied in.
- Selected candidates will have to undergo a medical examination conducted by Rajagiri Hospital. Students will have to bear the cost thereof.
- Students are required to undergo vaccination as per the hospital rule at their own cost.



CONDUCT OF THE CANDIDATES

- The course is being conducted within the premises of Rajagiri Hospital.
- The students shall abide by all the rules and regulations prescribed for them.
- They shall conduct themselves in an exemplary manner without any disturbance to the patients or visitors.
- Further, students are bound to keep all information pertaining to patients that may come to their knowledge during their clinical postings in patient care areas, confidential.
- Students are expected to enter the hospital premises in decent attire and hygienic conditions.
- They have to wear ID cards/badges within the hospital premises and outside the hospital while on duty/training.
- Every student shall carry out the assignments allotted to them.
- Disobedience, dishonesty, indifference, negligence etc. would be severely dealt with.
- All students are expected to report to the hospital as per the duty schedule designed by the Head of the Department.

HOLIDAY LIST 2021 -The students are eligible to 13 festival / national holidays as applicable to Rajagiri Hospital.

ATTENDANCE - 80 % attendance is mandatory to appear for the examination

EXCLUSION - Rajagiri Hospital does not guarantee any employment opportunity for the candidates after completion of this course.

PROHIBITION OF RAGGING

- Ragging/ or any type of misconduct towards any student either in the school or in the campus or outside is prohibited and may attract appropriate legal action.
- Students and parents shall, at the time of admission, shall furnish an affidavit to the effect that the student shall not indulge in ragging.

CONTACT US

HR DEPARTMENT
RAJAGIRI HOSPITAL
CHUNANGAMVELY, ALUVA - 683 112
KERALA, INDIA

Ph. No. 0484 – 29 05 000 / 7184005 /7184002

E-mail: academic.coord@rajagirihospital.com/



BOARD OF EXAMINERS

Two internal examiners (one is principal and the other is senior consultant from the respective speciality). The principal will be the convener for the examination

SCHEME OF EXAMINATION

Sl. No.	Subject	Theory		Clinical		Viva voce	IA	Total	
		Max.	Min.	Max.	Min.			Max.	Min.
1	Module - I Basic Sciences	100	50	**	**	50	50	400	200
2	Module - II Speciality Paper	100	50	100	50				

Viva-voce examination shall aim at assessing depth of knowledge, logical reasoning, confidence and oral communication skills.

SYLLABUS

MODULE – I

BASIC SCIENCES

1. ANATOMY, BIOMECHANICS & PATHOMECHANICS
2. PRINCIPLES OF REHABILITATION
3. ETHICS, PRACTICE & COMMUNICATION
4. HOSPITAL PROTOCOLS

MODULE – II: SPECIALITY PAPER

ORTHOPAEDIC REHABILITATION

LIST OF BOOKS

1. Natarajan M. & Mayilvahanan. N. Orthopaedics & Traumatology - M.N. Ortho Hospital, Madras
2. Orthopedic Physical Assessment. David J. Magee. Elsevier Health Sciences, 2013
3. Smidh, G.L. Gait in Rehabilitation Churchill Livingstone -New York.
4. Bloch, R.F. & Basbaum. M. Management of Spinal Cord Injuries - Williams & Wilkins, Baltimore
5. Hochschuler, S.H Cotler HB Guyer RD Rehabilitation of the Spine CV Mosby-Philadelphia.
6. Nattox. K.L. Complications of Trauma churchill Livingstone, New York.
7. Donatelli.R. Wooden MJ. Orthopaedic physical Therapy, Churchill Livingstone, New York.
8. Genard JA. Kleinfield SL Orthopaedic Testing.



9. Jack H. Wilmore, David L. Costill, W. Larry Kenney, Physiology of Sport and Exercise
10. William D. McArdle (Author), Frank I. Katch (Author), Victor L. Katch, Exercise Physiology: Nutrition, Energy, and Human Performance

POSTINGS IN VARIOUS UNITS

Department	Period
PMR (Orthopaedic Rehabilitation)	5 months
PMR (Neurological rehabilitation)	2 weeks
ICUs	1 week
Pain & Palliative Medicine	2 weeks

MODULE – II: SPECIALITY PAPER

NEUROLOGIC REHABILITATION

MEDICAL CONDITIONS THAT REQUIRE PHYSIOTHERAPY

SURGICAL CONDITIONS THAT NEED PHYSIOTHERAPY

SPECIAL TESTS OF THE NERVOUS SYSTEM

POSTURE, CO-ORDINATION, BALANCE AND GAIT

SPASTICITY & RIGIDITY

CEREBRO VASCULAR ACCIDENTS & TRAUMATIC BRAIN INJURY

SPINAL CORD DISEASES

LMN/DISEASES/PRIMARY MUSCLE DISEASE

PHYSIOTHERAPY IN SPECIAL CONDITIONS

ORTHOTICS IN NEUROLOGICAL CONDITIONS

ELECTRICAL STIMULATION /BIO -FEEDBACK

COMPLICATIONS ASSOCIATED WITH NEUROLOGICAL DISEASES

AIDS AND SUPPORT SYSTEMS

PHYSIOTHERAPY & CANCERS

COMMUNITY RELATED PHYSIOTHERAPY

LIST OF BOOKS RECOMMENDED

1. Physical Rehabilitation: Assessment and Treatment by O'Sullivan, F.A. Davis, Philadelphia, 1994
2. Early diagnosis and Therapy in Cerebral palsy: Sherzer Altered L
3. The neural basis of Motor control by Black I., Churchill, Livingstone, 1987
4. Clinical Neurodynamics: Shacklack, Michael
5. Technique of Neurological Examination: Stephen L
6. Spinal Cord Disease: Diagnosis and management Engler G.L



7. Physical Medicine and Rehabilitation by Brammer
8. Differential diagnosis in Physical therapy, 1995 by Goodman
9. Neurological rehabilitation: Taly A.B.
10. Neuro – Rehabilitation by Farber, W.B. Saunders

POSTINGS IN VARIOUS UNITS

Department	Period
PMR (Neurological Rehabilitation)	5 months
PMR (Orthopaedic Rehabilitation)	1 week
ICUs	1 week
Pain & Palliative Medicine	2 weeks

MODULE – II: SPECIALITY PAPER

CRITICAL CARE PHYSIOTHERAPY

LIST OF BOOKS RECOMMENDED

1. Wenger, Nanette Kass & Hellerstain, Herman K. Rehabilitation of the Coronary Patient (1992) -Churchill Livingstone N.Y.
2. Amuerdsen, louis.R. Cardiac Rehabilitaion – Churchill Livingstone N.Y
3. Jackon, Osa, Litrap - Therapeutic consideration for the elderly - Churchill Livingstone N.Y.
4. Zadal, Cynthia - Pulmonary Management in physical therapy - Churchill Livingstone. 4. N.Y.
5. Hass, Francois & Axen, Keneth - pulmonary therapy and Rehabilitation- Williams and Wilkins, Maryland.
6. Bethall, Hugh Exercise based Cardiac Rehabilitation. Publishing Initiatives, Kent, U.K.
7. Smith, M; Ball, V. Cardiovascular and Respiratory Physiotherapy (1998) Harcourt Brace, Edinburg, U.K.
8. Pryor JA; Webber BA - physiotherapy of Respiratory & Cardiac problems publishers (1998). Harcourt Brace, Edinburgh, U.K.

POSTINGS IN VARIOUS UNITS

Department	Period
ICUs	5 months
Pulmonology	1 week
Cardiology	1 week
Pain & Palliative Medicine	2 weeks



LIST OF FACULTY

Dr. Nitin Ajithkumar Menon	Consultant – PMR
Dr. Remya Mathew	Consultant – PMR
Dr. Ranjith T C	Senior Consultant – Orthopaedics
Dr. Binu Joy	Senior Consultant – Radiology
Dr. Jaicob Varghese	Senior Consultant – Critical Care
Dr. Rajesh V	Senior Consultant – Pulmonology
Dr. Nimish Vijayakumar	Consultant – Neurology
Dr. Ramdas Nayak	Senior Consultant – Cardiology
Dr. Ameer S Theruvath	Consultant – Spine Surgery
Dr. Biju Raghavan	Consultant – Pain & Palliative Medicine
Dr. Jagathlal Gangadharan	Senior Consultant – Neurosurgery
Mr. Vijayan Gopalakrishna Kurup	Chief Physiotherapist
Mr. Biju Mattappally	Physiotherapist
Mr. Jerish John	Physiotherapist
Mr. Abhilash Mathew	Physiotherapist
Mr. Mohammed Shameer	Physiotherapist
Mr. Johnychen Mathew	Physiotherapist
Ms. Maria K John	Physiotherapist
Ms. Mipsy Poulouse	Physiotherapist
Ms. Gifty Anu Mathew	Occupational therapist
Ms. Sara Paul	Speech Therapist
Dr. Anu Mary Bose	Consultant – Microbiology (Infection Control Officer)
Dr. Anna George	General Manager – Quality
Mr. Vinod Kumar	Consultant – Facility Management & Safety
Ms. Shiji Jose	Manager – Human Resources
Ms. Bindu Jimmy	Manager – Medical Records