

## 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).
- 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 non-therapeutic, 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 for Promotion Exam:

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%
Description	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.

### Blueprint Outlines:

No.	<u>R1</u> Section	Proportion%
1	Anatomy	6%
2	Physiology and Histology	4%
3	Pharmacology	6%
4	General Rehabilitation	20%
5	Medicine	12%
6	Rheumatology	10%
7	Orthopedics	10%
8	Neurosurgery	5%
9	Pediatrics	7%
10	Neurology	12%
11	Research, Ethics and Professionalism and Patient Safety	8%
<b>Total</b>		<b>100%</b>

### Note:

- Blueprint distributions of the examination may differ up to +/-3% in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.



No.	<b>R2-R3</b> Section	Proportion%
1	Stroke	10%
2	Head Injury	12%
3	Amputee/Prosthetics	12%
4	Spinal Cord Injury	12%
5	Pediatric Rehab	10%
6	MSK Pain and Sport	6%
7	Rheumatology	5%
8	Orthopedics	5%
9	Neurology	5%
10	Cardiac/Pulmonary Rehab	5%
11	Burn and Cancer Rehab	5%
12	Pharmacology	5%
13	Research, Ethics and Professionalism and Patient Safety	8%
<b>Total</b>		<b>100%</b>

**Note:**

- Blueprint distributions of the examination may differ up to +/-3% in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.

**Suggested References:****Specialty related Journals:**

1. Archives of physical Medicine and Rehabilitation.
2. American Journal of Physical Medicine & Rehabilitation.
3. Pain Medicine.
4. Pain Physician.
5. Neuro-Rehabilitation.
6. Brain.
7. Cerebrovascular Disease.
8. Stroke.
9. Journal of Head Trauma Rehabilitation.



10. Clinical Journal of Sport Medicine.
11. Journal of Sport Rehabilitation.
12. American Journal of Sports Medicine.
13. Disability Rehabilitation.

#### Specialty related Books:

1. PHYSICAL MEDICINE & REHABILITATION, (BRADDOM-3<sup>rd</sup> Edition).  
<http://www.braddomtext.com/default.cfm>
2. PHYSICAL MEDICINE & REHABILITATION: Principles and Practice.
3. (DeLISA-4<sup>th</sup> Edition).
4. Physical Medicine and Rehabilitation Board Review. (Sara J. Cuccurullo, 2004)
5. GRANTS ATLAS OF ANATOMY.
6. ILLUSTRATED ANATOMY OF THE HEAD AND NECK, (3<sup>rd</sup> edition, FEHRENBACH & HERRING).
7. NEUROANATOMY through CLINICAL CASES, BLUMENFELD.
8. Essentials of Clinical Neuroanatomy and Neurophysiology. (10<sup>th</sup> edition, F.A. Davis)
9. NEUROLOGY AND NEUROSURGERY ILLUSTRATED, (3<sup>rd</sup> edition, Kenneth W. Lindsay).
10. Orthopedic Physical Assessment, (4<sup>th</sup> edition, Magee).
11. MUSCULOSKELETAL EXAMINATION, 2<sup>nd</sup> edition, JEFFREY GROSS & JOSEPH FETTO).
12. Physical Examination of the SPINE & EXTREMITIES. (Stanley Hoppenfeld).
13. The Mental Status Examination in Neurology, (Strub-Black, 2000).
14. Neurological Examination Made Easy, (2<sup>nd</sup> edition, Fuller).
15. MUSCLES: TESTING AND FUNCTION WITH POSTURE AND PAIN. (4<sup>th</sup> edition, Kendall).
16. KINESIOLOGY of the MUSCULOSKELETAL SYSTEM, Foundations for Physical Rehabilitation. (2002, Donald A. Neumann).
17. Myofascial Pain and Dysfunction, The Trigger Point Manual. (TRAVELL & SIMONS).
18. Clinical Anatomy of the Lumbar Spine and Sacrum, (Nikolai Bogduk, 4<sup>th</sup> edition).
19. PRACTICE GUIDELINES FOR SPINAL DIAGNOSTIC AND TREATMENT PROCEDURES. (International Spine Interventions Society, Nikolai Bogduk 2004).
20. PHYSICAL MEDICINE & REHABILITATION (PM&R) PEARLS.
21. PM&R SECRETS.
22. NEUROLOGY SECRETS.
23. SPINE SECRETS.
24. ORTHOPEDIC SECRETS.
25. SPORTS MEDICINE SECRETS.
26. RHUMATOLOGY SECRETS.
27. EMG SECRETS.
28. Easy EMG.
29. EMG Pearls.



30. Electromyography in Clinical Practice, A Case Study Approach (Katirji 1998).
31. THE REHAB POCKET SURVIVAL GUIDE, (Scott Woska, 2001).
32. Manual of Physical Medicine & Rehabilitation, (Brammer - Spires 2002).
33. The Rehabilitation SPECIALIST`S HANDBOOK , (Rothstein- Roy- Wolf ,2005).
34. Management of Brain Injured Children, (2<sup>nd</sup> edition, APPLETON-BALDWIN, 2006).
35. BRAIN INJURY MEDICINE, PRINCIPLES AND PRACTICE. (ZASLER-KATZ-ZAFONTE, 2007).
36. Spinal Cord Medicine: Principles and Practice, Edited by Vernon W. Lin, New York, Demos, 2003.
37. Basic & Clinical Biostatistics, (Beth Dawson & Robert G, 2004).
38. 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.



## Example Questions

### EXAMPLE OF K1 QUESTIONS

#### Question 1

A 28-year-old man undertakes an endurance training regimen to improve his performance in preparation for the Marathon.

Which of the following properties is greater in Type 1 compared to Type 11b/x skeletal muscle fibers, thereby promoting distance running success?

- A. Oxidative capacity
- B. Glycolytic capacity
- C. Force of contraction
- D. Speed of contraction

### EXAMPLE OF K2 QUESTIONS

#### Question 1

A 38-year-old woman with a history of classical migraine is admitted with the right hemisphere ischemic stroke. She has optimal blood pressure and a very favorable lipid profile, and duplex scanning of the carotids shows total absence of atheromatous plaque (see report).

#### **Echocardiography:**

Reveals an abnormality.

Which of the following is the most abnormality?

- A. Tricuspid incompetence
- B. Ventricular septal defect
- C. Left ventricular hypertrophy
- D. Patent foramen ovale (PFO)