

Portuguese Society of Physical and Rehabilitation Medicine 2019 - 2022

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At the beginning of the Portuguese Society of Physical and Rehabilitation Medicine (SPMFR) 2019-2022 new mandate, it is necessary to make considerations in the scope of our main activities and a general balance of those carried out (and already presented in SPMFR General Assemblies), in compliance with the objectives and general platforms to which we are committed and with the SPMFR statute's, concerning:

- 1) The recognition of SPMFR as one of the pillars (and in particular in the technical-scientific field) alongside other institutions, for the affirmation of the specialty of Physical and Rehabilitation Medicine (PRM) in Portugal and abroad (statutes SPMFR, Cap. I)
- 2) The valorization of the title of Physician specialized in PRM in collaboration with the Portuguese Order of Physicians and the health authorities, and the contribute to the narrowing of the scientific, cultural and professional relations between those (statutes SPMFR, Cap. I, Art 4, point 2), and between Physiatrists and other specialties.
- 3) The dissemination to our SPMFR associates, as well as to our medical peers, the state of science and the technical evolution of the PRM specialty in Portugal, but also internationally. To this end, materializing its scientific activity; perfecting their own content and methodologies; expanding the potential of information and knowledge instruments (SPMFR statutes, Cap I, Art 4, point 1).
- 4) The continuous postgraduate training of MFR interns and specialists, developing the clinical areas, conducting diagnostic exams and specific techniques,

research and scientific publication, in the pursuit of their object Main: "The study and dissemination of science and technical progress in the field of physical medicine and rehabilitation" (Statute SPMFR Cap. I, Art. 3).

- 5) The institutional support for the existing sections and "the formation of sections in areas of the specialty that justify their autonomous functioning" (SPMFR statute, Cap. I, Art 5, point 3).
- 6) The response to the clinical-technical-scientific challenges, which are confronted with the specialty of PRM, disseminating and promoting the activities performed in the health professions, in the general population and in the different health institutions. To this end, intending to "collaborate with all national or foreign medical societies, international organizations and official and private entities, in all respects the purposes to which it is proposed" (Statutes SPMFR, Cap. I, Art 5, point 2).

Like other national and international scientific societies, SPMFR assumes, in an exponentially growing activity, its Mission, Vision, Objectives and Strategy, in the various technical-scientific aspects, of training, of spreading the scientific knowledge of what is the essence, purpose and action field of our medical specialty to the other inter-paired medical and surgical specialties, to other health professionals and to Society in general; of creating and developing scientific protocols; of contributing to health literacy; of collaborating with the other scientific and professional institutions in medical (including PRM ones) and paramedical areas, as well as with Universities (in a translation between different areas of knowledge) and as a technical partner for (official) Health Institutions.

(1) SPMFR President

SPMFR also assumes its contribution to the development in the Society of a culture of social responsibility, notably in actions to raise awareness and promote activities in the fields of science and culture in the area of PRM and Rehabilitation (in general).

The SPMFR training and education functions extend themselves not only to the PRM physicians (and PRM trainees), but also in the scope of education and literacy to interdisciplinary collaboration with medical peers, with other professions and institutions and to the Society in general, including the organization and participation in scientific events, of PRM specialty, of other medical specialties, of paramedic/technical areas and in events destined to patients, relatives, caregivers...

Collaboration with other medical specialties, health professionals, professional associations in PRM health area, patient associations, medical scientific societies or other professions, health guardianship institutions, universities,...., reinforced or developed in recent years, it reverts to a great importance in pursuing the definition and objectives of the *Rehabilitation in the XXI Century*, emanated from, among others, the World Health Organization documents such as the *Rehabilitation 2030: a call for action*.

In the field of its technical-scientific activity, SPMFR collaborated with other institutions to discuss areas relevant to our specialty, such as the importance and function of the medical specialty of PRM in the patient's evaluation and clinical-functional diagnosis, in the therapeutic prescription, in the coordination of the multidisciplinary, interdisciplinary and multidisciplinary rehabilitation team, in interdisciplinarity collaboration with our medical peers, contributing to the better quality of health care in PRM (as a medical specialty and as a multi-professional and inter / multidisciplinary health area).

In this context we highlight: the direct inter-collaboration with the Portuguese Order of Physicians, in the person of the current Chairman, Dr. Miguel Guimarães and the previous Chairman, Professor José Manuel Silva; with the PRM Specialty College of the Portuguese Order of Physicians, particularly in the person of the former President, Dr. Jorge Caldas and the current President Professor Pedro Cantista; with the Portuguese Association of PRM (APMFR), in the person of the President, Dr. Henrique Soudo; with the Portuguese Association of General and Family Medicine (APMGF), in particular in the person of the President, o Dr. Rui Nogueira; with the European Union of Medical Specialists (UEMS), in particular

in the person of the former chairman of the PRM Section, Professor Nicholas Christodoulou and its Secretary, Dr. Mauro Zampolini; with the European Society of MFR (ESPRM), with the various elements of the board and in the person of the former President, Professor Alain Delarque; with the International PRM Society (ISPRM), former and current President, Dr. Jorge Lains and Professor Walter Frontera; with Professor Linamara Batistella, in the context of her participation in the implementation of the WHO document– *Rehabilitation 2030-A call for action*; with the Vice-President of UEMS, Dr. João Grenho and other representative institutions of related medical specialties (Colleges of specialty of the Portuguese Order of Physicians, Societies and Scientific Associations); with the National Council of Professional Orders (CNOP).

We also established contacts and institutional relations with the professional and scientific associations of Physiotherapy, Occupational Therapy and Speech Therapy and with the Portuguese Order of Nurses/Rehabilitation Nursing.

We have established partnerships, participated in work meetings and scientific events with the Faculties of Economics of Coimbra and Porto (in the areas of health management and metric instrumentation in health) and with the Faculties of Engineering and Biomechanics Laboratories.

Whenever justified, and in partnership with the previous entities, these issues were debated with the competent, responsible and official entities and political decision makers of the Ministry of Health, among them with emphasis, the Secretariat of State of Health, the ACSS (Administration of Central Systems of Health), the DGS (Directorate General for Health). SPMFR participated in meetings and working groups, replied to requests for opinions or active collaboration. Concerning its Mission, Vision, Objectives and Duties, SPMFR always defended/defends the technical-scientific assumptions and good practices that serve as a basis for the different interventions in the various levels of health care in PRM (such as medical specialty and a health area), with quality, safety and differentiation, in an area of specific multi-professional health care, coordinated by the specialized PRM Physician (with particular subareas of interdisciplinarity and co-coordination with other medical specialties).

Internationally, we highlight the active participation of SPMFR in the meetings of the European Society of PRM (ESPRM) and PRM UEMS Section and Clinical Affairs,

namely: in “Clinical Affairs” under the clinical discussions and guidelines, as the “Revised Clinical Assessment Schedule (CLAS) for European Framework of Rehabilitation Services Types” and the publication of Position Papers; in writing (as authors and reviewers), discussing and reviewing the final version of the White Book on Physical and Rehabilitation Medicine in Europe, 3rd Edition, under the aegis of European Physical and Rehabilitation Medicine Bodies Alliance – PRM Section UEMS, PRM Board UEMS, ESPRM, European Academy of Rehabilitation Medicine-EARM (published in the European Journal of Physical and Rehabilitation Medicine. Volume 54, n° 2, April 2018); in contacts with the UEMS and ICF representatives for the validation for the Portuguese language of the ICF Rehabilitation Core Set. SPMFR request institutional support from UEMS and the PRM section of the UEMS whenever justified, with a swift and positive response.

SPMFR participated in the annual meetings of the International Society of PRM (Assembly of Individual Members, General Assembly and Executive Committee). SPMFR (through its president) has been elected the European Scientific Society representative of all scientific societies of Europe in the Executive Committee OF ISPMFR.

SPMFR created with the Spanish Society of PRM the Iberian Society of Biomechanics in PRM.

The exponential increase in the activities requested to SPMFR will oblige the restructuring and direct involvement with the SPMFR Board of more associated Psychiatrists, as well as other personalities or entities. Only in this way will it be possible to respond positively, and continue to affirm technically-scientifically our specialty, in the context of SPMFR’s Mission, nationally and internationally.

SPMFR Board thanks all SPMFR associates belonging, or that had belonged to the SPMFR social organs or collaborating directly with them, expending energy and personal time, as well as to all colleagues from other specialties and other individualities, all contributing to SPMFR be able to fulfill its statutes and its programmatic objectives.

At the beginning of a SPMFR’s social organs new mandate, we will continue to accomplish our Mission, Objectives and Strategies with a Vision in favor of the continuous Portuguese PRM developing and statement (as a medical specialty and as a health area).

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