

## **Shoulder Orthopedic Rotation (University)**

### **PGY 1 – 5**

#### **Rotation Specific Objectives (RSO)**

Department of Orthopedics and Rehabilitation  
University of Massachusetts

The purpose of this RSO is to outline and clarify the objectives of the Shoulder rotation at the University Campus. This document is meant to serve as a guide to the educational objectives of the Shoulder Rotation and to delineate the expectations and responsibilities of the Resident and the Attending Faculty. It is imperative that this educational experience comply with the concepts of the core competencies outlined by the ACGME and mandated by the Residency Review Committee (RRC):

#### **Medical Knowledge**

The resident is expected to demonstrate an analytic approach to shoulder problems and apply basic and clinical science to solving problems.

#### **Patient Care**

The resident is expected to provide care that is compassionate, appropriate, and effective. This care is to be based on the most current scientific information and to incorporate the knowledge of other health professionals as appropriate.

#### **Practice-Based Learning Improvement**

The resident is expected to analyze clinical results and use methodologies for on going improvement. Appropriate use of information technology, the literature, and statistical analysis are tools to be employed in this endeavor.

#### **Interpersonal Communication**

The resident is expected to function effectively as a member of the health care team and demonstrate skillful information exchange with patients, fellow residents, and faculty.

### **Professionalism**

The resident is expected to act at all times in an ethical manner. The resident will demonstrate a commitment to excellence and treat all patients with respect, compassion, and a right to privacy.

### **Systems-Based Practice**

The resident is expected to advocate for quality medical care. In this context, the resident must practice cost effective care without compromising quality.

These basic competencies are to be taught by staff role modelling and by staff serving as preceptors in surgery, clinics, and office settings. Other effective tools to be employed are conferences, case presentations, and day-to-day interaction with the attending staff. The resident will meet with faculty members mid rotation to assess his/her progress toward the RSO and address any deficiencies. Progress will be monitored by faculty observation and an end of rotation evaluation form.

## **EDUCATION OBJECTIVES**

### **Shoulder Rotation (University)**

#### **PGY 1**

The PGY 1 resident will spend a shoulder rotation on the orthopedic service at the University campus. The educational goals are for the resident to obtain an introduction to the diagnosis and management of basic shoulder conditions. This introduction is intended to incorporate the basic surgical skills required in the treatment of elective and emergency shoulder conditions. The educational goal is for the resident to learn a systematic approach to the diagnosis and basic treatment of shoulder conditions.

**The basic knowledge to be mastered in order to achieve these objectives includes:**

- The shoulder history
- The shoulder physical exam

- The interpretation of shoulder x-ray, CT, MRI, bone scan and other diagnostic modalities
- Recognition and emergency treatment of shoulder fractures and dislocations
- Treatment of shoulder lacerations, contusions, and sprains
- Recognition of the various forms of arthritis of the shoulder and a basic knowledge of their non-operative and operative treatment
- Casting and splinting techniques
- Closed reduction techniques
- Suture and knot tying skills
- Basic surgical approaches to the shoulder
- An introduction to basic internal fixation techniques regarding the shoulder
- An introduction to shoulder arthroscopy and joint arthroplasty
- Recognition and understanding of shoulder infections

**The expectations to be met by the PGY 1 resident on the Shoulder rotation are:**

- The resident will be assigned to the shoulder service that will include:
- Elective reconstructive surgery and trauma patients. The resident will make morning and afternoon rounds on these patients.
- The resident is to assist in the operating room on orthopedic surgical cases as assigned by the chief resident.
- The resident will be involved in the overall treatment of shoulder patients from assessment in the emergency room through the operating room and post-operatively up to discharge.
- The resident is to assist PGY 2 and PGY 3 residents in the Emergency Room to experience and learn reduction techniques for shoulder fractures and dislocations.
- The resident will take in house night call with back up from home by the PGY 4 resident. The resident will notify the responsible attending of any admissions.
- The resident will attend all University teaching conferences including Grand Rounds and Core Curriculum. Surgical cases that begin during conferences will be started by the attending.
- The resident will attend all shoulder clinics.
- The resident will attend all Fracture conferences at the University. The resident is expected to actively participate in the conference by analyzing and discussing cases.

- The resident will spend an additional half-day in an office setting or the Plaster Room.
- Compliance with Massachusetts State Health Department Code Regulations regarding resident work hours is mandatory. The resident should arrange appropriate transfer of inpatient care when he/she must leave the hospital.

**EDUCATION OBJECTIVES**  
**Shoulder Rotation (University)**  
**PGY 2**

The educational objective for the PGY 2 resident on the shoulder rotation is to build upon and enhance the orthopedic and basic science knowledge gained during the introductory PGY 1 year. The goal is for the resident to develop knowledge and skills to assess and treat more complex shoulder problems. The resident will learn to assess and manage the pre-operative and immediate post-operative concerns for a variety of shoulder conditions. The resident will learn the surgical skills and have hands on experience in managing moderately complex shoulder surgical cases.

**The knowledge to be mastered in order to achieve these objectives includes:**

- Focused shoulder history and specific diagnostic tests on the shoulder physical exam.
- Interpretation of shoulder x-ray, CT, MRI, bone scan and other diagnostic modalities.
- Closed reduction techniques for all shoulder fractures and dislocations.
- Trauma care including open reduction internal fixation, percutaneous fixation and external fixation of shoulder fractures.
- Arthroscopic surgery including diagnostic arthroscopy of shoulder.
- General principles and indications for joint replacement surgery of the shoulder.
- Prosthetic joint dislocations.
- Pain management.
- Post-operative infection
- Wound problems of dehiscence, hematoma, and seroma

- Knowledge of shoulder fracture classification systems and their prognostic relevance.
- Continued education in the diagnosis and treatment of shoulder instability; rotator cuff disorders; adhesive capsulitis and other shoulder conditions.

**The expectations to be met by the PGY 2 Resident on the Shoulder rotation are:**

- The resident will be assigned to the shoulder service that will include elective reconstructive and trauma patients. The resident will make morning and afternoon rounds on these patients.
- The resident is to assist in the operating room as assigned by the chief resident.
- The resident will see shoulder consults as assigned by the chief resident or attending.
- The resident will take in house night call on a rotating basis.
- The resident will seek advice from the senior resident or attending as deemed necessary. The resident will notify the responsible attending of all admissions.
- The resident will attend all University teaching conferences including Grand Rounds and Core Curriculum. Surgical cases that begin during the conferences will be started by the attending.
- The resident will attend the all shoulder clinics.
- The resident will attend all Fracture conferences at the University. The resident is expected to actively participate in the conference by analyzing and discussing cases.
- The resident will spend an additional half-day in an office setting or the Plaster Room.
- The resident will assist in the teaching of medical students during their rotation.
- Compliance with Massachusetts State Health Department Code
- Regulations regarding resident work-hours are mandatory.
- The resident should arrange appropriate transfer of patient care when he/she must leave the hospital.

EDUCATION OBJECTIVES  
**Shoulder Rotation (University)**  
**PGY 3**

The educational objective for the PGY 3 resident on the shoulder rotation is to further build upon the relevant orthopedic and basic science knowledge gained during the PGY 2 year and to develop the resident's surgical skills in common shoulder conditions to a level appropriate for a general orthopedist. The goal is to allow the resident to become proficient in the diagnosis and surgical and non-surgical management of all of the common shoulder conditions seen in a general orthopedic practice.

**The knowledge to be mastered to achieve these objectives includes:**

- Focused shoulder history and use of specific diagnostic tests on the shoulder physical exam.
- Advanced interpretation of shoulder x-ray, CT, MRI, bone scan and other diagnostic modalities.
- Closed reduction techniques for all shoulder fractures and dislocations.
- Indications for open reduction and internal fixation of common shoulder fractures. Knowledge of the types of orthopedic equipment and the cost effective use of the equipment.
- Knowledge of the surgical approaches to the shoulder for fracture fixation and joint replacement.
- Joint replacement surgery relative to the shoulder.
- Arthroscopic surgery, shoulder.
- Diagnosis and management of post-operative complications including joint infections, wound problem.
- Management of perioperative blood loss.
- Collaboration with consultant physicians and allied health personnel.
- Learn the post-operative and long-term rehabilitation of should joint replacement and should fracture patients through a rotation at Fairlawn Rehabilitation Hospital.
- Continued education in the diagnosis and treatment of should instability; rotator cuff disorders; adhesive capsulitis and other shoulder conditions.

**The expectations to be met by the PGY 3 Resident on the Shoulder rotation are:**

- The resident will be assigned to the shoulder service that will include reconstructive and trauma patients.
- The resident is to assist in the operating room as assigned by the chief resident.
- The resident will participate in a rehabilitation rotation at Fairlawn Hospital. Resident will be expected to make rounds on patients at Fairlawn Hospital, provide a rehabilitation prescription for joint replacement and multiply injured patient, see consults, and attend amputation clinic.
- The resident will take in house night call on a rotating basis.
- The resident will notify the responsible attending of all admissions.
- The resident will attend all University teaching conferences including Grand Rounds and Core Curriculum. Surgical cases that begin during the conferences will be started by the attending.
- The resident will attend and actively participate in all Fracture conferences.
- The resident will attend the all shoulder clinics.
- The resident will spend an additional half-day in an office setting or the Plaster Room.
- The resident will assist in the teaching of Family Practice Residents during their shoulder rotation.
- The resident will see shoulder consults as assigned by the chief resident or attending.
- Compliance with Massachusetts State Health Department Code Regulations regarding resident work hours is mandatory. The resident should arrange appropriate transfer of patient care when he/she must leave the hospital.

**EDUCATION OBJECTIVES**

**Shoulder Rotation (University)**

**PGY 4**

The educational objective for the PGY 4 resident is to further develop the resident's orthopedic knowledge and surgical skills to the point that the resident feels confident in his/her abilities and is competent to care for all but the most complex shoulder conditions encountered in the practice of general orthopedics. This is the natural

progression of the training process and is based on skills learned in previous years. The goal is to allow the resident more autonomy and responsibility and to participate fully with the attending in the plan of care and surgical decisions for more complex shoulder problems.

**The knowledge to be mastered to achieve these objectives includes:**

- A thorough knowledge of the pertinent points of shoulder history and a skilled physical exam utilizing all of the shoulder specific physical exam modalities.
- Indications for and the proper utilization of laboratory diagnostic tests referable to shoulder disorders.
- Understanding the value of and the proper utilization of consultants from other medical disciplines
- Indication and planning for all common shoulder conditions
- Development of surgical skills to the point where the resident can perform all common shoulder procedures with the attending as 1<sup>st</sup> assistant.
- The diagnosis and management of all post-operative complications including infection, wound problems, prosthetic joint dislocation and perioperative blood loss.
- Diagnosis and management of failure or loss of fracture fixation.
- Arthroscopic surgery of the shoulder (including reconstructive procedures).
- Indications and planning for revision joint surgery.

**The expectations to be met by the PGY 4 resident on the Shoulder rotation are:**

- The resident will be assigned to the shoulder service that will include reconstructive and trauma patients.
- The resident is to assist in the operating room as assigned by the chief resident
- The PGY 4 resident will take home call at Memorial as back-up on the nights the PGY 1 is on in-house call.
- The PGY 4 resident at Memorial will take Chief call at the University as assigned by the University.
- The resident will assist and mentor junior residents as necessary.
- The resident will plan, organize, and present all Fracture conferences.

- The resident will attend all University teaching conferences including Grand Rounds and Core Curriculum. Surgical cases that begin during the conferences will be started by the attending.
- The resident will attend all shoulder clinics.
- The resident will spend an additional half-day in an office setting or the Plaster Room.
- The resident will assist in the teaching of the Family Practice Residents during their orthopedic rotation.
- The resident will see shoulder consults as assigned by the chief resident or attending.
- Prepare monthly on call schedule for University residents.
- Develop knowledge of the literature and be able to use the literature to support treatment plans.
- Compliance with Massachusetts State Health Department Code Regulations regarding resident work hours is mandatory. The resident should arrange appropriate transfer of patient care when he/she must leave the hospital.

## EDUCATION OBJECTIVES

### **Shoulder Rotation (University)**

#### **PGY 5**

The educational objective for the PGY 5 resident is to be fully competent in the diagnosis, conservative care, and surgical management of all shoulder conditions encountered in a general orthopedic practice. The goal is to develop the resident's orthopedic knowledge and surgical skills to a level that the resident is able to embark upon an independent general shoulder practice.

#### **The knowledge to be mastered to achieve these objectives includes:**

- Thorough knowledge of the shoulder literature including the most recent techniques and equipment.
- Knowledge of all surgical approaches to the shoulder.
- Technical proficiency in all common surgical procedures of the shoulder.
- Ability to be a team leader and assume responsibility.

- Ability to relate to and instruct and be a resource for junior residents.
- All of the basic knowledge listed for PGY 1-4.

**The expectations to be met by the PGY 5 Resident on the Shoulder rotation are:**

- The resident will be assigned to the shoulder service that will include reconstructive and trauma patients.
- The resident will be responsible for running the shoulder service. He/she will assign residents to surgical cases and floor consults.
- The resident will participate in planning with the attending for complex shoulder cases and be responsible for having proper fixation equipment, instruments, and prostheses available in the operating room.
- The PGY 5 resident will oversee all activities of the junior residents. He/she will serve as a consultant and resource for the junior residents.
- The resident will attend all University teaching conferences including Grand Rounds and Core Curriculum. Surgical cases that begin during the conference will be started by the attending.
- The resident will attend all Fracture conferences and assist the PGY 4 in presenting and discussing cases. The PGY 5 resident will be expected to cite the relevant literature in support of treatment recommendations.
- The PGY 5 resident will attend all shoulder clinics in conjunction with the assigned attending. The resident will schedule any shoulder surgery with the responsible attending.
- The resident will take Chief call at the University as assigned by the University.
- Office experience with an attending as schedule allows.
- The resident will be allowed time for academic pursuits (rounds preparation, research projects, thesis preparation).
- Compliance with the Massachusetts State Health Department Code Regulations regarding resident work hours is mandatory. The resident should arrange proper transfer of patient when he/she must leave the hospital. The PGY 5 resident will be responsible for assuring that all Memorial residents adhere to the work hour's regulations.