

In which key areas can PMR help cancer patients?

- Assessment and treatment of cancer-related loss of function
- Return to work and driving issues
- Lymphedema management
- Conservative management for musculoskeletal pain
- Spasticity management

Who comprises the PMR team?

- Case manager
- Chaplain
- Dietician
- Nurse
- Occupational therapist
- Pharmacist
- Psychiatrist (rehabilitation doctor)
- Physical therapist
- Social worker
- Speech language pathologist
- Volunteer

How to make a referral

An M. D. Anderson medical service can submit an online consultation request to the Palliative Care and Rehabilitation Medicine Center.

For more information, contact the center at (713) 792-6072.

An inpatient referral can be made by calling the PMR inpatient consultation team at (713) 404-4952.



THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER
Making Cancer History®

The University of Texas
M. D. Anderson Cancer Center
Palliative Care and Rehabilitation Medicine
Unit 8

1515 Holcombe Boulevard
Houston, TX 77030-4009
(713) 792-6072
www.mdanderson.org/departments/palliative

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Physical Medicine and Rehabilitation

Maximizing
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Physical Medicine and Rehabilitation (PMR) is a medical specialty focused on the prevention, diagnosis and nonsurgical treatment of disorders associated with disability, such as cancer. Our specialists also provide care for patients with musculoskeletal disorders and chronic pain, and for those who need rehabilitation services. Our goal is to restore optimal patient functioning in multiple life dimensions, including medical, social, emotional and vocational.



What's the best time for cancer patients to receive PMR services?

Rehabilitation can occur throughout the course of disease for patients with cancer.

- **Preventive rehabilitation:** before or immediately after cancer treatment to prevent loss of function.
- **Restorative rehabilitation:** comprehensive restoration of function for patients who have completed treatment but have a disability.
- **Supportive rehabilitation:** to increase self-care and mobility in patients with progressive cancer and a disability.
- **Palliative rehabilitation:** to help maintain comfort or function in patients with terminal disease.

How is PMR different from Rehabilitation Services (Physical Therapy/Occupational Therapy)?

- PMR physicians provide a medical evaluation of the patient and then prescribe an appropriate plan to treat disability.
- The treatment plan can include medications, modalities and rehabilitation therapies such as physical therapy, occupational therapy and speech therapy.
- The PMR physician then coordinates with the interdisciplinary rehabilitation team in ongoing efforts to restore patient function.

Where are PMR services offered at M. D. Anderson?

Outpatient

The Palliative Care and Rehabilitation Medicine Center provides outpatient PMR services on Floor 5 of the Main Building (R5.2201, near Elevator C) and/or Rehabilitation Services on Floor 1 (Alkek Hospital, near The Fountain).

Inpatient consultation team

A consultation team assesses inpatients throughout the institution for appropriateness and need for rehabilitation services, assistance with discharge planning, and determining the appropriate level of care that's within patient and family resources.

Inpatient rehabilitation unit

The acute inpatient rehabilitation unit is located in the Main Building (Lutheran Pavilion). Comprehensive inpatient rehabilitation services are provided to appropriate patients with issues of decreased function, decreased safety for discharge home, and the need for concurrent medical care.

Electromyography service

PMR physicians have special training in electromyography, which can be used to diagnose nerve and muscle problems in patients with weakness or numbness. Specific rehabilitation treatments can then be prescribed to help alleviate the effects of these symptoms.

