



## Sports Medicine (Musculoskeletal) Curriculum

NGMC- Family Medicine Residency Program - Gainesville, Ga

PGY-1

### Description of Rotation:

This is a two-week block Sports Medicine experience with the fellowship trained attendings that have sports medicine CAQs. Residents will see patients in outpatient sports medicine settings. Residents will also work directly with physical therapy and a musculoskeletal radiologist. Longitudinally the resident will be assigned to a sports medicine mentor faculty member, assigned a week for game coverage and sideline evaluations and perform school physicals for local high schools.

### Goals:

At the completion of the Sports Medicine rotation, a family medicine resident will:

- Care for acute and chronic sport injuries and manage non-surgical orthopedic problems.

### PATIENT CARE OBJECTIVES AND COMPETENCIES

During this rotation the resident will:

- Perform adequate History and Physical of the adult and pediatric patient with a musculoskeletal disorder **(PC-1; L1)**
- Develop skills for the compassionate care of adult and pediatric patients with musculoskeletal problems while integrating evidence-based medicine and specialty recommendations on consultation **(PC-3; L2)**.
- Develop a plan of care including diagnostic testing, initiation and alteration of medications and specialty consultation **(PC-1; L3)**
- Develop skills to perform common sports medicine procedures (joint aspiration and injection, casting and splinting, x-ray interpretation, fracture management of simple fractures, uncomplicated joint reduction). **(PC-5; L2)**
- Develop treatment plans that include patient and/or family preferences. **(PC-3; L2)**

### MEDICAL KNOWLEDGE OBJECTIVES AND COMPETENCIES

The resident will:

Develop a basic knowledge of general considerations when caring for the sports medicine patient **(MK-1; L1)**:

- Integration of family practice philosophy
- Ethical, psychosocial, economic and medicolegal issues
- Interaction with orthopedic physicians
- Integration of basic sciences
  - Exercise physiology
  - Anatomy
  - Biomechanics and kinesiology



- Nutrition, fluids, electrolytes, and dietary supplements

Develop basic understanding of problems associated with Exercise (MK-1; L1)

- Exercise addiction
- Abuse of anabolic and performance-enhancing agents
- The intermittent exerciser
- Chemical use and exercise
- Eating disorders
- Exercise-induced medical syndrome
- Medical management of the patient with a
- musculoskeletal injury
- Rehabilitation of ill and injured patients and athletes
- Exercise as treatment---physical and psychological
- problems
- Medical equipment and supplies
- Medical decision-making involving communication and interaction with athlete, coach, parents, significant

Develop an understanding of the following patient care aspects (MK-2; L1)

- The role of family physician in musculoskeletal care
- Assessment and care of the patient with musculoskeletal complaints
  - Pain, swelling and erythema
  - Muscular pain, swelling and injury
  - Joint Musculoskeletal trauma
  - Fractures
  - Dislocations
  - Tendon injuries
  - Nerve injuries
  - Bone and joint deformities
  - Bone and joint infections
  - Metabolic bone diseases
  - Musculoskeletal congenital anomalies
  - Musculoskeletal birth injuries
  - Compartment syndrome
  - Avascular necrosis
  - Osteoporosis
  - Overuse syndrome
- Pediatric problems
  - Hip dislocation
  - Congenital hip dysplasia
  - Legg Calvé-Perthes disease
  - Osgood-Schlatters disease
  - Slipped Capito femoral epiphysis
  - “Clubfoot” (talipes)
  - Intoeing (metatarsus adductus, tibial torsion, femoral anteversion)
  - “Bow leg” (genu varum) and “knock knee” (genu valgum)
  - Epiphyseal injuries in children according to the Salter-Harris classification



- Transient synovitis
- Child abuse
- Overuse syndrome

Develop knowledge of health promotion & prevention relevant to the care of orthopedic patients **(MK-2; L1)**

- Role of exercise in mental and physical health promotion
- Pre-participation evaluation
- Injury prevention
  - Equipment
  - Taping techniques
  - Coaching techniques
  - Environment
- Conditioning and training techniques, including:
  - Principles of aerobic and resistance training
  - Exercise prescription
    - Age-related
    - Patients with chronic illness
    - The physically challenged athlete
    - Cardiac rehabilitation
      - Community programs and facilities
      - Epidemiology of exercise and injury
      - Promotion of patient education

#### **SYSTEM BASED LEARNING OBJECTIVES AND COMPETENCIES**

- Integrate office and facility protocols and systems to optimize patient care **(SBP-2; L2)**.
- Understand and effectively utilize other disciplines in patient care to minimize cost and improve efficiency of care to the sports medicine patient. **(SBP-1, L-4)**
- Develop a basic understanding of the role of ancillary modalities of patient care that are available and pertain to the specialty including **(SBP-3; L3)**
  - Nutritional education, wound care, physical therapy.
  - Awareness of community resources such as the Health Department, DHS, DCS and proper triage of patients when abuse is suspected.
  - Incorporation of cost awareness and benefit analysis in the ordering of appropriate laboratory and radiology

#### **PRACTICE BASED LEARNING OBJECTIVES AND COMPETENCIES** Residents should:

- Identify strengths, deficiencies and limits in one's knowledge and expertise; set learning and improvement goals; and identify and perform appropriate learning activities **(PBLI-3; L1)**
- Understand and use evidence-based medicine pertaining to care of the sports medicine patient. **(PBLI-1; L2))**
- Demonstrate independent self-learning and self-evaluation by showing progressive improvement in sports medicine patient care skills. **(PBLI-2; L3)**



## PROFESSIONALISM OBJECTIVES AND COMPETENCIES

Residents should demonstrate:

- Appropriate professional behavior in all clinical and academic settings, aspects of which include: dress, punctuality, honesty, courtesy, responsibility and timeliness of visits and notes. **(PROF-1; L1)**
- Development of skills to provide compassionate and high-quality care to all patients regardless of gender, age, culture, race, religion, disabilities, sexual orientation or socioeconomic class. **(PROF-3; L2)**

## INTERPERSONAL AND COMMUNICATION SKILLS OBJECTIVES AND COMPETENCIES

- Communicate effectively with families while in the presence of their daily preceptor. **(C-3; L2)**
- Demonstrate listening and ability to pick-up verbal and non-verbal clues from patients, families and team members. **(C-2; L3)**