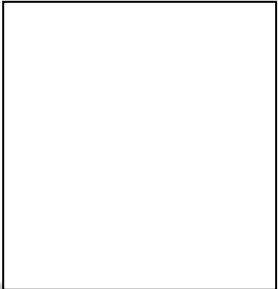


Logbook of MS of Rheumatology, Physical Medicine & Rehabilitation



Personal Data



Name:

Department :

Mobile Number:.....

E-mail Address:

Master 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 MS candidates):

- To be legible for the first part MS 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 MS exam .
 - 1- A time interval of 36 months must pass since the day of registration to the job for residents and demonstrators and 30 months since the day of degree registration for non residents.
 - 2- You have to spend a year of daily clinical/practical training in the department or two years with three times/week practical/clinical training.
 - 3-You have to register 4 semesters on Ibn lhaythm registration page.
 - 4- You have to attend 70% of the lectures of each course in the second part of MS 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: 0.5 hour

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, lumbar and sacral)		
- Muscles of the body		
- Vertebral column - Joints of the body		
- Surface anatomy		

APPLIED PHYSIOLOGY Course

Compulsory First part. Credit hours: 0.5 hour Semester:(Spring/ fall/ summer) year.....

Title of lecture	Date	Lecturer's signature
Blood	Anaemias	
Endocrine	Ca ⁺⁺	
	Suprarenal cortex	
	Thyroid hormones	
Kidney	RBF	
	GFR	
Respiration	Work of breathing	
	Pulmonary ventilation	
	Hypoxia	
	Pulmonary function test	



CVS	Regulation of HR		
	Regulation of Blood Pressure		
	Cardiac reserve		
	Effect of exercise on CVS		
Autonomic Nervous System (chemical transmitters)			
Metabolism	Energy balance		
	Obesity		
	Sports physiology		
Digestion	Gastric secretion		
CNS	Receptors		
	Ascending & descending tracts		
	Control of motor activity		
	Postural reflexes		
Muscle & Nerve	(all topics except smooth muscle)		

BASICS OF CLINICAL IMMUNOLOGY Course

Compulsory First part. Credit hours: 1 hour Semester:(Spring/ fall/ summer) year.....

Title of lecture	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		



APPLIED PHYSICS Course

**Compulsory. First part. Credit hours: 1 hour Semester:
(spring/fall/summer)year.....**

Title of lecture	Date	Lecturer's signature
Electromagnetic spectrum:		
1--Ultra-violet rays		
2-Infra red rays		
3 -LASER waves		
4-High frequency currents (SW, MW)		
Resistence		
Types of electric current:		
• Direct current		
• Sinusoidal current		
• Faradic current		
• TENS		
• Didynamic current		
• Interferential current		
Ultrasonic waves		
Latent heat		
Viscosity, surface tension		
Hydrotherapy		



REGIONAL MUSCULOSKELETAL DISORDERS Course

Compulsory First part. Credit hours: 1 hour

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

Title of lecture	Date	Lecturer's signature
 Joints & Tendons: <ul style="list-style-type: none"> ▪ Bursitis ▪ Tendonitis ▪ Tenosynovitis (trigger finger) ▪ Ligament strain & sprain 		
 Wrist & Hand: <ul style="list-style-type: none"> ▪ Carpel tunnel Syndrome ▪ Trigger finger ▪ Reynard's syndrome ▪ Ganglion ▪ Dupuytren's contracture 		
 Elbow: Epicondylitis : Tennis Elbow, Golfers elbow		
 Neck & Shoulder: <ul style="list-style-type: none"> ▪ Rotator cuff tendonitis (Supra-spinatus tendonitis) ▪ Capsulitis (Frozen shoulder) ▪ Thoracic outlet syndrome 		
 Back: <ul style="list-style-type: none"> ▪ Degenerative disk disease ▪ Herniated disc ▪ Chronic back pain 		
 Legs & Feet: <ul style="list-style-type: none"> ▪ Hallux valgus ▪ Hammer toe ▪ Morton's neuroma ▪ Tarsal tunnel syndrome ▪ Plantar fasciitis 		
<ul style="list-style-type: none"> ▪ Osteoarthritis ▪ Complex regional pain syndromes 		
<ul style="list-style-type: none"> ▪ Fibromyalgia ▪ Myofascial pain syndromes 		



INTERNAL MEDICINE Course

Compulsory First part. Credit hours: 1 hour

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

Title of lecture	Date	Lecturer's signature
Cardiovascular system <ul style="list-style-type: none"> ▪ Heart failure ▪ Rheumatic fever ▪ Coronary heart disease ▪ Hypertension ▪ Infective endocarditis ▪ Pulmonary embolism ▪ Pulmonary hypertension 		
Blood: <ul style="list-style-type: none"> ▪ Anemia ▪ Bleeding diathesis 		
GIT & liver, <ul style="list-style-type: none"> ▪ GIT hemorrhage ▪ Dyspepsia ▪ Chronic diarrhea ▪ Hepatitis, acute & chronic ▪ Jaundice ▪ Inflammatory bowel disease 		
Kidney <ul style="list-style-type: none"> ▪ Renal failure ▪ Glomerulonephritis ▪ Nephrotic syndrome 		
Endocrine System: <ul style="list-style-type: none"> ▪ Pituitary gland ▪ Thyroid gland ▪ Suprarenal gland ▪ Parathyroid gland 		
Infection in the immuno- Compromised host		
Chest Diseases : <ul style="list-style-type: none"> ▪ Asthma ▪ Pneumonia ▪ COPD ▪ Pleural effusion 		
Pyrexia of unknown Etiology		



COURSE OF RHEUMATOLOGY AND IMMUNOLOGY

Compulsory Second part. Credit hours: 8 credit hours in 3 semesters

Module1: 3 credit Hours.

Title of lecture	Date	Lecturer's signature
Structure, function of joints, CT and muscles.		
Immune & inflammatory response.		
Neuro-endocrinal aspects of the immune system & inflammation.		
The role of free radicals, endothelium, adhesion molecules in the etiopathogenesis of rheumatic diseases.		
cytokines and apoptosis in rheumatic disease		
Rheumatoid arthritis		
Sjogren's syndrome and		
Palindromic rheumatism.		
SLE		
Systemic sclerosis		
Dermatopolymyositis.		
Vasculitis		
Behcet disease.		
Spondyloarthropathies.		
Inflammatory diseases of muscles and other myopathies.		
Rheumatic diseases of childhood.		



Module 2: 3 credit Hours.

Title of lecture	Date	Lecturer's signature
Crystal deposition arthropathies.		
Osteoarthritis		
Infective arthritis		
Osteoporosis		
Paget's disease and osteomalacia		
Osteonecrosis		
Amyloidosis		
Sarcoidosis		
Haematologic associated arthropathies		
endocrine associated arthropathies		
Malignant disorders associated arthropathy		
History taking and clinical examination		
DD of different types of arthritis		
Diagnostic tests procedures and laboratory markers in rheumatic diseases		
Aspiration analysis and injection of joints & soft tissues.		
Imaging of musculoskeletal system.		
Fibromyalgia and psychogenic rheumatism		
Renal bone diseases and Reflex Sympathetic dystrophy		
Regional pain, entrapment neuropathy and related disorders		
Pregnancy and lactation in rheumatic diseases		

Module 3: 2 credit Hours.

Title of lecture	Date	Lecturer's signature
NSAIDs		
Glucocorticoids		



Disease modifying anti-rheumatic drugs.		
Immunoregulatory agents.		
Anti-hyperuricemic drugs.		
Biologic Therapy		
Bone-strengthening agents.		
Rehabilitation of patients with rheumatic diseases		
Intra-articular therapy.		
Indications of surgery in rheumatic diseases.		

COURSE OF PHYSICAL MEDICINE AND REHABILITATION

Compulsory: Second part. Credit hours: 7 hours in 3 semesters

module1: 2 credit Hours.

Title of lecture	Date	Lecturer's signature
Clinical evaluation.		
Vocational evaluation and rehabilitation.		
Psychological aspects of rehabilitation.		
Functional outcome assessment, self care evaluation and management.		
Electrodiagnosis		
Electrophysiological studies of muscles in normal and pathological		
Nerve conduction studies.		
Neuromuscular junction studies.		

Module2: 2 credit Hours.



Title of lecture	Date	Lecturer's signature
Heat therapy		
Cold therapy		
Hydrotherapy		
Laser		
Electromagnetic therapy		
Electro-stimulation		
Traction		
Manipulations		
Therapeutic exercise		
Massage		
Adaptive systems and devices for the disabled		
Upper limb orthosis & prosthesis		
Lower limb orthosis & prosthesis.		
Spinal orthosis		
Transfers and wheelchairs Walking aids.		

Module3: 3credit Hours.

Title of lecture	Date	Lecturer's signature
Rehabilitation of arthritis		
Rehabilitation of pain		
Rehabilitation of stroke		
Rehabilitation of spinal cord injuries		
Rehabilitation of multiple sclerosis		
Neurogenic bladder and bowel.		
Rehabilitation of Spasticity.		
Rehabilitation of orthopedic and traumatic conditions.		



Rehabilitation of sport injuries.		
Rehabilitation of scoliosis.		
Rehabilitation of amputee.		
Rehabilitation after joint replacement therapy		
Gait training.		
Rehabilitation of osteoporosis.		
Rehabilitation of cardiac patients		
Pulmonary Rehabilitation		
Rehabilitation of vascular diseases and diabetic foot.		
Immobilization syndrome		
Rehabilitation of burn.		
Rehabilitation of gynecological & obstetric disorders.		

COURSE OF Geriatric REHABILITATION

Elective: Second part: Credit hours: 3 hours over one semester

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

Title of Lectures	Date	Lecturer's 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		
▪ Rehabilitation after hip, knee replacement		



<ul style="list-style-type: none"> ▪ Osteoporosis ▪ Diagnostic workup for osteoporosis ▪ Consequences of osteoporosis 		
<ul style="list-style-type: none"> ▪ Prevention of osteoporosis ▪ Treatment of osteoporosis 		
<ul style="list-style-type: none"> ▪ Cardiovascular disease 		
<ul style="list-style-type: none"> ▪ Arthritis, osteoarthritis, spondylosis 		
<ul style="list-style-type: none"> ▪ Aging with life-long disabilities 		
<ul style="list-style-type: none"> ▪ Risk factor for malnutrition ▪ Assessment of malnutrition ▪ Treatment of malnutrition 		

COURSE of Pediatric REHABILITATION

Elective course; Second part: Credit hours: 3 hours over one semester

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

Title of Lectures	Date	Lecturer's signature
Rehabilitation of congenital and acquired disabilities.		
Pediatric traumatic brain injury rehab.		
Pediatric spinal cord injury rehab.		
Rehabilitation of stroke in children		
Abnormal gait in children		
Rehabilitation of neuromuscular disease		
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 rheumatoid arthritis		
Musculoskeletal pain syndromes involving the back, knee		



anterior leg, ankle/foot and upper extremity in pediatric patients.		
Pulmonary rehabilitation		

COURSE of REHABILITATION OF SPORTS INJURIES

Elective Second part: Credit hours: 3 hours over one semester

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

Title of lectures	Date	signature
Foot Injuries: Foot pain, 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, Medial cartilage meniscus injury, Medial ligament injury, Osteoarthritis, Housemaids knee, Articular cartilage injury, Quadriceps tendon inflammation, Bakers cyst, Knee exercises		
Low Back Pain: Low 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 syndromes, Scheuermanns disease		
Head Injuries		



Elbow Injuries Elbow pain, Tennis elbow, Golfer's elbow, Triceps tendon rupture , Hyperextension injury, Students elbow		
Wrist & Hand Injuries Wrist & hand pain, Wrist bursitis, Carpal tunnel syndrome , Repetitive strain injuries, Fractured scaphoid, Metacarpal fracture, Sprained thumb, De Quervains tenosynovitis , Wrist exercises		
<ul style="list-style-type: none"> - Sports Massage - Strapping & Taping 		
<ul style="list-style-type: none"> - Stretching - Strengthening 		

**COURSE of REHABILITATION OF CLINICAL IMMUNOLOGY
(Advanced Course)**

Elective: Second part: Credit hours: 3 hours over one semester

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

Title of lectures	date	signature
Basics of genetics		
Genetic basis of autoimmune diseases.		
Immunotherapy		
Blood Banks		



Section II: Clinical Cases

Name of the case	Total number required	cases No. of 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)	100	40	30	30
SLE&related syndromes	30	15	10	5
Connective tissue diseases (scleroderma,PM,DM.....etc)	20	10	5	5
Rheumatic dis of childhood	40	20	10	10
Crystals associated arthropathy(gout, pseudogout)	20	10	5	5
Sero-ve spondyloarthropathies (AS,Psoraitic,Reactive, enteropathic.....)	60	30	20	10
Fibromyalgia	30	15	10	5
Osteoporosis	100	50	25	25
OA,Spondylosis	100	50	25	25
Low Back Pain	100	50	25	25
Regional joints, soft tissue pain& entrapment neuropathy	100	50	25	25
Reflex sympathetic dystrophy	5	3	1	1
Vasculitis&Behcet	10	5	3	2
Arthritis as manifestation of systemic diseases(hematological,endocrine, malignant.....)	10	5	3	2
Osteonecrosis (AVN)	10	5	3	2
Rare Cases (Polychondritis,sarcoidosis,amyloidosis...)	3	1	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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Case8: 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

Level of participation	Date	Location	Supervisor Signature
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Case 13: Vasculitis & Behcet's

Level of participation	Date	Location	Supervisor Signature
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Case 14: Arthritis as a manifestation of systemic diseases

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Case 15: Osteonecrosis (AVN)

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

Level of participation	Date	Location	Supervisor Signature
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Section III: Procedures

Name of the procedure	Total number required	Observer	Assistant	Independent
Joint aspiration & Local injection (intrarticular& soft tissue injection)	50	25	15	10
NCS & EMG	50	20	20	10
interpret Diagnostic tests procedures and laboratory markers in rheumatic diseases	100	40	30	30
Interpret Imaging of musculoskeletal system& bone density measurement.	100	50	25	25
design rehabilitation program in patients with rheumatologic disorders (arthritis, pain, osteoporosisetc)	100	40	30	30
Construct Rehabilitation of neurological disorders (stroke, spinal cord injuries, multiple sclerosis, spasticity,.....etc)	100	40	30	30
Construct Rehabilitation of orthopedic, traumatic conditions, and sport injuries.	100	40	30	30
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	20	10	5	5
Prescribe and adapt orthosis and prothesis	50	20	20	10



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 prosthesis

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Level of participation:

Observer

Assistant

Independent



Section IV: Seminars

Requirements:

1- Seminar attendance: 70

2- Seminar performance: 1 Rheumatology & 1 Rehabilitation

1- Attendance

	Topic	Date	Supervisor Signature
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2-Performance

Topic	Date	Supervisor signature
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Section V: Clinical rotation

Rotation	Date		Department	Trainee's signature	Trainer's signature
	From	To			





Section VII: Scientific activities (Conferences/workshops)

Conferences

Total number required: 5

Workshops

Total number required: 4

Conference/ Workshop	Role	Date	Supervisor's signature
1-			
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Role:

- Attendant
- Organizer
- Presenter