

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

Penny-Jane Baylis, MBBS, CCFP, Dip Sports Med
McGill Sport Medicine Clinic
475 Pine avenue West
Montreal, PQ, Canada, H2W 1S4
Tel.: 514.398.7007
Fax: 514.398.4035
email: penny-jane.baylis@mcgill.ca

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 pht, 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

1. Bloom GA , Loughead TM, Shapcott EJB, Johnston KM, & Delaney JS. The prevalence and recovery of concussed male and female collegiate athletes. *European Journal of Sport Science*, 2008;8(5): 295-303.
2. Delaney JS, Al-Kashmiri A, Drummond R, Correa JA. The effect of protective headgear on head injuries and concussions in adolescent football (soccer) players. *Br J Sports Med*. 2008;42(2): 110-5.
3. Brown, Rea A MD; Mascia, Anthony MD; Kinnear, Douglas G MD; Lacroix, Vincent MD; Feldman, Liane MD; Mulder, David S MD. An 18-Year Review of Sports Groin Injuries in the Elite Hockey Player: Clinical Presentation, New Diagnostic Imaging, Treatment, and Results. *Clinical Journal of Sport Medicine* 2008;18(3):221-6
4. Al-Kashmiri A, Delaney JS. Fatigue Fracture of the Proximal Fibula with Secondary Common Peroneal Nerve Injury. *Clin Orthop Relat Res*, 2007;463:225-228.
5. Al-Kashmiri A, Sun K, Delaney JS. Lateral Humeral Epicondyle Fracture Secondary to Avulsion of the Anconeus Muscle. *Clin J Sport Med*, 2007;17(5):408-409.
6. Shapcott EJ, Bloom GA, Johnston KM, Loughead TM, Delaney JS. The effects of explanatory style on concussion outcomes in sport. *NeuroRehabilitation*, 2007;22(3):161-7.
7. Al-Kashmiri, A, Delaney JS. Head and Neck injuries in football (soccer). *Trauma*, 2006; 8(3):189-95.
8. Delaney JS, Puni V, Rouah F. Mechanisms of concussions in football, ice hockey and soccer- a pilot study. *Clin J Sport Med*, 2006;16(2):162-5.

9. Delaney JS, Abuzeyad F, Correa JA, Foxford R. Recognition and characteristics of concussions in the emergency department population. *J Emerg Med*, 2005;29(2): 189-97.
10. Delaney JS, Frankovich R. Head Injuries and Concussions in Soccer- Discussion Paper. *Clin J Sport Med*, 2005; 15(4):216-19.
11. Delaney JS, Frankovich R. Head Injuries and Concussions in Soccer- Position paper. *Clin J Sport Med*, 2005; 15(4): p. 214-15.
12. Delaney JS, Montgomery DL. Effect of Noncustom Bimolar Mouthguards on Peak Ventilation in Ice Hockey Players. *Clin J Sport Med*, 2005; 15(3):154-57.
13. Delaney JS, Al-Kashmiri, A. Neck injuries presenting to emergency departments in the United States from 1990 to 1999 for ice hockey, soccer, and American football. *Br J Sports Med*, 2005;39(4);e21.
14. Delaney JS. Head injuries presenting to Emergency Departments in the United States from 1990 to 1999 for ice hockey, soccer and football. *Clin J Sport Med*, 2004;14(2);80-7.
15. Montgomery D, Stefik S, Delaney JS, Pearsall DJ, Turcotte RA. Does a bimolar mouthguard alter ventilation of hockey players? *Safety in Ice Hockey: Fourth Volume*, ASTM STP 1446, D.J. Pearsall and A.B. Ashare, Eds., ASTM International, West Conshocken , PA , 2004.
16. Hodges ANH, Delaney JS, Lecomte JL, Montgomery D. Effect of Hyperbaric Oxygen on Venous PO₂, Transcutaneous PO₂, and VO₂max in a Normobaric Environment. *Br J Sports Med*, 2003;37(6):516-20.
17. Germain G, Delaney J, Moore G, Lee P, Lacroix V, Montgomery D. Effect of hyperbaric oxygen therapy on exercise-induced muscle soreness. *Undersea Hyperb Med*. 2003 Summer; 30(2):135-45.
18. Delaney JS, Lacroix VJ, Leclerc S, Johnston KM. Concussions among university football and soccer players. *Clin J Sport Med*, 2002; 12(6): 331-8.
19. Marx RG, Delaney JS. Sideline orthopedic emergencies in the young athlete. *Pediatr Ann*, 2002; 31(1): 60-70.
20. Delaney JS, Drummond R. Mass casualties and triage at a sporting event. *Br J Sports Med*, 2002;36(2):85-8; discussion 88.
21. Delaney JS, Lacroix VJ, Antoniou J, Gagne C. Concussions among university football and soccer players- A pilot study. *Clin J Sport Med*, 2001 Oct; 11(4):234-40.
22. Leclerc S, Lassonde M, Delaney JS, Lacroix VJ, Johnston KM. Recommendations for grading of concussion in athletes. *Sports Med*, 2001; 31(8):629-36.
23. Delaney JS, Montgomery DL. The use of hyperbaric oxygen in sports. *The Physician and Sportsmedicine*, 2001;29(3):77-84
24. Irshad K, Feldman L., Lavoie C, Lacroix VJ, Mulder DS, Brown RA. Operative management of "hockey groin syndrome": 12 years of experience in National Hockey League players. *Surgery*, Volume 130, Number 4, 2001.
25. Delaney JS, Drummond R. Orbital emphysema: A condition which should not be missed. *The American Journal of Medicine and Sports*, 2000;2:246-49.
26. Delaney JS. A knee touch test (Clinical Pearls) *The Physician and Sportsmedicine*, 2000;28(2):20.

27. Delaney JS, Lacroix VJ, Leclerc S, Johnston KM. Concussions during the 1997 Canadian Football League season. *Clin J Sport Med*, 2000 Jan; 10(1):9-14.
28. Lacroix, V.J. A complete approach to groin pain. *The Physician and Sportsmedicine*, Volume 28, no. 1, pp. 14-28. January 2000.
29. McGavock JM, Lecomte JL, Delaney JS, Lacroix VJ, Hardy P, Montgomery DL. Effects of hyperbaric oxygen on aerobic performance in a normobaric environment. *Undersea Hyperb Med*, 1999 Winter; 26(4):219-24.
30. Lacroix, V.J. Exercise-induced asthma in sports. *The Physician and Sportsmedicine*, Volume 27, no. 12, pp. 75-92, 1999.
31. Montgomery, D., Goldberg, J., Amar, M., Lacroix, V.J., Lecomte, J., Lambert, J., Vanasse, M, and Marois, P. Effects of hyperbaric oxygen therapy on children with spastic diplegic cerebral palsy. *Journal of Undersea and Hyperbaric Medicine*, October, 1999.
32. Delaney JS, Drummond R. Has the time come for protective headgear for soccer. *Clin J Sport Med*, 1999 Jul; 9(3):121-3.
33. Delaney JS, Drummond R. Serious infections in sport. *The American Journal of Medicine and Sports*, 1999; 1(4):173-8.
34. Delaney JS. Cool earplug removal (Clinical Pearls). *The Physician and Sportsmedicine*, 1999; 27(6):37.
35. Delaney JS, Cross S, Piacentini M. Orbital emphysema in a collegiate basketball player. *Clin J Sport Med*, 1998 Oct; 8(4):310-2.
36. Lecomte, J.M., Lacroix, V.J., Montgomery, D.L. A randomized controlled trial of the effect of Naproxen on DOMS and muscle strength. *Clinical Journal of Sport Medicine*, Volume 8, 1998.
37. Lacroix, V.J., Kinnear, D.G., Mulder, D.S., and Brown, R.A. Lower abdominal pain syndrome in the National Hockey League Players: a report of eleven cases. *Clinical Journal of Sport Medicine*, Volume 8, No. 1, January 1998.
38. Behr MA, Drummond R, Libman MD, Delaney JS, Dylewski JS. Fever duration in hospitalized acute pyelonephritis patient. *Am J Med*, 1996 Sep; 101(3):277-80.

Papers in preparation for publication

1. Delaney JS, Puni V, Rouah F. Head and Neck Circumference as a predictor for concussions. (In Preparation - *Clin J Sport Med*)
2. Delaney JS, Al-Kashmiri A, Baylis PJ, Correa JA. The Assessment of Airway Maneuvers and Interventions in University Football, Ice Hockey and Soccer Players. (In Preparation - *Clin J Sport Med*).