

Outpatient Sports Medicine – PGY-2

Goal: To develop the knowledge, skills and attitudes to provide and coordinate musculoskeletal care and medical care of the athlete as a Family Physician.

Objectives:

Patient Care

- I. Provide compassionate, competent and comprehensive sports medicine care in an outpatient setting.**
 1. Perform an appropriate musculoskeletal history and physical examination including gathering appropriate data and ordering appropriate diagnostic tests.
 2. Develop an appropriate differential diagnosis for musculoskeletal conditions seen in the outpatient setting.
 3. Perform an appropriate musculoskeletal / neurologic exam to assess the need for further testing/ referral.
 4. Recognize which conditions can be treated in the primary care office, which need to be referred to specialty care.
 5. Recognize when to refer patients to sports medicine, orthopedic surgery or physical therapy, and which conditions need rapid follow up.
- II. Counsel patients on common orthopedic treatments.**
 1. Identify and communicate risks and benefits of operative, medical and physical therapy treatments.
- III. Assess and manage common chronic musculoskeletal condition seen in the chronically ill outpatient and initiate treatment.**
 1. Develop an appropriate differential diagnosis for various types of chronic pain patients and develop an appropriate therapeutic plan involving physical therapy, medical and surgical therapies.

Medical Knowledge

- I. Demonstrate a commitment to acquiring the knowledge needed for independent evaluation and management of sports medicine conditions.**
 1. Demonstrate correct interpretation of bone x-rays.
 2. Demonstrate correct interpretation of x-ray, CT and MRI reports.
 3. Demonstrate correct use concussion evaluation tools.

Interpersonal and Communication Skills

- I. Demonstrate effective interpersonal skills with patients, families, and medical staff.**
 1. Communicate with patients in a respectful, culturally sensitive manner, with attention to confidentiality and health literacy.
 2. Present patients to attendings concisely, sharing relevant information in an organized fashion.
 3. Communicate and work collaboratively with staff, consultants, and other healthcare providers to sustain an environment fostering a team-based approach to patient care.
 4. Write complete, accurate, well-organized notes that reflect a synthesis of relevant information.

Professionalism

- I. Carry out responsibilities reliably, timely, and confidentiality and showing respect for patients and other healthcare workers.**
 1. Maintain appropriate appearance and behavior during interactions with patients, staff and colleagues.
 2. Identify limits of one's own medical knowledge and appropriately seek assistance when needed.
 3. Complete assigned duties (including accurate and timely completion of charting) in a timely manner.

System-Based Practice

- I. Be aware of the role of health care systems, and utilize resources in a manner that provides optimal care for patients with sports medicine problems.**
 1. Order medications, diagnostic testing and referrals in a manner that reflects the provision of cost-conscious care.
 2. Recognize and identify the role and scope of practice of family physicians, sports medicine specialists, and orthopedic surgery in treating patient with acute and chronic sports medicine conditions.

Practice Based Learning and Improvement

- I. Continually assess knowledge and patient care practices and utilize information to stimulate self-directed learning.**
 1. Identify sources of information and guidelines pertaining to sports medicine care.
 2. Formulate and answer clinical questions using evidence-based resources.
 3. Remain receptive to preceptor feedback and integrate feedback into clinical practice.