

Course: Sports Medicine Course Number ORTH 2103 (SUR 1631)

Department: Orthopaedics/Sports Medicine

Faculty Coordinator: Shane Miller, M.D. (Shane.Miller@TSRH.org)

Assistant Faculty Coordinators: Jane Chung, M.D.
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Hospital: (Location of rotation) Scottish Rite Hospital – North Campus
UT Southwestern – Richardson
Parkland Hospital

Periods Offered: Periods 1-12

Length: 4 weeks

Max # of Students: 1

First Day Contact: Tomasina Betoncur (469) 515-7132

First Contact Time: 8:00AM promptly

First Day Location: Scottish Rite Hospital Sports Medicine Center
5700 Dallas Pkwy
Frisco, TX 75093

Prerequisites: Surgery and Pediatrics clerkships preferred, but not required

I. Course Description

Goals (<i>examples-edit as needed</i>)	Objectives (<i>describe activities that will support how goals are to be achieved</i>)	Assessment methods (<i>examples-explain how student will be evaluated</i>)
Patient Care: Students must be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health.	<ol style="list-style-type: none">Obtain a thorough history related to a sports injury.Perform basic musculoskeletal examination of the ankle, knee, back and shoulder.Interpret diagnostic imaging.Assist with the development of treatment plans for athletes presenting in the sports medicine clinic.	Skills evaluation from direct observation.

<p>Medical knowledge: Students must demonstrate knowledge about established biomedical and clinical sciences and the application of this knowledge to patient care.</p>	<ul style="list-style-type: none"> a. Students will learn the mechanism for and management of common sports injuries and overuse syndromes seen in a variety of sports. b. Student will understand current recommendations regarding concussion management, return to school and return to play decisions. c. Student will understand appropriate decision-making regarding clearance for return to sport. 	<p>Direct observation and demonstration of knowledge during patient presentation to attending</p> <p>End of elective presentation</p>
<p>Interpersonal and communication skills: Demonstrate interpersonal and communication skills that result in information exchange and partnering with patients, their families and professional associates.</p>	<ul style="list-style-type: none"> a. Effectively communicate with patients and families. b. Maintain informative and timely medical records. c. Effectively communicate with all team members and consultants. 	<p>Observations of faculty and staff</p>
<p>Practice Based learning and Improvement: Students must be able to assimilate scientific evidence and improve their patient care practices.</p>	<ul style="list-style-type: none"> a. Demonstrate effective time management, fulfill patient care duties b. Locate and assimilate evidence from scientific studies related to their patient's health problems. c. Use technology to manage information, access on-line medical information, and support personal education. 	<p>End of course presentation</p> <p>Journal club attendance and participation</p>
<p>Professionalism: Students must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.</p>	<ul style="list-style-type: none"> d. Exhibit honesty, integrity, respect, and compassion in dealing with patients, families, and members of the health care team. e. Demonstrate sensitivity to age, gender, culture, and disabilities of patients and families. f. Demonstrate confidentiality and privacy when dealing with patients and their families. g. Demonstrate cultural awareness, negotiation, compromise and mutual respect in the care of patients. h. Should be an effective and supportive team player, seeking out opportunities to assist others. 	<p>Observations of faculty and staff</p>

	i. Be on time to clinics and didactic sessions.	
Systems-based practice: Understand how to practice high-quality health care and advocate for patients within the context of the health care system.	a. Effectively use patient care resources. b. Avoid use of ambiguous or unacceptable abbreviations in the medical record, prescriptions and medical orders. c. Responsiveness to medical error and patient safety. d. Understand the role of physical therapists, athletic trainers and orthopedic surgeons in caring for the sports medicine patient. e. Understand the role of the team physician, by attending events at the amateur, high school, collegiate, and professional levels for which faculty are providing medical coverage.	Observations of faculty and staff Athletic event coverage with faculty supervision

III. Methods of Instruction:

- A. Didactic: The student is expected to attend sports medicine conferences including musculoskeletal exam sessions, journal clubs, and applicable orthopaedic education conferences. Required conferences will be scheduled at beginning of elective.
- B. Clinical: Student will attend clinic with Primary care and Orthopedic Sports Medicine Faculty. Student will participate in training room and sports events coverage. In addition, students may choose to spend time in fracture clinic, as well as observing surgical cases in the OR. The schedule will be created with the student's input at the beginning of the rotation to allow flexibility and greater exposure to the student's particular areas of interest. They will be expected to average a minimum of 30 hours per week with faculty in the clinics, OR, event coverage, etc. in addition to journal clubs, didactic sessions, etc.

IV. Overview of student responsibilities:

Accountability: Students are expected to be in their assigned clinics on time, for the entire duration of the clinic session. If a student is going to be absent for any reason, they must notify the clinic site faculty, as well as the faculty coordinator (Shane.Miller@TSRH.org) and Tomasina Betoncur (Tomasina.Betoncur@TSRH.org). While there is some flexibility to allow for interviews, an excessive number of absences (planned or unplanned) will result in a failing grade and not receiving credit for the elective.

Expected reading:

- 1.) Journal club articles

- 2.) Sallis, R. Examination Skills of the Musculoskeletal System. American Academy of Family Physicians.
- 3.) Halstead, M., Walter, K., et al. Sport-Related Concussion in Children and Adolescents. [Pediatrics](#). 2010 September; 126;597-615.

Supplemental reading:

Metzl, J. Sports Medicine in the Pediatric Office. American Academy of Pediatrics. 2008.

Required Tasks:

Physical Therapy – Physical therapists are a vital member of the sports medicine team and their expertise in assessment and rehabilitation of musculoskeletal injuries makes them an important resource for a variety of conditions that sports medicine physicians encounter, including sports-related injuries. Students are expected to spend 1-2 half-days with a physical therapist in the Sports Medicine Center at TSRH, CMC, and/or UT Southwestern observing examination techniques, and common rehabilitation protocols. Students will also gain exposure to manual therapy and modalities such as ultrasound, electrical stimulation, etc.

Journal Club – The principal journal club is the UTSW DFW Sports Medicine Journal Club for community sports medicine providers (physicians, physical therapists, athletic trainers, etc.). Students on the sports medicine selective are expected to have read the journal articles, and will attend and participate at the DFW Sports Medicine journal club. Additional journal clubs may also be required, depending on schedule and availability.

MSK Exam Sessions – Didactic lecture followed by hands-on examination session on various body parts (i.e. knee, foot/ankle, shoulder, spine, wrist/hand, hip.) that is held prior to the UTSW DFW journal club. These sessions occur once every two months, and students are expected to attend if held during their selective block.

Presentation – Each student will give one 20-minute presentation on a topic of their choosing related to sports medicine. They will present to sports medicine faculty, residents on the sports medicine rotation, and other staff at the Sports Medicine Center who may be interested in the topic of choice. A PowerPoint style presentation is encouraged, but other formats (i.e. hands-on demonstration) are also acceptable. Students must submit their topic for approval by the end of the second week of the block, and the presentation will be at the end of the block, depending on schedules.

Additional Opportunities:

Event Coverage – Opportunities to assist with medical coverage of various events ranging from football games and gymnastics competitions, to running races and boxing matches are available, depending on when the block falls during the year. Students will always be with a sports medicine faculty physician or resident physician on-site when covering events, and are not expected to provide solo coverage.

Orthopaedic Surgery Education Conferences – Students are welcome to attend any of the conferences offered as part of the orthopaedic surgery core curriculum. A monthly schedule is available at the beginning of the sports medicine selective.

- IV. **Method of evaluation of students and requirements:** Evaluation based on assessment methods listed above, grade is Pass/Fail

Pass-fail grades are assigned based on observation by faculty attending of the student's performance working with patients the last week of the rotation. Achievement of the specified goals is based on this operational definition.