

OUTPATIENT ORTHOPEDICS

INTRODUCTION:

Primary care physicians commonly see musculoskeletal disorders first, therefore it is important for an internist to acquire skills in outpatient orthopedics. During this two-week outpatient rotation, the resident will learn to recognize and manage common orthopedic problems and recognize orthopedic manifestations of systemic disease. The resident will also learn the criteria for referring a patient to an orthopedic surgeon.

EDUCATIONAL GOALS AND OBJECTIVES:

Patient Care

The resident will interact with patients and evaluate the presenting problem, formulate an appropriate diagnostic and therapeutic plan and discuss with the attending physician.

The various diagnostic and treatment modalities used by Drs. Patchett, Ackerson and their associates will expand the resident's sophistication in dealing with musculoskeletal disorders.

By the end of this rotation, R2 residents should be able to:

- ✓ Prioritize patient problems
- ✓ Prioritize a day of work
- ✓ Monitor and follow up on patients appropriately
- ✓ Demonstrate caring and respectful behaviors with patients and families
- ✓ Gather essential, accurate information in interviews and physical exams, and review other data
- ✓ Know indications, contraindications, & some risks of some invasive procedures
- ✓ Perform some invasive procedures
- ✓ Provide services aimed at prevention and/or maintenance of health
- ✓ Work with all health care professionals to provide patient –focused care.
- ✓ Understand and weigh alternatives for diagnosis and treatment
- ✓ Uses diagnostic procedures and therapies appropriately
- ✓ Elicit subtle findings on physical examination
- ✓ Obtain a precise, logical and efficient history
- ✓ Interpret results of procedures appropriately
- ✓ Manage multiple problems simultaneously
- ✓ Develop and carry out management plans
- ✓ Consider patient preferences when making medical decisions
- ✓ Triage patients to an appropriate location

In addition to those listed above, R3 residents should be able to:

- ✓ Reason well in ambiguous situations
- ✓ Spend time appropriate to the complexity of the problem

Medical Knowledge

The resident is expected to understand the pathophysiology of disorders seen in the following broad categories:

- Low Back Pain
- Shoulder Pain
- Hip Pain
- Wrist and Hand Pain
- Foot and Ankle Pain

By the end of this rotation, R2 residents should be able to:

- ✓ Demonstrate knowledge of basic and clinical sciences.
- ✓ Apply knowledge to therapy
- ✓ Recognize indications, contraindications and risks of commonly used medications and procedures
- ✓ Demonstrate and apply knowledge of epidemiologic and social behavioral sciences to the care of the patient

In addition to those listed above, R3 residents should be able to:

- ✓ Demonstrate an investigatory and analytic approach to clinical situations

Practice-based Learning

Residents must be able to investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their patient care practices. Residents are expected to:

- analyze practice experience and perform practice-based improvement activities using a systematic methodology
- locate, appraise, and assimilate evidence from scientific studies related to their patients' health problems
- obtain and use information about their own population of patients and the larger population from which their patients are drawn
- apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness
- use information technology to manage information, access on-line medical information; and support their own education
- facilitate the learning of students and other health care professionals

By the end of this rotation, R2 residents should be able to:

- ✓ Understand his or her limitations of knowledge
- ✓ Ask for help when needed
- ✓ Acquire knowledge through self motivation
- ✓ Use computerized sources of results and information to enhance patient care.
- ✓ Accept feedback and develops self-improvement plans
- ✓ Undertake self evaluation with insight
- ✓ Facilitate the learning of students and other health care professionals

In addition to those listed above, R3 residents should be able to:

- ✓ Analyze personal practice patterns systematically and strive to improve.
- ✓ Compare personal practice patterns to larger populations
- ✓ Locate, appraise and assimilate scientific literature appropriate to specialty
- ✓ Apply knowledge of study

Interpersonal and Communication Skills

Residents must be able to demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, their patients families, and professional associates. Residents are expected to:

- create and sustain a therapeutic and ethically sound relationship with patients
- use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills
- work effectively with others as a member or leader of a health care team or other professional group

By the end of this rotation, R2 and R3 residents should be able to:

- ✓ Write pertinent and organized notes
- ✓ Document timely and legible medical records
- ✓ Use effective listening, narrative and non-verbal skills to elicit and provide information.
- ✓ Work effectively as a member of the health care team
- ✓ Create and sustain therapeutic and ethically sound relationships with patient and families
- ✓ Provide education and counseling to patients, families and colleagues
- ✓ Discuss end of life care with patients/families

Professionalism

Residents must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population. Residents are expected to:

- demonstrate respect, compassion, and integrity; a responsiveness to the needs of patients and society that supersedes self-interest; accountability to patients,

society and the profession; and a commitment to excellence and on-going professional development

- demonstrate a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and business practices
- demonstrate sensitivity and responsiveness to patients' culture, age, gender, and disabilities

By the end of this rotation, R2 and R3 residents should be able to:

- ✓ Establish trust with patients and staff
- ✓ Treats all patients (does not refuse to treat a patient)
- ✓ Shows regard for opinions and skills of colleagues
- ✓ Demonstrates respect, compassion and integrity
- ✓ Responds to the needs of patients and society, which supersedes self interest
- ✓ Display initiative and leadership
- ✓ Delegate responsibility to others
- ✓ Demonstrate commitment to on-going professional development
- ✓ Demonstrate commitment to ethical principals pertaining to the provision or withholding of care, patient confidentiality, and informed consent and business practices
- ✓ Demonstrate sensitivity to patient culture, gender, age, preferences and disabilities
- ✓ Acknowledge errors and works to minimize them

Systems-based Practice

Residents must demonstrate an awareness of and responsiveness to the larger context and system of health care and the ability to effectively call on system resources to provide care that is of optimal value. Residents are expected to:

- understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice
- know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources
- practice cost-effective health care and resource allocation that does not compromise quality of care
- advocate for quality patient care and assist patients in dealing with system complexities
- know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance

By the end of this rotation, R2 residents should be able to:

- ✓ Advocate for patients
- ✓ Demonstrate constructive skepticism

- ✓ Advocate for high quality patient care and assists patients in dealing with system complexity
- ✓ Apply knowledge of how to partner with other health care providers to assess, coordinate and improve patient care
- ✓ Use systematic approaches to reduce errors
- ✓ Participate in developing ways to improve systems of practice and health management

In addition to those listed above, R3 residents should be able to:

- ✓ Demonstrate ability to adapt to change
- ✓ Provide cost effective care
- ✓ Understand how individual practices affect other health care professionals, organizations and society
- ✓ Demonstrate knowledge of types of medical practice and delivery systems
- ✓ Practice effective allocation of health care resources

IMPLEMENTATION:

- Residents will interact directly with the attending physician and discuss patient management and problems
- Residents will participate in orthopedic procedures when appropriate.
- Residents will have the opportunity to observe orthopedic surgery when appropriate

EVALUATION:

- Faculty will personally evaluate the resident for competence in Patient Care, Medical Knowledge, Practice-based Learning, Communication Skills, Professionalism and Systems-based Practice. Resident performance will be discussed during and at the end of the rotation.