



CPM&R, PCP.

College of Physical Medicine & Rehabilitation
Paraplegic Center Peshawar

PROSPECTUS 2023-24



AFFILIATED
WITH **KMU**



In the name of ALLAH, the Most Gracious, the Most Merciful.

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Paraplegic Center Peshawar

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College of Physical Medicine & Rehabilitation

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College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

THE CHAIRMAN MESSAGE



“Creativity and Quality is Our Service”

College of Physical Medicine & Rehabilitation Paraplegic Center Peshawar, a highly recognized educational institute known across the country for upholding a tradition of exhibiting excellence. In this prestigious institute students will feel proud of a legacy and history developed by its cultural, demographic, and economic diversity. Our students will learn from the unique resources that have been tailor-made for CPMR, thereby the organization provides them the right tools to strive and grow in globalized society.

The institute is a formal educational centre facilitating physiotherapists in planning and developing the profession and dissemination of all research work to other health professions, to health planners at all levels and to the general public. It is committed to be a leader in physical therapy through the provision of advocacy, professional development and career support services for its students. Our goal is to nurture the student's potential. We believe in cultivating intelligence as well as talent. CPMR, therefore, aims to keep students dreams and aspirations alive.

First of its kind, an extensive range of academic, sports and social activities are available to enable students embark on a journey of self-discovery and growth to prepare them to lead the world of innovation. Vigilant monitoring and a structured approach for the students safety and security is one of the hallmarks of CPMR. The faculty is dedicated enough to make the organization a better place where students can thrive in a multi-cultural community for better future.

We, at CPMR educate the students to make the world a better place than they found it. We teach them no lessons but the ethics of living life. Education is not received, it is achieved and students of CPMR are embellished with such techniques. They are committed to their learning. Our values of respect, discipline, honesty, and tolerance are behind everything we do as an institution. We will do our best to make your educational experience rich and memorable.



College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

THE PRINCIPAL MESSAGE



College of Physical Medicine & Rehabilitation, Paraplegic Center Peshawar, is not just another institute, where “Physical therapy” is used to make financial gains, it’s rather the missing link of our vision to transform society by optimizing mobility, minimizing barriers, building skills and encouraging inclusion to improve, human experience. At Paraplegic Center Peshawar, we believe, that “Physical therapy” is the backbone of “Physical Medicine & Rehabilitation”, at the same token, Contemporary Medicine remains incomplete without various disciplines of “Physical Rehabilitation”.

Paraplegic Center Peshawar, has been enjoying the status of an undisputed leader of Comprehensive Physical Rehabilitation over the last 3 and half decades, in Pakistan, however in the absence of an identical academic program we have always been feeling empty, at the same time we were also not ready to add to the number of organizations producing Physical Rehab Professionals without appropriate training and hands over experience.

Our relentless struggle and meticulous preparations are now paying off in the shape of a cutting edge institute, of Physical Medicine and Rehabilitation, with a focus on practical training, in a quest, to shape “Physical Therapists” into independent health care practitioners, who are;

- Capable to coup up with challenges of our times.
- Able to secure admissions into all the Prestigious Educational Programs throughout the World.
- Willing and Capable to embark upon applied research & development Projects, in the arena of Physical Rehab and beyond.
- Qualifying for all the National & International licensing requirements.
- Not looking for Jobs, rather being confident enough to create Jobs.
- Proud to be “Physical Therapist” and not wasting time in mimicking other medical professionals.

No matter how ambitious our goals may be, at the College of Physical Medicine & Rehabilitation PCP, we can achieve them for sure, as we believe in the dividends of hard work, clear goals and realistic approach.

Using this opportunity, I would like to offer heartiest thanks to our honorable Chairman and Board of Governors for their sincere and generous input and encouragement, along with the utmost cooperation of Khyber Medical University (KMU) and Hayatabad Medical Complex (HMC) to turn our dreams of today into a reality of tomorrow.

As the very 1st batch of this unprecedented DPT Program, I would like to congratulate you for choosing CPMR-PCP at this important juncture of your academic career. Let me assure you, that you will never regret your decision, Insha-Allah.



College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

THE VICE PRINCIPAL MESSAGE



Welcome to college of Physical Medicine & Rehabilitation, Paraplegic Center Peshawar (CPMR, PCP). It gives me immense pleasure that CPMR PCP has been launched with in the premises of this unique institute “the Paraplegic Center Peshawar” which is the only Centre of its kind in the entire country, providing comprehensive rehab services to persons with spinal cord injuries, polio survivors and children with clubfoot, 100% free of cost.

The field of Physical Therapy is relatively young and growing in Pakistan but it has attained its due importance in all spheres of health care system globally and is deemed as an integral part & parcel of modern medicine. Physical Therapists are clinicians who examine/diagnose & treat/rehabilitate persons with movement disorders, musculoskeletal & neuromuscular conditions, cardiorespiratory dysfunctions and other functional impairment/disabilities to improve their quality of life.

Besides the class room learning and clinical training at 150 bedded rehab Centre and outpatient department, our follow up program in the whole province, physiotherapy camps in the rural areas, awareness programs etc gives the required exposure to the students.

At CPMR PCP, with the support of our highly qualified faculty members, visionary management and extensive infrastructure; our aim is to produce graduates of Doctor of Physical Therapy having:

- Enhanced clinical & communication skills with ethical and professional approach towards individual patient and community.
- Incorporate research findings into clinical practice.
- The ability to work as a responsible interdisciplinary team member and contribute in the promulgation of the field of physical medicine and rehabilitation in Pakistan and beyond.

Dr. Amir Zeb (PT)

Director Physical Rehab PCP/ Vice Principal CPMR

About Paraplegic Center Peshawar





College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

About PCP

Paraplegic Center Peshawar (PCP), is an autonomous body, working under the umbrella of the department of Health, Govt of Khyber Pakhtunkhwa, providing free of cost, “comprehensive physical rehabilitation services” including skilled physiotherapy, occupational therapy, orthotic management, psychological counselling, recreational activities, skills building, community re-integration, provision of custom-made wheelchairs, adoptive/supportive equipment and follow up services with minor home modifications, medical and nursing care to people with post traumatic Spinal Cord Injuries, from Khyber Pakhtunkhwa, FATA and rest of the country.

History

Paraplegic Center Peshawar was envisioned by International Committee of the Red Cross (ICRC) in collaboration with the department of Health, Govt. of Khyber Pakhtunkhwa, in late 70's and early 80's in wake of the Russian/Afghan War. It used to be the only Center of its kind in the entire South Asia, till it was copied by India, Georgia, Syria and Pak Army in late 80's and early 90's. From its very inception till 2007, it went through many ups & down. It was re-established as an autonomous body through an ordinance in 2007, which lead to the “Paraplegic Center (Taking over & Re-Establishment) Act 2009”.

Vision

- Enabling people with Spinal Cord Injuries, in Khyber Pakhtunkhwa and the rest of the country to their maximum physical & psychosocial capacity within the limits of their physical and environmental limitations.
- Transforming society by optimizing functional mobility, minimizing barriers, building skills and encouraging inclusion, to improve human experience.

Mission

- Physical, occupational, vocational and psychosocial rehabilitation, community re-integration, wheelchair accessibility, minor home modifications, participation in sports/games, re-creational activities, job placement & socio-economic support, of people with spinal cord injuries.
- Sensitization of the medical fraternity, govt. functionaries, political leaders, religious scholars and general masses regarding the plight & issues of people with all kinds of Physical disabilities.
- Promotion, projection and advocacy of the basic human rights of people with spinal cord injuries in particular & other disabilities in general.



College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

COMPREHENSIVE

Physical Rehabilitation Services

MEDICAL MANAGEMENT

SURGICAL INTERVENTIONS

NURSING CARE

NUTRITIONAL MANAGEMENT

PHYSICAL THERAPY

OCCUPATIONAL THERAPY

SPEECH LANGUAGE PATHOLOGY(SLP)

PSYCHOLOGICAL COUNSELING

ORTHOTICS/PROSTHETICS
MANAGEMENT

AUDIOLOGY

PAEDIATRIC REHABILITATION

OPTOMETRY

SOCIAL WORK

REHAB ENGINEERING

WHEELCHAIR SERVICE

ASSISTIVE TECHNOLOGY

VEHICLE ALTERATION

FOLLOW UP PROGRAM

MINOR HOME MODIFICATION

ACCESSIBILITY SOLUTIONS

SKILLS BUILDING

RECREATIONAL THERAPY
& SPORTS ACTIVITIES

COMMUNITY RE-INTEGRATION

AWARENESS AND ADVOCACY

RESEARCH & DEVELOPMENT

COMPREHENSIVE

Physical Rehabilitation Services

MEDICAL MANAGEMENT

Well trained and experienced physicians are engaged in prevention, diagnosis and treatment of complications like pneumonia, deep vein thrombosis (DVT), repeated UTIs and pressure ulceration. Medical support services including medications, medical consumables, laboratory and X-ray examinations are also provided. To handle complicated cases, the services of consultants are always available in different specialties like orthopedics, spine, plastic and general surgery, urology and medicine.

SURGICAL INTERVENTIONS

It includes wound repair (Grafting, Flap, Approximation etc.), Vasicolethotomy (Removal of Bladder stones) and surgical release of contractures etc. are provided at the Center. Renowned plastic surgeon, spine surgeon, paed orthopedic surgeon and urologist have been engaged on visiting basis to supervise surgical procedures and treat secondary complications.





COMPREHENSIVE

Physical Rehabilitation Services

NURSING CARE

It includes round the clock positioning, bed mobility, bowel & bladder management, bedding, dispensing medicine and state of the art wound care. Nursing staff educates clients and their family members about the medical side of spinal cord injury and helps the doctor coordinate medical care.

Above and beyond, the nursing staff are always committed to maintain good hygienic conditions inside wards and helping family members to shave and shower of their patients.



NUTRITIONAL MANAGEMENT

Qualified Nutritionists assess the patients and provide them with diet plan according to their nutritional requirements which are based on age, gender, physical activity levels and stage of rehabilitation. Consumption of foods rich in protein and fiber along with adequate fluid intake is encouraged. Moreover, free of cost hygienic food (breakfast, lunch and dinner) is provided to the patients and their attendants. A spacious dining hall with specially designed tables is present where meal is served to the clients.



COMPREHENSIVE Physical Rehabilitation Services

PHYSICAL THERAPY

Physical therapy is the backbone of the physical rehabilitation at Paraplegic center. The goal of physical therapy is to prevent secondary complications, maximization of functional independence and early mobility in persons with spinal cord injuries (SCIs). At Paraplegic Center, Physical Therapists assess, determine neurological level, set rehabilitation goals and focuses on motor skills, balance training and ambulation. Physical therapy services at Paraplegic centre can be divided into three phases:

Phase-I

Physical Therapy is predominantly focused on preventing and treating respiratory, musculoskeletal and other secondary complications related to prolonged bed rest. In this phase Physical Therapy services include chest/respiratory therapy (Breathing exercises, percussion, vibration, postural drainage and spirometry etc.), range of motion exercises, stretching & strengthening exercises and gradual verticalization using tilting tables. Adjunct therapies for pain management is also frequently used which include manual therapy, hot/cold packs and electrical stimulation.

Phase-II

Physiotherapy during this phase commences as soon as the patient is medically stable and having no pressure sores. The overall aim this phase is to maximize functional independence and to enable the person with SCIs to return to a productive life. Physical therapy during this phase mainly focuses on goals related to motor tasks which include bed mobility training (mat activities e.g. rolling, prone

on elbow, prone on hands, supine on elbows, sitting in bed,...



COMPREHENSIVE Physical Rehabilitation Services

vertical lift), standing in standing frame, transfers training (e.g. transfers from wheelchair to bed, floor, toilet seat, car & back etc.), gait training, balance and co-ordination training.

Phase-III

The focus of this phase is on prescription of assistive & supportive devices where Physical therapists assess, prescribe various types of assistive devices including customized wheel chair and provide skilled trainings like wheelchair manoeuvrability on smooth & rough surfaces, negotiating doors, ramps, curbs and wheelie etc.), training in orthotic devices (i.e. fitting, donning & doffing, functional use & final check outs etc.) and walking frames, crutches, canes, standing frames and use of toilet chairs etc. Clients and their care givers are also educated about maintenance and repair of assistive devices.

OCCUPATIONAL THERAPY

promotes health by enabling people to perform meaningful and purposeful occupations such as work, leisure, self-care, domestic and community activities. Occupational therapy practitioners (occupational therapists and occupational therapy assistants) enable people of different abilities to return to their productive lives.

Occupational Therapy's Role in Facilitating Participation in Meaningful Activities:

The immediate role of occupational therapist is to:

- Identify, explore, and practice activities that are meaningful and unique to each individual, and modify activities and environments where needed.



COMPREHENSIVE Physical Rehabilitation Services

- Teach individuals to perform activities of daily living such as feeding and dressing, and provide adaptations and equipment as needed (e.g., grab bars, reachers).
- Provide training in the use of low- and high-tech assistive technology (e.g., adapt a smart phone for use by a person with limited hand function; train an individual to use voice recognition software)
- Provide the patient with the ability to control his or her hospital environment through specialized adaptive equipment such as a nurse call light, television controls, a telephone, or alternative communication devices
- Re-evaluate, problem solve, and help those with disabilities identify and incorporate new routines as they age (e.g., recommend a power wheelchair instead of a manual wheelchair to preserve shoulder function).
- Teach pain management and energy conservation strategies (e.g., practice alternative reaching patterns to decrease pain).

Occupational Therapy interventions in Paraplegic Center, Peshawar:

Occupational Therapy is mainly provided in three phases:

- Acute phase
- Rehabilitation phase
- Community re-integration phase



COMPREHENSIVE Physical Rehabilitation Services

SPEECH-LANGUAGE PATHOLOGY

Speech-language pathologists (SLPs) at PCP work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults.

- Provide aural rehabilitation for individuals who are deaf or hard of hearing.
- Provide augmentative and alternative communication (AAC) systems for individuals with severe expressive and/or language comprehension disorders, such as autism spectrum disorder or progressive neurological disorders.
- Work with people who don't have speech, language, or swallowing disorders, but want to learn how to communicate more effectively (e.g., work on accent modification or other forms of communication enhancement).
- Provide training and education to family/caregivers and other professionals.
- Work collaboratively with professionals from many other disciplines.

PSYCHOLOGICAL COUNSELLING

Psychological counselling focuses on psychosocial adjustment and coping skills. Psychotherapy services include Individual counselling, group discussions, activity based psychotherapy and discussions with old spinal cord injury patients. Psychologists prepare clients for physical rehabilitation, vocational training and community re-integration.



COMPREHENSIVE

Physical Rehabilitation Services

ORTHOTIC & PROSTHETIC MANAGEMENT

Paraplegic centre provides orthotic devices including ThoracoLumbo-Sacral Orthosis (TLSO's), Knee Ankle Foot Orthosis (KAFO's), Ankle Foot Orthosis (AFO's) and Hand Splints. Trained Orthotists fabricate and fit orthotic devices according to the needs of the clients. The prosthesis is an external supportive assistive used as prosthesis device used as a replacement in patients with loss (amputation) of any body part(upper or lower limb). PCP is going to embark upon this new department very soon.

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AUDIOLOGY

Audiologists at PCP are healthcare professionals who provide patient-centered care in the prevention, identification, diagnosis, and evidence-based treatment of hearing, balance, and other auditory disorders for people of all ages. Hearing and balance disorders are complex with medical, psychological, physical, social, educational, and employment implications. Audiologists provide professional and personalized services to minimize the negative impact of these disorders, leading to improved outcomes and quality of life.



COMPREHENSIVE Physical Rehabilitation Services

PEDIATRIC REHABILITATION

Speech and Language Pathology:

Speech-language pathology is a healthcare field of expertise that specializes in the evaluation, diagnosis, treatment, and prevention of communication disorders (speech and language impairments), cognitive-communication disorders, voice disorders, and swallowing disorders in both children and adults. Pediatric speech therapy involves the use of games and other learning activities to help kids improve their speech, language, and communication skills. Speech therapy specifically focuses on the evaluation and treatment of difficulties with understanding and using language, producing speech sounds, and swallowing.

Occupational Therapy:

Is a client-centered health profession concerned with promoting health and well-being through occupation. Occupations are everyday life activities such as self-care, work, play, leisure, home management, etc.

Pediatric occupational therapy helps children gain independence while also strengthening the development of fine motor skills, gross motor skills, sensory-motor skills, oral motor skills, visual motor skills, cognitive functioning, and self-help skills that children need to function and socialize. pediatric occupational therapists evaluate a child's current skills related to play, school performance, and daily activities and compare them with what is developmentally appropriate for that age group. OTs help children perform daily activities they may find challenging by addressing sensory, social, behavioral, motor, and environmental issues.



COMPREHENSIVE Physical Rehabilitation Services

Behavior Therapy: Applied Behavior Analysis (ABA)

Applied Behavior Analysis (ABA) is a psychology field that uses a scientific approach to study behavior, originating from B.F Skinner; research. ABA aims to use basic principles of behavior to bring about meaningful changes for clients and their environment, addressing various cases such as mental illness, healthy eating, relationships, parenting, and business management. ABA is used as a treatment alternative for individuals with autism, focusing on observable behavior and socially acceptable behavior changes. This approach addresses the complex diagnosis of autism by altering daily environments to reduce the likelihood of certain behaviors and implementing systematic training to teach social, communication, and academic skills.

ABA therapy is based on scientific research and individualized treatment packages tailored to each individual; unique needs and environment. Behavior analysts observe each client, assess their skills, resources, and environment, and design a treatment package that is most effective. Parents and caregivers are trained to implement treatment techniques, ensuring long-term effectiveness. ABA; unique approach is particularly beneficial for children with autism, as signs of autism are first seen in their behavior.

OPTOMETRY

The optometry healthcare professionals at PCP are concerned especially with examining the eye for defects and faults of refraction, prescribing correctional lenses or eye exercises, diagnosing diseases of the eye, and treating such diseases or referring them for treatment.



COMPREHENSIVE

Physical Rehabilitation Services

SOCIAL WORK

Social work is a practice-based profession and an academic discipline, Facilitates the Physical rehabilitation process to assist the patient in maximizing independence and autonomy in life. Social diagnose and social treatment are the tools for interventions in areas of social adjustment, functioning, coping social isolation, social stresses and stigma. Being an agent of change do advocate for the civil rights of person with disabilities (PWDs), establish referral linkages, coordination with government bodies, academia and relevant stakeholders for provision of social services and community adaptability.

REHAB ENGINEERING

Rehabilitation engineering provides services of design, development, and implementation of assistive technologies to help people with Spinal Cord Injuries, Polio survivors, and people with other musculo-skeletal and neuromuscular conditions treated and rehabilitated at Paraplegic Center Peshawar. It collaborates with healthcare professionals, physical and occupational therapists, and individuals with disabilities to assess the mobility, functional, and environmental needs and apply principles of engineering, biomechanics, and human factors to create user-friendly innovative solutions in the form of assistive products that enable the AT users to integrate seamlessly into their daily lives. It customizes assistive devices or modify existing ones to meet the unique requirements of its clients. It creates prototypes of their designs to test functionality and gather feedback from clients and healthcare professionals. Rehabilitation engineering is also engaged in research with academic partners to advance the field and develop new technologies or improve existing ones.



COMPREHENSIVE

Physical Rehabilitation Services

WHEELCHAIR SERVICE

Custom made, well designed and well fitted manual wheelchairs are designed and manufactured at its premises, using low cost, local material and indigenous technology which meet the user's needs and environment, and are safe and durable. They can be maintained and serviced in the country at an affordable cost.

More than 40,000 assistive devices are produced and distributed over the last 30 years. These assistive devices, provided at Paraplegic Center, are custom made, adjustable, modifiable and locally repairable.

Paraplegic Center utilizes local available resources to manufacture wheelchairs and other mobility aids; locally available materials, local skilled labor and design appropriate to local needs, use, and body culture.

ASSISTIVE TECHNOLOGY

Paraplegic centre provides assistive products including walking frames, crutches, canes, upper limb adaptive/supportive equipment (eating, writing, typing aids etc.), standing frames, commode chairs, and special beds etc. More than 25,000 other assistive devices and adoptive supportive equipment have been produced and distributed over the last 30 years.



COMPREHENSIVE

Physical Rehabilitation Services

VEHICLE MODIFICATION

Vehicle modification services including hand control for accelerator/brake, arm-rest on the driver's seat to provide support when driving using the hand control are provided to wheelchair users, Strap to close the driver's door, extra handles to make it easier to get in and out of the car, foot slip prevention device to stop feet sliding beneath the pedals and adjustable seats to reduce the risk of injury from sitting in one position for a long time.



FOLLOW UP PROGRAM

Follow up program includes once a month follow up home visit for 6 consecutive months after discharge from rehabilitation centre. This provides an opportunity for Spinal cord injured persons and their families to discuss issues regarding community reintegration, psychosocial and medical problems facing in the community. Follow up team re-evaluate clients at their homes/communities and assesses their motor abilities, mobility patterns, level of independence in activities of daily living, work, leisure and other medical problems. They also encourage and facilitate clients to continue studies, find a job or start a business in order to become a productive member of the society.



COMPREHENSIVE

Physical Rehabilitation Services

MINOR HOME MODIFICATION

Majority of Paraplegic center clients come from poor and rural background and returning home after rehabilitation can be a difficult and challenging exercise for them as sudden withdrawal of all the facilities and services available at the Paraplegic Center leads to confusion, debility and depression. It is difficult for them to maintain the same standards of care required to maintain his or her dignity and independence as their homes are not wheelchair accessible, bathrooms and kitchens are either non-existent or not usable. Financial and technical support is provided in designing and building, or re-innovating, doorways, kitchens, bathrooms or stairways for better wheel chair accessibility.

ACCESSIBILITY SOLUTIONS

Paraplegic Center in collaboration with Friends of Paraplegics is striving to remove barriers from community and make accessible Pakistan for person with disabilities. The aim is to make buildings, public spaces and any other place a person might need to go for work, play, education, business, services etc. wheel chair accessible and to provide greater independence for the physically challenged. On individual basis, complete renovation and/or minor modification services are provided to make the home or workspace wheelchair accessible.



COMPREHENSIVE

Physical Rehabilitation Services

SKILLS BUILDING

Vocational training program includes tailoring, dress designing, fabric painting, glass painting, embroidery, typing, mobile repairing and computer skills. In addition to this home economics program including cooking and housekeeping is designed for house wives. The sole aim of this program is to empower our clients to be productive members of society and be able to reduce their burden, especially on their families and society in general.

RECREATIONAL THERAPY & SPORTS ACTIVITIES

Paraplegic Center arrange indoor and out door games including wheelchair basketball, wheelchair cricket, wheelchair table tennis, and wheelchair race etc. for its clients. Other recreational activities including visits to parks and other cultural activities are also arranged on regular basis.



COMPREHENSIVE

Physical Rehabilitation Services

COMMUNITY RE-INTEGRATION

Community re-integration activities arranged by Paraplegic center are picnics, shopping trips, prayers with congregation, cooking classes, dining together with staff and visits to public places including Masajid's, markets and museums etc.



AWARENESS AND ADVOCACY

Paraplegic Center is striving for the rights of people with spinal cord injuries and other disabilities. The aim is to Sensitize, Politicians Bureaucrats, Religious Scholars, and General Public regarding the issues of special people. Paraplegic Center arranges different workshops, exhibitions and conferences on regular basis and publish literature related to issues of person with disabilities.



COMPREHENSIVE

Physical Rehabilitation Services

RESEARCH & DEVELOPMENT

Paraplegic Center strives to produce knowledge and innovative interventions for the rehabilitation of spinal cord injury patients using local natural, human and capital resources. A large number of epidemiological and clinical studies are produced in recent years. Clinical guidelines are also designed, which not only consider the physical and psychological aspect of spinal cord injury patients, but also take into accounts the specific cultural, geographical, economical, and religious factors prevailing in developing countries.







College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

ABOUT CPMR, PCP

Vision

To be the undisputed regional leader of “Comprehensive Physical Rehabilitation Sciences” both in Theory & Practice.

Mission

Imparting quality education in an innovative, inclusive career oriented, interdisciplinary environment, with a realistic approach and hands on experience specializing in various disciplines of Physical Medicine and Rehabilitation, in Khyber Pakhtunkhwa and beyond.

Objectives

- To produce and prepare, Physical Therapist & other Physical Rehab Professionals with strong theoretical background and matchless hands on experience.
- To inculcate the culture of interdisciplinary approach in our students and promote the concept of Comprehensive Physical Rehabilitation in Pakistan and beyond.
- To prepare Physical Rehab Professionals, for the challenges of modern medicine, without any compromise on our core values and cultural heritage.



College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

CORE FACULTY

Name	Designation	Qualification
Dr. Syed M. Ilyas (PT)	Professor	American Certified Physiotherapist
Dr. Amir Zeb (PT)	Associate Professor	BSPT, PPDPT MSPT - Neuro, PhD*
Dr. Gohar Rehman (PT)	Assistant Professor	BSPT MSPT - Neuro
Dr. Nazish Faiz (PT)	Lecturer	DPT MSPT - Neuro
Dr. Muhammad Iqbal (PT)	Lecturer Academics Coordinator	DPT MSPT - Neuro
Dr. Khkula Imtiaz (PT)	Lecturer	DPT MSPT - MSK (Gold Medalist)
Dr. Rafi Ullah (PT)	Lecturer	DPT MSPT - Neuro
Dr. Muhammad Ibrar (PT)	Lecturer	BSPT PPDPT
Dr. Ijaz Ul Haq (PT)	Lecturer	DPT MSPT - MSK
Dr. Ali Rehman (PT)	Lecturer	DPT MSPT - Neuro
Dr. Beenish Mehmood (PT)	Lecturer	DPT MSPT - Neuro (Gold Medalist)
Dr. Rukhsar Sardar (PT)	Lecturer	DPT MSPT - Neuro (Gold Medalist)
Dr. Arif Shah (PT)	Lecturer	DPT MSPT - MSK



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CORE FACULTY

Name	Designation	Qualification
Dr. Irfan Ullah	Lecturer	MD (MBBS)
Dr. Iftikhar Ali	Lecturer	Pharm.D MPH, MPhil
Mr. Mukhlis Razzaq	Lecturer	BS Occupational Therapy
Dr. Habib Khan (PT)	Lecturer	DPT MSPT - Neuro
Mr. Shafiq Ur Rehman	Lecturer	BS Prosthetics and Orthotics, M.Phil, PGD in Teaching Methodogy
Ms. Neelofar Idress	Lecturer	BS Prosthetics and Orthotics
Mr. Waqas Mehmood	Lecturer	BS Prosthetics and Orthotics
Ms. Sameera Muzafar	Lecturer	MSc Clinical Psychology B.Ed, M.Ed
Ms. Sara Naimat	Lecturer	MSc Clinical Psychology, ADCP, MS Psychology
Mr. Faseeh Ullah	Lecturer	MSc Clinical Psychology, DPCP, M.Phil*
Mr. Adnan Ashraf	Lecturer	M.A Social Work, M.Phil PhD* Social Work
Ms. Rabail Babar	Lecturer	M.A Social Work MPhil Social Work.



College of Physical Medicine & Rehabilitation

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CORE FACULTY

Name	Designation	Qualification
Ms. Hafiza Durr e Nayab Fareed	Lecturer	BSc Hons Human Nutrition MSc Hons Human Nutrition
Ms. Sadia Malik	Lecturer	BS Speech & Language Pathology
Mr. Muhammad Tariq	Lecturer	BS Speech & Language Pathology MS Speech & Language Pathology
Mr. Nouman Tariq Ghaznavi	IT Manager	BCS, MSPM (HCIA®, PRINCE2®, ITIL®, MCTS®)
Ms. Rabia Khalid	Librarian	MLIS, MS LIS

VISITING FACULTY

Name	Designation	Qualification
Dr. Zahid Wazir	Assistant Professor - HMC	MBBS, FCPS, (Orthopedic & Spine Surgery)
Dr. Muhammad Salik Kashif	Assistant Professor - HMC	MBBS (Paediatric Orthopedics)
Dr. Hamid Fazeel	Consultant Plastic Surgeon	MBBS, FCPS (Plastic Surgery)
Dr. HidayatUllah	General Surgeon	MBBS
Dr. Sumbal Jehan (PT)	Lecturer	DPT, MSPT
Dr. Aliza Ali Khan	Lecturer	Pharm D, MS*
Mr. Abdullah	Lecturer	MA English
Mr. M Naeem Awan	Lecturer	PhD* Islamiat

TEACHING FACILITIES

Computer Lab



Library



Anatomy Lab



Demonstration Room



TEACHING FACILITIES

State Of The Art Gym



TEACHING FACILITIES

Clubfoot Home



TEACHING FACILITIES

Orthotic Department



Clinical OPD



DRESS CODE

Female Student's Dress Code

- Bottle Green Shirt with Full Sleeves.
- White Shalwar.
- Brown Shoes.
- White Socks.
- White Scarf/ Dupatta with Bottle Green Borders.
- White Coat with CPMR Logo.
- Student Card.
- Bottle Green Full Sleeves Sweater/Coat (Winter).



Male Student's Dress Code

- White shirt with full sleeves, front pocket and collar.
- Bottle green neck tie.
- Light gray dress pant.
- Brown shoes Light brown belt.
- Black socks.
- White coat with CPMR logo.
- Student card.
- Bottle green Full sleeve/sleeveless sweater, Coat (winter).



PHOTO GALLERY



College of Physical Medicine & Rehab
Paraplegic Center Peshawar

**College of Physical
Medicine & Rehabilitation**
PARAPLEGIC CENTER PESHAWAR

PHOTO GALLERY



**College of Physical
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PARAPLEGIC CENTER PESHAWAR

DETAILS OF ACADEMIC PROGRAM

The institute offers academic program in Doctor of Physical Therapy (DPT) & BS Occupational Therapy (OT) initially.

DOCTOR OF PHYSICAL THERAPY

The DPT program in the institute is 5-year clinical doctorate program registered with Higher Education Commission, Pakistan. This program equips physical therapy graduates with advanced and specialized clinical rehabilitative skills in physical therapy that enable them to provide scientific and updated evidence-based physical therapy approaches while dealing patients in indoor and outdoor facilities. Moreover, this enables the graduate students to receive scientific knowledge and skills that are deemed essential to critically evaluate and contribute to current research in the basic and the applied sciences relevant to disorders of the musculo-skeletal, cardiopulmonary and neurological systems. Apart from the latter inherent characteristics in the program, it is designed to meet both national and international standards fulfilling criteria for further higher education in physical therapy.

Following completion of Doctor of Physical therapy, an individual starts professional career as a 'Physical Therapist'. Physical therapy is an essential segment of modern healthcare system that has been defined as a 'science of healing and art of caring'. It pertains to the evaluation, assessment and treatment of musculoskeletal, Neurological, Cardio-Vascular and Respiratory systems' functional disorders including symptoms of pain, edema, physiological, structural and psychosomatic ailments. It also deals with methods of treatment based on movement, manual therapy, physical agents, and therapeutics modalities to relieve pain and other complications. In general, physical therapy covers basic parameters of healing sciences i.e. preventive, promotive, diagnostic, rehabilitative and curative.

BS OCCUPATIONAL THERAPY

The Occupational Therapy program in the institute is 4-year clinical program registered with Higher Education Commission, Pakistan. The aim of an occupational therapist is to maximize an individual's independence in every day activities, such as feeding, dressing, toileting, play and writing etc.

An Occupational therapist deals with patients having Fine Motor and Neuro-developmental problems i.e. Spinal Cord Injury, Cerebral Palsy, Stroke, Balance & posture problems & neuro-degenerative conditions etc. They pay particular attention to hand and eye-hand coordination, perception, hands manipulative skills, upper limbs splinting, fabrication of assistive & supportive devices to perform activities of daily livings and how to develop these in order that the person reaches its full potential. Occupational Therapy is an integral part of comprehensive physical rehab services.



College of Physical Medicine & Rehabilitation

PARAPLEGIC CENTER PESHAWAR

ADMISSION POLICY

Note: Admission Policy is as per KMU Admission Policy.

DISTRIBUTION OF SEATS: All the admission will be given purely on merit basis, Candidates from All provinces & Regions can Apply.

SELECTION CRITERIA

Admission will be open to both male and female candidates who have passed the Higher Secondary Certificate Examination/F.Sc. (Pre-medical) with minimum of 60% marks or possessing an equivalent qualification from a recognized board. The merit for admission will be determined as follows.

EXAMINATION TEST	WEIGHTAGE
Marks obtained in F.Sc. or Equivalent examination	50%
Entry Test marks/ ETEA	40%
Marks Obtain in S.S.C examination	10%

Note: 10 marks will be deducted from F.Sc. marks for each additional attempt.



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FEE STRUCTURE FOR DPT PROGRAM

Name	1st Semester	2nd Semester	3rd Semester	4th Semester	5th Semester	6th Semester	7th Semester	8th Semester	9th Semester	10th Semester	Grand Total
Admission Fee (ONCE)	5,000	5,000
Tution Fee (Per Semester)	75,000	75,000	75,000	75,000	75,000	75,000	75,000	75,000	75,000	75,000	750,000
Clinical Fee Per Semester	5,000	5,000	5,000	5,000	20,000
Library fee (Per semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	10,000
Science Lab Fund (Per Semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	10,000
Skill Lab Fund
IT Lab Fee (Per Semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	10,000
Security (Refundable)	5,000	5,000
KMU Registration Fee (ONCE)	2,500	2,500
Final Term Exam Fee
Recreation Charges (Per Semester)	5,000	5,000	5,000	5,000	5,000	5,000	5,000	5,000	5,000	5,000	50,000
Convocation Fund
KMU Annual Retention Fee	7,500	...	7,500	...	7,500	...	7,500	...	7,500	...	37,500
Total	103,000	83,000	90,500	83,000	90,500	83,000	95,500	88,000	95,500	88,000	900,000

Please note that above fee structure is for academic year 2023-24. Fee structure for next year will be notified as approved by competent authority.



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FEE STRUCTURE FOR OCCUPATIONAL THERAPY PROGRAM

Name	1st Semester	2nd Semester	3rd Semester	4th Semester	5th Semester	6th Semester	7th Semester	8th Semester	Grand Total
Admission Fee (ONCE)	5,000	5,000
Tuition Fee (Per Semester)	53,500	53,500	53,500	53,500	53,500	53,500	53,500	53,500	420,000
Clinical Fee Per Semester	5,000	5,000	5,000	5,000	20,000
Library fee (Per semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	8,000
Science Lab Fund (Per Semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	8,000
Skill Lab Fund
IT Lab Fee (Per Semester)	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	8,000
Security (Refundable)	5,000	5,000
KMU Registration Fee (ONCE)	2,500	2,500
Final Term Exam Fee
Recreation Charges (Per Semester)	5,000	5,000	5,000	5,000	5,000	5,000	5,000	5,000	40,000
Convocation Fund
KMU Annual Retention Fee	3,000	...	3,000	...	3,000	...	3,000	...	12,000
Total	77,000	61,500	64,500	61,500	69,500	66,500	69,500	66,500	536,500

Please note that above fee structure is for academic year 2023-24. fee structure for next year will be notified as approved by competent authority.

SCHEME OF STUDIES FOR 5 YEARS

Doctor Of Physical Therapy (DPT) Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
First	FIRST PROFESSIONAL YEAR		
	DPT 511	ANATOMY - I	4(3-1)
	DPT 512	PHYSIOLOGY- I	3(2-1)
	DPT 513	KINESIOLOGY/ BIOMECHANICS- I	3(2-1)
	DPT 514	ENGLISH- I	3(3-0)
	DPT 515	PAKISTAN STUDIES	2(2-0)
	DPT 532	INTRODUCTION TO COMPUTER	3(2-1)
			18
Second	DPT 521	ANATOMY - II	4(3-1)
	DPT 522	PHYSIOLOGY-II	3(2-1)
	DPT 523	KINESIOLOGY/ BIOMECHANICS-II	3(2-1)
	DPT 524	ENGLISH-II	3(3-0)
	DPT 525	ISLAMIC STUDIES / ETHICS	2(2-0)
	DPT 544	MEDICAL PHYSICS	3(2-1)
			18

SCHEME OF STUDIES FOR 5 YEARS

Doctor Of Physical Therapy (DPT) Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Third	SECOND PROFESSIONAL YEAR		
	DPT 534	ENGLISH-III	3(3-0)
	DPT 531	ANATOMY -III	3(2-1)
	DPT 533	PHYSIOLOGY-III	3(2-1)
	DPT 535	BIOMECHANICS & ERGONOMICS-I	3(3-0)
	DPT 536	BIOCHEMISTRY & GENETICS I	2(2-0)
	DPT 555	SOCIOLOGY	2(2-0)
	DPT 556	HEALTH & WELLNESS	2(2-0)
			18
Fourth	DPT 541	ANATOMY - IV	3(2-1)
	DPT 542	BEHAVIORAL SCIENCES (Psychiatry & Psychology)	3(3-0)
	DPT 543	EXERCISE PHYSIOLOGY	3(3-0)
	DPT 545	BIOMECHANICS & ERGONOMICS-II	3(2-1)
	DPT 546	BIOCHEMISTRY& GENETICS II	2(2-0)
	DPT 575	HUMAN GROWTH, DEVELOPMENT & COMMUNITY BASED REHABILITATION	2(2-0)
			16

SCHEME OF STUDIES FOR 5 YEARS

Doctor Of Physical Therapy (DPT) Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Fifth	THIRD PROFESSIONAL YEAR		
	DPT 551	PATHOLOGY & MICROBIOLOGY - I	2(2-0)
	DPT 552	PHARMACOLOGY - I	3(3-0)
	DPT 553	PHYSICAL AGENTS & ELECTROTHERAPY -I	3(2-1)
	DPT 554	THERAPEUTIC EXERCISES & TECHNIQUES	3(2-1)
	DPT 557	SUPERVISED CLINICAL PRACTICE - I	3(0-3)
	DPT 585	PROSTHETICS & ORTHOTICS	2(2-0)
	DPT 595	PROFESSIONAL PRACTICE (LAWS , ETHICS, ADMINISTRATION)	2(2-0)
			18
Sixth	DPT 561	PATHOLOGY & MICROBIOLOGY - II	3(2-1)
	DPT 562	PHARMACOLOGY - II	3(3-0)
	DPT 563	PHYSICAL AGENTS & ELECTROTHERAPY - II	3(3-0)
	DPT 564	MANUAL THERAPY	3(2-1)
	DPT 565	TEACHING METHODOLOGY & COMMUNITY MEDICINE	2(2-0)
	DPT 567	SUPERVISED CLINICAL PRACTICE II	2(2-0)
			17



SCHEME OF STUDIES FOR 5 YEARS

Doctor Of Physical Therapy (DPT) Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Seventh	FOURTH PROFESSIONAL YEAR		
	DPT 516	BIostatISTICS - I	3(3-0)
	DPT 571	MEDICINE - I	3(3-0)
	DPT 572	SURGERY - I	3(3-0)
	DPT 573	RADIOLOGY & DIAGNOSTIC IMAGING	3(2-1)
	DPT 574	MUSCULOSKELETAL PHYSICAL THERAPY	3(2-1)
	DPT 577	SUPERVISED CLINICAL PRACTICE III	3(0-3)
			18
Eighth	DPT 526	BIostatISTICS-II/ UNIVERSITY OPTIONAL	3(3-0)
	DPT 581	MEDICINE - II	3(3-0)
	DPT 582	SURGERY - II	3(3-0)
	DPT 583	NEUROLOGICAL PHYSICAL THERAPY	3(2-1)
	DPT 584	EVIDENCE BASED PRACTICE	3(2-1)
	DPT 587	SUPERVISED CLINICAL PRACTICE IV	3(0-3)
			18



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SCHEME OF STUDIES FOR 5 YEARS

Doctor Of Physical Therapy (DPT) Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Ninth	FIFTH PROFESSIONAL YEAR		
	DPT 591	CARDIOPULMONARY PHYSICAL THERAPY	3(2-1)
	DPT 592	EMERGENCY PROCEDURES AND PRIMARY CARE	2(2-0)
	DPT 593	CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS	3(3-0)
	DPT 594	SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY	3(2-1)
	DPT 596	INTEGUMENTARY PHYSICAL THERAPY	2(2-0)
	DPT 597	SUPERVISED CLINICAL PRACTICE V	3(0-3)
	DPT 5103	GERONTOLOGY AND GERIATRIC PHYSICAL THERAPY	2(2-0)
			18
Tenth	DPT 5101	GYNAECOLOGY & OBSTETRICS PHYSICAL THERAPY	2(2-0)
	DPT 5102	PAEDIATRIC PHYSICAL THERAPY	2(2-0)
	DPT 5104	SPORTS PHYSICAL THERAPY	2(2-0)
	DPT 5105	SUPERVISED CLINICAL PRACTICE VI	4(0-4)
	DPT 5106	RESEARCH PROJECT	6
			16
			175

SCHEME OF STUDIES FOR 4 YEARS

OCCUPATIONAL THERAPY Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
First	FIRST PROFESSIONAL YEAR		
	RSC 601	ANATOMY - I	4(3-1)
	RSC 602	PHYSIOLOGY- I	3(2-1)
	OT 601	INTRODUCTION & APPROACH TO OCCUPATIONAL THERAPY	3(3-0)
	RSC 604	ENGLISH- I	3(3-0)
	RSC 605	PAKISTAN STUDIES	2(2-0)
	RSC 606	INTRODUCTION TO COMPUTER	3(2-1)
			18
Second	RSC 611	ANATOMY - II	4(3-1)
	RSC 612	PHYSIOLOGY-II	3(2-1)
	RSC 626	SOCIOLOGY	2(2-0)
	RSC 614	ENGLISH-II	3(3-0)
	RSC 615	ISLAMIC STUDIES / ETHICS	2(2-0)
	RSC 617	CLINICAL PSYCHOLOGY 1	2(2-0)
	OT 611	THERAPEUTIC ACTIVITIES AND THEIR TECHNIQUES	2(2-0)
			18



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SCHEME OF STUDIES FOR 4 YEARS

OCCUPATIONAL THERAPY Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Third	SECOND PROFESSIONAL YEAR		
	RSC 621	ENGLISH-III	3(3-0)
	RSC 622	ANATOMY -III	3(2-1)
	RSC 623	PHYSIOLOGY-III	3(2-1)
	OT 621	DEVELOPMENTAL PEDIATRICS	3(3-0)
	OT 622	KINESIOLOGY	3(2-1)
	RSC 628	CLINICAL PSYCHOLOGY 11	2(2-0)
			17
Fourth	OT 631	ASSESMENT AND EVALUATION IN OCCUPATIONAL THERAPY	2(1-1)
	RSC 632	BIOMECHANICS &ERGONOMICS II	3(2-1)
	OT 632	THERAPEUTIC ACTIVITIES AND THEIR TECHNIQUES II	3(1-2)
	OT 633	PSYCHIATRIC CONDITIONS	3(3-0)
	RSC 642	PHARMACOLOGY I	3(3-0)
	OT 634	OCCUPATIONAL THERAPY IN MENTAL HEALTH	3(0-0)
			17



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SCHEME OF STUDIES FOR 4 YEARS

OCCUPATIONAL THERAPY Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Fifth	THIRD PROFESSIONAL YEAR		
	RSC 662	SURGERY I	3(3-0)
	OT 641	CLINICAL NEUROLOGY	2(2-0)
	RSC 661	MEDICINE I	3(3-0)
	RSC 625	BIOCHEMISTRY & GENETICS I	2(2-0)
	OT 642	OCCUPATIONAL THERAPY IN NEUROLOGY	3(0-0)
	RSC 652	PHARMACOLOGY II	2(2-0)
	OT 643	SUPERVISED CLINICAL PRACTICE I	3(0-0)
			18
Sixth	RSC 671	MEDICINE II	3(3-0)
	OT 651	EVIDENCE BASED PRACTICE	3(2-1)
	OT 652	OCCUPATIONAL THERAPY IN ORTHOPEADICS	2(2-0)
	SC 664	BIOSTATISTICS I	3(3-0)
	OT 653	SUPERVISED CLINICAL PRACTICE II	3(0-0)
	RSC 672	SURGERY II	3(3-0)
			17

SCHEME OF STUDIES FOR 4 YEARS

OCCUPATIONAL THERAPY Program

SEMESTER	Course Code	Name of Subject	CREDITS Hrs
Seventh	FOURTH PROFESSIONAL YEAR		
	RSC 641	PROSTHETIC AND ORTHOTICS	2(2-0)
	OT 661	OCCUPATIONAL THERAPY IN PEDIATRICS	3(2-1)
	RSC 652	TEACHING METHODOLOGY & COMMUNITY MEDICINE	2(2-0)
	RSC 674	BIOSTATISTICS II	3(3-0)
	OT 662	ORGANIZATION, ADMINISTRATION & WORK STUDY IN OCCUPATIONAL THERAPY	2(0-0)
	RSC 681	SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY	3(2-1)
			18
Eighth	OT 671	OCCUPATIONAL THERAPY FOR ELDERLY	2(0-0)
	OT 672	RESEARCH PROJECT	6(0-0)
	OT 673	OCCUPATIONAL THERAPY IN REHABILITATION	3(0-0)
	OT 674	GROUP PROCESS IN OCCUPATIONAL THERAPY	3(0-0)
	OT 675	SUPERVISED CLINICAL PRACTICE IV	3(0-0)
			17



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**Rehman Medical
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College of Physical Medicine & Rehab
Paraplegic Center Peshawar

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