

Advanced Clinical Practice in Orthopaedic Medicine

The 'Advanced Clinical Practice in Orthopaedic Medicine' module was launched in January 2002 and may be attended either as a stand-alone advanced clinical skills module or as an option module as part of the MSc. Two full modules have now been successfully completed. This module intends to extend the manual skills of chartered physiotherapists (or those with an equivalent overseas qualification) as applied in clinical practice in orthopaedic medicine. It is targeted at those students who have completed the Society of Orthopaedic Medicine Membership course (or an equivalent course of an affiliated organisation) and who wish to develop those manual skills further based on their continuing clinical experience.

Mike Pole-Baker writes:

This two part, five day course was an optional module I chose as part of the MSc in Orthopaedic Medicine. I had four main expectations from the course. Firstly, to review some of the less frequented techniques taught by the Society of Orthopaedic Medicine (SOM). Secondly, to identify my strengths and weaknesses in the theory and practice of orthopaedic medicine. Thirdly, to assimilate and integrate evidence based practice into my clinical practice. Fourthly, I hoped to identify and reflect on the lacunae in this specialism. The first weekend was intense but enjoyable. There were four of us on the course and we revised and perfected all the techniques previously learnt (and some forgotten!) on the three part SOM courses. We were spoilt by having the two very experienced SOM course tutors, Elaine Atkins and Monica Kesson, to help us. We had the opportunity to discuss how we integrated the orthopaedic approaches into our daily practice and demonstrated alternative methods of treatment.

There was some intermodular work, which mainly consisted of reflecting on our Orthopaedic medicine in our clinical practice. In preparation for the exam on the second weekend the four course

participants met up in Newcastle. We consolidated our skills by practising every assessment procedure and manual technique. My only criticism was that we had not had a mock exam on the first weekend, but I gather this will be incorporated into the next course.

The second weekend started with a reflection on our integration of orthopaedic medicine in clinical practice. We each presented case studies and discussed the effectiveness of our assessments and techniques.

The main focus of the weekend was the exam, which tested our clinical reasoning process, general knowledge of pathologies and practical demonstrations in simulated clinical scenarios. The exam gave us the opportunity to verbalise our thought process and gave us the chance to demonstrate our extended knowledge.

There were a few weeks after the exam to complete one last assignment. This took the form of a reflective

practice essay and proved to be a fairly taxing task. It involved linking case studies from our portfolios and critical appraisals of relevant research to the learning outcomes of the course.

In summary, the course was designed with a mixture of practical and theoretical elements. It was an excellent opportunity to extend my manual skills, reflect on my clinical practice and verbalise my clinical reasoning process. If you enjoy orthopaedic medicine and wish to challenge yourself theoretically and practically then this may be the course for you.

MIKE POLE-BAKER



Mike Pole-Baker demonstrates his advanced manual skills on Debbie Cox with Monica Kesson looking on

They're the first!

Huge and many congratulations to Lesley Dawson, Paul Hattam, Monica Kesson and Margaret Rees for being our very first graduates of the MSc Orthopaedic Medicine.

After the validation of the MSc Orthopaedic Medicine in January 2001, our sage external examiner commented that the sweetest moment in developing a programme is when the very first students come through. I would have to uphold her observation wholeheartedly and we're all very proud of them all!

ELAINE ATKINS, JOINT PATHWAY CO-ORDINATOR MSc ORTHOPAEDIC MEDICINE



EDITORIAL

When Isaac Newton was asked how he discovered his theory of gravity he answered "standing on the shoulders of giants". I am sure that Newton would not have claimed to be the final word on all gravitational matters and his life after this significant point was still one of enquiry. Our giant is James Cyriax whose Newtonian apple was the principle of selective tension. One of the aims of the SOM is to develop his ideas and to continually test them against current research and investigative methods.

We need to have an open mind and be prepared to modify our practice as new evidence emerges. Therefore it gives me particularly great pleasure to announce the first graduates of the MSc in Orthopaedic Medicine in this first issue of the newsletter. The research projects undertaken by these students are a valuable contribution to the evidence base for our approach and it is hoped to be able to publish abstracts from them in future newsletters.

MEG GILBERT,
EDITOR, SOM TIMES

Injection Therapy and bacon butties!

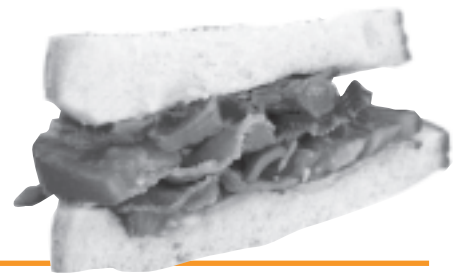
How many post-grad courses welcome you each morning with bacon butties? The hotel conference facilities that we use in Sheffield look after us well! It is conveniently sandwiched (sorry!) around the University and Hospitals (which provide easy access for the workshops at the anatomy and clinical skills labs) and provide an ideal environment for practical sessions and lectures.

The course is broken into two units, separated by a 6-month intermodular period, during which students undertake their supervised injections. Unit 1 is a 3 day programme covering the theory (pharmacology, injection technique, aspiration, contraindications etc) and the practicals cover all the regional techniques as well as sessions on needle proprioception and 'drawing up'. The workshops always go down very well with students appreciating the opportunity to review their peripheral anatomy as well as prepare for dealing with complications and emergency situations. During the last course in

November, several patients requiring injections were used to teach certain techniques and the students were involved in drawing up, depressing the plunger and providing after care advice to the patient. The programme is taught by physiotherapists experienced in the use of injection therapy, Paul Hattam and Alison Smeatham, Orthopaedic and Sports Physician Dr Bryan English and GP Specialist Dr David Knott.

If you are interested in taking your orthopaedic medicine skills further (and can't begin the day without a bacon butty), contact Amanda Sherwood for more information (contact details on back page)

PAUL HATTAM, COURSE PRINCIPAL,
THEORY AND PRACTICE OF INJECTION THERAPY



Would you like to know more about the MSc???

If you became a full Member of the SOM before January 2001, then to be able to step onto the Master's programme you will need to complete a reflective essay that demonstrates that you have achieved the learning outcomes of the current Membership course, i.e. 'in the form accredited by Middlesex University'. We have prepared guidelines for the essay and will be more than happy to give you support in the process of getting the essay together – it's not difficult.

If you became a full Member of the SOM since January 2001 then you also need to complete a reflective essay with a personal development plan. You will have been given the guidelines for this essay within your Assessment Handbook but I can happily provide more guidance if needed. All reflective essays should be sent to me (address below) so that I can arrange for marking.

Once the essay has been accepted you will have achieved the level of the Post-graduate Certificate in Orthopaedic Medicine, worthy of 60 Level 4 (Master's level) points, and will be able to step directly onto the Master's programme.

For the next tier – the Post-graduate Diploma in Orthopaedic Medicine, you will need to complete three 20-credit modules. The first is the compulsory research methods module 'Methods of Critical Enquiry in the Study of Healthcare Services'. The other two may be drawn from the Society's modules: 'Theory and Practice of Injection Therapy' and 'Advanced Clinical Practice in Orthopaedic Medicine', or you may select from the many options available at Middlesex University. The SOM Fellowship training module, 'Preparation for Teaching Orthopaedic Medicine' has also been validated by Middlesex University and if you have been selected

for a studentship through its separate application procedures, you can count this too, provided it will be completed within the time-scale of the Master's.

Many of you will have successfully completed some or all of the SOM modules already, and you will be able to claim credit for that via a very straightforward procedure. Each of the SOM modules mentioned above carries 20 Level 4 (Master's level) credit points and having achieved your 60 points you will then have achieved the accolade of the Post-graduate Diploma in Orthopaedic Medicine. Wonderful!

For more information regarding the PG Dip/MSc Orthopaedic Medicine – please do not hesitate to contact me at atkins@btinternet.com or Dr Kay Caldwell by telephone 020 8411 6458 or e-mail k.caldwell@mdx.ac.uk

Go on – just do it!

ELAINE ATKINS

Looking Over Your Shoulder

Combined Symposium of the British Institute of Musculoskeletal Medicine and the Society of Orthopaedic Medicine at the London Hilton Metropole Hotel. 7th December 2002

In her last visit overseas for at least two years, Australian physiotherapist Jenny McConnell gave two keynote lectures on the shoulder. The first lecture focused on the problem of traumatic and a traumatic multidirectional instability at the shoulder. A key message was to remember the starting position of the humeral head before commencing treatment. The second lecture, titled "The older shoulder" looked at the frozen shoulder. Jenny emphasised the need to provide initial pain relief in the form of strapping in the irritable phase.

Orthopaedic surgeon Tim Bunker gave an overview on the procedure of shoulder arthroscopy. Stating, that in his experience, bursitis and tendinitis were not common shoulder pathologies, he focused on tears of the rotator cuff as being the primary lesions. He went on to provide fascinating video footage of surgical decompression and rotator cuff repair.

Bryan English, a consultant in sports medicine, focused on the problems of shoulder pain in the throwing athlete's arm, specifically analysing the javelin thrower. Bryan discussed the mechanics of launching a javelin over 100 metres, supplementing his talk with video footage to both analyse the javelin thrower's action and amuse and entertain the audience!

Cathy Barrett, an extended scope practitioner from London, spoke about motor control instability at the shoulder. She explained how patients with subluxing shoulders could be placed in one of four categories depending on whether their problem was under voluntary control or not. Treatment programmes for these patients were discussed. She concluded that motor control dysfunction at corticospinal level can be modified with appropriate movement therapy.

Aspects of shoulder morphology were presented by clinical lecturer Peter Dangerfield. Commencing with the development of the shoulder at embryonic level, Peter went on to outline the key features at the shoulder and the consequences when these systems fail.

The whole Symposium was considered to be a hugely informative and enjoyable day by the 450 delegates who attended. This Symposium plays a major role in the calendar of events for all clinicians whose interest is in the world of musculoskeletal medicine.

Next year's Symposium, on 6 December 2003, will focus on Pain, with Gordon Waddell presenting the keynote lecture. If you cannot wait for then for further expansion of your orthopaedic knowledge, then the SOM's annual Conference at Loughborough University on 28 June 2003 is not to be missed. 'A Question of Sport' will focus on sports medicine and the programme is enclosed with this newsletter.

GORDON SMITH, EVENTS COMMITTEE CHAIR

HONORARY SECRETARY'S REPORT

The Society has had another successful year, continuing to thrive and grow with membership numbers currently standing at 1666. In an effort to improve the services offered to the members, several exciting developments are underway and it has therefore been necessary for Council to increase the annual membership fee to £30, the first increase in fees in 17 years. Membership benefits include subscription to the Journal of Orthopaedic Medicine and the SOM newsletter, reduced registration fees to SOM conferences, a copy of the members' directory and a chance to contribute to the development of the field of orthopaedic medicine. I am sure you will agree that membership of the SOM is still excellent value for money!

Council continues to be active and business has increased to the extent that two full day meetings and one evening meeting are needed each year to manage the Company and Charitable Trust.

Now that you can see how the Society is developing, we hope that through this Newsletter you will feel more involved. Please contact us with any ideas for progress and feedback. (Contact details on back page).

MONICA KESSON MSc MCSP,
HONORARY SECRETARY

Feedback

Having recently been back from a "C" module I heard and saw some things as if for the first time. Maybe the moment when it was first taught coincided with someone else sneezing but more likely I had just forgotten so it was interesting to read Mike Pole-Baker's comment above. I would be very interested to find out what others find difficult to remember and also if they have any tips to help jog the memory. Send them in to us here at the newsletter and we will print them in future editions.

MEG GILBERT, EDITOR, SOM TIMES

DATE FOR YOUR DIARY

A QUESTION OF SPORT
Loughborough University, 28 June 2003

 THE SOCIETY OF
ORTHOPAEDIC
MEDICINE
CONFERENCE



COURSES

THEORY AND PRACTICE OF INJECTION THERAPY

This module in injection skills is designed to develop cognitive and psychomotor skills essential to the advancement of the chartered physiotherapist specialising in injection treatments for musculoskeletal lesions. The module aims to develop the knowledge of the chartered physiotherapist in the theory, application and practice of injection treatments in musculoskeletal disorders. It further aims to enhance constant critical reasoning and evaluation in the application of injection skills.

The 'theory and practice of injection therapy' module comprises two separate Units, Unit 1 and Unit 2, that are separated by an inter-unit period to allow for practice, consolidation and evaluation of the material presented in Unit 1. It should be noted that this module is only open to fully-subscribed Members of the Society of Orthopaedic Medicine, who are currently practising.

The module is also an option module, IPH 4020, offered within the MSc Orthopaedic Medicine, developed by the SOM in collaboration with Middlesex University School of Health and Social Sciences.

Module Leader: Paul Hattam

2003/04 Course Programme

Dates: 6-8 March 2003 & 17-18 October 2003
6-8 November 2003 & 22-23 April 2004

Venue: Sheffield

Cost: £545.00 registration fee (£250.00 for MSc-registered students)

ADVANCED CLINICAL PRACTICE IN ORTHOPAEDIC MEDICINE

This module intends to extend the manual skills of chartered physiotherapists, or those with an equivalent overseas qualification, as applied in clinical practice in orthopaedic medicine. It is targeted at those students who have completed the Society of Orthopaedic Medicine (SOM) Membership course and who wish to develop those manual skills further based on their continuing clinical experience. The module requires a total of five days attendance (including the assessment day), split over two weekends, with a period of guided study in between.

The module is also an option module, IPH 4026, offered within the MSc Orthopaedic Medicine

Module Leader: Dr Elaine Atkins

2003/04 Course Programme

Dates: Unit 1: 22-24 October 2003; Unit 2: 16-17 January 2004

Venue: Whittington Archway Campus, Middlesex University

Cost: £545.00 (£250.00 for MSc-registered students)

Contact details for further information on either of these courses are opposite.

Any Questions??

We don't have any Dimblebys here at the SOM but if you have a burning question you would like answered, clinical, constitutional, whatever, send it in and we will field it to the appropriate person and get back to you in the next issue.

Contact: Meg Gilbert, c/o 6 Court View Close, Lower Almondsbury, Bristol BS32 4DW.

Tel/Fax: 01454 610255. Email: amandasherwood@compuserve.com



THE JOURNAL OF ORTHOPAEDIC MEDICINE

Abstracts On-line

www.soc.ortho.med.org



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