



Internal Medicine – Rheumatology

Sites:

- [Jewish General Hospital](#)
- [MUHC: Montreal General Hospital](#)
- [MUHC: Royal Victoria Hospital \(Glen\)](#)
- [St. Mary’s Hospital](#)

Jewish General Hospital

Supervisor	Afentakis Pota	Telephone	(514) 340-8222, x 23476
		E-mail	pota.afentakis.ccomtl@ssss.gouv.qc.ca

Elective Description

The main objective of the rotation is to expose the student to a wide range of rheumatic disorders in order to improve skills in history taking, MSK exam and differential diagnosis as it applies to Rheumatology. There will be opportunity to attend general Rheumatology clinics as well as specialty clinics such as the Lupus Clinic, Vasculitis Clinic, Fibromyalgia Clinic, Scleroderma Clinic and Spondyloarthropathy Clinic, etc. Students will also have the opportunity to learn how to perform common technical procedures such as joint aspiration and injection, crystal analysis by polarizing microscopy and the can chose to spend some time in the Immunology Lab if desired. Students will also be expected to participate in the in-patient consultation service for Rheumatology at the hospital at which they are rotating. Emphasis will be given to performing a systematic MSK physical exam and tools such as the Patient-Partner Program will be utilized for this purpose (these are highly trained patients with different rheumatic conditions who assist students in the demonstration and performance of the MSK exam). Students will also participate in other regular clinical activities of the Division, including seminars, Journal Clubs, Radiology Rounds, etc.

Rheumatology is a classic medical sub-specialty in Internal Medicine. By the conclusion of this elective, students should be more comfortable with the overall approach to the rheumatic patient with an emphasis on improved skills in the MSK exam. Students should be better able to differentiate inflammatory from degenerative diseases, and with added exposure to interpretation of laboratory tests be able to generate differential diagnoses and management plans for patients suffering from a wide variety of rheumatic diseases. If a student wishes, it may be possible to pursue a clinical research project, although more time may be required for this.



Undergraduate Medical Education Elective

Educational Objectives

The overall objective for rotators or electives in Adult Rheumatology is to increase knowledge of diseases with musculoskeletal manifestations and to perfect clinical history taking and physical exam skills necessary to deal with MSK problems.

The trainee is expected to:

Medical Expert:

- Be able to elicit, present, and document a history and physical exam that is relevant and appropriate to the MSK system.
- Be able to provide a reasonable approach to the differential diagnosis, work up and management of a variety of rheumatic scenarios including:
 - Mono and polyarthritis
 - The patient with joint pain and skin rash
 - Spinal pain
 - Muscle pain and / or weakness
 - The patient with localized or diffuse soft tissue rheumatic pain
 - Patients with fever and joint pain
 - Patients with localized or diffuse bone pain
 - The osteoporotic patient
- Demonstrate an understanding of the pathophysiology, clinical manifestations and approach to management of the following disease categories:
 - RA (Rheumatoid Arthritis)
 - Spondyloarthropathies (A.S., Reactive Arteritis, Psoriatic Arteritis, I.B.D.)
 - SLE and related connective tissue diseases (Sjogren's, MCTD, Scleroderma)
 - Vasculitic syndromes
 - Crystal associated arthritides (Gout, Pseudo-gout)
 - Osteoarthritis (OA) and Degenerative Disc Disease
 - Infectious Arthritis
 - MSK manifestations of Systemic Diseases (Endocrine, Dialysis)
 - Metabolic Bone Disease (OP, Pagets)
 - Soft Tissue Rheumatism (Fibromyalgia, Tendonitis, Bursitis)
- Demonstrate the appropriate use of lab tests in diagnosis and monitoring of disease activity:
 - Immunological tests (auto antibodies)
 - Acute Phase Reactants (ESR, CRP)
 - Synovial fluid analysis (Polarizing microscopy)



- Gain knowledge and expertise in the principles of joint aspiration and injection as a diagnostic and therapeutic tool.
- Understand the use of radiological techniques (plain x ray, ultrasound, C.T., MRI, and Bone Scintigraphy) used in the Rheumatic Diseases.
- Improve skills at basic radiological interpretation to assist in diagnosis and management of rheumatic diseases.

Communicator:

- Be able to communicate effectively with patients and their families regarding their medical condition. Specifically, to be able to communicate to patients and their families the implications of dealing with a chronic disease.
- Demonstrate effective verbal and written communication skills during case presentations to staff and peers.

Collaborator:

- Be able to identify the need to and benefit of consulting the physicians and health care professionals (e.g. physical and occupational therapists, social workers) to assist in the comprehensive care of rheumatic disease patients.
- Be able to contribute effectively as a consultant for patients with rheumatic diseases either as in or outpatients.

Manager:

- Be able to use Information Technology to optimize patient care.
- Be able to use Health Care Resources cost efficiently.
- Be able to work efficiently and effectively.

Health Advocate:

- Be able to identify important determinants of health that may affect the burden of illness and disability that arise from chronic rheumatic diseases. For example, counselling of patients on the issues of exercise, obesity, smoking, nutrition and psychosocial intervention as deemed appropriate for an individual patient.
- Advocate for the patient regarding appropriate access to care.

Scholar:

- Be able to critically appraise sources of medical information
- Recognize and identify gaps in knowledge and expertise, and formulate a plan to fill that gap by:



- Conducting appropriate literature search based on a clinical question, and
- Consulting others in a collegial manner.
- Be able to contribute to the development of new knowledge through participation in a research project (not mandatory).

Professional:

- Be able to apply knowledge of norms of the professional codes and norms of behaviour that govern physicians in clinical practice.
- Be able to recognize and resolve ethical issues as they arise. Specifically, as applied to rheumatic diseases, issues such as access to care, and issues related to disability.

Demonstrate a willingness to accept peer and supervisory reviews of professional competence.

Scope of Work

This rotation is a combination of out-patient clinic weeks and consult service weeks. The elective will be split so the trainee can have as much exposure as possible in either the clinic or the call service setting. They are expected to be at the hospital at 8:00 to meet with the doctor or fellow on call and or / start in the rheumatology clinic.



Montreal General Hospital / Royal Victoria Hospital

Supervisor	Dr. Fares Kalache	E-mail	fares.kalache@mcgill.ca
Coordinator	Nellie Eugenio	Telephone	(514) 934-1934, x 44178
		E-mail	nellie.eugenio@muhc.mcgill.ca

Elective Description

The main objective of the rotation is to expose the student to a wide range of rheumatic disorders in order to improve skills in history taking, MSK exam and differential diagnosis as it applies to Rheumatology. There will be opportunity to attend general Rheumatology clinics as well as specialty clinics such as the Lupus Clinic, Vasculitis Clinic, Fibromyalgia Clinic, Scleroderma Clinic and Spondyloarthropathy Clinic, etc. Students will also have the opportunity to learn how to perform common technical procedures such as joint aspiration and injection, crystal analysis by polarizing microscopy and the can chose to spend some time in the Immunology Lab if desired. Students will also be expected to participate in the in-patient consultation service for Rheumatology at the hospital at which they are rotating. Emphasis will be given to performing a systematic MSK physical exam and tools such as the Patient-Partner Program will be utilized for this purpose (these are highly trained patients with different rheumatic conditions who assist students in the demonstration and performance of the MSK exam). Students will also participate in other regular clinical activities of the Division, including seminars, Journal Clubs, Radiology Rounds, etc.

Rheumatology is a classic medical sub-specialty in Internal Medicine. By the conclusion of this elective, students should be more comfortable with the overall approach to the rheumatic patient with an emphasis on improved skills in the MSK exam. Students should be better able to differentiate inflammatory from degenerative diseases, and with added exposure to interpretation of laboratory tests be able to generate differential diagnoses and management plans for patients suffering from a wide variety of rheumatic diseases. If a student wishes, it may be possible to pursue a clinical research project, although more time may be required for this.

Trainees assigned to the consult service are expected to:

- get sign out on in-patients from previous trainees
- round on the in-patients at the RVH and MGH
- see new consults in the ER and on the wards at the MGH and RVH
- review in-patients and consults with the attending staff
- if the consult service is quiet, attend clinics at the MGH or RVH or study in the residents room.
- attend academic sessions on Friday mornings 7:30-9:00
- attend appropriate sessions at the rheum academic half day if the consult service is quiet
- notify the attending staff and Nellie if you will be unavailable (half day/clinic/personal days)



- ask for feedback from the attending staff on Thursdays

Trainees assigned to the MGH or RVH clinics:

- must familiarize themselves with the clinic schedule and be present at the start of clinics
- may divide up the clinics with your fellow trainee, but try to have exposure to all attendings if possible
- must notify Nellie Eugenio and the attending staff in clinic every time you will be away (half day, clinic, other) as attending staff will expect two trainees at each site each day
- On Fridays, trainees assigned to the RVH may attend MGH clinics or the academic half day as there are no clinics at the RVH on Fridays
- are expected to complete at least one encounter card per week while on clinic rotations
- will present a 15 minute talk on a topic of their choice on the Friday after academic rounds (one talk per month per trainee).

Elective Duration

3 or 4 weeks

Educational Objectives

The overall objective for rotators or electives in Adult Rheumatology is to increase knowledge of diseases with musculoskeletal manifestations and to perfect clinical history taking and physical exam skills necessary to deal with MSK problems.

The trainee is expected to:

Medical Expert:

- Be able to elicit, present, and document a history and physical exam that is relevant and appropriate to the MSK system.
- Be able to provide a reasonable approach to the differential diagnosis, work up and management of a variety of rheumatic scenarios including:
 - Mono and polyarthritis
 - The patient with joint pain and skin rash
 - Spinal pain
 - Muscle pain and / or weakness
 - The patient with localized or diffuse soft tissue rheumatic pain
 - Patients with fever and joint pain
 - Patients with localized or diffuse bone pain
 - The osteoporotic patient



Undergraduate Medical Education Elective

- Demonstrate an understanding of the pathophysiology, clinical manifestations and approach to management of the following disease categories:
 - RA (Rheumatoid Arthritis)
 - Spondyloarthropathies (A.S., Reactive Arteritis, Psoriatic Arteritis, I.B.D.)
 - SLE and related connective tissue diseases (Sjogren's, MCTD, Scleroderma)
 - Vasculitic syndromes
 - Crystal associated arthritides (Gout, Pseudo-gout)
 - Osteoarthritis (OA) and Degenerative Disc Disease
 - Infectious Arthritis
 - MSK manifestations of Systemic Diseases (Endocrine, Dialysis)
 - Metabolic Bone Disease (OP, Pagets)
 - Soft Tissue Rheumatism (Fibromyalgia, Tendonitis, Bursitis)
- Demonstrate the appropriate use of lab tests in diagnosis and monitoring of disease activity:
 - Immunological tests (auto antibodies)
 - Acute Phase Reactants (ESR, CRP)
 - Synovial fluid analysis (Polarizing microscopy)
- Gain knowledge and expertise in the principles of joint aspiration and injection as a diagnostic and therapeutic tool.
- Understand the use of radiological techniques (plain x ray, ultrasound, C.T., MRI, and Bone Scintigraphy) used in the Rheumatic Diseases.
- Improve skills at basic radiological interpretation to assist in diagnosis and management of rheumatic diseases.

Communicator:

- Be able to communicate effectively with patients and their families regarding their medical condition. Specifically, to be able to communicate to patients and their families the implications of dealing with a chronic disease.
- Demonstrate effective verbal and written communication skills during case presentations to staff and peers.

Collaborator:

- Be able to identify the need to and benefit of consulting the physicians and health care professionals (e.g. physical and occupational therapists, social workers) to assist in the comprehensive care of rheumatic disease patients.
- Be able to contribute effectively as a consultant for patients with rheumatic diseases either as in or outpatients.

**Manager:**

- Be able to use Information Technology to optimize patient care.
- Be able to use Health Care Resources cost efficiently.
- Be able to work efficiently and effectively.

Health Advocate:

- Be able to identify important determinants of health that may affect the burden of illness and disability that arise from chronic rheumatic diseases. For example, counselling of patients on the issues of exercise, obesity, smoking, nutrition and psychosocial intervention as deemed appropriate for an individual patient.
- Advocate for the patient regarding appropriate access to care.

Scholar:

- Be able to critically appraise sources of medical information.
- Recognize and identify gaps in knowledge and expertise, and formulate a plan to fill that gap by:
 - Conducting appropriate literature search based on a clinical question, and
 - Consulting others in a collegial manner.
- Be able to contribute to the development of new knowledge through participation in a research project (not mandatory).

Professional:

- Be able to apply knowledge of norms of the professional codes and norms of behaviour that govern physicians in clinical practice.
- Be able to recognize and resolve ethical issues as they arise. Specifically, as applied to rheumatic diseases, issues such as access to care, and issues related to disability.
- Demonstrate a willingness to accept peer and supervisory reviews of professional competence.

Scope of Work

This rotation is a combination of out-patient clinic weeks and consult service weeks. The elective will be split so the trainee can have as much exposure as possible in either the clinic or the call service setting. They are expected to be at the hospital at 8:00 to meet with the doctor or fellow on call and or / start in the rheumatology clinic.



St. Mary's Hospital

Supervisor	Dr. Jan Schulz, Division Director Dr. Michael Stein		
Coordinator	Caroline Mackereth	Telephone	(514) 734-2660
		E-mail	caroline.mackereth@ssss.gouv.qc.ca

Elective Description

The main objective of the rotation is to expose learners to a wide range of rheumatic disorders in order to improve skills in history taking, musculoskeletal examination and differential diagnoses.

Learners are expected to attend general daily rheumatology clinics and will have the opportunity to learn how to perform common technical procedures such as joint aspiration and injection and crystal analysis by polarizing microscopy.

Residents and students will also be expected to participate in the in-patient and emergency rheumatology consultation service.

Weekly participation in rounds, including attendance at the weekly McGill wide rheumatology grand rounds and St. Mary's grand rounds, is obligatory. In addition, this elective includes the preparation of a short weekly presentation, to be presented during the Friday afternoon St Mary's rheumatology rounds.

Maximum 2 learners per rotation.

Elective Duration

2, 3 or 4 weeks

Educational Objectives

The rotating learner is expected to achieve level appropriate competency as per **CanMEDS** in the areas described below:

Medical Expert:

- Be able to elicit, present, and document a history and physical exam that is relevant and appropriate to the MSK system.
- Be able to provide a reasonable approach to the differential diagnosis, work up and management of a variety of rheumatic scenarios including:



Undergraduate Medical Education Elective

- Mono and polyarthritis
 - The patient with joint pain and skin rash
 - Spinal pain
 - Muscle pain and / or weakness
 - The patient with localized or diffuse soft tissue rheumatic pain
 - Patients with fever and joint pain
 - Patients with localized or diffuse bone pain
 - The osteoporotic patient
- Demonstrate an understanding of the pathophysiology, clinical manifestations and approach to management of the following disease categories:
 - RA (Rheumatoid Arthritis)
 - Spondyloarthropathies (Ankylosing Spondylitis, Reactive Arteritis, Psoriatic Arteritis, IBD associated arthropathy)
 - SLE and related connective tissue diseases (Sjogren's, MCTD, Scleroderma)
 - Inflammatory Myopathies (dermatomyositis, Polymyositis, CTD associated myositis)
 - Vasculitic syndromes (ANCA-associated, large vessels, others)
 - Polymyalgia rheumatica and giant cell arteritis
 - Crystal associated arthropathies (Gout, Pseudo-gout)
 - Osteoarthritis (OA) and Degenerative Disc Disease
 - Infectious Arthritis
 - Musculoskeletal manifestations of Systemic Diseases (endocrine, renal, hematological)
 - Metabolic Bone Disease (osteoporosis, Pagets)
 - Soft Tissue Rheumatism (Fibromyalgia, Tendonitis, Bursitis)
 - Osteonecrosis
- Demonstrate the appropriate use of laboratory investigations in the diagnosing and monitoring of rheumatological conditions:
 - Immunological tests (auto antibodies)
 - Inflammatory markers (ESR, CRP)
 - Synovial fluid analysis (Polarizing microscopy)
 - Gain knowledge and expertise in the principles of joint aspiration and injection as a diagnostic and therapeutic tool.
 - Understand the use of radiological techniques (plain x ray, ultrasound, C.T., MRI, and bone scintigraphy) used in Rheumatic Diseases.
 - Improve skills at basic radiological interpretation to assist in diagnosis and management of rheumatic diseases.

**Communicator:**

- Be able to communicate effectively with patients and their families regarding their medical condition. Specifically, to be able to communicate to patients and their families the implications of dealing with a chronic disease.
- Demonstrate effective verbal and written communication skills during case presentations to staff and peers.
- Demonstrate the ability to present / teach a rheumatology topic at the rheumatology rounds.

Collaborator:

- Be able to identify the need to and benefit of consulting the physicians and health care professionals (e.g. physical and occupational therapists, social workers) to assist in the comprehensive care of rheumatic disease patients.
- Be able to contribute effectively as a consultant for patients with rheumatic diseases either as in or outpatients.

Manager:

- Be able to use Information Technology to optimize patient care.
- Be able to use Health Care Resources cost efficiently.
- Be able to work efficiently and effectively.
- Show organizational skills in managing their own schedule including attendance to teaching activities, outpatient clinics and the in-patient consult service.

Health Advocate:

- Be able to identify important determinants of health that may affect the burden of illness and disability that arise from chronic rheumatic diseases. For example, counselling of patients on the issues of exercise, obesity, smoking, nutrition and psychosocial intervention as deemed appropriate for an individual patient.
- Advocate for the patient regarding appropriate access to care.

Scholar:

- Be able to critically appraise sources of medical information.
- Recognize and identify gaps in knowledge and expertise, and formulate a plan to fill that gap by:
 - Conducting appropriate literature search based on a clinical question, and
 - Consulting others in a collegial manner.
- Be able to contribute to the development of new knowledge through presentation of a topic at the rheumatology rounds.



Professional:

- Be able to apply knowledge of norms of the professional codes and norms of behaviour that govern physicians in clinical practice.
- Be able to recognize and resolve ethical issues as they arise. Specifically, as applied to rheumatic diseases, issues such as access to care, and issues related to disability.
- Demonstrate a willingness to accept peer and supervisory reviews of professional competence.

Prerequisites

Must have completed internal medicine clerkship rotation.

Scope of Work

- Be present at rheumatology clinics Monday to Friday (except holidays) from 8:30 AM to 5:00 PM. Clinics to be attended will be determined on the first day of the rotation.
- During the above working hours, answer calls (pages) for the rheumatology consult service, see new consults in a reasonable time frame and provide appropriate follow-up to patients with active rheumatological issues.
- Attend the weekly McGill Rheumatology Academic Rounds (Friday 7:30 to 9:00)
- Prepare and present a 10-15 minutes presentation on a selected rheumatology topic at the St Marys' Friday rheumatology rounds.

Recommended Reading/Preparation

- Primer on the Rheumatic Diseases. Klippel
- <https://www.rheumtutor.com>
- Physical Examination of the Spine and Extremities. Hoppenfeld



McGill

Faculty of
Medicine | Faculté de
médecine