# Muscular Dystrophy “Muscle” Clinic – Goals and Objectives

# Description

The Muscular Dystrophy Clinic is directed by Susan Apkon, MD – Rehabilitation Medicine. The Clinic offers a team approach to the assessment and treatment of muscular dystrophies and related conditions. The team of clinical experts includes:

* Rehabilitative medicine doctors
* Neurologists
* Genetic counselors
* Cardiologists
* Pulmonologists
* Endocrinologists
* Physical and Occupational Therapists
* Nurses
* MDA representatives
* Respiratory Therapists
* Sonographers
* Social Workers
* Nutritionists

The team works together to create a specific treatment plan that includes the child and family’s needs & goals.

**Resident Role and Expectations**

Visits per family may last up to 9 hours (beginning at 8am and ending around 5pm). The team collaborates to create a specific treatment plan for the child and family’s needs & goals. You as resident will either follow 1 child, or will follow one or more practitioners, depending on the availability and advisability of the team on the day of your visit.

# Suggested Readings:

Duchenne Muscular Dystrophy (DMD) Care Considerations Working Group: 2010

Part 1: [Diagnosis + Pharmacological & Psychosocial Management](https://depts.washington.edu/dbpeds/Secure/DMD%202010%20care%20guidelines%20Part_1.pdf)

Part 2: [Implementation & multidisciplinary care](https://depts.washington.edu/dbpeds/Secure/DMD%202010%20care%20guidelines%20Part_2.pdf)  
[Duchenne Muscular Dystrophy](https://depts.washington.edu/dbpeds/Secure/MuscularDystrophy_PIR(2006).pdf) *Pediatrics in Review (2006)*

# Contact

Rehab Clinic nurses 206-987-2114, option 4

# Educational Goals

# Recognize the disease process of Duchenne muscular dystrophy (DMD).

1. Realize the range in muscular difficulties, including Becker muscular dystrophy, Limb-girdle muscular dystrophy, Friedrich ataxia
2. Appreciate the benefits of the interdisciplinary approach in caring for children with DMD and their families.
3. Understand the medical and social challenges confronting children and their families.

**Learning Objectives**

Because of participating in the Muscular Dystrophy Clinic, trainees will be able to:

1. **Medical Knowledge**

* identify common problems that may develop in patients with DMD
* recognize network resources and research
* develop the ability to diagnose a boy in a primary care clinical setting
* describe the roles of several specialists participating in the interdisciplinary team who care for children with DMD & their families
* identify the interactions of disability and child development

1. **Patient Care**

* describe the role(s) of a general pediatrician in care coordination for children with DMD and their families
* identify school access-to-care challenges for children and youth with DMD and laws and available resources pediatricians can access to help these children obtain a free and appropriate public education (FAPE) in the least restrictive environment (LRE)