

## Weekend 3: MSK Chronic (April 13-14, 2018)

### Objectives:

- 1) To apply the principles of evidence based rehabilitation to patient care treatment plans.
- 2) To gain proficiency in exercise counselling for evidence based management.
- 3) To identify common sport medicine injuries and office based treatment plans

### DAY 1: FRIDAY, APRIL 13, 2018

Time	Session	Objectives	Interactive Participation
8:00 am	Registration and Breakfast		
8:30 am	Pain, Immobility and Weakness: The Lived experience of our Patients	To empathize with patients barriers and limitation who are living with chronic MSK conditions	Reflection on video and quotes from patients.
9:00 am	Approach to Osteoarthritis: Lower Extremity  <b>Dr. Laura Cruz</b>	Able to identify the early signs of osteoarthritis and appropriate intervention.  Able to appropriately refer for investigations and specialist consultation	Question Period allotment for 15 minutes of session  2 Case studies within session to facilitate discussion
9:45 am	Approach to Osteoarthritis: Upper Extremity  <b>Dr. Laura Cruz</b>	Able to identify the early signs of osteoarthritis and appropriate intervention.  Able to appropriately refer for investigations and specialist consultation	Question Period allotment for 15 minutes of session  2 Case studies within session to facilitate discussion
10:30 am	Break		
10:45 am	Primary Care and Inflammatory Arthritis: Early Identification and Management of Chronic Disease Burden  <b>Dr. Julia Alleyne</b>	To describe the non-inflammatory versus inflammatory signs  To list the non-articular manifestations of polyarthritis  To conduct a joint count for office assessment	Participants will actively complete a joint count on each other with faculty supervision.  Guidelines will be presented with a check-list for practice compliance.  Allotted Time for questions throughout the session is 20 minutes.
11:30 am	Fibromyalgia: What is it really?  <b>Dr. Julia Alleyne</b>	To reinforce key steps in clinical-decision making as applied to case presentation To identify management strategies for office based practice	Introduction of the Canadian Fibromyalgia tool and opportunity to score a patient case. Questions throughout are welcomed.
12:00 pm	Lunch	Catered	

12:30pm	Books and Website Resource Sharing		
1:00pm	Understanding Chronic Pain Syndromes and Conducting a Chronic Pain Assessment in the Office Setting.  <b>Dr. John Flannery</b>	To define and recognize centralized pain disorders.  To utilize office tools for chronic pain assessment To interpret findings for diagnosis of chronic pain syndrome	Introduction of Tools and opportunity to complete tools with paper cases. Interactive discussions about Challenging patient conversations  Allotted Time for questions throughout the session is 20 minutes.
2:30	Break		
2:45	Effective Pain Medication for Chronic MSK conditions  <b>Dr. John Flannery</b>	To utilize the opioid manager from the Narcotic Strategy  To select appropriate medication for pain symptoms and syndromes	Opportunity to role model the use of contract setting with patients using standardized patient.  Discussion around medication education, monitoring and challenging conversations.  20 minutes allotted for questions throughout the session
4:30pm	Summary of Key Learnings <b>Dr. Julia Alleyne</b>	To reflect on the day's learnings and identify the key components to initiating change in practice behaviour	Discussion with one contribution per attendee
4:45pm	Evaluation	Discussion of application to Practice	Discussion with one contribution per attendee

## DAY 2: SATURDAY, APRIL 14, 2018

Time	Session	Objectives	Interactive Participation
8:00 am	Registration and Breakfast		
8:30 am	MY Back (Manage Your Back) : An Approach to Chronic Low Back Pain  <b>Mr. Julia Alleyne</b>	To effectively engage patients in education for their chronic low back pain.  To identify the evidence based guidelines for Chronic Low Back Pain assessment and treatment including referrals for investigations and surgery	Participants will experience activities from MY BACK course as a patient from 3 modules totally 30 minutes  Question time allotted is 20 minutes.
10:15 am	Break		
10:30 am	Tingling and Numbness: when should I worry?  <b>Dr. Gaetan Tardif</b>	To describe the presenting signs of common peripheral nerve injuries  To conduct an effective neurological examination	EMG Studies will be handed out for discussion on interpretation.  2 Cases will be included in the presentation for discussion

		To identify appropriate referral and accurate interpretation of EMG and Nerve conduction studies.	A neuro exam will be demonstrated and participants will be given a chance to practice.
12:00 pm	Lunch		
12:30 pm	Books and Website Resource Sharing		
1:00pm	Canes, Crutches, Wheelchairs and Walkers!  <b>Dr. Julia Alleyne</b>	To recommend the appropriate ambulation aid for mobility.  To be able to educate patients on correct use.	This interactive session will be held in a rehab gym where participants will try all aid and also instruct peers on use.
1:45pm	Activity Counseling for Chronic MSK Conditions  <b>Dr. Julia Alleyne</b>	To counsel patients with key messages and appropriate activity progression for independent living.  To identify the psychosocial risk factors that accompany many chronic MSK conditions.	2 case based discussions of examples of activity counseling with favourable and unfavourable outcomes.  10 minute pair and share of case role playing.
2:30	Break		
2:45	Standardized Patients: Rotation 1 <b>Dr. Julia Alleyne</b>	Multiple Joint Osteoarthritis  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
3:15	Standardized Patients: Rotation 2 <b>Dr. Cathy Campbell</b>	Centralized Chronic Pain From Motor Vehicle Accident  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
3:45	Standardized Patients: Rotation 3 <b>Dr. Howard Chen</b>	Non-surgical Chronic Carpel Tunnel Syndrome  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
4:15	Summary of Key Learnings <b>Dr. Julia Alleyne</b>		.
4:45pm	Evaluation	Survey Monkey Evaluation	