

WVU Primary Care Sports Medicine Fellowship Final Skills and Competencies

At the end of fellowship training, the fellow will be able to demonstrate the following skills and competencies

Competency 1: Patient Care:

Fellows must be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health.

Fellows are expected to:

Perform pre-participation evaluations and physical exams on orthopedic patients.

Initially they should review the evaluation in detail with the preceptor until adequate experience is achieved.

Provide guidance to patients who inquire about starting an exercise program

Evaluate patients with sports-related injuries and provide treatment and a rehabilitation plan appropriate for that patient.

Competency 2: Medical Knowledge:

Fellows must demonstrate knowledge of established and evolving biomedical, clinical, epidemiological and social-behavioral sciences, as well as the application of this knowledge to patient care.

Fellows are expected to:

Use anatomy texts and models of the knee and shoulder to learn the detailed anatomy of those joints, and attend workshops to identify aspiration and injection techniques.

Become aware of the specific questions which should be asked of those who experience sports-related injuries.

Understand principles of the musculoskeletal exam, with attention to specific tests for specific injuries and joints.

Learn to order and interpret appropriate x-rays for specific sports injuries.

Learn the indications for more extensive imaging such as MRI/CT and bone scan for sports injuries.

Diagnose and treat regional pain syndromes with attention to causation by sports involvement.

Consider nutritional aspects of sports related activities.

Learn to evaluate and triage on-field sports injuries.

Understand the different issues involved for specific types of athletes, specifically the pre-adolescent, adolescent, female, elderly, physically-challenged, and recreational athletes.

Identify signs of steroid abuse and use of other performance drugs.

Learn the basics of casting and splinting of sports related injuries primarily in the orthopedic office, but on the sideline as well.

Competency 3: Practice Based Learning and Improvement:

Fellows must demonstrate the ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and life-long learning.

Fellows are expected to:

Develop skills and habits to be able to meet the following goals:

- identify strengths, deficiencies, and limits in one's knowledge and expertise;
- set learning and improvement goals;
- identify and perform appropriate learning activities;
- systematically analyze practice using quality improvement methods, and implement changes with the goal of practice improvement;
- incorporate formative evaluation feedback into daily practice;

Use standard evidence-based information such as head injury guidelines and Ottawa ankle rules to assess patient injuries and plan for return to play.

Keep current on changes in guidelines which may be published from time to time.

Competency 4: Interpersonal and Communication Skills:

Fellows must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals.

Residents are expected to:

Communicate with patients clearly and accurately regarding treatment of sports-related injuries, rehabilitation plans, and return to function.

Communicate with coaches, parents, and other involved authorities to optimize the rehabilitation plan for student sports injuries.

Competency 5: Professionalism:

Fellows must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles.

Fellows are expected to demonstrate:

The ability to resist pressure from coaches, parents, and similarly involved patient advocates when deciding appropriate return to play guidelines following a sports-related injury.

Ethical behavior by refusing to become involved with supplying of performance enhancing drugs.

Competency 6: Systems-Based Practice:

Fellows must demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care.

Fellows are expected to:

Refer patients with sports-related injuries to appropriate orthopedic surgery specialist, physical therapist, athletic trainer, occupational therapist, or medical subspecialist as needed.

Assess which injuries may be readily cared for by a non-operative physician versus which injuries require specialty referral.