



Edward Via College of Osteopathic Medicine

4th Year Clinical Rotation: Sports Medicine

MED 8210: Medical Selective Clinical Rotation II

MED 8211: Medical Selective Clinical Rotation II

COURSE SYLLABUS

Chair	Contact Information
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I. Rotation Description

Students will gain understanding of the philosophy of Sports Medicine from a primary care perspective, apply the scientific knowledge of sports medicine in clinical practice, understand the pathophysiology and management of athletic injuries and identify the importance of the Osteopathic structural examination, OMM and Osteopathic whole person concept in the treatment of athletes.

II. Rotation Goals

- a. Understand the integration of the family physician's role as a member of the sports medicine team along with athletic trainers, physical and occupational therapists and orthopedic surgeons
- b. Understand the integration of the basic sciences and sports medicine with exercise physiology, anatomical structure and function concepts, biomechanics and principles of nutrition, fluids and electrolytes
- c. Understand the role of exercise in health promotion and injury prevention
- d. Conduct a pre-participation evaluation
- e. Recommend exercise prescriptions with knowledge of age-related, chronic illness related and obstetrical parameters
- f. Gain knowledge of community resources and their accessibility
- g. Learn to assess acutely injured athletes and understand transport issues
- h. Gain knowledge of special consideration for athletic subgroups: Children, women, geriatric, physically challenged, recreational and those with chronic conditions
- i. Understand the following problems associated with exercise:
 - i. Exercise addiction
 - ii. Steroid abuse/substance abuse
 - iii. Intermittent exerciser
 - iv. Expectations of athletes
 - v. Eating disorders
 - vi. Exercise induced-anemia
 - vii. Specialized issues of women athletes

- viii. Osteoporosis
 - ix. Amenorrhea
- j. Perform the following techniques and procedures:
- i. Focused history of the musculoskeletal and cardiovascular system
 - ii. Psychological assessment and counseling
 - iii. Taping and strapping
 - iv. Immobilization
 - v. Bracing
 - vi. Treadmill testing
 - vii. Body fat determination
 - viii. Flexibility determination
 - ix. Safety of exercise environment
 - x. Managing the medical aspects of an athletic event
 - xi. Managing acutely injured athletes
 - xii. Sports physiotherapy
 - xiii. Equipping a team physician's bag
 - xiv. Joint aspiration

III. Rotation Design

The majority of the Sports Medicine rotation occurs in the outpatient/ambulatory setting and at sporting events, practices, games/matches and athlete clinic

IV. Credits

4 week course = 4 credit hours

2 week course = 2 credit hours

V. Suggested Textbook and References

- a. Hoppenfeld S: Physical Examination of the Spine and Extremities. New York, Appleton-Century-Crofts, 1976
- b. Mellion M: The Team Physicians Handbook. Philadelphia, Hanley & Belfus, Inc.
- c. DeLee J and Drez D: Orthopedic Sports Medicine: Principles and Practice (2 volumes) Philadelphia, Saunders, 2003
- d. Garrett W: Principles & Practice of Primary Care Sports Medicine, Philadelphia, Lippincott, Williams & Wilkins, 2001
- e. Karageanes S: Manual Sports Medicine, Philadelphia Lippincott, Williams & Wilkins, 2004
- f. McRae R: Practical Fracture Treatment, Churchill Livingstone
- g. Halpern, Herring, Altchek, Herzog: Imaging in Musculoskeletal and Sports Medicine

VI. Course Grading/Requirements for Successful Completion of the Sports Medicine Rotation

- a. Attendance according to VCOM and preceptor requirements
- b. Preceptor Evaluation at end-of-rotation

Grading policies, academic progress, and graduation requirements may be found in the *College Catalog and Student Handbook* at: <http://www.vcom.vt.edu/catalog/>.

VII. Clinical Performance Objectives

The end-of-rotation evaluation for this rotation will be completed by your preceptor and is based on clinical core competencies. These core competencies reflect student performance in 6 key areas: communication, problem solving, clinical skills, medical knowledge, osteopathic medicine and professional and ethical considerations. Your end-of-rotation evaluation from your preceptor will be based directly on your performance in these 6 core competencies as described below.

- a. Communication - the student should demonstrate the following clinical communication skills:
 1. Effective listening to patient, family, peers, and healthcare team
 2. Demonstrates compassion and respect in patient communications
 3. Effective investigation of chief complaint, medical and psychosocial history specific to the rotation
 4. Considers whole patient: social, spiritual & cultural concerns
 5. Efficiently prioritizes essential from non-essential information
 6. Assures patient understands instructions, consents & medications
 7. Presents cases in an accurate, concise, well organized manner

- b. Problem Solving – the student should demonstrate the following problem solving skills:
 1. Identify important questions and separate data in organized fashion organizing positives & negatives
 2. Discern major from minor patient problems
 3. Formulate a differential while identifying the most common diagnoses
 4. Identify indications for & apply findings from the most common radiographic and diagnostic tests
 5. Identify correct management plan considering contraindications & interactions

- c. Clinical Skills - the student should demonstrate the following problem solving skills:
 1. Assesses vital signs & triage patient according to degree of illness
 2. Perform good auscultatory, palpatory & visual skills
 3. Perform a thorough physical exam pertinent to the rotation

- d. Osteopathic Manipulative Medicine - the student should demonstrate the following skills in regards to osteopathic manipulative medicine:
 1. Apply osteopathic manipulative medicine successfully when appropriate
 2. Perform and document a thorough musculoskeletal exam
 3. Utilize palpatory skills to accurately discern physical changes that occur with various clinical disorders
 4. Apply osteopathic manipulative treatments successfully

- e. Medical Knowledge – the student should demonstrate the following in regards to medical knowledge:
 1. Identify & correlate anatomy, pathology and pathophysiology related to most disease processes
 2. Demonstrate characteristics of a self-motivated learner including demonstrating interest and enthusiasm about patient cases and research of the literature

3. Are thorough & knowledgeable in researching evidence based literature
 4. Actively seek feedback from preceptor on areas for improvement
 5. Correlate symptoms & signs with most common diseases
- f. Professional and Ethical Behaviors - the student should demonstrate the following professional and ethical behaviors and skills:
1. Is dutiful, arrives on time & stays until all tasks are complete
 2. Consistently follows through on patient care responsibilities
 3. Accepts & readily responds to feedback, is not resistant to advice
 4. Assures professionalism in relationships with patients, staff, & peers
 5. Displays integrity & honesty in medical ability and documentation
 6. Acknowledges errors, seeks to correct errors appropriately
 7. Is well prepared for and seeks to provide high quality patient care
 8. Identifies the importance to care for underserved populations in a non-judgmental & altruistic manner
- g. Osteopathic Manipulative Medicine Components

Students must be familiar with the OMM didactic and workshop requirements for their OMS-4 year as described in the Osteopathic Manipulative Medicine website.