



Physical and rehabilitation medicine in Estonia

Varje-Riin Tuulik
Head of Board Estonian Society of PRM Doctors
West-Tallinn Central Hospital, Head of PRM Centre
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PRM as a medical speciality in Estonia

- 1995, PRM residency program in University of Tartu
- 2022 lengthening the residency program to **4 years**
- 2002 Estonian Society of Physical and Rehabilitation Medicine Doctors (ESPRMD)



Estonian Society of Physical and Rehabilitation Medicine Doctors (ESPRMD)

- The ESPRMD carries out physician **accreditations**, educational activities and collaborates with health insurance to create **treatment guidelines** (complex cardiological rehabilitation, hip and knee endoprosthesis, PCI, stroke, lower back pain, chronic obstructive pulmonary disease etc).
- 2022 a main medical journal in Estonia „Eesti Arst“ published a PRM special issue to introduce PRM subspecialities

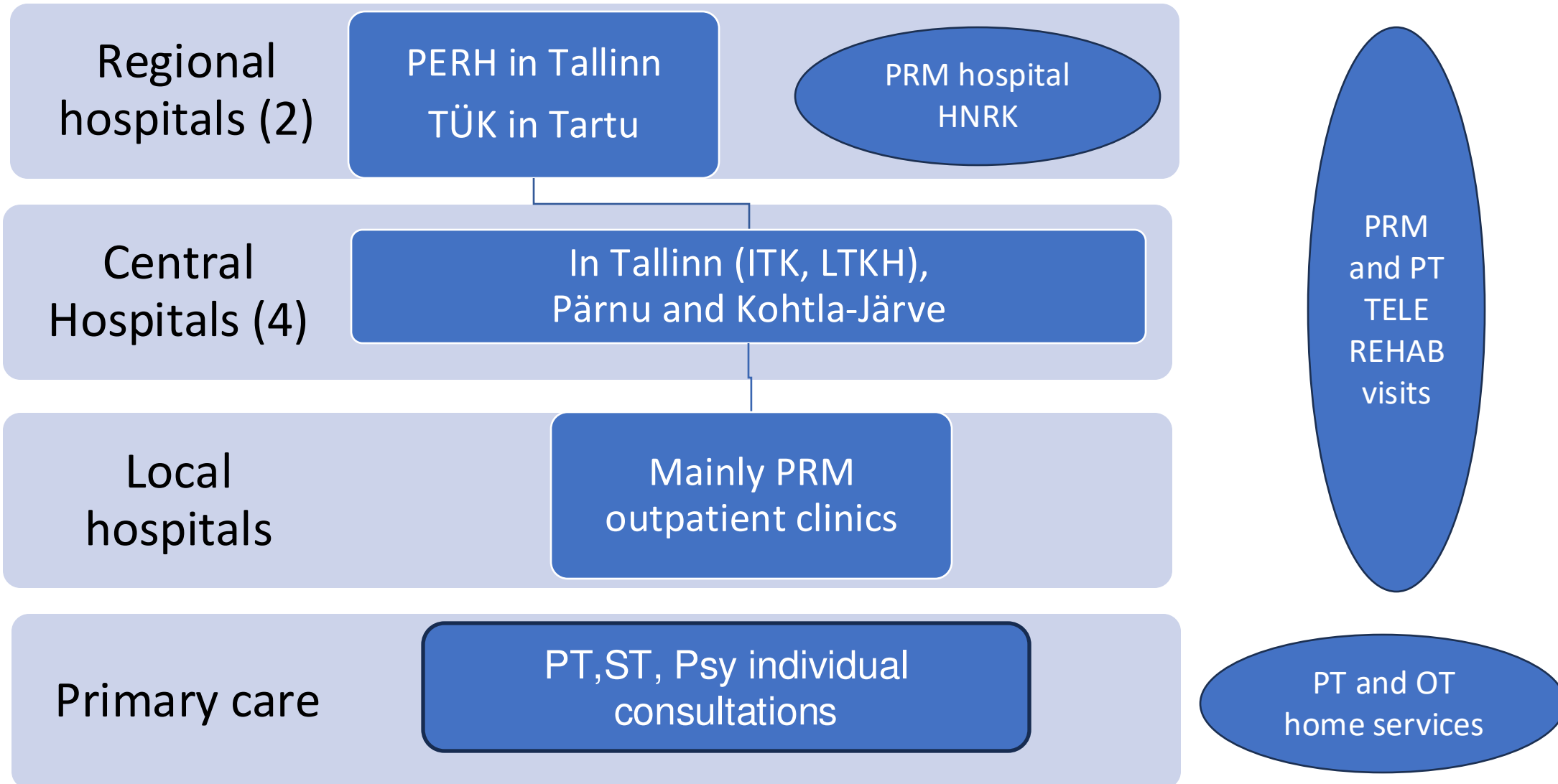


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PRM development plans

- **2002**, the first PRM development plan (Meeli Mumma) was created focused on the team work in PRM
- **2003** PRM institutions network plan (Varje-Riin Tuulik) where the focus was on the improvement of competency centers (number of hospital beds 400, divided by 6-7 hospitals).
- **2012-2020 development plan (Annelii Jürgenson) .**
- 2023, ESPRMD initiated PRM development plan modernization and **new plan 2025-2035** is under construction

PRM hospitals and services in Estonia (1,3 milj. inhabitants)



PRM specialists in Estonia

- **PRM doctors** 6+4 years of education, 1-3 residents a year
- **Physiotherapist**, 3+2 years of education, 60-70 students in a year
- **Occupational therapist**, 4 years of education, about 25 students a year
- **Psychologists**, 3+2+1 years of education. 120 students in a year, magistracy 52 + professional practice year 15 persons a year. The problem is that without this extra year it is not allowed to work in medical departments.
- **Speech therapists**, 3+2 years of education. 30 students a year + 45 persons as cycle learning. Magistracy incl special pedagogy 25, speech therapy 25 (cycle learning). Problem is there are not enough specialists, especially russian speaking
- **Social workers**, 3+2 years of education, no Health Insurance subject
- **Nurses** in PRM, no special education programs

PRM in Estonia

- about 80 PRM doctors in a society
- **More PRM residents!!!**

MITMETAHULINE TAASTUSRAVI

Spetsialiseerumisvaldkonnad

- Ortopeediline taastusravi
- Neuroloogiline taastusravi
- Sisehaiguste taastusravi
- Lastehaiguste taastusravi
- Onkoloogiline taastusravi
- Vaagnapõhja taastusravi

Taastusarstina

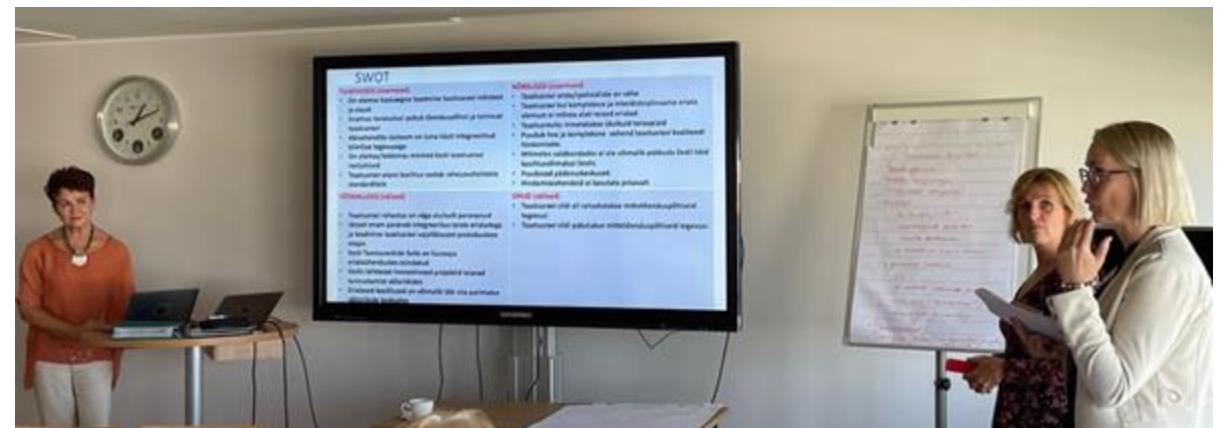
- ravid inimest, mitte organit
- hindad ja testid funktsionaalsust
- kasutad ravitöös lisaks tabletravile süsteravi ja kaasaegset aparatuuri
- juhid taastusravimeeskonna tööd
- teed tihedat koostööd teiste erialadega



VABADUS SPETSIALISEERUDA OMA KARJÄÄRI JOOKSUL VÄGA ERINEVATESSE VALDKONDADESSE!

Future?

6-7.sept 2024 in Pärnu
ESPRMD had a
roundtables to establish
new goals to the PRM
development plan for
2025-2035



Goals in PRM in Estonia

- wider use of **biopsychosocial health model** and ICF based documentation (*due the UEMS PRM Section Physical and Rehabilitation Medicine for Outpatients Position Statement*)
- **competency centres** for different patient subgroups
- **quality standards** for different services in PRM
- expansion of already well-functioning target group-based projects to all of Estonia (e.g. e-services in cardiac rehabilitation)
- quality control of referrals before registration to a PRM doctor or referral only via e-consultation

Thank You for the attention!

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