

Learning Objectives - Sports Medicine Service

	Junior Resident	Senior Resident
<p>Patient Care</p>	<p>Able to effectively develop the initial patient care and clinical skills to facilitate adequate evaluation of common shoulder, elbow, knee, and ankle problems seen in the athletic patient population;</p> <p>Demonstrates clinical skills that include reproducible physical examination of the knee, shoulder, elbow and ankle. Demonstrates physical exam skills that facilitate identification of typical findings of sports medicine problems of these joints including:</p> <p style="padding-left: 40px;">Knee - ligamentous instability and meniscal pathology;</p> <p style="padding-left: 40px;">Shoulder – conditions of impingement syndrome, rotator cuff tear, glenohumeral instability and AC joint separation;</p> <p style="padding-left: 40px;">Elbow – conditions of the medial and lateral epicondylitis and ulnar neuritis;</p> <p style="padding-left: 40px;">Ankle – ankle sprains, Achilles tendon rupture, and chondral lesions of the talar dome.</p> <p>Able to demonstrate surgical skills that include portal placement for and complete diagnostic arthroscopy of the knee and shoulder, arthroscopic partial meniscectomy, harvest of the central-third patella tendon and hamstring tendons for ACL reconstruction, arthroscopic acromioplasty and deltopectoral approach to the shoulder for anterior stabilization, and open debridement of the medial and/or lateral epicondyle of the elbow;</p> <p>Demonstrates basic understanding of the information gathering process of the detailed history and physical exam with attention to the mechanism of injury as it relates to the athlete’s specific sport as well as the impact of the athlete’s complaints on his/her ability to perform the sports-specific tasks required by their chosen sport;</p> <p>Attends the weekly Sports Medicine Conference;</p> <p>Has successfully prepared and presented a formal presentation of an assigned topic at the weekly Sports Medicine Conference;</p>	<p>Demonstrates more refined and advanced patient care and clinical skills in the evaluation of sports-related injuries, such as:</p> <p>Able to take a detailed history, complete an appropriate and accurate physical exam, and review appropriate imaging studies to allow integration of information to formulate an appropriate diagnosis and treatment plan;</p> <p>Possesses refined physical exam skills including examination of the unstable knee and shoulder. Demonstrates development of refined and focused physical exam skills that help to identify more subtle sports medicine problems of these joints. These include:</p> <p style="padding-left: 40px;">Knee: conditions of subtle instability patterns such as posterolateral rotatory and patellar instability;</p> <p style="padding-left: 40px;">Shoulder: conditions of internal impingement, labral lesions, SLAP tears, biceps tendon disorders, and posterior glenohumeral instability;</p> <p style="padding-left: 40px;">Elbow: conditions of ulnar collateral ligament injury, valgus-extension overload, posteromedial olecranon impingement, ulnar nerve instability/subluxation, and posterolateral rotatory instability;</p> <p style="padding-left: 40px;">Ankle: symptomatic os trigonum, peroneal tendon disorders, anterior tibio-talar impingement, chronic instability, and chondral lesions of the talar dome.</p> <p>Demonstrates basic understanding of the appropriate indications for nonsurgical versus surgical treatment and the appropriate rehab protocols for various injuries and conditions;</p> <p>Possesses and is able to apply an appropriate understanding of the expected postoperative progression and rehabilitation of patients following common sports medicine surgical procedures including partial meniscectomy, meniscal repair, ACL reconstruction, ankle arthroscopy, shoulder stabilization, rotator cuff repair, and acromioplasty;</p>

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<p>(The R2 junior resident will rotate and work predominantly under the supervision of Robert Brophy, MD and Matthew Smith, M.D. including participation in their clinical office hours. The R2 junior resident's clinical responsibilities will mirror those of Drs. Brophy and Smith. That is, attend Drs. Brophy's and Smith's clinical office hours and scheduled surgical cases to maximize the educational experience. The R2 junior resident is also welcome to attend clinic or OR with Drs. Matava or Wright as time allows.)</p> <p>Effectively communicates and demonstrates care and respectful behaviors when interacting with patients and families;</p> <p>Able to develop and carry out patient management plans;</p> <p>Demonstrates the ability to practice culturally competent medicine;</p> <p>Able to use information technology to support patient care decisions and patient education;</p> <p>Able to provide health care services aimed at preventing health problems or maintaining health (Rehab, OT, PT);</p> <p>Able to work with other health care professionals from various disciplines to provide excellent patient-focused care.</p>	<p>Effectively and responsibly evaluates patients at varying postoperative intervals and modifies rehabilitation protocols as necessary;</p> <p>Possesses and demonstrates more advanced and refined surgical skills including advanced arthroscopic skills including, but not limited to:</p> <p style="padding-left: 20px;">Knee: meniscal repair techniques and ACL reconstruction including tunnel placement and graft fixation techniques;</p> <p style="padding-left: 20px;">Shoulder: arthroscopic and open stabilization techniques, SLAP/labral repair techniques, arthroscopic rotator cuff repair techniques, and biceps tenodesis;</p> <p style="padding-left: 20px;">Elbow: diagnostic arthroscopy including portal placement, ulnar nerve transposition techniques and ulnar collateral ligament reconstruction</p> <p>Expectations for patient care:</p> <p style="padding-left: 20px;">The Sports A senior resident will rotate and work predominantly under the direction of Dr. Matava. He will mirror his practice in clinic and the operating room. The Sports B senior resident will rotate and work predominantly under the direction of Dr. Wright;</p> <p style="padding-left: 20px;">Demonstrates the ability to provide for responsible hospital care of all inpatients on either Drs. Matava or Wright's service;</p> <p style="padding-left: 20px;">Effectively oversees the appropriate care of inpatients under the supervision of the R2 junior resident;</p> <p>Attends the weekly Sports Medicine Conference;</p> <p>Successfully prepare and present formal presentations on assigned topics at the weekly Sports Medicine Conference;</p> <p>Effectively communicates and demonstrates care and respectful behaviors when interacting with patients and families;</p>
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		<p>Able to counsel and educate patients and their families;</p> <p>Demonstrates the ability to practice culturally competent medicine Able to use information technology to support patient care decisions and patient education;</p> <p>Able to provide health care services aimed at preventing health problems or maintaining health (Rehab, OT, PT);</p> <p>Able to work with other health care professionals from various disciplines to provide excellent patient-focused care (Rehab, OT, PT, Human Performance, etc).</p>
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	Junior Resident	Senior Resident
Medical Knowledge	<p>Able to demonstrate basic preoperative and postoperative patient evaluation and assessment skills;</p> <p>Possesses a basic understanding of the anatomy of the shoulder, elbow, knee, and ankle as it relates to common sports injuries;</p> <p>Possesses knowledge of appropriate imaging studies to recommend for the more common clinical conditions encountered in the athletically active population including anterior cruciate ligament injury, collateral ligament injury of the knee, shoulder instability, rotator cuff conditions, suspected meniscal pathology, osteochondral injuries, and ankle injuries;</p> <p>Able to read and interpret these imaging studies mentioned above;</p> <p>Possesses basic arthroscopy skills of the knee and shoulder. This is to include an understanding of the surface anatomy as it applies to portal placement, the intraarticular arthroscopic anatomy including common pathologic entities and the development of a systematic approach to diagnostic arthroscopy of the knee and shoulder joints;</p> <p>Attends and participates in the weekly Sports Medicine Conference;</p> <p>Has prepared and presented formal presentation(s) of an assigned topic at the weekly Sports Medicine Conference.</p>	<p>Possesses a more advanced knowledge of the typical mechanisms of injury for common sports medicine problems;</p> <p>Possesses a strong working knowledge of arthroscopic and open surgical approaches including those for the shoulder, elbow, knee, and ankle;</p> <p>Demonstrates an understanding of the various surgical options to treat common sports medicine conditions including arthroscopic versus open approaches. The R4 senior resident is expected to begin to develop advanced arthroscopic skills including knowledge of the appropriate use of accessory portals, advanced arthroscopic techniques such as arthroscopic shoulder stabilization, superior labral repair, and osteochondral reconstruction;</p> <p>Possesses the arthroscopic skills needed to successfully perform basic arthroscopic procedures such as diagnostic arthroscopy, arthroscopic meniscectomy, arthroscopic subacromial decompression, and arthroscopic ACL reconstruction. The R4 senior resident is also expected to have a basic working knowledge of and the skills to implement more advanced arthroscopic techniques such as arthroscopic PCL reconstruction and arthroscopic shoulder stabilizations.</p>

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Practice-Based Learning & Improvement	<p>Able to locate, appraise and assimilate evidence from scientific studies related to patients' health issues;</p> <p>Able to obtain and use information about his/her patient population and the larger population from which patients are drawn;</p> <p>Able to apply knowledge of study designs and statistical methods to the appraisal of clinical studies;</p> <p>Able to use information technology to manage information, access on-line medical information and support his/her own education;</p> <p>Able to facilitate the learning of medical students on the Sports Medicine service and other health care professionals on an informal basis in clinics, operating rooms and conferences;</p> <p>Attends and participates in the weekly Sports Medicine Conference and will be expected to prepare and present formal presentation(s) of an assigned topic at the weekly Sports Medicine Conference.</p>	<p>Able to locate, appraise and assimilate evidence from scientific studies related to patients' health issues;</p> <p>Able to obtain and use information about his/her patient population and the larger population from which patients are drawn;</p> <p>Able to apply knowledge of study designs and statistical methods to the appraisal of clinical studies;</p> <p>Able to use information technology to manage information, access on-line medical information and support his/her own education;</p> <p>Able to facilitate the learning of Junior Residents as well as medical students on the Sports Medicine service and other health care professionals on an informal basis in clinics, operating rooms and conferences;</p> <p>Demonstrates leadership and responsibility for overseeing the appropriate care of inpatients under the supervision of the R2 junior resident;</p> <p>Efficiently and effectively interprets advanced imaging studies commonly used to evaluate sports-related injuries;</p> <p>Assumes responsibility for insuring that there is adequate coverage of surgical cases and equitable distribution of these cases to provide for the educational needs of the residents and fellow on the Sports Medicine Service;</p> <p>Attends and participates in the weekly Sports Medicine Conference and will be expected to prepare and present formal presentation(s) of an assigned topic at the weekly Sports Medicine Conference.</p>

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	Junior Resident	Senior Resident
<p>Interpersonal & Communication Skills</p>	<p>Communicates with radiology and sports physical therapy personnel for rehab purposes to coordinate patient care effectively;</p> <p>Specifically:</p> <p style="padding-left: 40px;">Effectively communicates to radiology consultants the general requirement of the necessary imaging study including the specific question the imaging study seeks to address;</p> <p style="padding-left: 40px;">Effectively communicates the basic principles of rehab protocols for procedures such as ACL reconstruction, partial meniscectomy, acromioplasty, and anterior stabilization;</p> <p>Able to create and sustain a therapeutic and ethically sound relationship with patients and their families;</p> <p>Able to effectively use listening skills;</p> <p>Able to effectively provide information via various methods;</p> <p>Able to work effectively with others as a member or leader of a health care team.</p>	<p>Communicates with radiology consultants and sports physical therapy personnel for rehab purposes to coordinate patient care effectively;</p> <p>Specifically:</p> <p style="padding-left: 40px;">Effectively communicates to radiology consultants greater details of the required imaging study including the need for arthrogram techniques and specific positioning requirements for certain entities such as the need of ABER views for evaluation of a SLAP lesion of the shoulder;</p> <p style="padding-left: 40px;">Effectively communicates details of rehab protocols for common procedures such as ACL reconstruction, partial meniscectomy, acromioplasty, and anterior stabilization, as well for more advanced procedures such as rotator cuff repair, SLAP repair, elbow UCL reconstruction and PCL reconstruction;</p> <p>Able to create and sustain a therapeutic and ethically sound relationship with patients and their families;</p> <p>Able to effectively use listening skills;</p> <p>Able to effectively provide information via various methods;</p> <p>Able to work effectively with others as a member or leader of a health care team.</p>

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	Junior Resident	Senior Resident
Professionalism	<p>Maintains the strictest confidence in any and all interactions dealing with all patients, especially professional athletes with some measure of local, regional or national celebrity. Refrains from the discussion of the athlete with family, friends or colleagues;</p> <p>Demonstrates respect, compassion and integrity in response to the needs of patients and their families;</p> <p>Demonstrates ethical principles pertaining to patient confidentiality issues;</p> <p>Demonstrates sensitivity to the culture, age, gender and disabilities of patients and fellow health care professionals.</p>	<p>Maintains the strictest confidence in any and all interactions dealing with all patients, especially professional athletes with some measure of local, regional or national celebrity. Refrains from the discussion of the athlete with family, friends or colleagues;</p> <p>Demonstrates respect, compassion and integrity in response to the needs of patients and their families;</p> <p>Demonstrates ethical principles pertaining to patient confidentiality issues;</p> <p>Demonstrates sensitivity to the culture, age, gender and disabilities of patients and fellow health care professionals.</p>

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	Junior Resident	Senior Resident
Systems-Based Practice	<p>Maintains the strictest confidence in any and all interactions dealing with all patients, especially professional athletes with some measure of local, regional or national celebrity. Refrains from the discussion of the athlete with family, friends or colleagues;</p> <p>Demonstrates knowledge of indications and their impact on cost-effectiveness and efficiency of patient care;</p> <p>Acts as an advocate for quality of patient care;</p> <p>Able to assess, coordinate and improve the care of patients within the current health care model(s) or systems in the program [OT, PT and Rehab].</p>	<p>Maintains the strictest confidence in any and all interactions dealing with all patients, especially professional athletes with some measure of local, regional or national celebrity. Refrains from the discussion of the athlete with family, friends or colleagues;</p> <p>Demonstrates knowledge of indications and their impact on cost-effectiveness and efficiency of patient care;</p> <p>Acts as an advocate for quality of patient care;</p> <p>Able to assess, coordinate and improve the care of patients within the current health care model(s) or systems in the program [OT, PT and Rehab].</p>