

**The University of New Mexico Department of
Orthopaedics and Rehabilitation**

Sports Medicine Fellowship Program



**Handbook
Of
Goals and Objectives**

Orthopaedics Mission Statement - Sports Medicine

The mission of the orthopaedic sports medicine fellowship is to provide the foundation for a lifetime of learning and practice of orthopaedic sports medicine, and to produce graduates who exemplify the highest ideals of our profession. It is our purpose to excel in clinical service, education, and research while maintaining the highest ethical standards, providing compassionate healthcare services, and contributing toward improvement of the healthcare delivery system.

Orthopaedic Department Mission, Vision, and Core Values

Mission

The mission of our department is to achieve excellence in health care provider education and musculoskeletal research.

Vision

It is our goal to provide our patients with the most advanced general and subspecialty orthopaedic care available through the partnership of education and research.

Core Values

Our core values are to:

1. Provide and improve patient care in the treatment of injuries, diseases, tumors and musculoskeletal developmental problems;
2. Enhance and strengthen undergraduate and postgraduate medical education for medical students, residents, fellows, physical therapists, plaster-brace technicians, emergency care medical technicians, and other allied health personnel; and
3. Conduct and report research activities in the investigation of medical, surgical and physical problems involving musculoskeletal, neuromuscular, muscular-tendon and associated structures.

Program Description

Message from the Sports Medicine Fellowship Program Director



Thank you for your inquiry about our one-year accredited Sports Medicine fellowship program at the University of New Mexico Department of Orthopaedics and Rehabilitation. We have one twelve-month, RRC-accredited fellowship position available every August 1. The next available fellowship is in August of 2015. Completion of an approved orthopaedic surgery residency training program is required.

The UNM Division of Sports Medicine is comprised of 4 full time subspecialty certified sports medicine orthopaedic surgeons and 1 shoulder & elbow surgeon with 3 CAQ certified primary care sports medicine physicians. The Sports Medicine Division is a busy clinical service seeing over 2000 patients yearly at the OSIS Sports Medicine Clinic and the General Orthopaedic Clinic. Pediatric sports medicine injuries are seen weekly at the Carrie Tingley Children's Orthopaedic Clinics. Additionally, the fellow will be intimately involved with the care the Division provides for more than 600 Division 1 athletes at the University of New Mexico training room as well as assisting in high school and professional event coverage. On average the fellows will perform about 500 surgical procedures during their fellowship. The program will provide the fellow with the broadest possible exposure to diagnosis, treatment (operative and non-operative), and rehabilitation of athletes of all ages.

-Dan Wascher, MD

Goals and Objectives

- Appendix I contains, in table format, the six core competencies as defined by the ACGME as well as the required skills for each competency, example components, teaching and evaluation methods which will be used by the program. With the ACGME switch to the Next Accreditation System, there will be Milestones set for Sports Medicine Fellows, which can be found at the end of this guidebook.

Goals:

- To learn the discipline of sports medicine and obtain CAQ certification.
- To be exposed to the surgical and arthroscopic anatomy unique to this discipline
- To develop advanced differential diagnostic skills
- To learn advanced radiologic interpretive techniques
- To develop proficiency in open and arthroscopic surgery in the treatment of sports medicine injuries and conditions
- To be knowledgeable in primary care conditions that affect athletes and impact athletic performance
- To learn the skills necessary to plan for and to provide team physician coverage in athletic events

Objectives:

Patient Care

- Delivery of patient care that is compassionate and respectful, particularly in the context of athletic participation
- Development of interview skills that are accurate, complete, and include issues relevant to sports medicine
- Develop and carry out patient care management plans that include other medical disciplines, especially primary care sports medicine
- Be able to counsel and educate patients, families, trainers and coaches to be familiar with available resources
- Be familiar with risk factors associated with athletic injuries and preventative health measures (eg. Training, stretching, nutrition)

- Be able to work cooperatively with athletes, trainers and coaches which is essential to the management of sports medicine injuries

Medical Knowledge

- Be able to integrate knowledge of the basic science of ligaments, muscles and tendons (including molecular biology, biomechanics, pharmacology) with clinical care
- Have a thorough understanding of sports medicine injuries and be able to develop a differential diagnosis for athletes with injuries
- Understand the principles of non-operative and operative care in the management of sports injuries

Practice Based Learning and Improvement

- Apply the Principles of Evidence-Based Medicine to the evaluation, treatment, and prognosis of patients with athletic injuries
- Organize and lead the sports medicine session of Journal Club and participate in the weekly sports medicine conference
- Actively participate in the process of educating patients, trainers, coaches and families about issues relating to sports medicine

Interpersonal and Communication Skills

- Demonstrate ability to communicate effectively with patients, families, coaches and trainers including the use of effective listening skills, across the spectrum of sports, diagnoses, and degrees of complexity unique to sports medicine

Professionalism

- Demonstrate professional behavior that is respectful, altruistic, ethically sound, and sensitive to patient dignity

Systems-Based Practice

- Understand the role of sports medicine, and orthopaedic surgery in general, in the context of the larger system
- Demonstrate a working knowledge of the medical delivery system
- Practice cost effective care. Be able to demonstrate an appropriate cost effective work-up of a patient with an athletic injury
- Advocate for patients within the health care system and the athletic department

Specific Learning Objectives

- Demonstrate knowledge of the basic science aspects of ligaments and muscle-tendon injuries
- Demonstrate proficiency in musculoskeletal anatomy including arthroscopic anatomy
- Take an appropriate history and perform an adequate physical examination for patients with a sports injury
- Demonstrate proficiency in reading imaging studies, especially MRI of the shoulder and knee
- Develop an appropriate differential diagnosis for athletic injuries
- Describe an appropriate patient work-up for injuries to the knee, shoulder, elbow and ankle
- Outline the operative and non-operative management of patients with athletic injuries
- Identify and describe patterns of injury for knee and shoulder sports medicine conditions
- Demonstrate an understanding of the unique nature of the pediatric athlete and how it affects diagnosis, treatment, and sports participation
- Understand the concepts of ligament repair/reconstruction, tendon repair and articular cartilage repair strategies
- Demonstrate an understanding of the biological principles for rehabilitation for non-operative and operative sports injuries
- Demonstrate proficiency with complex open surgical procedures of the knee and shoulder
- Demonstrate proficiency with routine and advanced knee and shoulder arthroscopic surgery
- Demonstrate proficiency with routine elbow, ankle, and hip arthroscopic procedures
- Understand the complex interaction between patient, physician, trainer and coach in the care of the injured athlete
- Develop proficiency in the planning and execution of on-field management of sporting events

- Be able to critically analyze the literature regarding sports medicine topics

Learning Resources

In order to accomplish the above stated goals and objectives, the following methods will be used to educate the fellows:

- **Basic Sciences:** Basic science of orthopaedic sports medicine is part of the curriculum as follows:
 - A weekly sports medicine didactic conference includes basic science related to all areas of sports medicine (see Appendix II)
 - Fellows will attend and participate in Grand Round topics and the orthopaedic resident lecture series on sports medicine topics
 - A reading list of selected journal articles on basic science topics is provided to the fellows at the beginning of the year and will be discussed at the weekly didactic conferences
 - A monthly journal club will include current research on basic science topics related to sports medicine
- **Clinical Topics:** The curriculum will cover all areas of clinical orthopaedic sports medicine and also include primary care topics. Conferences will be attended by the orthopaedic and primary care sports medicine faculty as well as musculoskeletal radiologists and adjunct faculty as appropriate for the topic being discussed. Clinical topics will be covered in the fellow curriculum and through fellow participation in the resident curriculum Wednesday morning and evening.
- **Lifelong Learning:** An environment of inquiry will be supported through all levels of the training program. The concepts of practice-based learning and improvement, including Evidence Based Medicine, will be taught and emphasized across the spectrum from learning through patient care in an effort to facilitate development of an attitude of perpetual learning. This involves critical review of literature and application to practice.
- **Research:** Fellows will be introduced to research methodology early in the year. Fellows will be expected to participate in meaningful research projects during the year. Protected time for research is provided to all fellows during their weekly schedule. Prior to graduation, each fellow is expected to complete a research project which will be presented in June at the Alumni Conference. Faculty will provide guidance and support. Sources of funding for research support are available for projects of sufficient scope.
- **Patient Care:** Faculty will ensure that appropriate, effective, current, skilled, compassionate care is provided to all patients as well as the promotion of healthy behavior. Fellows will be given progressive responsibility for the care of patients under the supervision of the faculty. The fellowship is a scholarly apprenticeship with emphasis on patient care for practical education, motivation, and applicability.

- **Interpersonal and Communication Skills:** Fellows will be exposed to a curriculum and environment that teaches and stimulates the effective exchange of information among health care professionals as a functional team and during the interaction between the physician and the patient, family, and other health professionals.
- **Professionalism and Ethics:** Faculty and fellows will maintain an environment of professionalism including behavior expected of professionals and adherence to ethical principles and sensitivity to a diverse patient population including Native Americans. Fellows will abide by the guides of Professionalism as provided in the GME handbook.
- **Systems-Based Practice:** Faculty and fellows will encourage an environment of learning and patient care that considers the overall context of health care delivery in the greater societal paradigm that is of optimal value.
- **Working Environment:** Fellows will work in an environment that emphasizes an appropriate balance between the demands of patient care, the value of hands-on learning, and the potential risk of medical errors. Fellows will be expected to work within the guidelines of the 80 hour work week. Fellows and faculty will be expected to understand and practice the principles of an effective work environment.
- **Evaluative Process:** Faculty and fellows will work within an educational framework that facilitates multiple and frequent modes of evaluation and utilizes the evaluative process in an effort to continually improve the educational and patient care process. A Performance Review will be conducted every 6 months during the fellowship.

Fellow Clinical Responsibilities

The primary responsibility of the sports medicine fellows is the efficient and effective operation of the orthopaedic sports medicine service at University of New Mexico Hospital and the University of New Mexico Training Room. In order to accomplish these responsibilities, the fellow has the following job description:

- The fellow must coordinate clinical coverage with the chief resident on the sports medicine rotation. They should ensure adequate balance of exposure to evaluating and treating patients in the clinic as well as providing surgical treatment in the operating room. On average, fellows will spend 4 half-days a week in the clinic and 5 half-days a week in the operating room. One half-day a week is reserved for scholarly activities.
- The fellows are expected to attend the Monday and Thursday evening clinics at the UNM Training Room.
- The fellows are expected to participate in team physician coverage of athletic events at UNM and within the Albuquerque community.
- The fellows are expected to attend the weekly Tuesday morning Sports Medicine Conference and to have read the articles related to the topic of discussion for that week.
- The fellows will attend the monthly Journal Club in conjunction with the fellowship program at New Mexico Orthopaedics Association (NMOA).
- The fellows will attend the monthly primary care sports medicine conference.
- The fellows will attend the Wednesday morning resident lectures that cover sports medicine topics.
- The fellows will attend the Wednesday evening motor skills sessions that cover sports medicine topics.
- Periodically the fellows will be asked to assist in the didactic teaching of residents, medical students and allied health professionals in areas of sports medicine. This may include lectures, anatomy dissections, motor skills labs, etc.
- The fellows will attend the weekly orthopaedic Grand Rounds as well as the Friday morning pre-op teaching conference. The pre-op conference provides a schedule of upcoming surgeries. Some required surgeries might not always be present on a normal sports medicine rotation (such as elbow work) and it is imperative you find out when they are being performed so you can arrange to be on those cases.
- The fellows are expected to take the Sports Medicine Fellowship examination administered by the AOSSM. The fellowship program will cover the cost of this examination.

- The fellow should communicate daily with the sports medicine faculty. It is the responsibility of the fellow to know upcoming surgical cases and they should assist the residents in pre-op planning and executing a treatment plan.
- The fellow should establish a spirit of cooperation and mutual support among the fellows, and be willing to support their problems in discussion with the faculty.

Criteria for Completion: The fellow should show evidence of mature judgment in the approach to evaluating and treating routine and complex orthopaedic sports medicine problems. The fellow should also exhibit a good understanding of primary care issues affecting athletes and developing strategies for referring to the appropriate specialists. Sound decisions should be based on well-grounded principles. The ability to act singly or in conjunction with others should have been accumulated at the time of annual review by the staff. The fellow should perform within the Department of Orthopaedics standards. The fellow should possess all of the necessary attributes that would qualify her/him for successful completion of the sub-specialty examination in orthopaedics sports medicine administered by the American Board of Orthopaedic Surgeons.

Policies and Procedure

Most of our policies and procedures are located in the Policies and Procedures section of this manual. Policies governed by Graduate Medical Education can be found in the Houseofficers Handbook, which is also available online at http://hsc.unm.edu/som/gme/handbook/intro_houseoffcrs.shtml

Referral Calls From Physicians

It is the policy of the Department of Orthopaedics to accept all in-patient transfers and out-patient referrals.

Supervision of Fellows

All patient care is supervised by qualified faculty. The program director ensures, directs, and documents adequate supervision of fellows at all times. Fellows are provided with rapid, reliable systems for communicating with supervising faculty.

Faculty schedules are structured to provide fellows with continuous supervision and consultation.

Faculty and fellows are educated to recognize the signs of fatigue and have policies to prevent and counteract the potential negative effects. The policy and educational material is available in this orientation manual and the fellowship coordinator's office.

Policies Regarding Clinical Responsibilities, Graduated Levels of Supervision, and Criteria for Promotion

Curriculum guidelines for the fellowship are provided as a separate document. It is the fellow's responsibility to occasionally review these and insure that the stated objectives are being met.

Specific goals and objectives for the fellowship are attached as separate documents (see Appendix III). It is the fellow's responsibility to review these to insure that the stated objectives are being met.

Journal Club

Journal Club will be held monthly in conjunction with the sports medicine fellowship at New Mexico Orthopaedics. It is the responsibility of the fellows to discuss with the fellowship director appropriate current articles for the journal club. It is the fellow's responsibility to distribute these articles to the faculty. In general, articles will be chosen from the current issues of the Journal of Bone and Joint Surgery, and The American Journal of Sports Medicine and Arthroscopy. The overriding goal of Journal Club will be to critically evaluate the articles using sound principles of Evidence Based Medicine.

Sports Medicine Fellowship Examination

It is mandatory for the fellow to take the Sports Medicine Fellowship Examination. The examination is an important guide for preparation for the Certificate of Added Qualification exam at the end of the fellowship. The examination will also provide important information to the fellowship director about how the curriculum is meeting the goals of educating the fellows in the various areas of sports medicine.

Orthopaedic Department Security

Weekdays

The front and back doors to the department should be locked from 5:00 p.m. in the evening until 7:15 a.m. in the morning (unless there is an early morning conference when the front door is opened at 7:00 a.m.). Your ID card will provide access to the department outside of these hours.

Weekend

The front and back doors to the department should remain locked from 5:00 p.m., Friday evening until 7:15 a.m., Monday morning.

Holidays

The front and back doors to the department should remain locked at all times unless a receptionist is present at the front desk.

Appendix I
UNM SPORTS MEDICINE COMPETENCIES/MILESTONES

Competency	Required Skill	Example Components	Teaching Methods	Evaluation Methods
<u>Patient Care</u>	Caring and Respectful Behavior	Patient care that is sensitive to each patient's age, gender, cultural, economic, and social circumstances	Observation of and/or supervision by faculty during outpatient clinics; A dedicated Ethics curriculum	Patient satisfaction survey; 360 Global rating; Ongoing faculty feedback/evaluation
	Interviewing	Gather essential and accurate information about the patient	Observation of and/or supervision by faculty during outpatient clinics	Checklist; 360 Global rating; Ongoing faculty feedback/evaluation; Patient satisfaction survey
	Informed Decision-making	Synthesize clinical history, physical findings, laboratory results and current scientific evidence to decide on correct diagnosis and treatment plan	Observation of and/or supervision by faculty during outpatient clinics; Indications conference; Didactic teaching; Assigned reading	Checklist; 360 Global rating
	Develop and Carry out Patient Care Management Plans	Provide a written action plan for management of acute and chronic orthopaedic problems	Observation of and/or supervision by faculty during outpatient clinics; Patient directed literature conference; Grand Rounds	Checklist; 360 Global Rating
	Counsel and Educate Patients and Families	Provide information necessary to understand illness and treatment	Observation of and/or supervision by faculty during	Patient satisfaction survey; Checklist; 360 Global rating

			outpatient clinics	
	Perform Medical Procedures	Perform routine physical examination Perform Appropriate diagnostic/therapeutic procedures	Observation of and/or supervision by faculty during outpatient clinics; Grand Rounds (clinical conference) Observation of and/or supervision by faculty during outpatient clinics; Surgery clinics; Grand Rounds (clinical conference); Assigned textbook reading	Checklist; Ongoing faculty feedback/evaluation Self-assessment checklist; 360 Global rating; Procedure case logs; Documented proficiency requirements; Operative assessment tool

Competency	Required Skill	Example Components	Teaching Methods	Evaluation Methods
Medical Knowledge	Preventative Health Services	Provide information about Osteoporosis, bone health, injury prevention	Supervision of and/or feedback by faculty during outpatient clinics; Grand Rounds; Didactic lectures	Procedure case logs; Portfolio; 360 Global Rating
	Work Within a Team		Supervision of and feedback by faculty during outpatient clinics; Interactions with other healthcare professionals; Evidence-based Journal Club;	360 Global rating; Self-assessment checklist; BAT CAVE

			Patient-directed literature review	
<u>Medical Knowledge</u>	Investigatory and analytical thinking	Actively participate in designing and implementing basic or clinical research projects	Didactic lectures; Journal Club	360 Global rating; Portfolio (research)
	Knowledge and Application of Basic Sciences	Critically evaluate and use current medical information and scientific evidence for patient care	Didactic lectures; Assigned reading; Journal Club	360 Global rating
<u>Practice Based Learning and Improvement</u>	Analyzes own practice for needed improvement	Experience to recognize strengths, weaknesses, and limits to knowledge and expertise	Supervision of and feedback by faculty during outpatient clinics and OR	Self-assessment checklist; 360 Global rating
	Use of Evidence from Scientific Studies	Locating, appraising, and assimilating evidence from scientific studies related to patient health problems	Evidence-based medicine lectures	Portfolio (research)
	Application of Research and Statistical Methods	Critically review published medical literature related to patient problems	Evidence-based medicine lectures	Portfolio (research)
	Use of Information Technology	Use information technology to manage information, access on-line medical information and support own education	Training in the use of on-line medical record system; Accessibility to on-line medical searches; Journal Club	360 Global rating; Case logs; Portfolio
	Facilitating	Actively	Supervision of	360 Global

	Learning of Others	participate in the education of patients, families, rotating students and fellows	and feedback by faculty during outpatient clinics; Grand Rounds; Didactic conferences	rating; Self-assessment checklist; Portfolio
<u>Interpersonal and Communication Skills</u>	Creation of Therapeutic Relationship with Patients	Communicate effectively with patients & families to create and sustain an appropriate professional relationship	Supervision and feedback by faculty during outpatient clinics; Narrative medicine workshops; Ethics curriculum	Patient satisfaction survey; 360 Global rating
	Listening Skills	Enabling patients to be comfortable asking questions about skin problem and treatment	Supervision of and feedback by faculty during outpatient clinics	Patient satisfaction survey; 360 Global rating; Self-assessment checklist

Competency	Required Skill	Example Components	Teaching Methods	Evaluation Methods
<u>Professionalism</u>	Respectful; Altruistic	Demonstrate respect, compassion, and integrity; Responsive to patients needs	Supervision of and feedback by faculty during outpatient clinics; Ethics curriculum	Patient satisfaction survey; 360 Global rating; Self-assessment checklist
	Ethically Sound Practice	Demonstrate a commitment to ethical principles pertaining to confidentiality of patient information, informed consent, conflict of interest, and business practices	Supervision of and feedback by faculty during outpatient clinics; HIPAA training; Ethics curriculum;	360 Global rating; Patient satisfaction survey; Portfolio; Web-based curriculum/exam
	Sensitive to Cultural, Age,	Demonstrate respect for the	Supervision of and feedback by	360 Global rating; Patient

	Gender, and Disability Issues	dignity of patients and colleagues including culture, age, gender, and disabilities	faculty during outpatient clinics; Didactic lectures; Narrative medicine workshops	satisfaction survey; Portfolios
<u>Systems-Based Practice</u>	Understand Interaction of their Practices with the Larger System	Work effectively in various health care delivery settings and systems	Supervision of and feedback by faculty during outpatient clinics	360 Global rating; Portfolios
	Knowledge of Practice and Delivery Systems	Know how types of medical and delivery systems differ from one another, including methods of controlling health care costs and allocating resources	Didactic lectures; Supervision of and feedback by faculty during outpatient clinics	Portfolios; Self-assessment checklist; Quality Assurance Project
	Practice Cost Effective Care	Know the relative costs of procedures and treatments; ask patients how they pay for medications	Didactic lectures; Supervision of and feedback by faculty during outpatient clinics	CORD standardized direct observational tool; 360 Global rating
	Advocate for Patients within the Health Care System	Advocate for quality patient care and assist in dealing with system complexities	Supervision of and feedback by faculty during outpatient clinics	360 Global rating; Patient satisfaction survey; Portfolios; Quality Assurance Project

**Appendix II
SCHEDULE**

WEDNESDAY MORNINGS

7:30 – 8:30 A.M.(1st W Only)MORBILITY AND MORTALITY

7:30 – 8:30 A.M. GRAND ROUNDS

9:00 – 12:00 P.M. DIDACTIC SESSION
(when involving sports medicine topics)

THURSDAY MORNINGS

7:00 – 8:00 A.M. SPORTS MEDICINE CONFERENCE (At OSIS)

WEDNESDAY EVENINGS

1ST WEEK PRIMARY CARE SPORTS MEDICINE CONFERENCE

4TH WEEK JOURNAL CLUB (Located at NMOA)

FRIDAY MORNING

7:15 – 8:15 A.M. PRE-OPERATIVE CONFERENCE

Appendix V

Sports Medicine Objectives

Faculty: Robert Schenck, MD
 Gehron Treme, MD
 Andrew Veitch, MD
 Daniel Wascher, MD

Clinical Schedule:

Rotation #1

***** PLEASE NOTE THAT THE SCHEDULE BELOW IS A PLACEHOLDER TO BE UPDATED BY AUGUST 1st*****

Monday		Tuesday		Wednesday		Thursday		Friday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Clinic GT/DW	Clinic GT/DW	OR GT/DW	OR GT/DW	OR GT/DW	OR GT/DW	Clinic DW	Clinic GT	GOC DW Or OR GT	Research

Rotation #2

Monday		Tuesday		Wednesday		Thursday		Friday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
OR AV/RS	OR AV/RS	Clinic AV	Clinic RS	Research	OR Or CTH AV	OR AV/RS	OR AV/RS	Clinic Av/RS	GOC AV/RS

Fellows will switch rotation every 3 months

In order to improve the operative elbow experience, fellows will be excused from sports medicine clinical duties to assist in elbow cases performed by Dr. Benson and Dr. Mercer.