



# Edward Via College of Osteopathic Medicine

## 4<sup>th</sup> Year Clinical Rotation: Orthopedic Sports Medicine

MED 8300: Surgical Selective Clinical Rotation I

MED 8310: Surgical Selective Clinical Rotation II

## COURSE SYLLABUS

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### I. Rotation Description

Students will shadow orthopedic surgeons emphasizing sports medicine as these individuals perform their daily functions. Students will participate in patient care based on their level of competency and at the discretion of their orthopedic attending.

### II. Rotation Goals

The overall educational goal for the student is gain experience in the subspecialty of orthopedic sports medicine. The student will work with orthopedic surgeons who have an interest in/or focus their practice on sports medicine.

- Knowledge acquisition of musculoskeletal system anatomy as it pertains to orthopedic sports-related injuries. This includes fundamental knowledge of head, neck and spine injuries; injuries to the shoulder, elbow and hand; and injuries to the hips, knee and foot/ankle.
- The ability to evaluate injured patients and formulate a treatment plan.
- The ability to review related radiologic studies such as XRay, MRI and CT scans of the musculoskeletal system
- Knowledge acquisition of the non-operative management of sports-related injuries in relation to prescription of appropriate physical therapy and athletic training services.
- Discuss the fundamentals of surgical management of common sports related injuries to the shoulder, knee, elbow, hand, foot and ankle.
- Develop fundamental knowledge about common ethical issues in the management of young athletes and their injuries.

At the end of a four week rotation, a student should be able to:

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- a. Demonstrate competency in history taking and physical examination skills in the injured athlete.
- b. Demonstrate knowledge of operating room safety.
- c. Demonstrate familiarity with continuous monitoring and care of a patient undergoing surgical procedures
- d. Demonstrate competency including assessment of injuries to the spine, shoulder girdle, elbow, wrist, hand, hip, knee, ankle/foot.
- e. Demonstrate knowledge of indications for non-operative and operative intervention of sports injuries.

### III. Rotation Design

The majority of the Orthopedic Sports Medicine rotation occurs in the hospital setting in the operating room, in the physician's office(s), in physical therapy clinics and at sporting events.

### IV. Credits

4 week course = 4 credit hours

### V. Suggested Textbook and References

The medical Student should check with coordinator of actual rotation for any additional specific text requirements.

- a. Miller, M, et.al., *DeLee & Drez's Orthopedic Sports Medicine: Principles and Practices: Expert Consult*, 2009, Elsevier.
- b. Online access to the American Orthopedic Society of Sports Medicine: <http://www.sportsmed.org/>.
- c. Starkey C, et.al., *Orthopedic and Athletic Injury Examination Handbook* 2<sup>nd</sup> ed., 2009

### VI. Course Grading/Requirements for Successful Completion of the Orthopedic 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.