

SPORTS MEDICINE SELECTIVE

This selective is open to junior and senior residents for 2 or 4 week rotations. The purpose of this selective is to provide a concentrated exposure to children with common sports related disorders. The rotation is an outpatient rotation during which time there is no call or weekend responsibilities. The resident should contact Dr. Holly Benjamin before the beginning of the rotation to discuss specific expectations and schedules.

Residents are required to attend and be active participants in all required clinics in the DCAM and the student care center; to promptly evaluate patients and present to the attendings with their assessment and plans. The residents are expected to also work with physical therapists, cast technicians, athletic trainers and orthopedic surgeons to enhance this experience.

Rarely, residents are required to complete consultations on hospitalized patients thoroughly so that they are prepared to present and discuss the patients on rounds with the attending. Residents are required to follow the consult patients and communicate recommendations to the inpatient team.

Goals, Objectives and Resident Responsibilities of the Sports Medicine Selective for both junior and senior resident physicians:

Patient Care: Residents are expected to provide patient care that is compassionate, appropriate and effective for the promotion of health, prevention of illness, treatment of disease, and

- Practice Physical diagnosis skills related to the musculoskeletal system
- Gather accurate, essential information from all sources, including medical interviews, physical examinations, medical records and diagnostic/therapeutic procedures
- Make informed recommendations about preventive, diagnostic and therapeutic options and interventions that are based on clinical judgment, scientific evidence, and patient preference
- Develop, negotiate and implement effective patient management plans and integration of patient care

Medical Knowledge: Residents are expected to demonstrate knowledge of established and evolving biomedical, clinical and social sciences, and the application of their knowledge to patient care and the education of patients and their families. To that end, the resident should apply an open-minded, analytical approach to acquiring new knowledge, access and critically evaluate current medical information and scientific evidence, and apply this knowledge to clinical problem-solving, clinical decision-making, and critical thinking. Specifically, for this selective, the resident should

- Review the basic anatomy of the musculoskeletal exam
- Recognize the common sports injuries in children and adolescents and how to diagnose them
- Identify the indications for imaging in the management of sports injury
- Recognize when and when not to refer a child to a musculoskeletal disease/sports medicine specialist and when to refer an injury for surgical intervention

- Be prepared to discuss the following topics:
 - “Clearance” after injury to play sports (limb, joint, eye, head)
 - Stress fractures
 - Osgood-Schlatter disease
 - Guidelines for children with Down Syndrome and sports
 - Guidelines for children with seizures and sports
 - Symptoms of heat related illness
 - Weight gain and loss in athletics
 - Performance enhancing drugs

Practice-Based Learning and Improvement: Residents are expected to be able to use scientific evidence and methods to investigate, evaluate, and improve patient care practices, and

- Identify areas for improvement and implement strategies to enhance knowledge, skills, attitudes and processes of care, particularly integrating health care into school sports
- Analyze and evaluate practice experiences and implement strategies to continually improve the quality of patient practice
- Develop and maintain a willingness to learn from errors and use errors to improve the system or processes of care
- Use information technology or other available methodologies to access and manage information, support patient care decisions and enhance both patient and physician education

Interpersonal and Communication Skills: Residents are expected to demonstrate interpersonal and communication skills that enable them to establish and maintain professional relationships with patients, families, and other members of health care teams, and

- Provide effective and professional consultation to other physicians and health care professionals and sustain therapeutic and ethically sound professional relationships with patients, their families, and colleagues
- Use effective listening, nonverbal, questioning, and narrative skills to communicate with patients and families
- Interact with referring physicians in a respectful, appropriate manner
- Maintain comprehensive, timely, and legible medical records
- Complete evaluations of the attending, staff and rotation
- Learn to give appropriate guidance including discussions of health promotion and disease prevention as it relates to participation in sports activities

Professionalism: Residents are expected to demonstrate behaviors that reflect a commitment to continuous professional development, ethical practice, an understanding and sensitivity to diversity and a responsible attitude toward their patients, their profession and society, and

- Demonstrate respect, compassion, integrity, and altruism in relationships with patients, families, and colleagues

- Demonstrate sensitivity and responsiveness to the gender, age, culture, religion, sexual preference, socioeconomic status, beliefs, behaviors and disabilities of patients and professional colleagues
- Adhere to principles of confidentiality, scientific/academic integrity, and informed consent

Systems-Based Practice: Residents are expected to demonstrate both an understanding of the contexts and systems in which health care is provided, and the ability to apply this knowledge to improve and optimize health care, and

- Understand the limitations and opportunities inherent in various practice types and delivery systems, and develop strategies to optimize care for the individual patient
- Apply evidence-based, cost-conscious strategies to prevention, diagnosis and disease management
- Collaborate with other members of the health care team to assist patients in dealing effectively with complex systems and to improve systematic processes of care
- Identify the community resources available to children with special needs