

Weekend 1: MSK Assess (October 13-14, 2017)

Objectives:

- 1) To conduct a diagnostic interview in a efficient and effective manner
- 2) To demonstrate evidence-based clinical examination skills for MSK assessment

DAY 1: FRIDAY, OCTOBER 13, 2017

| Time | Session | Objectives | Interactive Participation |
|----------|--|--|---|
| 8:00 am | Registration and Breakfast | | |
| 8:30 am | Musculoskeletal Medicine: Gaps in Education and Research Dr. Julia Alleyne | To identify the global trends that have created a gap between knowledge and practice. | Self Assessment of strengths and gaps in MSK knowledge and skill. |
| 9:15 am | Taking a High Yield History for Clinical Decision Making Dr. Julia Alleyne | To be able to ask probing high yield questions in the MSK History. To integrate clinical decision making into the patient history. | Presentation of cases where learners ask and are critiqued on the wording and probing value of questions. |
| 10:15 am | Break | | |
| 10:30 am | Foundations of the MSK Examination Dr. Julia Alleyne | To describe the process of a logical examination of contractile and non-contractile structures in the musculoskeletal examination. To develop interpretation skills for recognizing normal and abnormal objective signs | Work in pairs to assess active and passive ROM and to apply resistance for strength testing |
| 12:00 pm | Lunch | | |
| 12:30pm | Optional Walk n'Talk | Downtown Hospital History Tour | Led by Dr. Julia Alleyne |
| 1:00pm | The CORE Low Back Tool: Focusing your Assessment and office management. Dr. Julia Alleyne Dr. John Axler | To apply high yield questions to the low back assessment To identify Red and Yellow Flags for appropriate referrals and investigations To initiate evidence informed management advice for patient care | Completion of the CORE tool based on a case demonstration with a standardized patient |
| 2:30 | Break | | |

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| 2:45 | The CORE Neck Tool: Focusing your assessment and office management Dr. Julia Alleyne Dr. John Axler | Apply high yield questions to another area of the MSK system. To identify the key components of the neck physical examination | Completion of the CORE tool based on a case demonstration with a standardized patient |
| 3:30pm | Case based learning Session Each participant will do 2 table top case based problems of 30 minutes duration with a faculty member facilitating the discussion. Dr. Julia Alleyne Dr. John Axler | To apply the principles of low back and neck assessment and early management to practical patient cases that are complex. | Interactive discussions and completion of Core Tool on case based patient problems. |
| 4:30pm | Summary of Key Learnings Dr. Julia Alleyne | | |
| 4:45pm | Evaluation | Survey Monkey Link send to participants with a 24 hours window to complete | |

DAY 2: SATURDAY, OCTOBER 14, 2017

| Time | Session | Objectives | Interactive Participation |
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| 8:00 am | Registration and Breakfast | | |
| 8:30 am | Functional Anatomy/Pathology Review Upper Extremity - Shoulder Dr. Mark Leung | To apply anatomy/pathology knowledge to the shoulder in preparation for learning the physical examination. | To work in pairs land marking the key structures of the shoulder. |
| 9:00 am | History and Physical Examination of the Shoulder Dr. Mark Leung Dr. Julia Alleyne | To demonstrate and interpret the appropriate clinical examination techniques to identify shoulder pathology related to immobility, instability, impingement and soft tissue irritability. | To apply the physical examination to a learner partner. |
| 10:15 am | Break | | |
| 10:30 am | Functional Anatomy/Pathology Review Upper Extremity - Elbow Dr. Mark Leung | To apply anatomy knowledge to the elbow in preparation for learning the physical examination. | To work in pairs land marking the key structures of the shoulder. |
| 10:45 | History and Physical Examination of the Elbow Dr. Mark Leung Dr. Julia Alleyne | To demonstrate and interpret the appropriate clinical examination techniques to identify elbow pathology. | To apply the physical examination to a learner partner. |
| 11:30 | Functional Anatomy/Pathology Review Upper Extremity - Wrist Dr. Mark Leung | To apply anatomy knowledge to the wrist/hand in preparation for learning the physical examination | To work in pairs land marking the key structures of the wrist/hand. |
| 11:45 | History and Physical | To demonstrate and interpret | To apply the physical |

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| | Examination of the Wrist/ Hand Dr. Mark Leung Dr. Julia Alleyne | the appropriate clinical examination techniques to identify wrist/hand pathology. | examination to a learner partner. |
| 12:15 pm | Lunch | | |
| 1:00pm | Functional Anatomy/Pathology Review Lower Extremity - Hip Dr. Julia Alleyne | To apply anatomy knowledge to the hip in preparation for learning the physical examination | To work in pairs and marking the key structures of the hip. |
| 1:15pm | History and Physical Examination of the Hip Dr. Mark Leung Dr. Julia Alleyne | To demonstrate and interpret the appropriate clinical examination techniques to identify hip pathology. | To apply the physical examination to a learner partner. |
| 1:45 | Functional Anatomy/Pathology Review Lower Extremity - Knee Dr. Julia Alleyne | To apply anatomy knowledge to the knee in preparation for learning the physical examination | To work in pairs and marking the key structures of the knee. |
| 2:15 | History and Physical Examination of the Knee Dr. Mark Leung Dr. Julia Alleyne | To demonstrate and interpret the appropriate clinical examination techniques to identify knee pathology. | To apply the physical examination to a learner partner. |
| 3:00 | Break | | |
| 3:15pm | Functional Anatomy/Pathology Review Lower Extremity – Ankle/Foot Dr. Julia Alleyne | To apply anatomy knowledge to the ankle/foot in preparation for learning the physical examination | To work in pairs and marking the key structures of the ankle/foot. |
| 3:30pm | History and Physical Examination of the Ankle/ Foot Dr. Mark Leung Dr. Julia Alleyne | To demonstrate and interpret the appropriate clinical examination techniques to identify ankle/foot pathology. | To apply the physical examination to a learner partner. |
| 4:00pm | Group Bell Ringer of Physical Examination Techniques. | To apply the principles of MSK physical assessment through synthesis of all teaching. . | Working in groups of 3, the class will be given a case symptom and related test to perform in 2 minutes maximum. Faculty will be circulating and the answer will be demonstrated. |
| 4:45pm | Summary of Key Learnings Dr. Julia Alleyne | | |
| 4:55pm | Evaluation | Survey Monkey Link send to participants with a 24 hours window to complete | |