Rotation Description
During this 2 week rotation, PGY 2 residents will: enhance their skills in evaluation, diagnosis and management of patients with athletic/activity related medical issues/injuries seen in the outpatient setting; enhance their knowledge of the principles of injury prevention; enhance their understanding of the physician’s role in caring for a sports team; enhance their skills in the application of and indications for splints and casts, and learn when and how to provide appropriate and timely referral of patients with sports medicine related problems for specialized care.

Residents will work directly with Family physicians board certified in Sports Medicine, Orthopedic Surgeons, Certified Athletic Trainers and Physical Therapists. Having completed this rotation, residents in the PGY 3 year will subsequently participate as Team Physician with the Family Medicine Faculty and Certified Athletic Trainers at the local High Schools for 2 football games and utilize the skills and knowledge obtained during the rotation.

Goals and Objectives:

Patient Care
1. Cares for acutely ill patients presenting with sports related injuries in urgent and emergent situations in all settings
   a. Appropriately manages patients with athletic/activity related medical issues/injuries.
   b. Show skills in the interpretation of radiological studies performed on patients with athletic/activity related medical issues/injuries.

2. Cares for patients with chronic conditions seen in primary care
   a. Demonstrate skills in the ability to perform pre-participation physicals
   b. Improve understanding of the role of other health care professionals in the care of patients with athletic/activity related medical issues/injuries.

3. Acquires the skills to perform appropriate procedures under supervision
   a. Enhance understanding of the risks and benefits of joint injections/aspiration, as well as show skills in performing these procedures.
   b. Demonstrate skill in the ability to perform splinting of sprains and casting of fractures.

Medical Knowledge
1. Use appropriate resources (Sports Medicine textbooks, UpToDate, etc.) to expand medical knowledge and answer patient care questions.
2. Utilize the sports medicine faculty to improve knowledge of the natural history of common sports related problems, risks and benefits of interventions and expected outcomes for procedures.
3. Has sufficient medical knowledge to practice sports medicine in a primary care setting as a FM resident.
   a. Appropriately uses, performs and interprets diagnostic tests and procedures.

4. Applies critical thinking skills in patient care in athletes
   a. Understands the differential diagnosis, diagnostic approach (including history, physical exam, laboratory and imaging assessments, and clinical reasoning) and management of patients with common diagnosis including
      i. Preparticipation Physicals
      ii. Field Experience and Sports Injuries: Initial Assessment
      iii. Medical, Nutrition and Drug Issues in Sports
      iv. Head Trauma/Concussion Evaluation
      v. Upper Extremity Injuries, including bone, joint and soft tissue
      vi. Lower Extremity Injuries, including bone, joint and soft tissue
      vii. Management and Rehabilitation of sports related injuries

5. Understands the psychosocial impact of physical injuries on the athlete.

Interpersonal and Communication Skills
1. Develops meaningful, therapeutic relationships with patients and families
   a. Creates a non-judgemental and safe environment for patients
   b. Respects patients autonomy in their health care decisions
   c. Effectively communicate risks associated with continued participation to injured athletes, their family and their coaches
2. Demonstrates effective communication with patients, families, and the healthcare team
   a. Engages patients perspective in shared decision making
   b. Appropriately negotiate a treatment plan
3. Effectively communicates and works collaboratively with all staff, including resident physicians, attending physicians, specialists and hospital personnel in a way that fosters mutual respect and effective patient care.
   a. Provide explanations of sports medicine related conditions, treatments, anticipatory guidance and prognosis to the patients and families at their level of understanding while maintaining a therapeutic and ethically sound relationship with patients and their families.

Practice-Based Learning and Improvement
1. Locates, appraises, and assimilates evidence from scientific studies related to the patients’ health problems
   a. Utilizes the best evidence in caring for patients with or at risk for sports related injuries.
   b. Critically evaluates information from others, including colleagues, experts, certified athletic trainers, patients
   c. Formulates a searchable question from a clinical scenario
   d. Learn how to critically evaluate literature about sports medicine.
2. Demonstrates self-directed learning
   a. Uses information technology to manage and retrieve information about sports medicine and support own education.
   b. Uses feedback to improve learning and performance
   c. Applies medical knowledge learned in the sports clinic and on the field to their own continuity patients and disseminate the learned information to others to facilitate learning.

Professionalism
1. Completes a process of professionalization
   a. Demonstrates a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to diversity when dealing with patients.
   b. Dress appropriately and maintain good personal hygiene in accordance with hospital policy
2. Maintains emotional, physical, and mental health; and pursues continual personal and professional growth
   a. Maintain patient privacy adhering to standards set forth by HIPAA.
   b. Recognizes fatigue, sleep deprivation and impairment
   c. Maintain a caring, professional demeanor when communicating with athletes, parents and coaches.
3. Demonstrates professional conduct, accountability and good work habits
   a. Demonstrate ability to work collaboratively with physicians, nurses and other staff in the various sports medicine venues.
   b. Recognizes the importance of timeliness, efficiency, and punctuality.
4. Demonstrates humanism and cultural proficiency
   a. Recognizes impact of culture on health and health behaviors
   b. Consistently demonstrates compassion, respect and empathy.
   c. Shows sensitivity and responsiveness to patients’ and families’ culture, race, gender, sexual orientation, age, socioeconomic status and physical or mental disabilities.

Systems-Based Practice
1. Emphasizes patient safety for pts with sports medicine conditions
   a. Verifies patient identification with at least 2 identifiers
   b. Recognizes the mechanisms that result in medical errors
   c. Observe the systems utilized to communicate with other health care professionals to provide safe care for the patient with athletic/activity related medical issues/injuries.
   d. Understand the role of Emergency Medical Services in the care of the acutely injured athlete.
2. Provides cost-conscious medical care
   a. Demonstrates an awareness of and responsiveness to the larger context and system of health care
3. Coordinates team based care  
a. Appropriately utilizes consultation and referrals to specialists in the management and co-management of sports related conditions or concerns.  
b. Develop an understanding of the systems of care utilized in the sports medicine clinics

Syllabus:

I. Core Curriculum
   a. Preparticipation Physicals  
      i. Local High Schools  
      ii. Didactic Lecture and Videos  
      iii. Reading Materials - *The Preparticipation Athletic Evaluation*
   b. Field Experience and Sports Injuries: Initial Assessment  
      i. Didactic Lecture and Videos  
      ii. Reading Materials - *Sports Injuries; Emergency Assessment and Field-side Care*;  
      iii. High School Games – PGY 3
   c. Medical, Nutrition and Drug Issues in Sports  
      i. Reading Materials - *Ergogenic Aids: Counseling the Athlete; Common Dermatologic Problems in Athletes; Managing Hypertension in Athletes and Physically Active Patients; Health Concerns of Female Athletes: A lifespan Approach*
   d. Head Trauma/Concussion Evaluation  
      ii. High School Games – PGY 3
   e. Upper Extremity Injuries  
      ii. Physical Exam/Workshop and Videos  
      iii. High School Games – PGY 3
   f. Lower Extremity Injuries  
      i. Reading Materials – *Patients with Knee Pain Part 1: Hx, PE, Radiographs and Tests; Patients with Knee Pain Part 2: Differential Dx; Iliotibial Band Syndrome: A Common Source of*
Knee Pain; Update on Ankle Sprains; The 12-Point Ankle Examination; Plantar Fasciitis
ii. Physical Exam/Workshop and Videos
iii. High School Games – PGY 3

g. Management and Rehabilitation of Injuries
   i. Physical Therapy
   ii. Casting and Splinting

II. Workshops
   a. Splinting and Casting – PGY 2
      i. Reading Materials
      ii. Dr Faerber and Associates in the Dept of Orthopedics
   
b. Joint Injections
      i. Family Medicine Clinic
      ii. Dr Faerber and Associates in the Dept of Orthopedics
      iii. Reading Materials – Diagnostic and Therapeutic Injections of the Shoulder Region; Diagnostic and Therapeutic Injections of the Elbow Region; Diagnostic and Therapeutic Injections of the Wrist and Hand Region; Diagnostic and Therapeutic Injections of the Hip and Knee; Diagnostic and Therapeutic Injections of the Ankle and Foot
   
c. Physical Therapy
      i. RCRMC
   
d. Field Experience
      i. Didactic Lecture – Certified Athletic Trainer
      ii. High School Games
         1. 2 Football Games/Events required in PGY 3 year
      iii. Preparticipation Physicals
         1. Local High Schools

III. Rotational Experience: See Goals and Objectives for Schedule
   a. 2 week Block: PGY 2
      i. Individual 2 week rotation
   b. Field Experience: PGY 3
      i. Sports Medicine Game Coverage: 2 football games
TABLE OF CONTENTS: Reading Materials

1. Preparticipation Evaluation of the Athlete – power point slides
2. The Athletic Preparticipation Evaluation: Cardiovascular Assessment - Article (Quiz)
3. Sports Injuries: Emergency Assessment and Field-side Care - Article
5. Ergogenic Aids: Counseling the Athlete – Article (Quiz)
6. Common Dermatologic Problems in Athletes – Article (Quiz)
7. Managing Hypertension in Athletes and Physically Active Patients - Article
8. The Painful Shoulder: Part 1 – Clinical Evaluation - Article (Quiz)
9. The Painful Shoulder: Part 2 – Acute and Chronic Disorders – Article (Quiz)
10. Diagnostic and Therapeutic Injection of the Shoulder Region - Article
11. Shoulder Exam Workshop and Information
12. Evaluation of Elbow Pain in Adults - Article (Quiz)
13. Management of Tennis Elbow - Article
14. Diagnostic and Therapeutic Injections of the Elbow Region - Article
15. Elbow Exam Workshop and Information
17. Hand and Wrist Injuries Part II: Emergent Evaluation – Article (Quiz)
20. Diagnostic and Therapeutic Injection of the Wrist and Hand Region - Article
21. Wrist and Hand Exam Workshop and Information
22. Evaluation of Patients with Knee Pain Part I: History and PE - Article
23. Evaluation of Patients with Knee Pain Part II: Differential Diagnosis – Article (Quiz)
24. Iliotibial Band Syndrome: A Common Source of Knee Pain – Article
25. Diagnostic and Therapeutic Injections of the Hip and Knee - Article
26. Knee Exam Workshop and Information
27. Update on Ankle Sprains – Article (Quiz)
28. The 12-Point Ankle Examination - Article
29. Diagnosis and Treatment of Plantar Fasciitis - Article
30. Diagnostic and Therapeutic Injection of the Ankle and Foot - Article
31. Splints and Casts: Indications and Methods
32. Casting and Splinting Workshop and Information
Assessment:
1. Assessment by the Sports Medicine Physician and Certified Athletic Trainer on a daily basis through direct observation
2. Formal evaluation at the completion of the rotation by Dr Aguilera

Other Reading Assignments
1. Sport Injury Management (Marcia Anderson, S.Hall and M. Martin)
2. Essentials of Musculoskeletal Care (Robert Snider, MD) 4th Edition
4. The Musculoskeletal Manual (Jacob Birnbaum, MD) 2nd Edition
5. www.clinicalkey.com
6. www.aafp.org

Block/Week Schedule: PGY-2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM: 7:30am–12:30pm 7117 Brockton Ave, #103 Riverside, CA</td>
<td>AM: FCC</td>
<td>AM: 7:30am–12:30pm 7117 Brockton Ave, #103 Riverside, CA</td>
<td>AM: FCC</td>
<td>AM: 7:30am–12:30pm 7117 Brockton Ave, #103 Riverside, CA</td>
</tr>
<tr>
<td>PM: 1:30 – 5pm RCRMC Ortho Cast Rm</td>
<td>PM: FCC</td>
<td>PM: 1:30 – 5pm Cal Baptist University</td>
<td>PM: Didactic Lectures</td>
<td>PM: 1:30 – 5pm RCRMC Ortho Cast Room</td>
</tr>
</tbody>
</table>

Sports Medicine Clinic
7117 Brockton Ave., #103 Riverside, CA
Jim Clover 909-641-1711