

Strategic Plan for the Department of Internal Medicine for Physical Therapy (2025–2021)

Mission

The Department of Internal Medicine for Physical Therapy is dedicated to enhancing community health by optimizing cardiopulmonary, metabolic, geriatric, nutritional, and internal organ function. It strives to provide excellence in education, evidence-based clinical practice, advanced research, and community outreach. The department prepares physiotherapists to manage complex internal medicine cases, including cardiopulmonary disorders, metabolic diseases, obesity, geriatric conditions, and nutritional-related dysfunctions.

Vision

The department aims to be a national and regional leader in Internal Medicine Physical Therapy by integrating high-quality academic preparation, innovative research, advanced clinical training, and strong community service. It aspires to graduate clinicians who excel in cardiopulmonary rehabilitation, geriatric care, obesity management, chronic disease rehabilitation, ICU care, and evidence-based nutrition-related interventions.

Values

- Excellence and innovation in education and clinical practice
- Leadership and advancement of the physical therapy profession
- Ethical practice, integrity, and professionalism
- Cultural competence, diversity, and patient-centered care
- Collaboration, communication, and interprofessional teamwork
- Scientific inquiry and commitment to lifelong learning

Goal 1: Academic & Clinical Excellence

Achieve national and international leadership in cardiopulmonary, geriatric, obesity, and internal medicine physical therapy education.

Objective A: Develop Centers of Excellence in cardiopulmonary rehabilitation, geriatric physical therapy, obesity and metabolic rehabilitation, ICU physical therapy, and chronic disease management.

Objective B: Develop advanced clinical training modules in ventilatory support, ECG reading, pulmonary function testing, geriatric assessment, obesity management, and nutrition in rehabilitation.

Objective C: Strengthen collaboration with cardiology, internal medicine, pulmonology, geriatrics, endocrinology, and nutrition departments.

Goal 2: Infrastructure & Resource Development

Ensure sustainable infrastructure and human resources to support advanced training and research.

Objective A: Develop structured MSc and PhD academic pathways specializing in cardiopulmonary, geriatrics, obesity, nutrition, and chronic disease rehabilitation.

Objective B: Recruit and support highly qualified faculty with expertise in internal medicine PT, geriatric PT, cardiopulmonary PT, metabolic disorders, ICU care, and rehabilitation nutrition.

Objective C: Integrate updated technologies such as tele-rehabilitation, portable spirometry, body composition analysis tools, metabolic testing, geriatric functional assessment tools, and respiratory muscle training devices.

Goal 3: Research Leadership

Enhance research productivity in internal medicine physical therapy, geriatrics, obesity, and nutrition.

Objective A: Promote research in COPD, asthma, ILD, heart failure, obesity, diabetes, metabolic syndrome, malnutrition, and frailty.

Objective B: Support research on geriatric mobility, sarcopenia, fall prevention, chronic disease disability, nutritional rehabilitation, and quality of life.

Objective C: Develop validated assessment tools including cardiopulmonary exercise testing (CPET), geriatric assessment scales, respiratory EMG, ultrasound imaging, and metabolic rate measurements.

Objective D: Encourage clinical trials in new physical therapy interventions such as breathing retraining, nutritional rehabilitation protocols, obesity exercise programs, and ICU early mobilization.

Objective E: Integrate artificial intelligence in predicting cardiopulmonary deterioration, frailty, obesity risk, and personalized exercise/nutrition prescriptions.

Goal 4: Sustainability & Growth

Ensure long-term financial and professional sustainability.

Objective A: Optimize the use of available educational, clinical, and research resources.

Objective B: Develop new funding opportunities through research grants, professional diplomas, and training workshops in cardiopulmonary, geriatric, obesity, and nutrition rehabilitation.

Objective C: Expand community outreach programs targeting chronic disease management, elderly care, obesity prevention, and public health nutrition

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