

Your Best Self: Tips for PM&R Away Rotations

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REPRESENTATION IN REHAB

Speakers



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How to choose an away rotation

- Where would you like to end up?
- Anywhere you'll have an easier chance of getting into?
- Find connections that can give you a way in
- Ask your recent graduates where they went and what their experience was like
- Try to pick something you'll have less exposure to at home



Resources

- Pocketpedia - go to, fits in your white coat pocket
- Cucurrullo - large, more for residency though (pdf if you can)
- Inpatient vs Outpatient varies
- Depends on the rotation - certain books for TBI vs SCI
- PM&R recap is great - questions and videos, subscription though



What to review

- Depends on the rotation (subspecialty, inpatient vs outpatient)
- Especially for students without a home PM&R rotation
- Review anatomy: muscles, nerves, joints, imaging
- Common pathologies to common joints - i.e. differentials for back pain
- Common treatment plans - conservative 1st, XR/MRI vs PT/OT vs injections vs surgery



Common Mistakes

- Not speaking up enough - they need to get to know you
- Don't brag too much but let them know how special you are
- Ask for a letter at the beginning, not the end (set up a meeting for the end though to follow up)
- Show effort - put the hours in, ok to leave when they say though



What to say to attendings

- When to ask questions - when they seem to not be as busy
- Attendings love questions, especially ones that come from a place of knowledge
- Ok to ask simpler questions as well, but try to look it up first (shows initiative)
- Ask them what they expect from you at the beginning
- Ask them for a letter at the beginning - once you think they'd write a good one (see how you vibe first)
- Ask them what they're favorite part about where they work/PM&R/their subspecialty
- Ask for any cases they think are interesting for case reports if you're interested in that



Ways you can be helpful

- Ask flat out how you can be helpful
- Ask if you can write notes
- Ask if you can see patients beforehand and then present



Bonus points

- Ask to shadow/meet people in areas that may not be offered but something you're especially interested in - shows interest
- Bring food on the last day (donuts/dish you love to make)
- Get to know the program manager and residents - they have a say
- Ask to give a presentation - they may automatically do one
- Maybe schedule a meeting with the PD at the end - tell them what you've loved and that you're interested in the program
- Write thank yous

