Education of Rehabilitation Medicine in Thailand

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Abstract : Training and education in Rehabilitation Medicine in Thailand was started at Siriraj Hospital for 6th year medical students in 1958. The Society for Thai Rehabilitation Medicine was founded in 1972, developed into the Thai Rehabilitation Medicine Association in 1988 and was established as the Royal College of Psychiatrists of Thailand in 1998. A Board Certification system for Rehabilitation Medicine was initiated in 1985 and the present number of certified psychiatrists is 211.

Teaching and training in Rehabilitation Medicine in Thailand is divided into undergraduate and postgraduate programs. The objective of undergraduate education is to develop attitudes that will enable medical students to see the patients holistically and to teach basic diagnostic and therapeutic skills to 5th and 6th year medical students. At Siriraj Hospital, Mahidol University, rehabilitation medicine is included in the Orthopedic rotation which earns 6 credits and elective clinical experience in rehabilitation medicine earns another 2 credits out of a total of 263 credits towards a medical degree. The postgraduate program consists of a 3-year residency training program approved by the Thai Medical Council. There are 6 university hospitals responsible for training with a total of 10-14 residency positions available per year. The components of training include: basic science, clinical science, clinical evaluation and treatment, electrodiagnosis, orthotics and prosthetics. Subspecialty training in pain, pediatrics, orthopaedics, neurology, rheumatology, cardiopulmonary rehabilitation, etc. are included in this 3 year training course. Elective periods of 1-2 months in the Department of Medicine, Orthopedic surgery and Neurology are also provided. The trainees are required to work in the training center for not less than 36 months and must publish at least one acceptable research study within their 3 year course. Residents who have fulfilled all of the requirements will be eligible for the board examination which comprises 40% of written examination and 60% of oral and skill examination which includes 4 parts; oral (20%), OSCE (15%), electrodiagnosis (15%) and orthotics/prosthetic

(10%), After passing the board examination the specialty diplomas will be conferred upon them by the Thai Medical Council.

General Information about Thailand

Thailand is located in the middle of South-east Asia. Its total area is 513,115 square-kilometers and the geographic area can be divided into four regions: north, northeast, central and southern areas. Bangkok is the capital city of Thailand and is located in the central part. It is the main center for education, business and technological development. The average temperature is 27.8°C. The total population of Thailand in 1999 was 61,626,000 people and from the National Statistic Survey of Disability in 1996, the prevalence of patients with disability was 1,024,120 people or 1.7% of the total population.

History of Rehabilitation Medicine in Thailand

Rehabilitation medicine in Thailand was developed in 1947 at Siriraj Hospital by Professor Fuang Satayasagnuan, the chief of orthopaedic division during the epidemic of poliomyelitis. He realized that rehabilitation medicine was necessary for the patients. This was the first time that physical modalities had been used on patients at Siriraj Hospital. In 1952, the physical therapy unit was established. The physicians and nurses were sent to study abroad for further education in rehabilitation medicine until 1957 when those from abroad returned, and the rehabilitation team with psychiatrists, physical therapists and occupational therapists as well as the prosthetic and orthotic unit were initiated at Siriraj Hospital. In 1958 the topic of physical modalities and exercise were introduced to the sixth year medical student curriculum. The Society of Rehabilitation Medicine was formed in 1972 and the name changed to the Thai Rehabilitation Medicine Association in 1988. In 1985, a Board Certified system for Rehabilitation Medi-

cine was organized and in 1998 The Royal College of Physiatrists of Thailand was established. Currently there are 153 Thai certified physiatrists but relative to the number of patients with disability of about one million or sixty million of total Thai population there is a disparity between the number of physiatrists and the number of patients who need rehabilitation. Sixty percent of physiatrists work in Bangkok. Hence some rehabilitation work in the provinces is carried out by orthopaedists or physical therapists.

Rehabilitation Medicine Education in Thailand

The rehabilitation medicine education in Thailand can be divided into 2 groups.

1. Undergraduate Education

In Thailand, during the six year undergraduate medical program, the basics of rehabilitation medicine knowledge are inserted in the medical student curriculum to develop an attitude of medical students to see the patients holistically and be able to diagnose and develop therapeutic skills in rehabilitation.

At the Faculty of Medicine Siriraj Hospital, the student's curriculum comprises :

- 1) General basic knowledge (42 credits)
- 2) Specific subjects (215 credits)
- 3) Elective subjects (6 credits)

The total credit required by medical student is 263 credits which the credits for rehabilitation medicine are included in the 6 credits for orthopaedic and further 2 credits are in the 'elective clinical experience in rehabilitation medicine'. The basic curriculum is not significantly different from other medical schools.

The principle educational items of rehabilitation medicine provided for medical students are as follows :

- 1) Therapeutic exercise
- 2) Physical modalities
- 3) Gait aids
- 4) Principle of orthoses and prostheses
- 5) Bronchopulmonary hygiene

- 6) Musculoskeletal pain
- 7) Principle of pediatric, orthopaedic, and neurologic rehabilitation.

2. Postgraduate Education

In Thailand, there are eight university hospitals. Five of eight are located in the Bangkok Metropolitan area, one in the north, one in the northeast and another one in the south. All are government funded via the Ministry of University Affairs. Six of eight university hospitals have a program of postgraduate training in Physical Medicine and Rehabilitation (Siriraj, Ramatibodi, King Mongkut, Chulalongkorn, Chiangmai and Khon Kaen hospitals). The residency training program is a three-year course. At present, each institute is able to provide 4-6 new residency training positions per year. Applications for training are made to the the Thai Medical Council and these are then forwarded to each institute for consideration.

The three-year training course comprises :

The first year

The total period for training is 50 weeks covering :

- The basic science such as anatomy, physiology, pathology
- The principles of rehabilitation treatment, for example, physical therapy, occupational therapy, physical modalities, therapeutic exercise
- The basic knowledge in electrodiagnosis
- The responsibility for rehabilitation patients under close supervision of senior staff.

The second year

The total period of training is 50 weeks and the topic includes :

- The further aspects of rehabilitation treatment in addition to that in the first year such as speech therapy, orthotic and prosthetic
- The ability to perform electrodiagnosis
- The responsibility for rehabilitation patients under supervision of senior staff.

Table 1 The guideline of the training activities

Resident	Activities				Rotation	Academic activities
1st year	Out patient care 200 patients/year		In patient care 30 patients/year			-Lecture 30 hours/year
	Education course on basic science, epidemiology, research, principle of rehabilitation medicine					-Journal club 30 hours/year
2nd year	Out patient care 200 patients/year	In patient care 30 patients/year	Skill in EMG 60 patients/year	Skill in orthotic/prosthetic 30 patients/year	Orthopaedic Neurology Rheumatology	-Team conference 1/month
3rd year	Out patient care 200 patients/year	In patient care 30 patients/year	Skill in EMG 60 patients/year	Skill in orthotic/prosthetic 30 patients/year		-Interhospital conference 1/month
						-1 research project

The third year

The total period of training is 50 weeks and is composed of :

- Subspeciality training in cardiopulmonary, orthopaedics, pediatric and geriatric rehabilitation.
- The ability to perform electrodiagnosis, both evaluation and interpretation.
- The responsibility for the position of chief resident and the supervision the first and second year residents.

During their training, the residents must perform at least one research project and submit this for approval from the Board Committee at the Annual Meeting of the Royal College of Physiatrists of Thailand. The trainees who have completed the training course and have been approved by the training institute will be eligible for the board examination which is conducted by the Board Committee of the Royal College of Physiatrists. It is composed of 40% written examination and 60% of oral and skill examination which is divided into oral (20%), OSCE (15%), electrodiagnosis (15%) and orthotic/prosthetic (10%).

At the end of training course, the resident should have acquired the following :

- 1) The skill in diagnosis and management of the patients who require rehabilitation.
- 2) The ability to provide the knowledge and to give a consultation in the field of rehabilitation medicine.

- 3) The confidence to be the leader of a rehabilitation team.
- 4) The ability to coordinate with other medical personnel in the area of academic and medical administration.
- 5) Good attitude and good relationship to patients and other medical personnel.
- 6) The ability to perform good research and continuing self-education.

In summary, to be certified, the trainees need to do the following :

- 1) Complete three years training with approval from the training institute.
- 2) Submit one completed research project approved by the Board Committee and present at the Annual Meeting of The Royal College of Physiatrists of Thailand.
- 3) Pass the board examination.

The certification will be conferred upon them by the Thai Medical Council through the Royal College of Physiatrists of Thailand.

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日本におけるリハビリテーション医学教育

東京大学大学院医学系研究科リハビリテーション医学

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はじめに

保健医療におけるリハビリテーション（以下、リハ）のニーズは急速に拡大しているが、それに従事する専門職の養成と教育の展開については各国の社会経済的あるいは文化的背景により異なると思われる。

米国におけるリハ医学は物理医学（physical medicine）と結びついて専門性を確立してきた歴史を有する。しかし、わが国も含めてアジア諸国ではリハ医学を独自に生み出すことはなく、第2次世界戦争後に主として米国からの導入により展開した。物理医学に関して、わが国で東京大学医学部に物理療法内科学講座が開設されたのは1926年であったが、近年の大学院重点化にともない、医学系研究科アレルギー・リウマチ内科学分野として発展的に解消された。すなわち、わが国では物理医学とは独立したリハ医学の診療部門を指向して、学術団体が結成されたことが特徴的である。そして、診療面では主として整形外科（orthopedic surgery）と結びついて展開してきた。

卒前教育

1963年に日本リハ医学会が設立され、約10年後の1974年にわが国で最初のリハ科の講座が獨協医科大学で開設された。その後、新設の医科大学を中心に私立大学で独立した講座が開設され、リハ医学に関する専任教授が29校中13校で存在するに至った。しかし、国立大学では今日まで42校中4校に止まっている。現在ではすべての大学でリハ医学に関する授業が何らかの形態で行われるようになっているものの、実態は格差が大