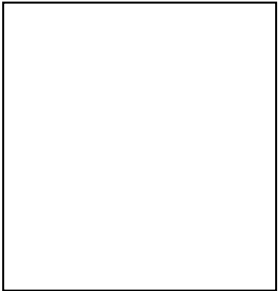




Logbook of MD of Rheumatology, physical medicine and Rehabilitation



Personal Data



Name:

Department :

Mobile Number:.....

E-mail Address:

MD Degree:

Date of registration:/...../.....

Signature:

Head of the Department

Vice Dean for research and postgraduate study





Aim of the Logbook.

To provide evidence that the candidate attained the desired level of competence required to gain the award. In this book, the candidate will document all academic and clinical skills he/she attained during their training.

Important regulations (for MD candidates).

- To be legible for the first part MD exam you have to attend at least 70% of the lectures of each course in the semester as evidenced by the logbook
- To be legible for the (MCQ online) exam at the end of each of second part semesters you have to attend at least 70% of the lectures of each course/module in the semester as evidenced by the logbook.
- To be legible for the final MD/PhD exam :
 - 1- A time interval of 36 months must pass since the day of degree registration.
 - 2- You have to take your practical/clinical training three times/week for two years .
 - 3-You have to register 5 semesters on Ibn Ikhaym registration page.
 - 4- You have to attend 70% of the lectures of each course in the second part of MD/PhD degree.
 - 5- You have to fulfill and perform 70% of the practical skills documented in the logbook.



Contents

Section I: Scientific lectures.

Section II: Clinical cases.

Section III: Procedures

Section IV: Seminars

Section V: Clinical rotation

Section VI: Scientific activities (conferences/workshops)



Section I: Scientific Lectures

APPLIED ANATOMY COURSE

Compulsory First part.

Credit hours: 2 credit hours

Semester: (spring/fall/summer) year.....

Title of Lecture	Date	Lecturer's Signature
▪ Gross anatomy of central nerves system		
▪ Cranial nerves		
▪ Spinal nerves and dermatomes		
▪ Nerve plexuses (cervical , brachial , lumber and sacral)		
▪ Muscles (features, types and action)		
▪ Joints (types, structures, movements and stability)		
▪ Vertebral column		
▪ Joints of the upper limb		
▪ Muscle groups of the upper limb		
▪ Joints of the lower limb		
▪ Muscle groups of the lower limb		
▪ Muscle groups of the back and shoulder girdle		
▪ Respiratory muscles		
▪ Surface anatomy of anatomical structures and its applications in clinical practice		



APPLIED PHYSIOLOGY COURSE

Compulsory First part. Credit hours: 2 credit hours

Semester: (spring/fall/summer) year.....

Title of Lectures	Date	Lecturer's signature
▪ Ca ⁺⁺ metabolism		
▪ PH regulation		
▪ Control of muscle activity		
▪ Pain, sensation & analgesic system		
▪ Biological homeostasis , circadian rhythm		
▪ All muscles, nerves (except smooth muscles)		
▪ Regulation of heart rate, control of blood pressure, COP		
▪ Effect of training & de-conditioning on cardiovascular system		
▪ Work of breathing		
▪ Pulmonary ventilation		
▪ Assessment pulmonary function		
▪ Hypoxia		
▪ Neuro-peptides		
▪ Gastric secretion		
▪ Energy balance		
▪ Obesity		
▪ Physical fitness		



COURSE OF IMMUNOLOGY

Compulsory First part

Credit hours: One credit hour

Semester: (spring/fall/summer) year.....

Lecture Title	Date	Lecturer's Signature
▪ Innate immunity		
▪ Lymphocytes & lymphoid tissues		
▪ Immune response		
▪ Antigen presentation & Major histocompatibility complex		
▪ Immunoglobulins & Immunoglobulin genes		
▪ Cytokines		
▪ Chemokines		
▪ Complement & Kinin		
▪ Inflammation		
▪ Apoptosis		
▪ Autoimmune diseases		
▪ Immunodeficiency disorders		
▪ Recent trends in immune therapy		



COURSE OF RHEUMATOLOGY AND IMMUNOLOGY

Compulsory Second part. Credit hours: 12 hours lectures in 4 semester

Semester: (spring/fall/summer) year.....

Module 1 (3 credit hours)		
Lecture Title	Date	Signature
Structure, function of joints, C.T and muscles.		
Immune & Inflammatory response.		
Neuro-endocrinal aspects of the immune system & inflammation.		
The role of free radicals, endothelium, adhesion molecules in the etipathogenesis of rheumatic diseases.		
cytokines and apoptosis in rheumatic diseases		
History taking, clinical examination and patient evaluation		
Rheumatoid arthritis		
Sjogren's syndrome		
Palindromic rheumatism		
Systemic lupus Erythematosus		
Systemic sclerosis		
Inflammatory diseases of muscles and other myopathies.		
Dermatopolymyositis		
Large and medium-sized vessel vasculitic syndromes		
Small vessel vasculitic syndromes		
Behcet disease		
Spondyloarthropathies.		
Rheumatic diseases of childhood.		



Module 2 (3 credit hours)

Lecture Title	Date	Signature
Crystal deposition arthropathies: gout and pseudo gout.		
Osteoarthritis.		
Osteoporosis.		
Osteomalacia		
Paget's disease of bone		
Osteonecrosis		
Amyloidosis,		
Sarcoidosis		
Haematological associated arthropathies		
Endocrine associated arthropathies		
Malignant associated arthropathies		
Syndromes of impaired immune function; HIV, complement deficiency		
Infection & arthritis		
Diagnostic tests, procedures & lab markers (Hematological, biochemical & immunological) in rheumatic diseases.		
Aspiration analysis and injection of joints & soft tissues.		
Imaging of musculoskeletal system		
Differential diagnosis of different types of arthritis		
Fibromyalgia syndrome		
Psychogenic rheumatism		



Module 3 (3 credit hours)

Lecture Title	Date	Signature
Reflex sympathetic dystrophy		
Renal bone diseases (osteodystrophy)		
Regional and soft tissue pain		
Pregnancy & lactation with rheumatic diseases.		
Non steroidal anti-inflammatory drugs.		
Glucocorticoids		
Disease modifying ant-rheumatic drugs.		
Immunoregulatory agents		
Anti-hyperuricemic drugs.		
Biologic agents in treatment of rheumatic diseases.		
Bone strengthening agents.		
Rehabilitation of patients with rheumatic diseases.		
Intra-articular therapy.		
Indications of surgery in rheumatic diseases.		

Module 4 (3 credit hours)

Genetic and gene therapy of rheumatic diseases.		
Entrapment neuropathy		
Low back pain		
Bone and joint dysplasia.		
Polychondritis		
Epidemiology, incidence, mortality & morbidity in rheumatic diseases		
Systemic manifestations of rheumatic diseases.		
Tumors involving joints, muscles and related structures.		



Infiltrative disorder associated with rheumatic diseases.		
Nutritional aspects of rheumatic diseases.		

COURSE OF PHYSICAL MEDICINE AND REHABILITATION

Compulsory Second part. Credit hours: 11 hours lectures in 4 semesters

Semester: (spring/fall/summer) year.....

Module 1 (3 credit hours)		
Lecture Title	Date	Signature
<ul style="list-style-type: none"> ▪ Clinical and vocational evaluation & principles of assessment of patients in a Rehabilitation setting. 		
<ul style="list-style-type: none"> ▪ Psychological aspects and rehabilitation 		
<ul style="list-style-type: none"> ▪ Functional outcome assessment, self care evaluation & management 		
<ul style="list-style-type: none"> ▪ Disability, functional independence & handicapping evaluation. 		
<ul style="list-style-type: none"> ▪ Principles of mechanical, manual & functional rehabilitation approaches 		
<ul style="list-style-type: none"> ▪ Electrodiagnosis 		
<ul style="list-style-type: none"> ▪ Electrophysiological studies of muscles in normal & pathological conditions. 		
<ul style="list-style-type: none"> ▪ Nerve conduction studies. 		
<ul style="list-style-type: none"> ▪ Neuromuscular junction studies. 		
<ul style="list-style-type: none"> ▪ Electric stimulation and therapy 		
Module 2 (3 credit hours)		
<ul style="list-style-type: none"> ▪ Heat therapy 		
<ul style="list-style-type: none"> ▪ Cold therapy 		
<ul style="list-style-type: none"> ▪ Laser 		
<ul style="list-style-type: none"> ▪ Electromagnetic therapy 		
<ul style="list-style-type: none"> ▪ Hydrotherapy. 		



▪ Traction		
▪ Manipulation.		
▪ Massage		
▪ Therapeutic exercise		
▪ Adaptive system and devices for disabled patients		
▪ Upper limb orthosis & prosthesis		
▪ Lower limb orthosis & prosthesis.		
▪ Spinal orthosis (cervical, lumbar, thoraco-lumbar)		
▪ Transfer, wheelchairs and walking aids		

Module 3 (3 credit hours)

Lecture Title	Date	Signature
Rehabilitation of patients with arthritis		
Rehabilitation of patients with pain		
Rehabilitation of patients with stroke.		
Rehabilitation of patients with spinal cord injuries		
Rehabilitation of patients with multiple sclerosis.		
Rehabilitation of patients with Neurogenic bladder and bowel.		
Rehabilitation of spasticity and abnormalities of muscle tone		
Rehabilitation of orthopedic and traumatic conditions		
Rehabilitation of scoliosis		
Rehabilitation of amputee		
Rehabilitation after joint replacement surgery		
Gait training		
Rehabilitation of osteoporosis		
Rehabilitation of cardiac patients		
Rehabilitation of patients with pulmonary diseases		
Rehabilitation of patients with vascular diseases		
Rehabilitation of diabetic foot patients		
Rehabilitation of gynecological & obstetric disorders		

Module 4 (2 credit hours)

Lecture Title	Date	Signature
Training of functional independence		
Immobilization syndrome and bed ulcers		
Rehabilitation of patients with burn		
Swallowing disorders rehabilitation		
Auditory disorders rehabilitation		
Rehabilitation of Speech, language communication disorders		
Rehabilitation of patients with movement disorders		



Rehabilitation of cancer patients		
Vestibular rehabilitation		
Rehabilitation of the blind		
Rehabilitation of degenerative spine & peripheral joints diseases		
Rehabilitation of sexual problems in disabled patients.		
Vocational rehabilitation		
Industrial rehabilitation		
Nutritional aspects of rehabilitation		

COURSE OF GERIATRIC REHABILITATION

Elective Second part Credit hours: 2 hours

Semester: (spring/fall/summer) year.....

Lecture Title	Date	Signature
Principles of practice in geriatric rehabilitation.		
Theories of aging.		
Age related changes in anatomy, physiology and function.		
Nutritional considerations with aging.		
Drugs and function in the elderly.		
The role of the physical therapy in care of geriatrics.		
Risk factors for falling. Prevention of falls		
Rehabilitation after a fall.		
Osteoporosis.		
Diagnostic workup for osteoporosis.		
Consequences of osteoporosis.		
Prevention of osteoporosis.		
Treatment of osteoporosis		
Rehabilitation after hip, knee replacement		



Some pathological conditions common in elderly. Cardiovascular disease.		
Arthritis, osteoarthritis, spondylosis.		
Aging with life-long disabilities.		
Risk factors for malnutrition		
Assessment of malnutrition		
Treatment of malnutrition		
Auditory Impairment		
Management of auditory impairment		
Visual impairment.		
Management of visual impairment.		
Psychological theories and considerations of aging.		
<ul style="list-style-type: none"> • Screening for depression • Cognitive impairment; delirium, dementia, Alzheimer's disease. 		
<ul style="list-style-type: none"> • Cancer 		

COURSE OF PEDIATRIC REHABILITATION

Elective Second part Credit hours: 2 hours

Semester: (spring/fall/summer) year.....

Lecture Title	Date	Signature
Rehabilitation of congenital and acquired disabilities.		
Rehabilitation of Pediatric traumatic brain injury.		
Rehabilitation of Pediatric spinal cord injury.		
Rehabilitation of stroke in children.		
Abnormal gait in children.		
Rehabilitation of neuromuscular diseases.		
Cerebral palsy, spasticity management.		
Rehabilitation of different forms of spinal bifida.		



Therapeutic exercise, electrical stimulation.		
Bracing equipment with anticipatory guidance in children.		
Rehabilitation of pediatric amputee, pre-prosthetic and prosthetic devices.		
Pediatric burn wound care.		
Rehabilitation of juvenile idiopathic arthritis.		
Musculoskeletal pain syndromes involving the back, knee anterior leg, ankle/foot and upper extremity in pediatric patients.		
Pulmonary rehabilitation.		

COURSE OF REHABILITATION OF SPORT INJURIES

Elective Second part Credit hours: 2 hours

Semester: (spring/fall/summer) year.....

Lecture Title	Date	Signature
Foot Injuries Foot pin, Plantar fasciitis, Bruised heel, Blisters, Bunions, Plantar fascia strain, metatarsal fracture, Mortons neuroma, Metatarsalgia, Turf toe, Athletes foot, Heel pain.		
Lower leg & Ankle Injuries Ankle pain, sprained ankle, broken ankle, shin splints, calf strain, Achilles tendon rupture, Achilles pain, Sever's disease, Anterior compartment syndrome, Peroneal tendinopathy, Cramp, Calf pain, Ankle exercises.		
Knee Injuries Knee pain, Patella pain syndrome, ACL injury, Iliotibial band syndrome, Jumper's knee, Osgood schlatters disease, Posterior cruciate ligament injury, Medical cartilage meniscus injury, Medical ligament injury, Osteoarthritis, Housemaids knee, Articular cartilage injury, Quadriceps tendon inflammation, Baker's cyst, Knee exercises.		
Lower Back Pain Lower back pain, Lumbago, Scoliosis, Sciatica, SI joint, Facet joint pain, Muscle strains, Slipped disc, Back exercises.		



Upper Back & Neck Pain Neck pain, Whiplash, Cervical posture syndrome, Scheuermanns disease.		
Head Injuries		
Chest & Abdominal Injuries Abdominal strain hernia, Fracture of the ribs, Breast pain, Sternoclavicular joint sprain, Referred pain from the thoracic spine, Costochondritis / Tietze's syndrome, Stress fracture of the ribs.		
Elbow Injuries Elbow pain, Tennis elbow, Golfer's elbow, Triceps tendon rupture, Hyperextension injury, Students elbow.		
Wrist & Hand Injuries Wrist & Hand pain, Wrist hand bursitis, Carpal tunnel syndrome, Repetitive strain injuries, Fractured scaphoid, Metacarpal fracture, Sprained thumb, De Quervains tenosynovitis, Wrist exercises.		
Sports Massage		
Strapping & Taping		
Stretching & strengthening		

CLINICAL IMMUNOLOGY (ADVANCED COURSE)

Elective Second part Credit hours: 2 hours

Semester: (spring/fall/summer) year.....

Lecture Title	Date	Signature
Basis of genetics		
Genetics basis of autoimmune diseases		
Immunotherapy		
Blood Banks		
Genetics basis of immune-deficiency diseases		
Bone marrow transplantation		



Section II: Clinical Cases

Name of the case	Total number required	No. of cases to carry out under supervision	No. of cases to examine & evaluate	No. of cases to plan & manage independent
Rheumatoid arthritis and its variant (felty, sjogren, palindromic rheumatism.....etc)	125	50	40	35
SLE & related syndromes	40	20	15	5
Connective tissue diseases (scleroderma, PM, DM.....etc)	30	15	10	5
Rheumatic dis of childhood	50	25	15	10
Crystals associated arthropathy (gout, pseudogout)	30	15	10	5
Sero-ve spondyloarthropathies (AS, Psoraitic, Reactive, enteropathic.....)	70	30	20	20
Fibromyalgia	40	20	10	10
Osteoporosis	120	50	40	30
OA, Spondylosis	120	50	40	30
Low Back Pain	120	50	40	30
Regional joints, soft tissue pain & entrapment neuropathy	120	50	40	30
Reflex sympathetic dystrophy	10	5	3	2
Vasculitis & Behcet	15	7	5	3
Arthritis as manifestation of systemic diseases (hematological, endocrine, malignant.....)	15	7	5	3
Osteonecrosis (AVN)	15	7	5	3
Rare Cases (Polychondritis, sarcoidosis, amyloidosis...)	5	3	1	1



Case1: Rheumatoid arthritis and its variants

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Case 2: SLE & related syndromes

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Case 3: Connective tissue diseases (scleroderma, PM, DM.....etc)

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Case 4: Rheumatic diseases of childhood

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Case 5: Crystals associated arthropathy (gout, pseudogout)

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Case 6: Sero-ve SPA (AS, Psoraitic, Reactive, others.....)

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Case 7: Fibromyalgia

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Case 8: osteoporosis

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Case 9: Osteoarthritis & Spondylosis

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Case 10: Low back pain

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Case 11: Regional joints, soft tissue pain & entrapment neuropathy

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Case 12: Reflex sympathetic dystrophy

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Case 13: Vasculitis & Behcet's

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Case 14: Arthritis as a manifestation of systemic diseases (hematological, endocrine, malignant.....)

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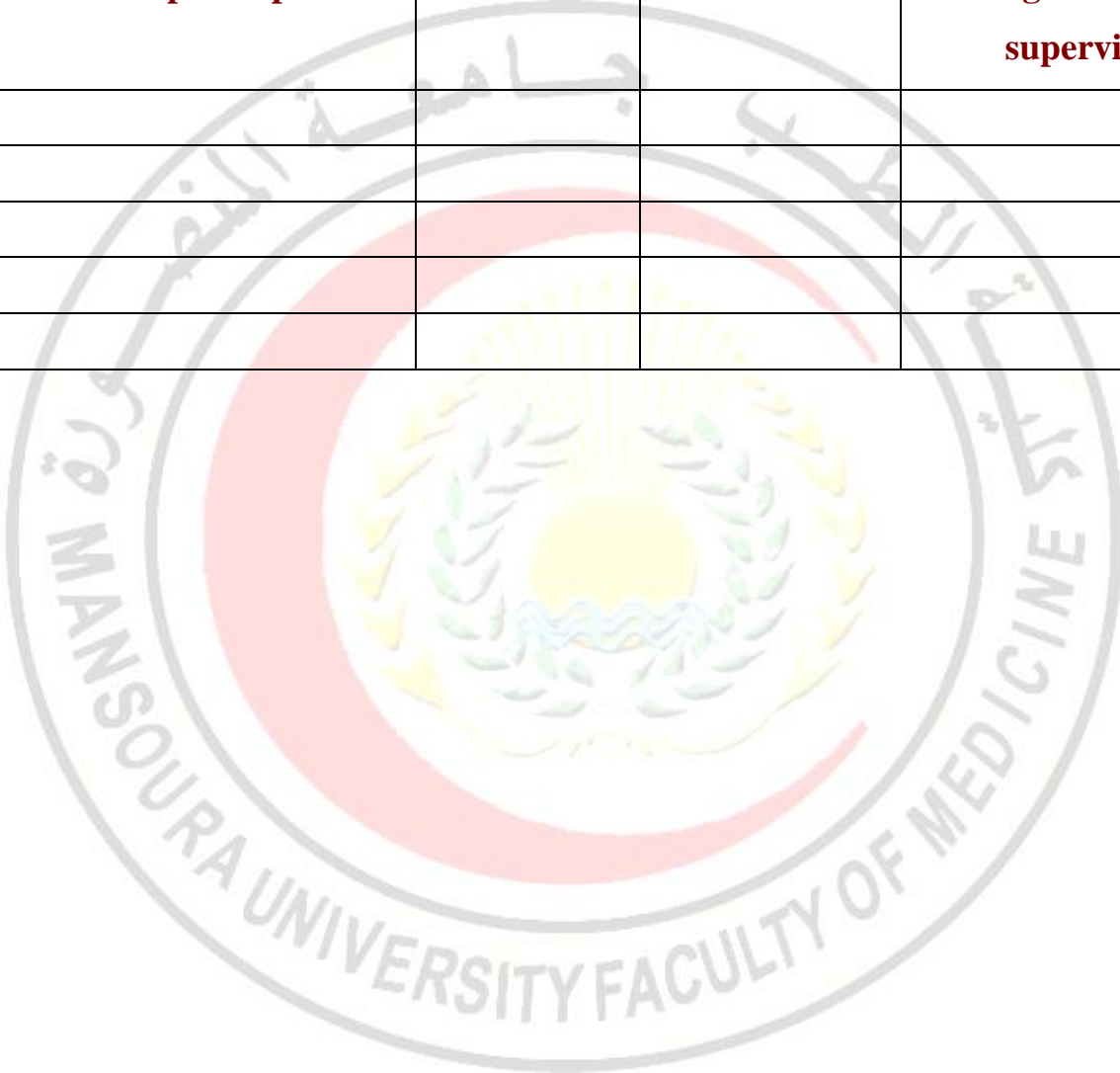
Case 15: Osteonecrosis (AVN)

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Case 16: Rare Cases according to availability (Polychondritis, sarcoidosis, amyloidosis...)

Level of participation	Date	Location	Signature of supervisor
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Section III: Procedures

List of requirement:

Name of the procedure	Total number required	Observer	Assistant	Independent
Joint aspiration & Local injection (intrarticular& soft tissue injection)	70	40	15	15
NCS & EMG	70	35	20	15
interpret Diagnostic tests procedures and laboratory markers in rheumatic diseases	110	40	35	35
Interpret Imaging of musculoskeletal system& bone density measurement.	110	50	30	30
design rehabilitation program in patients with rheumatologic disorders (arthritis, pain, osteoporosisetc)	110	40	35	35
Construct Rehabilitation of neurological disorders (stroke, spinal cord injuries, multiple sclerosis, spasticity,.....etc)	110	40	35	35
Construct Rehabilitation of orthopedic, traumatic conditions, and sport injuries.	110	40	35	35
Construct Rehabilitation of scoliosis, amputee, after joint replacement, vascular diseases and diabetic foot.	50	20	20	10
Practice and evaluate Gait training.	20	10	5	5
Construct Rehabilitation of cardiac patients	10	5	3	2
Construct Pulmonary Rehabilitation	25	10	10	5
Prescribe and adapt orthosis and prothesis	60	20	20	20



Procedure1: Joint aspiration & Local injection (intrarticular & soft tissue injection)

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Procedure 2: NCS & EMG			
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Procedure 3: interpret Diagnostic tests procedures and laboratory markers in rheumatic diseases

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Procedure 4: Interpret Imaging of musculoskeletal system & bone density measurement.

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Procedure 5: design rehabilitation program in patients with rheumatologic disorders (arthritis, pain, osteoporosisetc)

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Procedure 6: Construct Rehabilitation of neurological disorders (stroke, spinal cord injuries, multiple sclerosis, spasticity,.....etc)

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Procedure 7: Construct Rehabilitation of orthopedic, traumatic conditions, and sport injuries.

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Procedure 8: Construct Rehabilitation of scoliosis, amputee, after joint replacement, vascular diseases and diabetic foot.

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Procedure 9: Practise and evaluate gait training

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Procedure 10: Construct Rehabilitation of cardiac patients.

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Procedure 11: Construct pulmonary Rehabilitation

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Procedure 12: Prescribe and adapt orthosis and prothesis			
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Level of participation:

Observer

Assistant

Independent



Section IV: Seminars

Requirements:

1-Seminar attendance: 85

2-Seminar performance: 2 Rheumatology & 2 Rehabilitation

1- Seminar Attendance

Topic	Date	Signature
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2- Seminar Performance

Topic	Date	signature



Section V: Clinical rotation

Rotation	Date		Department/ hospital	Trainee`s signature	Trainer`s signature
	From	To			





Section VI:

Scientific activities (Conferences/workshops)

Requirements

Conferences

Total number required: 7

Workshops

Total number required: 6

Conference/ Workshop	Role	Date	Supervisor's signature
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Role:

- Attendant
- Organizer
- presenter