SPORTS MEDICINE FELLOWSHIP PROGRAMME
MCGILL UNIVERSITY
The Edmond Ricard Primary Care Sports Medicine Fellowship Programme

http://www.mcgill.ca/familymed/education/enhancedskillsprograms/spomed

Program Director
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Type of Fellowship:
- one year clinical fellowship program

Program
- two positions
- year will be divided between
  McGill University Sports Medicine Clinic including sport event coverage (80% of the training)
  MUHC affiliated (20% of the training)
- enhances residency training by increasing knowledge and skill in a set of injuries and issues seen commonly in family medicine practice

Background
- instituted in 1993 by Dr. Mulder, Dr. Lenczner, and Dr. Lacroix (first fellow of programme)
- serves McGill students and staff, McGill alumni, and community
- for physicians interested in the study of primary care medicine as it relates to sports and a healthy lifestyle
- exposure to a wide variety of disciplines: exercise physiology, biomechanics, internal medicine, nutrition, psychology, and special populations, physical therapy, athletic therapy, osteopathy, massotherapy
- teach a multidisciplinary approach
- opportunity to follow an athlete from injury through rehab to return to play ensuring continuity of care

Mission
- to optimize the knowledge and comfort of managing sports injuries
- to promote health and prevention of disease
- to contribute a healthy lifestyle
Curriculum

- longitudinal training (no blocks) based on a set clinical schedule
- case load includes acute and chronic musculoskeletal injuries (traumatic and overuse varieties), concussion in sport, special populations, preseason physical exams, complex cases like female athlete triad, medical conditions affecting sport participation (asthma, acute viral illnesses-mono, cardiac cases)
- monthly sports medicine rounds
- support towards continuing a weekly family medicine practice
- in the final third of the year, opportunity to attend other clinics/areas of interest pertinent to sports medicine
- expected to attend the Canadian Association of Sport Medicine (CASM) annual conference

Fellow Duties and Responsibilities

- fellow is first call during sporting events to triage and guide the therapist covering that event (if needed, fellow then can consult team doctor)
- help teach sports medicine to the Family Medicine residents and medical students rotating monthly through the Sports 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 on one or two sports 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 diagnose physical activity to athletes of all ages
- practice a team oriented, empathetic, and ethical approach to sports medicine
- complete the Canadian Association of Sport Medicine (CASM) exam (national standard offered yearly)
Academic Facilities

- full access to the McGill library is available online at both major teaching sites
- small library at the Sports Medicine Clinic
- extensive list of useful websites related to sports medicine provided

Sports Medicine Staff

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

Research Activities

- the fellow is expected to participate in any ongoing research activity
- if there is no ongoing research the fellow must complete a literature review and present the findings at the monthly sport medicine rounds

Publications


Papers in preparation for publication
