

**SPORT MEDICINE FELLOWSHIP PROGRAM- Emergency track
MCGILL UNIVERSITY**

Sport Medicine Fellowship Program Directors:

Penny-Jane Baylis, MBBS, CCFP, Dip Sport Med. (penny-jane.baylis@mcgill.ca)

J.Scott Delaney MDCM, FRCPC, FACEP, CSPQ (j.delaney@mcgill.ca)

Address: McGill Sport Medicine Clinic
475 Pine Avenue West
Montreal, Quebec
Canada
H2W 1S4
Tel.: 514.398.7007
Fax: 514.398.4035

Type of Fellowship:

One-year clinical fellowship program for graduates of a recognized Emergency Medicine residency program.

Introduction:

- The year will be divided between McGill University Sport Medicine Clinic, including sport event coverage (80% of the training), and MUHC affiliated (20% of the training).

Goals and Objectives:

1. Enhance knowledge and skills in a set of injuries, patients and issues seen commonly in both an Emergency Medicine and Sport Medicine practice.
2. Provide basic knowledge of sport and exercise medicine
3. Teach the knowledge and skills necessary to perform as team physician including sport profiling, pre-participation examination, implementation of prevention strategies and event coverage.
4. Acquire knowledge and experience to be an expert in musculoskeletal, sport and exercise medicine.

Educational Program:

Curriculum Rotations (1 block = 4 weeks. Total 13 blocks = 52 weeks)

The curriculum is divided to longitudinal block rotation and horizontal rotations.

Longitudinal Block Rotations:

- McGill Sport Medicine clinics (8 blocks)
- Rheumatology consults and clinics (1 block)
- Orthopedic Trauma at The MGH (1 block)
- MSK radiology (2 weeks)
- Plastic surgery, hand clinics (2 weeks)
- Pediatric orthopedics (1 block)

- Elective (1 block)

Horizontal rotation:

- 3 to 4 shifts per block at McGill University Emergency Departments to function as a junior staff.
- Research
- Event converge

Vacation: 1 block or 4 weeks taken as 0.25 block per block throughout the year

Fellow Duties and Responsibilities:

- Fellow is on-site or first call during sporting events to triage and guide the therapist covering that event (if needed, fellow then can consult team physician)
- Help teach sport medicine to residents, medical students and military physician assistants rotating monthly through the Sport Medicine Clinic (teaching by real case discussion and small group format).
- As skill and experience develops, the fellow is encouraged to review cases with resident and students.
- Expected to give a relevant presentation at one or two sport medicine rounds (mandatory attendance for students and fellows)
- Coordinates the weekly resident and student schedule (fixed monthly schedule of clinics)
- Be available to present didactic lectures within the Department of Family Medicine, Athletics, and Physical and Occupational Therapy.
- Help develop educational materials for course, rotations, and patient education Learning Outcomes
- Acquire the knowledge and develop the skills to consistently, proficiently and confidently diagnose, prevent and treat musculoskeletal injuries encountered by athletes of all age groups
- Acquire the knowledge and develop the skills to consistently, proficiently and confidently diagnose, prevent and treat medical conditions encountered by athletes of all age groups (hypertension, obesity, osteoporosis, osteoarthritis, diabetes, atherosclerosis, and depression)
- Acquire the knowledge and develop the skills to consistently, proficiently and confidently prescribe physical activity to athletes of all ages
- Practice a team oriented, empathetic, and ethical approach to sport medicine
- Complete the Canadian Academy of Sport and Exercise Medicine (CASEM) exam (yearly Sport and Exercise Medicine Diploma Exam)

Specific Objectives:

A- Medical Expert and Clinical Decision-maker

The Fellow is expected to be able to:

- Obtain a history that is accurate, pertinent and concise for the nature of the problem

- Perform physical examination and detailed orthopedic examination
- Create an appropriate differential diagnosis and arrange proper diagnostic imaging
- Understand the mechanisms of injury and the associated injuries that must be excluded
- Complete the following procedures and understanding their indications, contraindications, and complications:
 - Reduction of fracture dislocations
 - Joints aspiration and injections
 - Also demonstrate an understanding of the medications used for joint infiltrations including indications, contraindications, complications
- Demonstrate an approach to interpreting the following radiologic interventions:
 - C-spine x-ray and CT C-spine
 - Shoulder and pelvic x-rays
 - Hand and ankle x-rays
 - Long bone and thoracolumbar x-rays
- The Fellow is expected to understand when to appropriately involve an orthopedic surgeon, and be able to understand the difference in epidemiology and management for adult Vs pediatric sport related injuries
- Demonstrate knowledge in:
 - Concussion symptoms, management, and prevention
 - Common ligamentous injuries and their mechanism of injury and rehabilitation
 - Muscle strains and injuries
 - Female athlete specific issues and injuries
 - Overuse injuries

B- Communicator

The Fellow is expected to demonstrate effective communication skills by his/her ability to:

- Work harmoniously within the team including medical students, residents, physiotherapists, athletic therapists and coaches
- Formulate a clear plan of action and convey information to other colleagues
- Deliver information to patient and families in a sensitive manner using the appropriate vocabulary for their understanding of the situatio.
- Liaise effectively with the other health care providers and transfer of information and summarize the evidence to allow for better consultation and follow-up on the cases
- Write legible and pertinent documentation enabling another professional to access the information about the case
- Provide clear and constructive written feedback to the referring physicians

C- Collaborator

The Fellow is expected to be able to:

- Act as a leader in sport medicine events and coverage
- Effectively collaborate with all the consulting services required for the management of an athletic injuries

D- Manager

The Fellow should understand and be able to apply in their practice:

- Principles of large event coverage
- Cost effective use of investigative tools and therapeutic modalities including complementary and alternative therapies and procedures
- Effective time management for patient care and lifestyle balance

E- Health Advocate

The fellow should be able to:

- Identify and advise on risk factors for prevention of injury including issues specific to gender, age and return to activity
- Counsel athletes on the risks and side effects of performance enhancing drugs and substance abuse

F- Scholar

Fellow should be able to:

- Incorporate evidence-based decision making in caring for sport medicine patients
- Critically evaluate information and its sources, and apply this appropriately to practice decisions
- Teach and supervise patients, students, colleagues and other healthcare professionals
- Write the CASEM Sport and Exercise Medicine Diploma Exam

G- Professional

Fellows must demonstrate:

- A commitment to carrying out professional responsibilities and an adherence to ethical principles
- The ability to resist pressure from coaches, parents, and similarly involved patient advocates when deciding appropriate return to play guidelines following a sport related injury

Evaluation Process:

The fellows will be evaluated monthly by sport medicine clinic staff or other staff during “off service” rotations according to the monthly evaluation sheet. A monthly meeting with the fellowship director(s) and the fellow will take place to review the monthly evaluation.

A 6-month evaluation will also occur to discuss the overall progress, improvements and any areas of deficiencies which should be addressed in the final 6 months. The program director(s) will tabulate the evaluations from the first six blocks and adapt this for the global assessment form. The structure will be based on CanMED main domains with a descriptive section for major strengths, and substantial weakness the fellow should work on to improve. At the end of the academic year, the same global assessment form will be filled again by the program director(s) and would include the final cumulative monthly evaluations, description of the fellow’s clinical knowledge, strengths and what he/she will need to improve on in their future career.

Academic Facilities:

- Full access to the McGill library is available online at both major teaching sites and small library at the McGill Sport Medicine Clinic
- Extensive list of useful websites related to sport medicine provided

Funding:

The year should be self-funded by the fellow but some money may be available through the Edmond Ricard endowment fund.

Sport Medicine Staff:

- Penny-Jane Baylis, MBBS, CCFP, Dip Sport Med., Family Medicine
- Eileen Bridges MD, CCFP, Dip. Sport Med.
- Mark Burman MDCM, FRCSC, Orthopedic Surgeon
- Monica Cermignani MDCM, FRCPC, Dip. Sport Med., Emergency Medicine
- J. Scott Delaney MDCM, FRCPC, FACEP, Emergency Medicine
- Bill Doulas, MD, CCFP, Family Medicine
- Fany Fallenbaum pht, MD, CCFP, Family Medicine
- Vincent Lacroix, MDCM, CCFP, Dip Sport Med.
- Paul Martineau MDCM, FRCSC, Orthopaedic Surgery
- Mohan Radhakrishna MD, FRCPC, Dip. Sport Med., Physiatrist
- Kathryn Sun MDCM, CCFP, Dip. Sport Med., Family Medicine
- Monica Volesky MDCM, FRCSC, Orthopaedic Surgeon