

Sports Medicine Resident Rotation Orientation, Objectives, and Overview

Residents:

Welcome to Sports Medicine! I am excited to have you on this rotation. I want you to get the most out of this sports medicine experience. I want you to feel that this is a rotation where you learned how to manage patients in your own primary care clinic, where you learned how to master joint specific exams, where you learned about the full spectrum of sports medicine, and most of all where you enjoyed your time. I personally want you to feel that this rotation is an invaluable outpatient experience.

Please read this complete orientation packet to prepare for this rotation – prior to your first. Please let me know if you have ANY questions. There are several questions that I need you to respond answer prior to your first day.

**Thank you,
Lee Mancini**

Dr. Mancini's Learning Objectives for this Rotation for Residents:

#1 – Hone your joint specific physical exam skills

1st Joint Exams for priority = Shoulder and Knee

2nd Joint Exams for priority = Hip and Ankle

3rd Joint Exams for priority = Elbow, Foot, Hand/Wrist, and Back

Remember these 5 Areas that comprise a Joint Specific Exam:

Inspection

Palpation

Range of Motion (ROM)

Strength

Special Tests (these are those Eponymous tests – like Lachman, Hawkins, etc...)

#2 – Get comfortable doing joint injections

1st Priority = Knee Injections

2nd Priority = Shoulder Injections (Subacromial Space Injections)

#3 – Start thinking how you would manage these sports medicine patients if you were seeing them in your health center's primary care clinic:

When do you refer a patient for surgery?

When do you order additional imaging – x-rays, ultrasound, MRI?

When do you offer a joint injection?

How would you manage this specific patient?

#4 – Learn many of the nuanced sports medicine questions to ask when taking a history on a sports medicine patient:

Sports Medicine is the only area of medicine – where you need to not only understand the medicine aspect of a sports medicine patient, but ALSO you need to understand the SPORTS aspect of the patient as well. Here are some key questions to ask both new patients and follow-up patients in sports medicine clinic.

1 – Ask all patients – where do they go to school. (middle school, high school, college, etc...)

2 – Find out what specific sport and position a patient plays – especially important to find out for the current sports season.

- 3 – For all runners – ask how many days per week they run, which specific running workouts do they do each day, what is their weekly mileage, on what surface do they run, and are they training for any specific races or events that are coming up
- 4 – For all baseball pitchers – what is their arm-slot angle (over the top, three quarters), what types of pitches do they throw, do they have a loss of velocity on their fastball, do they have a loss of control
- 5 – There are more of these examples

#5 – Get comfortable managing new concussion patients and follow up concussion visits:

For all NEW Concussion visits –

- 1 – Review Red Flags for prolonged concussion recovery
- 2 – Review Initial ACE Score
- 3 – Understand New Concussion – Physical and Neurologic Exam

For all Follow-Up Concussion Visits –

- 1 – See what their change in their ACE Score is from prior visit
- 2 – See how they have progressed in their academic plan
- 3 – See how they have progressed in their return to physical activity plan

#6 – Each week I want you to TELL me what your primary learning objective will be at the start of that week. It could be something that you want to improve on or learn more about – patient presentations, knee injections, hip exams, reading x-rays, or another example. This will also help you get the most out of this rotation.

#7 – We have created Sports Medicine BINGO Cards – for you to be able to track your Sports Medicine clinical encounters during this rotation. Use these cards to keep track of different patients that you have seen on your rotation. There are two sides to these cards – one for regular clinics and the other for ultrasound clinics. Make sure to pick up one on your first day.

Orientation Question To Do / To Answer #1 –

What are your three goals / things you want to learn about by the end of this rotation?

Sports Medicine History Taking Skills - Pearls

#1 – For all athletes – ALWAYS find out where they go to school, what sport they play, and what position for that specific sport – these are important components of the patient history

#2 – For ALL upper extremity injuries (shoulder, elbow, wrist, and hand) – find out what the patient's dominant hand is (for example - which way to they throw, write, play tennis, serve a volleyball, shoot a basketball, etc...)

#3 – For ALL lower extremity injuries (hip, knee, ankle, and foot) – find out what is the patient's dominant leg (for example – which is their preferred side to kick a soccer ball, etc...)

#4 – ALWAYS ask what treatments or interventions have already been done for the patient with respect to this specific injury (Physical therapy, injections, surgeries, etc...)

#5 – Ask about the specific mechanism of the injury. An acute injury is one where the patient can describe the EXACT moment the injury happened (even IF it was several days, weeks, or months ago). A chronic injury is one where they was NO clear mechanism that the patient can recall. This is VITAL for creating your differential diagnosis.

Orientation Question To Do / To Answer #2 –

Email me to let me know that you have downloaded the Google Drive Folder with all of my powerpoint talks.

Sports Medicine Presentation Skills - Pearls

Presentations Should Be 8 Sentences Long – Short and Focused

#1 – Presentations should be short, succinct, and problem focused – they should take no more than 2 minutes to present a patient

#2 – In your first line of the HPI Include – the patient's age, school, sport/activity, position played, and mechanism of injury.

#3 – In your second line of the HPI Include – what the patient has had done so far in terms of treatment, imaging, and interventions.

#4 – In your third line of the HPI Include – exacerbating and alleviating symptoms – what is making the patient feel better or worse

#5 – In your fourth line of the HPI Include – ONLY any pertinent PMHx, PSHx, Fam Hx, or Social Hx. You do NOT need to include every little detail unless you feel it is vital to the injury

#6 – When Presenting the Physical Exam – Remember the 5 components of every joint specific exam (Inspection, Palpation, ROM, Strength, and Special Tests). Include ONLY the pertinent positives and negatives.

#7 – Present the findings from any imaging performed (X-rays, Ultrasound, MRIs, etc...)

#8 – Give a ONE Sentence Assessment of what you think that patient has. It is OKAY to get this wrong – but by attempting to say what you would do, it allows you to better learn, grow, and improve.

#9 – Give your best try to give a ONE Sentence Plan for what you would like to do with the patient. Again, it is OKAY to get this wrong – but by attempting to say what you would do, it allows you to better learn, grow, and improve.

EPIC Overview (This is the Electronic Medical Record That We Use)

#1 – When you log into EPIC – you will only need to switch between three clinical sites on the pre-login page

Hahn Sports = Hahnemann Sports Medicine

154 E Main = 154 East Main Westborough Orthopedics

Clin Sports Medicine = Clinton Sports Medicine

#2 – Aspects of the Notes for which you ARE responsible

ONLY the SOAP Note – in the main note box

You will ONLY use one of the following 3 Note Templates

1 - MSK Sports Medicine Consults – Use Dr. Mancini's Sports Note Template

2 – Initial Concussion Note

3 – Follow-Up Concussion Note

4 – You will take all of my smart phrases (they start with .LAM)

5 – These 3 main Note Templates are in those .LAM smart phrases

#3 – Aspects of the Notes for which you are NOT responsible

1 – Diagnoses

2 – Level of Coding / Billing

3 – Procedure Notes

4 – Orders – Medications, MRIs, x-rays, labs, physical therapy, consults, etc...

#4 – Smart Phrases

All of my sports medicine smart phrases that you should take from me -

They all start with .LAM

These include smart phrases for sports medicine - these include note templates, joint exam specific templates for physical exam, concussion templates, patient education templates, and physical therapy templates

#5 – Writing Your Note

1 – Make sure the CC is correct and filled in

2 – Anywhere you see three *** - these are areas you have to fill in – either by typing or dictating with Dragon

3 – Fill in the ROS tab – using my LAM ROS tab - which is a 13 point ROS which are negative, with the MSK 14th point left blank

4 – Fill in the Ortho Exam tab – using my Non-Ortho BASIC tab – which is a 8 system Non-MSK exam

5 – For the ROS and Ortho Tabs – you will need to remind me to make you a user

6 – Under the Ortho Exam section – there are three ***s – this is where you will fill in the joint specific exam – using my .LAM smart phrases specific to each joint

7 – Fill out the three ***s with respect to the imaging section

8 – Under the diagnosis / problem / assessment / plan section – fill in the final diagnosis, plan, and follow up plan for the patient

#6 – If you have any questions about your notes – feel free to ask me

Sports Medicine Resident Rotation Expectations

#1 – Arrive ON TIME for all sports medicine clinic sessions:

Please Arrive 15 minutes BEFORE the start of all clinics

Mondays

Morning Session – Hahnemann at 8am (3rd floor, 281 Lincoln St, Worcester)

Afternoon Session – Hahnemann at 1pm

Tuesdays

Morning Session – Westborough at 7:15am

(2nd floor, Suite 202, 154 E. Main St., Westborough)

Afternoon Session – Westborough at 1pm

Wednesdays

Morning Session – Westborough at 7am

Afternoon Session – Hahnemann at 1pm

Thursdays

Morning Session – Hahnemann at 7:30am

Afternoon Session – Hahnemann at 1pm (2nd and 4th Thursdays)

Afternoon Session – Clinton Hospital at 1:15pm (1st, 3rd, and 5th Thursdays)
201 Highland Street, Clinton, MA 01510

Fridays

Morning Session – Hahnemann at 8am

Afternoon Session – Hahnemann at 1pm

#2 – Please wear a white coat AND goggles at all clinical sessions

#3 – Finish your notes in a timely fashion (within 24 hours)

#4 – Participate in 75% of the Noon Didactic Sessions, and read all of the required reading

#5 – Ask a lot of questions and be an active learner on this rotation:

Much of the teaching on this rotation happens in the room in front of the patient – explaining imaging findings and going through physical exam maneuvers for the patient's benefit and your benefit

I want learners to be engaged during this rotation – so please ask questions!

#6 – Notify me on any significant events or issues in your schedule or availability:

Email me, call me, or text me on my cell phone for any emergencies.

Cell Phone: (508) 826-1826

Email: doctoroffitness@mac.com

Feel free to contact me at any time

Ultrasound Guided Injection Clinics

Overview and Specific Objectives

In some of my clinics we perform Ultrasound Guided Injections (instead of landmark guided injections / palpation guided injections). These clinics are run somewhat differently than my regular sports medicine clinics. Here is the overview for these clinics:

#1 – These clinics are not as busy as my usual sports medicine clinics – patients are scheduled every 15 minutes

#2 – You will be responsible for writing the regular SOAP notes – **But Not** the ultrasound reports or the ultrasound procedure notes

#3 – You should take a history and perform a physical exam on these UGI patients - but not as detailed of a history and PE if these are patients who have had UGIs before

#4 – You will learn how to control the Ultrasound Machine – setting up the specific transducer, adjusting the various pre-sets, controlling the different aspects of the picture

#5 – You will practice scanning the specific body parts that a patient will be getting an UGI on

#6 – You will practice marking the specific body parts that a patient will be getting an UGI on

#7 – You will learn how to set up for an UGIs and perform UGIs (it may depend if you actually get to perform an actual UGI)

#8 – If you want to learn more about MSK Ultrasound – some excellent videos can be found on youtube – if you search AMSSM MSK Ultrasound Videos. Or you can go to the AMSSM Website.

Here is the link to the AMSSM MSK Ultrasound Videos –

<https://www.amssm.org/Onlinelearning-CME.php>

Sports Medicine Resident Rotation Didactics Overview and Specific Objectives

We have put together a comprehensive didactic program for during your time on sports medicine. We have didactics every day from 12pm to 1pm. ALL of our didactics also are available for access via Zoom. Here is an overview of our weekly / monthly didactic schedule. **You are expected to attend and participate in 75% of these scheduled sessions.** The **Zoom passcode** for all of these lectures = **sports**

Mondays – 12pm – Sports Medicine Fellowship Didactics –
<https://umassmed.zoom.us/j/91379722739>

Tuesdays – 12pm – Worcester College Athletic Trainers Conference (1st and 3rd Tuesdays of the month) – Alternates between Journal Clubs and In-Service Discussions (Dr. Mancini will send out the articles to read in advance) (Regular didactics on other Tuesdays on same link)
<https://umassmed.zoom.us/j/98752724069>

Wednesdays – 12pm – Sports Medicine Fellowship Didactics
New England Sports Medicine Fellowship Program Journal Clubs (1st and 3rd Wednesdays of month, Dr. Mancini will send the articles to read in advance), Regular didactics on other Wednesdays on same link
<https://umassmed.zoom.us/j/120934371>

Thursdays – 12pm – Sports Medicine Fellowship Didactics – Focus on Sports Nutrition, Strength and Conditioning, Supplements, and Exercise as Medicine - <https://umassmed.zoom.us/j/91379722739>

Fridays – 12pm – Sports Medicine Fellowship Didactics
CAQ Review Topics - <https://umassmed.zoom.us/j/91379722739>

These sessions will be great forums for discussion, learning, and critical thinking, and I hope that you enjoy them. **Again, you are expected to attend 75% of these scheduled daily sessions.**

Education Resources

1- I will be loaning you a copy of ACSM's A Comprehensive Review for Sports Medicine for this rotation. Each week you will read 3 topics in this book – and then we will discuss those topics on Fridays at 12pm in a virtual forum with the other regional Sports Medicine Fellowship programs. Please take good care of it, I will collect it on your last day of the rotation, and will pass it to next learner on this rotation.

Here is the link to the **Google Sheet that shows what the CAQ topics are for each week:**

<https://docs.google.com/spreadsheets/d/1bnMou9Nnc4VUkoP-MTYHEnPwtlhvkbZQzzgVGEbatkU/edit?usp=sharing>

#2 – Please bring a Flash Drive on your first day of the rotation. I have several joint specific exam power point presentations to give to you for you to look over throughout this rotation.

#3 – I have a Google Sheet to help you see our complete didactic schedule each week for you to see what topics are being discussed each day
https://docs.google.com/spreadsheets/d/149ekX3nWep08Bxx7Z8YDu-fn9G9q5Kc_aUlgXe6d1IU/edit?usp=sharing

#4 – I have created a Google Sheet so you can see what journal club articles and In-Service topics will be used for the **WCAT Tuesday 2nd and 4th sessions.**

https://docs.google.com/spreadsheets/d/1GgOoS_tWjEVjUS-PcxHzy6scyrHIII19a0GJl6lWiXc/edit?usp=sharing

#5 – I have created a Google Sheet so you can see what journal club articles will be used for the NEACSM Wednesday 1st and 3rd sessions.
https://docs.google.com/spreadsheets/d/13gas9_osLv79QDcy4RN6NcoPnCZ-qs8CaohoisKsJaU/edit?usp=sharing

#6 – Book Club - During the 3rd week of the block, we will discuss an important book that covers exercise, nutrition, or another sports medicine topic. I will be providing you the book to read prior to our lecture to discuss it. Here is the link to see the book -

https://docs.google.com/spreadsheets/d/1Sx_WYoTd2VqlSc49jvi2YEK8JD BJ63mcTdu7LGOw0zg/edit#gid=0

Parking / Directions

Westborough Sports Medicine Clinic

Parking is FREE

Park anywhere in front of the building

Enter through the main front entrance of the building

Clinic is on the 2nd floor – either Suite 202 or 203 depending on the day

Hahnemann Sports Medicine Clinic

You will have to pay for parking

You will enter through the main entrance at the front of the building – this is actually the second floor

To get to the Sports Medicine Clinic which is on the 3rd floor – you have two options

Option #1 – Enter the building and take a left – go down the entire corridor and take a left up the staircase at the far end. Open the door at the 3rd floor. Take a right and a quick left and you will enter the sports medicine secretaries' area. Go through the open door into the Sports Medicine Clinic area.

Option #2 – Enter the building and take a right – to get to the A elevators. Take the A Elevators to the 3rd floor. Take a left and enter the sports medicine clinic. However, they are not locking the front entrance, so you may not be able to get in this way anymore.

Clinton Hospital Sports Medicine Clinic

Address:

201 Highland Street

Clinton, MA 01510

Parking is FREE

Park anywhere in front of the building

Enter through the main front entrance of the building

Clinic is on the 1st floor

Places To Get Food For Lunch

#1 – Most people bring their own breakfast, snacks, and lunch. All the clinics you will go to have refrigerators, microwaves, and water coolers for you to use and store your food

#2 – If you want to buy lunch here are some places that are near the clinics:

Food Near Westborough Sports Medicine Clinic

Panera Bread

Chipotle (Westborough)

NY Deli

Ted's Montana Grill

Food on your way to Hahnemann Sports Medicine Clinic from Westborough

Chik-Fil-A (Westborough)

Wegmans

Moe's

Thai Place (White City Shrewsbury)

Chipotle (Shrewsbury)

Panera Bread (White City Shrewsbury)

Food Near Hahnemann Sports Medicine Clinic

Chik-Fil-A (Worcester)

Chipotle (Worcester)

Orientation Question To Do / To Answer #3 –

Email me and let me know what time and what location you need to arrive at for your first session in sports medicine.

Rotation Adaptations Due To COVID-19

We recognize and hope that you understand that your sports rotation experience will be different from that of previous medical students and residents due to the pandemic.

Here are some new changes and guidelines that need to be followed while on your sports medicine rotation.

#1 – Masks and Goggles MUST be worn at all times. Please bring your own mask if possible, but you will be given a mask as you enter the Hahnemann Campus through the main entrance. The staff at our Westborough Sports Clinic should also have masks available as well.

#2 – At the start of each day or each session – I will show you what office or area to use, and where to put your belongings. We are trying to space out learners, keep belongings out of hallways and high traffic areas.

#3 – Please avoid standing around in the patient flow areas, corridors, or outside of patient rooms. The clinic staff is keeping constant vigil that no one does this.

#4 – Because we are trying to practice social distancing - there may be some sessions where I have you do a reading session instead of seeing patients. This is based on keeping learners spread out during the patient care sessions.

#5 – Again, I appreciate your patience, your adaptability, and your positive attitude – in terms of making this rotation the best possible learning experience despite the pandemic.

#6 – If you have a laptop computer please bring it to ALL of your sports medicine clinic sessions. If office computers are not available, you will be able to write your notes on EPIC on your own laptop.

#7 – During Clinic Sessions at Hahnemann – you can keep your belongings in the Conference Room. At Lunch time you need to wipe down your table area and then go to a patient room to watch the Zoom Conference and eat lunch. Then you will WIPE down your eating area – and move back into the Conference Room.

Thank you for reading this orientation packet – prior to your first day AND for emailing me at doctoroffitness@mac.com that you have read this orientation packet in its entirety and answered the three questions.

Please let me know if you have ANY questions.

**Thank you,
Lee Mancini**