



## Quick Facts about PM&R

The Department of PM&R is proud to ensure that its resident physicians receive the best possible education and leadership opportunities at Carolinas Medical Center/Carolinas Rehabilitation (CR).

We select 5 residents per year to join us in Charlotte, with one guaranteed categorical candidate and four advanced positions. Additionally, the candidate can also apply to our Internal Medicine program for multiple available preliminary medicine positions.

### American Board of PM&R Success

- Excellence in PM&R residency education is reflected in 95.8 % Pass Rate (first-time test takers) of Part 1 (written) and Part 2 (oral) board scores over the last 5 years.

### Fellowships

- Brain Injury
- Cancer Rehabilitation

### Benefits

- 15 weekdays of paid vacation/year (PGY2 - PGY4). 5 additional days of vacation to be taken during PGY3 or PGY4
- Health insurance and premiums paid for employee and family
- 401K plan option with matching contribution up to 4%
- Dental insurance and premiums paid for employee and family
- LiveWell contributions towards the employee's health care package
- Performance Plus incentive
- Free meals on-call and lunch daily
- Free labcoats or jackets
- Free parking
- Built-in internal moonlighting opportunities
- \$1,900 CME money per year

### Overview of Leadership Opportunities

- Academic, Administrative, and Quality Improvement Chief Resident Positions
- Ultrasound, Spinal Injection, and Resiliency Curriculum Leaders
- North Carolina Special Olympics MedFest Clinical Directorship
- Multiple committee positions within the Carolinas Rehabilitation and Atrium Health system
- Atrium Health House Staff, Graduate Medical Education Resident Positions
- Mentored experiences during clinical trials and as Investigators on original research studies.

## Research and Scholarly Activity at Carolinas Rehabilitation

With our **Research Curriculum**, resident physicians participate in world-class NIH, NIDILRR or foundation funded rehabilitation research. In the last 5 years, PM&R resident physician research and scholarly achievements have included more than 70 papers, abstracts, posters, and oral scientific presentations at national venues (including ACRM, AAP, AAPMR, ISPRM), in which resident physicians were the lead or co-lead author or providing significant leadership on the research. Additionally, our program acknowledges outstanding scholarly activities with an annual award to acknowledge resident physicians who most contributed to research productivity, teaching and mentorship.

## Specialized Academic Curricula

- **Ultrasound:** Led by faculty Sports/Ultrasound Curriculum Director and senior residents. Comprehensive education on ultrasound terminology, physics, anatomy of 6 major joints of the body, and physical exam maneuvers. Assessment of specific pain generators and complete ultrasound examination of the areas of interest are also part of the education. Quarterly ultrasound-guided or fluoroscopy-guided workshops are carried out each academic year. Opportunity to practice the knowledge and skills obtained on self, co-residents, and patients in inpatient and outpatient settings. The residency owns a state-of-the-art ultrasound machine designated for resident-use only.
- **Resiliency:** Led by Resilience Curriculum Director and senior residents. Residents undergo formal strength assessments workshop to learn how to best optimize performance in both professional and personal aspects of life. A team approach is established between resident and faculty physicians to facilitate improved communication & problem-solving. PM&R mentorship is provided for all residents by PM&R senior residents, faculty, and research leaders. Lectures and conferences held throughout the year on different topics including: Strengths assessment, Mindfulness, Burnout Prevention, Giving/Receiving Feedback, etc. On a weekly basis, members of the department participate on Mindfulness Mondays, Creative Writing Wednesdays, and 7-minute workouts on Thursdays. Residents put these topics into practice through team-building events, monthly hiking club, intramural sports, and spending time with each other outside of a work setting.
- **Quality Improvement:** Led by faculty Quality Curriculum Director and Quality Improvement Chief Resident. Focus on vocabulary, methods, and strategies of process improvement. Residents apply the knowledge by participating in real world QI projects to improve patient care at CR. Residents perform yearly in IHI quality medicine modules as self-learning. Furthermore, the curriculum includes a quality medicine didactics lecture series and quality medicine conferences throughout the year. Finally, resident physicians are active members of system quality committees such as QAIC and Hospital Process Improvement.
- **Administrative:** Led by the Chief Medical Officer and Administrative Chief Resident. We all get into medicine for a variety of reasons-most of which center around helping those who need help the most. However, at the end of the day, medical management is also important to optimize the utilization of resources. Topics such as personal finance, job contracts, reimbursement methods, licensure, different practice models, documentation & coding, and risk management are routinely included in our administrative lecture series. An Administrative Rotation provides introductory exposure to hospital system leadership and an advanced Administrative Elective is available for those seeking a more in-depth education. Residents have multiple leadership opportunities as noted above. These characteristics and skills are rarely addressed throughout medical education but are imperative to thriving both professionally and personally after training is complete.