



INTERNATIONAL SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE

THE RESULT OF THE MERGER AND INTEGRATION OF IRMA AND IFPMR

NEWS & VIEWS – MARCH 2005

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ISPRM BOARD MEETINGS DURING THE BRAZIL ISPRM WORLD CONGRESS

By Werner Van Cleemputte

We kindly invite all ISPRM Board Members and all ISPRM Committee Members to the Board Meetings that will be organised to the occasion of the World Congress in Brazil. These ISPRM Board Meetings will take on the following days

President's Cabinet Meeting (President's Cabinet Members only)
Sunday, April 10 morning from 09.00-10.30 hrs

Executive Board Meeting (Executive Board Members only)
Sunday, April 10 morning from 10.30-12.00 hrs

First Board of Governors Meeting (ISPRM board members in GOOD standing only)
Sunday, April 10, 2005 afternoon 13.30-17.30 hrs

Second Board of Governors Meeting (ISPRM board members in GOOD standing only)
Wednesday, April 13, 2005 afternoon 13.30-18.00 hrs

The agenda of the different Board Meetings will be mailed to you by the beginning of March.

RENEWED CALL FOR REPORTS

By Werner Van Cleemputte

We kindly invite all ISPRM Executive Board Members and the Chairs of the different ISPRM Committees to submit the reports of their ISPRM activities for presentation during the above specified ISPRM Board meetings

Deadline for receipt of Reports is **March 25 at the latest.**

**A large number of reports still needs to be received !!!
So please act promptly**



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THE IMPLEMENTATION OF DONATION DELIVERY TO THE VICTIMS OF TSUNAMI AND EARTHQUAKE IN MEULABOH AND ITS SURROUNDING

By Aguswan Nurdin,

Background

The handle with the victims of earthquake and the giant waves of Tsunami in Asia has become the world's problem and focus at this moment. It happens as well in Indonesia at the Provinces of Nanggroe Aceh Darussalam (NAD) and North Sumatra. The Italian Association Amici di Raoul Follereau (AIFO), an NGO headquartered in Bologna, Italy, has been working hand in hand with Indonesia in enhancing the quality of Human Resources, those physically handicapped in particular both with the government of Indonesia and the local NGO's as well.

This cooperation is realized in the form of financial donation for the Community Based Rehabilitation Program (CBR).

In case of earthquake and Tsunami disaster, AIFO has also participated to help reducing the suffer of the victims by distributing initial stage donation in the amount of E 9,996.31 (Nine thousand nine hundred and ninety six point thirty one euro) through CBR West Sumatra, since when the disaster occurred there was a total disconnection with Banda Aceh and the entire infra-structure was even paralyzed. The existence of management board of CBR at NAD Province is still unknown.

The AIFO aid was accepted on January 4th, 2005, and Dr. Asviretty, MPH from Health Department of Indonesia is the contact person.

Implementation

The contact was still made with Dr. Asviretty, MPH and as for the initial plan CBR West Sumatra would have joined Health Department Team from Jakarta expected to be group of Internist.

However, due to process of bureaucracy, Dr. Asviretty the contact person finally suggested joining any group leaving a lot earlier and delivers the contribution in any form for the smooth running of delivery.

As an organizer, I (Dr. Aguswan) eventually decided to join Andalas University of Padang, which was immediately going to send its team consisting of 30 (thirty) persons to West Aceh Regency of which Meulaboh is the capital.

Heading to Meulaboh with in-land transportation in 60 (sixty) hour driving, in the convoy of 5 (five) operational vehicles and 1 (one) truck we brought all things such as; medicine, clothing, child and baby food, blankets, sarong, and women cloth for pray. These operational vehicles were found to be very useful as they took us to where victims were located at separated areas, but 1 group (out of 5 groups) remained staging at the post.

There was no significant obstruction during the journey. After 60 hours driving we reached Meulaboh at 11.30 pm West Indonesian Time and reported to Service Coordinator of the earthquake and tsunami victims centered at Military District Commando Service.

When the morning came we set one post for own at Gampa, Johan Pahlawan Subdistrict, West Aceh Regency. Service was given directly by visiting the locations where refugees were staying at refugee campground in the entire West Aceh Regency, Nagan Raya Regency and Aceh Jaya Regency.

The entire donation distributed to the victims was in the forms of food, medicine, infant and child food, and cash money as well

Summary

We had two regencies for our service activities where we distributed not only medicine but also deliver food and cash money to be used by the victims of earthquake and Tsunami for their economic recovery. They were very much devastating especially those in Kuala Bhee. They still need more donations particularly for the field of education, economic recovery and housing etc.



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PHYSICAL MEDICINE AND REHABILITATION IN KUWAIT

By Abdulla Eyadeh, RVP for Africa & Middle East

Physical Medicine and Rehabilitation Hospital, Kuwait is a 81 bedded hospital with Dr. Abdulla Eyadeh as the Head of the Department. It caters to persons with various physical disabilities in Kuwait as well as other countries in the Middle East. It has several specialized services and is also a center for various academic activities.

INTERNATIONAL CLASSIFICATION OF FUNCTIONING, DISABILITY AND HEALTH (ICF) CORE SETS PROJECT

Physical Medicine & Rehabilitation Hospital, Kuwait under the leadership of Dr Abdulla Eyadeh has been actively participating in the ICF Core Sets project since its initiation in 2001. After completing the Delphi exercise, Dr Abdulla Eyadeh and Dr Feroz Khan from PMR Hospital, Kuwait attended the First International ICF Core sets Consensus Conference in April 2002 at Munich, Germany. Subsequently, Kuwait is one of the 34 countries participating in an ongoing Multicenter International Validation Study. Dr Abdulla Eyadeh is in charge of it and Dr. Lata and Dr Ramar are also actively involved in the study. The study in Kuwait is focused on 6 conditions namely Osteoarthritis, Low Back Pain, Chronic Widespread Pain, Osteoporosis, Rheumatoid Arthritis and Stroke.

ISPRM ACTIVITIES

The First Conference of Physical Medicine and Rehabilitation Society, Kuwait and the First Regional Meeting of ISPRM was conducted in April 2000. Dr. Abdulla Eyadeh and Dr Musaed K Al Said attended the First World Congress of ISPRM in Amsterdam in July 2001. The 2nd World Congress of ISPRM in Prague, Czech Republic in May 2003 was attended by Dr Maria Kondeva from PMR Hospital, Kuwait. She presented a paper on “Our experience with Intramuscular Injection of Botulinum Toxin A for the treatment of Upper Limb flexor Spasticity after Stroke”. There is a proposal to hold the Sixth World Congress of ISPRM in Dubai in 2011.

CONTINUING MEDICAL EDUCATION (CME)

The CME program in Kuwait is an active program which is accepted by the Royal College of Physicians and Surgeons of Canada in its Maintenance of Certification Program. PMR Hospital Kuwait is registered with the Kuwait Institute for Medical Specialisation as one of the recognized centers to conduct this CME program and has so far organized eight workshops and conferences since 2001. The following are some of the major activities during the years 2003-2004.

A hands-on Workshop on Segmental NeuroMyotherapy was conducted under the tutorship of Dr Andrew Fischer, Clinical Professor in Rehabilitation at St Francis Hospital, New York. from 18.10.03 to 22.10.03. A new approach to pain management namely Injection techniques based on Spinal Segmental Desensitisation was the focus of the workshop.

A workshop on Assessment and Management of Balance and Mobility Disorders using Neurocom System was conducted in Jan 2004. Dr. John F Peters of Neurocom International demonstrated how Neurocom with its software can be applied in the diagnosis and treatment of balance disorders in patients with stroke, multiple sclerosis etc

A hands-on Workshop on Interventional Pain Management was conducted under the tutorship of Dr Peter Pauly from Austria from 03.07.04 to 07.07.04. Various procedures including Facet joint blocks, Sacro iliac joint injections and epidural injections was the focus of the workshop. Subsequently a refresher course was conducted from 19.02.05 to 23.02.05. These workshops were conducted as a preliminary to setting up an Interventional Pain Management suite in PMR Hospital, Kuwait in the near future.

A workshop on “Ultrasound Evaluation of Shoulder” by Dr Martine De Muynck of Belgium will be held from 14th to 16th March 2005. This is with the aim of expanding the Diagnostic facilities in PMR Hospital which already has a fully equipped EMG and Urodynamics clinics



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DOCUMENTATION BASED CARE (DBC)

A new approach to back care was introduced with the introduction of DBC Active spine care. It is a spine treatment program which objectively documents specific spine deficiencies and develops an individual program to correct each deficiency. The third DBC system in Middle East was installed in PMR Hospital Kuwait in April 2004, followed by a Workshop under the guidance of Dr Simo Taimela, MD DBC Finland. A refresher course was conducted subsequently from 12.02.05 to 14.02.05.

CARDIOPULMONARY REHABILITATION

Recently, a Comprehensive cardiopulmonary rehabilitation program has been started at PMR Hospital, Kuwait. This program is based on the protocols of Cleveland Clinic Foundation, Ohio, U.S.A, and aims to improve the cardiac health in those with high risk factors and rehabilitates cardiac and pulmonary patients.

ACCREDITATION OF HOSPITAL

PMR Hospital was granted Accreditation in 2004 after having fulfilled the norms set by the Ministry of Health, Kuwait.

OTHER CONFERENCES

The Physiatrists in PMR Hospital, Kuwait have been actively participating in various Conferences all over the world including

- 14th European Congress of PMR at Austria Center, Vienna in March 2004 was attended by Dr Musaed K Al Said, Dr Ramar and Dr Maria Kondeva.
- Mediterranean Conference in Greece in May 2004 was attended by Dr Vesna Zeljic who presented a poster on "Botulinum Toxin A in the Management of Children with Cerebral Palsy".
- Indian Association of Physical and Rehabilitation Medicine(IAPMR) Conference in Bangalore India was attended by Dr Jai Shanthini and Dr UnniKrishnan.
- Dr Jai Shanthini presented a paper on "Management of Bladder Dysfunction in Women with Spinal Lesions" and a poster on "Preliminary report on Shockwave therapy in PMR practice".

PUBLICATIONS

The following papers were published during 2004 from PMR Hospital, Kuwait

- Abdulla Ahmed Eyadeh Maria Kondeva Musaed F Khamees. Neck pain, Neck Mobility and Alignment of Cervical Spine in 30 Patients with Cervical Strain. Kuwait Medical Journal (KMJ) Sep 2004 36(3): 186-190.
- Musaed F Khamees, Maria Kondeva, Abdulla Ahmed Eyadeh. An Experience with Intramuscular Injection of Botulinum Toxin A for the treatment of Upper Limb flexor Spasticity after Stroke KMJ 2004 36(2): 117-121

PHYSICAL MEDICINE AND REHABILITATION - BUILDING GLOBAL BRIDGES IN EDUCATION AND TRAINING - SEMINAR PARTICIPATION APRIL 12TH 10:30 AM-12:30 PM

Educators in Physical Medicine and Rehabilitation from all across the world who are attending the ISPRM meeting in Sao Paulo are cordially invited to attend and participate in a seminar-workshop discussion on April 12th 10:30 AM-12:30 PM on "International Rehabilitation Education - Building Global Bridges in Education and Training".

The session will be an important part of the International Society of Physical Medicine and Rehabilitation Scientific Program in Sao Paulo, Brazil. The panel discussion will be feature formal presentations by many different countries.

Already, fifteen nations attending ISPRM have enrolled. With your active input, it is hoped that all nations attending the ISPRM meeting will be represented.

Members representing nations interested in participating may contact Mark Young MD, MBA, FACP at ma.yo@verizon.net for additional information



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NEW CHAPTER IN OUR NEWS & VIEWS

PUBLICATION OF ABSTRACTS FROM THE JOURNAL “DISABILITY AND REHABILITATION”,

By Nicolas Christodoulou, Chairman of the Journal and News & Views Committee

During the last meeting of the Boards of Governors in Antalya – October 2004, it was decided to try to be more connected with the editors of our official journal “Disability and Rehabilitation”. We asked their permission to publish in the “News & Views” of our Society, selected abstracts of the journal publications on monthly basis.

We are happy to inform you that the editor, Dr. Dave Muller, was very co-operative but there was some delay because of technical problems. This month we publish for first time the selected abstracts. Anybody from you, who receive the “News and Views” and find an abstract or many abstracts interesting, may apply to become subscriber of the journal or try to find the whole text of the publication interested in.

We hope that this Chapter will contribute to all those interested for research projects and the efforts of our colleagues all over the world to promote the knowledge in Physical and Rehabilitation Medicine. Any comments will be very well accepted.

The abstracts below are selected from Volume 27, Number 3 / February 4, 2005, of the "Disability and Rehabilitation" journal.

HEALTH RELATED QUALITY OF LIFE AFTER LUMBAR DISC SURGERY: A PROSPECTIVE STUDY OF 145 PATIENTS

Arja Häkkinen A1, Hannu Kautiainen A2, Harri Sintonen A3, Jan Ylinen A1

A1 Department of Physical Medicine and Rehabilitation Jyväskylä Central Hospital Jyväskylä Finland

A2 Rheumatism Foundation Hospital Heinola Finland

A3 Department of Public Health University of Helsinki Helsinki Finland

Purpose: This study compared health related quality of life (HRQOL) among lumbar disc surgery patients to general population, and assessed the relationships between HRQOL and other outcome measures 2 and 14 months after surgery.

Methods: The 15D instrument was used to measure HRQOL in 145 lumbar disc surgery patients. Subjective outcome was also assessed by the Oswestry index, Short Depression Inventory (SDI) and pain, and objective outcome by trunk muscle strength and mobility of the spine.

Results: The mean (SD) 15D score among the patients 2 months after surgery was 0.880 (0.104) compared to 0.941 (0.076) among general population ($p = 0.016$). The 15D, Oswestry and SDI scores remained unchanged during the follow-up, while the improvements in the spine mobility and trunk muscle strength were significant. Back pain decreased by 68% and leg pain by 74% from preoperative level to 2 months check-up. Leg pain further decreased during the following 12 months, while back pain remained unchanged. HRQOL was associated with age, pain, Oswestry and SDI indices, but not with physical function.

Conclusion: HRQOL measured by 15D was lower in the lumbar disc surgery patients compared to general population. 15D was associated with the subjective outcome measures of pain, Oswestry and SDI indices, but not with the objective measures of physical function. Thus, a combination of "disease specific" and "generic" measures is recommended to be used to obtain more accurate information about the overall welfare of an individual.



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EFFECTS OF SURFACE ELECTRICAL STIMULATION ON THE MUSCLE-TENDON JUNCTION OF SPASTIC GASTROCNEMIUS IN STROKE PATIENTS

S-C Chen A1, Y-L Chen A2, C-J Chen A1, C-H Lai A1, W-H Chiang A1, W-L Chen A2

A1 Department of Physical Medicine and Rehabilitation Taipei Medical University and Hospital Taiwan

A2 Department of Electronic Engineering Hwa-Hsia Institute of Technology Taiwan

Purpose: The purpose of this study was to explore the effects of spasticity suppression by surface electrical stimulation (ES) on the muscle-tendon junction of spastic gastrocnemius muscles in stroke.

Methods: Twenty-four neurologically stable stroke patients (aged 41–69 years, 12–35 months post-stroke), with spasticity graded 2 or 3 on the modified Ashworth scale, were recruited and divided into two groups. In the ES group, each patient received 20 min of surface ES once daily, 6 days per week for 1 month. In the control group, ES was used with stimulation intensity kept at zero. To evaluate the therapeutic effect, the modified Ashworth scale, Fmax/Mmax ratio, H-reflex latency, H-reflex recovery curve, and the 10-m walking time were tested before and after the 1-month treatment.

Results: In the ES group, the modified Ashworth Scale showed a trend toward reduced spasticity after 1 month of treatment. The Fmax/Mmax ratio decreased from 8.10% ± 4.84% to 4.00% ± 1.36%; the H-reflex latency increased from 28.87 ± 2.45 ms to 29.40 ± 2.57 ms; the H-reflex recovery curves indicated a downward shift; and the 10-metre walking time significantly decreased after ES. In the control group, none of the measures showed a statistically significant change.

Conclusions: In the study, we demonstrated a way to suppress spasticity at a metameric site and to increase walking speed effectively by applying surface ES on the muscle-tendon junction of spastic gastrocnemius muscles.

LATE MULTIDISCIPLINARY REHABILITATION IN YOUNG PEOPLE AFTER STROKE

Rory J O'Connor A1 A3, Eugene M Cassidy A2 A3, Mark A Delargy A3

A1 National Demonstration Centre in Rehabilitation Leeds Teaching Hospitals NHS Trust Leeds LS7 4SA UK

A2 Department of Psychiatry Cork University Hospital Cork Ireland

A3 National Rehabilitation Hospital Dun Laoghaire, Co. Dublin Ireland

Purpose: Stroke has a major impact on physical and cognitive ability, and quality of life. This study aims to examine the effect of multidisciplinary rehabilitation on outcome in an Irish young stroke population.

Method: Fifty consecutive patients younger than 65 were prospectively recruited to this observational study. Physical and cognitive ability, and quality of life were measured on admission and discharge.

Results: All patients were transferred to the rehabilitation unit from the acute hospital where they had received their initial management. Median length of time from stroke onset to transfer was 112 days. After a median of 70 days, 43 patients were discharged home. Patients made significant gains in physical (Barthel index 12 to 18) and cognitive ability (mini-mental state examination 22 to 25). Quality of life improved in all eight domains of the 36-item Short Form with four domains returning to levels seen in the general population.

Conclusions: This study documents the improvements in physical and cognitive abilities, and quality of life in a sample of patients in rehabilitation. A comprehensive rehabilitation programme that includes acute and late multidisciplinary phases can improve the outcome of patients following stroke.



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- **Visual Perceptual Dysfunction Course**, May 13/14th 2005, Gatwick Hilton, Gatwick Airport, UK, visit www.braintreelearning.co.uk
- 10th Annual Meeting of Rehabilitation in Multiple Sclerosis, May 19 - 22, 2005, Tallinn, Estonia. Visit www.smk.ee/rims.
- **Headache and Facial Pain**, May 20-22, 2005, The Royal Sonesta Hotel, Cambridge, MA, Visit: www.med.harvard.edu/conted
- **3rd International Conference on Bone and Mineral Research & 5th International Osteoporosis Symposium**, Second WHO-Collaborating Center Asian Regional Conference on Osteoporosis, organized under the auspices of the International Osteoporosis Foundation, May 23-27, 2005, Xi'an, China, information: www.china-osteofound.org/en/
- **XXI National SIMFER Course: Rehabilitation at home: the management and organization.**, May 23-25, 2005, Turin (Italy) - Main language Italian - Visit: www.simfer.it
- **The 3rd International Conference on Bone and Mineral Research & 5th International Osteoporosis Symposium** May 23-27 2005; Xi'an, China, - Visit www.china-osteofound.org/en
- **14th European Stroke Conference**, May 25 - 28 , 2005, Bologna, Italy, <http://www.eurostroke.org>
- **Harvard Medical School Program for Leaders in Healthcare Education**, June 12-17, 2005, Boston Massachusetts USA. Visit: www.harvardmacy.org
- **Principles and Practice of Pain Medicine**, June 22-26, 2005, The Fairmont Copley Plaza Hotel, Boston Visit: www.med.harvard.edu/conted
- **3rd Annual Comprehensive Pain Board Review Symposium**, August 2-6, 2005. The Marriott Madison West Hotel, Middleton, Wisconsin USA, Visit: www.orthorehab.wisc.edu/rehab
- **11th World Congress on Pain (IASP)**, 21 – 26 August 2005, Sydney, Australia – www.iasp-pain.org
- **4th ISPO Central and Eastern Europe Conference**, 22-24 September 2005, Belgrade, Serbia & Montenegro – information at 4.ISPOCEECEBELGRADE@eunet.yu
- **130th Annual Meeting of the American Neurological Association**, September 25 - 28, 2005 San Diego, CA, USA, <http://www.aneuroa.org/annual.htm>
- **4th International Course on the Hand**, 24 to 28 October 2005, Bodrum, Turkey, visit: www.vitalmedbodrum.com
- **67th Annual Assembly of the AAPMR**, 27 – 30 October 2005, Philadelphia Marriott, USA – www.aapmr.org
- **International Conference on CP Rehabilitation**, 1st & 2nd November, 2005, Patna, India, Contact: cpr2005@rediffmail.com
- **XVIIIth World Congress of Neurology**, November 05 - 13, 2005, Sydney, Australia <http://www.medeserv.com.au/aan/events/wcn2005/index.html>
- **XXXIII SIMFER National Congress: The intensive/extensive rehabilitation in Italy: a link between Europe and the Mediterranean area.**, November 8-12, 2005, Catania, Sicily, Italy - Main language Italian - Visit: www.simfer.it



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- **Rehabilitation International Arab Conference, "Disability Rights in a Changing Worlds"** , November 14-16, 2005, Kingdom of Bahrain, For more information: www.bah-molsa.com
- **New Zealand Rehabilitation Association Conference**, 17 to 19 November 2005, Auckland, New Zealand. Contact: samira@adhb.govt.nz

UPCOMING YEARS

- **4th World Congress of Neurorehabilitation**, Hong Kong, 12-16 February 2006, visit www.wcnr2006.com
- **World Parkinson Congress**, 22-26 February 2006, Washington. USA, Contact: info@worldpdcongress.org
- **XXXIV SIMFER National Congress**, Movement and autonomy: assessment and techniques. June 4 - 7, 2006, Florence, Italy - Main language Italian - Visit: www.simfer.it
- **ISSLS 2006**, Annual Congress of the **International Society for the Study of the Lumbar Spine**, 13-17 June 2006, Bergen, Norway, Contact: issls@medicongress.com – www.issls.org
- **131st Annual Meeting of the American Neurological Association**, October 08 - 11, 2006, Chicago, IL, USA, <http://www.aneuroa.org/annual.htm>
- **6th Mediterranean Congress of PM&R**, 18-22 October 2006, Vilamoura, Portugal. Visit www.the.pt
- **68th Annual Assembly of the AAPMR**, 9-12 November 2006, Honolulu, Hawaii, USA – www.aapmr.org
- **12th World Congress of the International Society for Prosthetics and Orthotics**, July 29 - August 3, 2007, Vancouver, Canada. Visit: www.ispo.ca/congress
- **69th Annual Assembly of the AAPMR**, 27-30 September 2007, Boston, USA – www.aapmr.org
- **70th Annual Assembly of the AAPMR**, 20-23 November 2008, San Diego, USA – www.aapmr.org



4th ISPRM World Congress – June 10 - 14, 2007 in Seoul, Korea - NEW DATES

5th ISPRM World Congress – May 9 -13, 2009 in Istanbul, Turkey

Please feel free to announce your upcoming congresses in this agenda by sending an email with all relevant information to the Central Office.