PENNSTATE HERSHEY
College of Medicine
1855

CENTER FOR
PRIMARY CARE

Courses

PCMED 749: Primary Care Sports Medicine, Hershey

This course will be offered at 4-week monthly intervals for 6 consecutive months of the academic year. The elective can accommodate up to 2 fourth year students per month with an anticipated enrollment of 12 students per year.

This course is designed to introduce the fourth year medical student to the basic concepts in the evaluation and initial treatment of common sports medicine conditions. Students will care for both pediatric and adult sports medicine patients. The learning environment will include a variety of clinical arenas including: primary care sports medicine, orthopedic sports medicine, musculoskeletal radiology, and sports physical therapy. Students will be evaluated through direct observation of skills including examinations of the shoulder, knee, and ankle and the proper technique of two common sports medicine procedures. Students will also be evaluated by their participation in assigned weekly sports medicine topic reviews. Students will be assessed on their fund of knowledge, patient care skills, professionalism, and interpersonal skills as noted during their clinical interactions.

Justification

1) Instructional, Educational, and Course Objectives

This course is designed to introduce fourth year medical students to the basic concepts in the evaluation and initial treatment of common sports medicine conditions. Students will care for both pediatric and adult sports medicine patients. The instructional focus will include understanding the scope of management options and tools available to aid in diagnosis.

The following learning objectives were specifically designed for this course:

1. By the end of the primary care sports medicine rotation, each 4th year medical student will have demonstrated at least once, the appropriate technique, as defined on a check sheet, for performing a shoulder, knee, and ankle exam.

2. By the end of the primary care sports medicine rotation, each 4th year medical student will have demonstrated at least once, the proper technique of two of the following: intra-articular knee

injection, subacromial bursa injection, on-the-field cervical spine stabilization, short arm/leg splinting, and/or short arm/leg casting.

3. By the end of the primary care sports medicine rotation, each 4th year medical student will be able to describe the initial evaluation, diagnosis, and treatment of common sports related shoulder, knee, and ankle injuries as demonstrated by their patient presentations in sports clinic.

4. By the end of the primary care sports medicine rotation, each 4th year medical student will be able to discuss the evaluation, diagnosis, and treatment of sports medicine conditions such as concussion, environmental illness (heat illness, cold injury), and sudden cardiac death as demonstrated by their performance during weekly educational sessions.

5. By the end of the primary care sports medicine rotation, each 4th year medical student will have seen or discussed with their preceptor, or in case conference/journal club, at least one currently debated aspect of the pre-participation physical examination.

6. By the end of the primary care sports medicine rotation, each 4th year medical student will be able to list the most common sports supplements used by athletes and understand their proposed benefits and possible risks, assessed during an educational session.

7. By the end of the primary care sports medicine rotation, each 4th year medical student will have observed sports physical therapy and the different modalities offered to injured athletes.

8. By the end of the primary sports medicine rotation, each 4th year medical student will have observed the various imaging studies utilized in sports medicine including radiography, ultrasound, bone scan, computed tomography, magnetic resonance imaging, and magnetic resonance arthrography.

9. By the end of the primary care sports medicine rotation, each 4th year medical student will be able to discuss the multiple disciplines of the sports medicine team and how their collaboration benefits care of the injured athlete.

Registration:

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