

**CanMeds 2000 Rotation Specific Objectives
Orthopaedic Surgery Resident – University of Toronto
Arthroscopy Service – Junior Resident**

R.S. OBJECTIVES - JUNIOR RESIDENT

ARTHROSCOPIC JOINT RECONSTRUCTION

A MEDICAL EXPERT

1 ANATOMY AND PATHOLOGY OF SOFT TISSUE INJURY AND OVERUSE

- A) Rotator cuff tendonitis
- B) Patellofemoral disorders.
- C) Ruptures of the Achilles tendon.
- D) Ankle sprains.
- E) Simple knee ligament injuries.
- F) Tendinopathy. (eg. Lateral epicondyle)
- G) Articular cartilage damage.

2 GRADING AND MANAGEMENT OF SOFT TISSUE INJURY AND LIGAMENT TEARS.

- A) Ankle Sprain
- B) Knee Ligament
- C) Cartilage Injury

3 PATHOLOGY AND TREATMENT OF JOINT SUBLUXATION AND DISLOCATION.

- A) Ankle
- B) Knee and Patella
- C) Shoulder including simple dislocation.

4 CLINICAL EXAMINATION OF ACUTE AND CHRONIC INJURY TO SOFT TISSUE AND JOINTS IN 1,2,3 ABOVE.

5 SURGICAL ANATOMY AND PROCEDURES FOR

- A) Knee and shoulder diagnostic arthroscopy.
- B) Simple menisectomy.
- C) Repair of anterior shoulder dislocation.
- D) Repair of ankle instability.
- E) Repair of Achilles tendon rupture.
- F) Aspiration and local injection.

6 IMAGING FOR SOFT TISSUE INJURIES AND CHRONIC CHANGES.

- A) Xray**
- B) Bone scan**
- C) CT**
- D) MRI**
- E) Ultra sound**

7 PRINCIPLES OF REHABILITATION

- A) Physiotherapy**
- B) Bracing**
- C) Muscle and ligament physiology**
- D) Viscosupplementation**

B COMMUNICATOR

- 1 COMMUNICATE WITH PATIENTS,FAMILIES,PRIMARY CARE PHYSICIANS, HEALTH CARE PROFESSIONALS, AND SPORTS TEAM MEMBERS.**
- 2 INFORMED CONSENT.**
- 3 APPROPRIATE WRITTEN ORDERS AND NOTES.**

C COLLABORATOR

CONSULTS AND COLLABORATES WITH PATIENTS,HEALTH CARE PROFESSIONALS, TEAM AND PROFESSIONALS SPORT ORGANIZATION.UNDERSTANDS THE ROLE OF PREVENTIVE CARE IN SPORTS.

D MANAGER

MANAGES INPATIENT AND OUTPATIENT. USING HEALTH CARE RESOURCES.

E HEALTH ADVOCATE

IDENTIFIES RISK FRACTURE FOR INJURY INCLUSIVE SPECIAL RISKS TO FEMALES.

RECOGNISES VALUE OF PROPHYLATIC TRAINING.

RECOGNISES INFORMATION WITH COACHS AND SPORTS ORGANIZATIONS.

F SCHOLAR

ABLE TO MANAGE AND DEVELOP PERSONAL CONTINUING EDUCATION

TEACHES AND SUPERVISES PATIENTS,STUDENTS, COLLEAGUES AND OTHER HEALTH CARE PROFESSIONALS.

G HEALTH PROFESSIONALS

DELIVERS HIGHEST QUALITY CARE WITH INTEGRITY,HONESTY,COMPASSION.

APPRORRIATE PERSONAL AND INTERPERSONAL .

PROFESSIONALS BEHAVIOR

EXHIBITS ETHICAL BEHAVIOR.

KNOWLEDGE OF ETHICS AND SUBSTANCE ABUSE, PERFORMANCE ENCHANCING DRUGS IN SPORTS.