

625M Primary Care Sports Medicine

External students must obtain approval from course coordinator prior to enrollment.

This rotation is not accepting international students.

This course is only available to 4th year students.

Course Description: Introduces students to the field of primary care sports medicine. The diagnosis and management of musculoskeletal injuries as well as other medical needs of athletes will be covered via multiple clinical settings, including outpatient clinics, training rooms, and athletic venues.

Department: Family Medicine

Prerequisites: UCI students and extramural students must be in their final year of undergraduate medical education.

Restrictions: External students must obtain approval from course coordinator prior to enrollment.

Elective Director: Brian Y Kim, MD MS. Department of Family Medicine, 101 The City Drive, Building 200, suite 512 Route 81, Orange, CA 92868. (714) 456-5171, kimby@uci.edu

Course Website: None

Location/Time to Report on First Day: Contact site coordinator

Site Coordinator: Jacqueline Osegueda, UC Irvine Medical Center, Department of Family Medicine, Building 200, Suite 835, Orange, CA 92868, (714) 456-6381, oseguedj@uci.edu

Site: UC Irvine Gottschalk Medical Plaza, Orthopaedic Specialty Institute, UC Irvine Crawford Hall (Athletics), UC Irvine Physical Therapy, community physical therapists, multiple sporting events (depending on time of year)

Periods Available: all scheduling will be subject to pre-approval by course director

Duration: 4 weeks or 2 weeks (priority goes to 4 week rotations)

Number of Students: One student per rotation

Scheduling Coordinator: UC Irvine students please email comsched@uci.edu or call (714) 456-8462 to make a scheduling appointment. Please read the following information carefully. Any student enrolled at a U.S. LCME medical school will use VSAS to apply. To apply please refer to this website <http://www.aamc.org/programs/vsas/>.

Course Objectives: At the end of this rotation the student will:

- Acquire an understanding of the most common diagnoses seen by sportsmedicine physicians.
- Refine history-taking skills for both focused and complete examinations.
- Refine examination skills for both focused and complete examinations.

- Organize and verbally present relevant clinical information regarding sports medicine injuries and disease.
- Organize and produce relevant written SOAP notes and histories regarding sports medicine injuries and disease.
- Appropriately communicate clinical information to patients regarding the diagnosis and management of sports medicine injuries and preventive care.
- Develop appropriate differential diagnoses and treatment plans for common sports medicine problems.
- Improve clinical reasoning skills.
- Search the medical literature for evidence-based patient-specific information related to sports medicine injuries and disease
- Identify the impact of age and sex on the prevalence of musculoskeletal injury and illness in athletes.
- Improve time management skills.
- Experience the lifestyle and routine of a sports medicine physician.
- Continue personal growth and development of professional, ethical, and altruistic behaviors and attitudes.
- Develop an awareness of the current health care environment with emphasis on insurance plans and health care costs.
- Appreciate the effect of social factors and cultural and health beliefs on patient health and illness.

Key Topics:

- Musculoskeletal history-taking & physical exam
- Sports event medical coverage
- Sports Medicine literature review
- Concept of primary care in sports medicine
- Interaction with physician extenders in sports medicine (ex. PT, ATC, etc...)
- Independent sports medicine project

Competencies:

- Acute injury history-taking
- Musculoskeletal physical exam
- Literature review
- Communication with the athletic patient
- Adaptation of the practice of sports medicine in multiple office settings
- Recognition of the athlete as a whole patient

Attitudes and Commitments:

- Sensitivity to an athlete's goals in the setting of injury and recovery.
- Every patient and athlete is unique, which brings special challenges to each encounter beyond the obvious medical issues.
- A physician need not know everything, but should strive to discover or recognize what is important in every case.
- Recognize your strengths and limitations. Know when to ask for help.
- Every doctor-patient relationship is a partnership based on trust, respect and concern for the patient's welfare.
- Be committed to lifelong learning and ongoing development of your professional behavior.

Educational Activities:

- Primary Care Sports Medicine Clinics:
 - Dr. Kim at Gottschalk Medical Plaza
 - Dr. Kruse at Orthopaedic Specialty Institute
 - Dr. Kroner at Gottschalk Medical Plaza
- Orthopaedic Surgery, Sports Medicine Clinic:
 - Dr. Shepard at Orthopedic Specialty Institute
- Academic half-days: Opportunity to work on independent project, case studies, required reading, literature review
- Athletic Training Rooms
 - Depending on schedule and season, students may be asked to accompany Dr. Kim or Dr. Kruse to the UC Irvine intercollegiate athletic training room for athlete evaluations. They will also have the opportunity to follow an injured athlete, via the training room, through the course of their treatment and recovery.
- Independent Study Project – a one page sports medicine topic synopsis
- Physical Therapy: shadow physical therapy patient evaluations with Kyle Sarton, DPT (Gottschalk Medical Plaza) and/or other community physical therapists

What Students Should do to Prepare for the Rotation: Review musculoskeletal anatomy and exam.

Clinical Responsibilities of the Student: UC Irvine Sports Medicine (Gottschalk Medical Plaza), Orthopaedic Specialty Institute clinics, Long Beach Memorial Sports Medicine, UCI training room, Community training rooms, UCI Physical Therapy, community physical therapy, various event coverage sites

Patient Care Responsibilities: Ortho/MSK scheduled patients and the subsequent evaluation and intervention in clinic. Athletes scheduled in the training room or sideline setting.

Call Schedule of the Student: There is no call schedule for this rotation

Procedures to be Learned by the Student: Potential procedures include joint injections, soft tissue injections, minor skin procedures, radiological interpretation, MSK ultrasound evaluation, biomechanical analysis, fitting and dispensing durable medical equipment.

Percentage of Time Student will Participate in Ambulatory Setting: 90%

Conference/Lecture/Small Group Sessions:

- Sports Medicine Event Coverage
- Sports Medicine Lecture Series
- Joint Exam – Shoulder
- Joint Exam – Knee
- Joint Exam – Ankle
- Joint Exam – Elbow
- Sports Ultrasound Training

Course Hours Summary

2/wk	Case Based
25/wk	Patient-Care Activities
5/wk	Preceptorship (PT)
8/wk	Didactics/US Training
40	Total/Week (+/- 3hrs/wk event coverage)

Content Theme Integration:

- Communication skills
- Community Health
- Evaluation of Health Research Literature
- Evidence Based Medicine
- Nutrition
- Pain Management
- Patient-Health Education
- Preventive & Health Maintenance

Required Reading:

- Prior independent study projects
- Prepared collection of relevant sports medicine articles

Optional Reading/References:

- Puffer J. *20 Common Problems in Sports Medicine*
- Thompson JC. *Netter's Concise Orthopaedic Anatomy*. 2nd Edition
- Bracker MD. *The 5-Minute Sports Medicine Consult*. 2nd Edition
- Bianchi & Martinoli. *Ultrasound of the Musculoskeletal System*.
- Jacobson JA. *Fundamentals of Musculoskeletal Ultrasound*. 2nd Edition.

Official Grading Policy: The student will receive a grade of Honors, Pass or Fail. The student's final grade will be submitted on the standard UC Irvine elective form. Students will meet with course director to assess course activities and discuss student performance. The student will be evaluated by preceptors in the areas of knowledge, skills, and attitude. If the student fails the elective a grade of "F" will be permanently recorded on his/her transcript. The student can repeat the course for a second grade, however, the "F" will not be removed from the transcript.