



INTERNSHIP 2024 CHAROENKRUNG PRACHARUK HOSPITAL

เลขที่ 8 ถนนเจริญกรุง แขวงบางค้อแหลม เขต บางค้อแหลม กทม. 10120

นิสิตฝึกประสบการณ์วิชาชีพ โรงพยาบาลเจริญกรุงประชารักษ์ แผนกเวชศาสตร์ฟื้นฟูและการออกกำลังกาย

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อาจารย์นิเทศน์

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ตำแหน่งงานและหน้าที่ที่ได้รับมอบหมาย

- **Neuromuscular Training (IMC Room, Floor 1):** Design Lower Limb Strength and Gait through Muscle Strengthening exercises in collaboration with PTs.
- **Cardiac Rehabilitation Room:** Collaborates with Doctors, SS, and Nurses to conduct Lung Function Tests, 6MWT, Breathing Exercises, Cardiovascular Exercises with EKG monitoring and design Strength Programs and Screening Cardiac Patients.
- **Outpatient Department (OPD) Assistant with (PM&R):** Assessments and provides rehabilitation training to enhance ROM, Flexibility, Core Stability, and Muscular Strength.
- **Medical Fitness Room (Floor 2):** Designs Circuit Training Programs incorporating Aerobic (Cardiovascular, Resistance, and Stretching exercises for patients with conditions like Diabetes, Obesity, High Cholesterol, Stroke and Hyper tension.
- **Outpatient Department (OPD) Sports Building:** Assists doctors to design Strengthening and Corrective exercise programs focusing on the Rotator cuff, Lower back pain and ACL MM Tear.
- **Sport Medicine and Rehabilitation center:** Conducts VO2 max tests, Isokinetic tests, and Physical fitness tests.
- **Outpatient Department (OPD) Assistant with (Orthopedics):** Assists orthopedic doctors during patient examinations and provides design Strength, Stretching, ROM program exercise
- **Fitness room:** Training and design program Rotator Cuff Tear and ACL Tear

ประสบการณ์การฝึกประสบการณ์วิชาชีพที่ได้รับ

- Successfully tailored exercise programs based on the FITT-VP principles for a diverse group of patients with various conditions and numerous limitations, taking into account factors such as time availability, equipment accessibility, and individual patient obstacles.
- Gained experience in designing exercise programs collaboratively with PTs, doctors, and orthopedic doctors for a complex and diverse group of patients.
- Acquired training experience with patients suffering from heart and lung diseases, chronic non-communicable diseases, and sports-related injuries involving the shoulder and knee muscles.
- Experienced in conducting patient screenings in collaboration with physical therapists (PTs), cardiac nurses, and orthopedic doctors.

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- Apply knowledge and skills learned to fully assist patients.
- Gain new experiences that cannot be learned externally, such as managing various patient cases including general patients, sports enthusiasts, athletes, heart and lung patients, chronic non-communicable diseases patients, and orthopedic surgery patients.

ข้อเสนอแนะ

- To work effectively with Dr. SS, PTs, and Orthopedic doctors, it's essential to study HUM ANAT, SPORTS INJURY, PHYS FIT, TECH MUS, FUNC EX, SPORT MASSAGE, SP BIOMECH, CO PER TRAIN subjects to ensure readiness and accuracy in designing exercise programs for diverse patient groups, adapting to various situations, and accommodating different patient limitations regarding time, equipment, and conditions

