

Fellowship Preparation Track

PRIMARY CARE SPORTS MEDICINE

Overview

The Fellowship Preparation Track (FPT) for primary care sports medicine has been developed to provide education, training and exposure to primary care sports medicine endeavors that surpass the required core education and training during residency. It can be pursued by those residents considering fellowship education and training in primary care sports medicine (emergency medicine/sports medicine, family medicine/sports medicine, internal medicine/sports medicine, pediatric medicine/sports medicine, or physical medicine and rehabilitation/sports medicine).

Goals & Objectives

This FPT gives residents the opportunity to understand the primary care sports medicine endeavors that surround him/her in residency. These opportunities may include additional sports medicine training, for example, in event coverage, journal club, sports medicine workshops, or scholarly activities, etc. By completing the sports medicine FPT, residents will exceed core requirements during residency, develop a strong foundation in sports medicine in preparation for their future careers, and be able to provide a portfolio that can be given to their residency program directors prior to graduation.

Specific aims:

- To provide structured and intensive training in musculoskeletal and primary care sports medicine
- To act as a team physician and provide mass event coverage under the guidance of sports medicine faculty
- To provide on-site clinical exposure in the assessment and management of acute musculoskeletal injuries
- To enhance skills in areas such as:
 - Musculoskeletal and pre-participation exams
 - Musculoskeletal radiology/ultrasound
 - Casting and splinting
 - Joint and soft tissue injections
 - Rehabilitation
- To pursue scholarly activity in sports medicine
 - Original research
 - Clinical or educational quality improvement projects
 - Case studies
 - Podium presentation
 - Poster presentation
 - Written case report
 - Systematic reviews
- To offer longitudinal didactic sports medicine exposure
 - Reading groups
 - Journal clubs
 - Sports medicine conferences related to a residency or fellowship program
 - Didactic lectures
 - Hands-on workshops using models/simulations
- To provide longitudinal mentoring by sports medicine faculty for:
 - Game, event, and mass event coverage
 - Scholarly activity

- Assistance in selecting elective rotations in musculoskeletal and sports medicine
- Membership to professional sports medicine organizations
- Attendance at a national sports medicine CME conference(s)

Requirements

1. Four weeks of dedicated elective time in musculoskeletal and/or sports medicine (within home program or as an away elective)
2. At least one year of longitudinal team physician experience with an area high school team (e.g. football)
3. Participation in medical coverage of at least one mass participation sporting event
4. Presentation of at least two sports medicine conferences
5. Critical appraisal and presentation of at least one journal club article related to sports medicine
6. Design and completion of a scholarly project relevant to sports medicine (original research, clinical quality improvement project, educational quality improvement project, case podium presentation, case poster presentation, written case report, or systematic review article) and presentation of the project within the residency and/or other appropriate local, regional or national forum
7. Attendance to at least one national sports medicine CME conference such as AMSSM, ACSM (regional or national), or an Advanced Team Physician Course

Curricular Overview

The curriculum for the sports medicine FPT includes both elective rotations and time devoted to the other required activities outlined above. The focused experiences will help nourish the resident's interest in developing the medical knowledge, clinical skills, attitudes, behaviors, and leadership skills important for the practice of primary care sports medicine. Specific opportunities include team physician experience, participation in training room clinics, academic enrichment opportunities, lecturing and teaching, mentorship by sports medicine faculty, and coordination of away sports medicine electives at other nationally-recognized training sites. The sport medicine FPT would ideally position the participating resident as a strong candidate for acceptance into a primary care sports medicine fellowship training program or prepare the interested resident for delivering quality, and safe, musculoskeletal and sports medicine care in the community setting.

Each residency program offers several months of orthopaedic and other elective rotations. These rotations can be utilized to gain skills in sports medicine and musculoskeletal care. For residents pursuing the sports medicine FPT, additional reading, organization of orthopedic reading groups, presentation at a sports medicine case conference, and participation in a sports medicine journal club will enhance the core experience. The resident is encouraged to utilize these months to develop strong working and mentoring relationships with at least one primary care sports medicine faculty member.

Some examples of clearly sports medicine-relevant electives include: primary care sports medicine (emergency medicine/sports medicine, family medicine/sports medicine, internal medicine/sports medicine, pediatric medicine/sports medicine, or physical medicine and rehabilitation/sports medicine), general orthopaedics, orthopaedic sports medicine, rheumatology, musculoskeletal radiology, training room coverage, casting and splinting, sports nutrition, sports psychology, and ski rotations. The electives can be performed locally or at other nationally-recognized training sites. Participating residents are encouraged to attend and take responsibility in initiating and coordinating sports medicine case conferences and reading groups throughout their residency.

Curriculum Timeline

	Summer	Fall	Winter	Spring
R1	<p>R1 Sports Medicine/electives</p> <p>Identify interest in Sports Medicine AOC</p> <p>Meet with Mentor</p> <p>Event Coverage</p>	<p>Identify interest in Sports Medicine AOC</p> <p>Early on-the-field/mass event experience</p> <p>Consider HS football coverage under supervision of sports medicine attending physicians, fellows, or senior residents</p> <p>Consider topics for an academic enrichment project</p>	<p>Identify interest in Sports Medicine AOC</p> <p>Early on-the-field/mass event experience</p> <p>Meet with Mentor</p> <p>Identify Specific Curricular interests</p>	<p>Identify interest in Sports Medicine AOC</p> <p>Early on-the-field/mass event experience</p> <p>Timeline/design of academic enrichment project</p>
R2	<p>R2 Sports Medicine*</p> <p>Elective Time In Sports Medicine (2-4 wks)</p> <p>Sports Medicine Reading Group Participation</p> <p>Meet with Mentor</p> <p>Academic enrichment project</p> <p>Mass event coverage/ PPE participation</p>	<p>Begin academic enrichment project</p> <p>Team physician coverage (high school football)</p> <p>Mass event coverage/ PPE participation</p>	<p>Meet with Mentor</p> <p>Academic Enrichment Project- consider abstract submission to AMSSM?</p> <p>Optional event coverage with Sports Medicine faculty</p> <p>Mass event coverage/ PPE participation</p>	<p>Academic Enrichment Project- present at AMSSM?</p> <p>Optional event coverage with Sports Medicine faculty</p> <p>Mass event coverage/ PPE participation</p>
R3	<p>Elective Time In Sports Medicine Topics (4 wks; possible away elective)</p> <p>Coordinate Sports Medicine Reading Group</p> <p>Meet with Mentor</p> <p>Academic Enrichment Project</p> <p>Mass event coverage/ PPE participation</p> <p>Begin Sports Medicine Fellowship Applications</p>	<p>Academic Enrichment Project</p> <p>Team physician coverage (high school football)</p> <p>Mass event coverage/ PPE participation</p> <p>Complete Sports Medicine Fellowship Applications / Interview for Fellowship</p>	<p>Meet with Mentor</p> <p>Academic Enrichment Project- AMSSM submission?</p> <p>Optional / Misc event coverage</p> <p>Mass event coverage/ PPE participation</p>	<p>Conclude & present Academic Enrichment Project</p> <p>Optional / Misc event coverage</p> <p>Mass event coverage/ PPE participation</p>

Event Coverage

Primary care residents can begin providing event coverage under direct supervision of faculty during their R1 year and continue this exposure throughout residency progressing through indirect supervision by faculty, fellows and senior residents to oversight by faculty as knowledge, attitudes and skills progress over time as assessed by supervising physicians and competency is determined by primary care sports medicine faculty. The resident is expected to develop a longitudinal team physician experience covering a local area high school football team through at least one full season. The resident is also encouraged to assist in medical coverage at mass sporting events such as a 5K/10K road race, marathon, triathlon, wrestling tournament, or other local opportunities.

Scholarly Activity

Interested residents should identify and contact a potential primary care sports medicine faculty mentor to express an interest in pursuing the sports medicine FPT. After an initial meeting, the resident and mentor can formulate and direct a scholarly activity project related to sports medicine. The academic project may include: participating in original research; presenting or authoring a case study, authoring a review article or textbook chapter; leading a musculoskeletal education quality improvement project; leading a clinic or system-based quality improvement project; or some other scholarly activity project related to sports medicine. The resident will be encouraged to conceptualize their project within their R1 year, carry out the project in their R2 and R3 years, present his/her scholarly work locally, regionally and/or nationally, or submit his/her work to a peer-reviewed journal towards the conclusion of his/her residency.

Mentoring

The resident should identify one core primary care sports medicine mentor who will guide him/her during residency. Ideally, the primary care sports medicine faculty teamed with the resident will have regular contact through the course of residency to provide feedback and guidance regarding the progress of their scholarly activity project.

If a sports medicine faculty is not available within the resident's program or city, the AMSSM Find-A-Member service may be used to help identify an AMSSM member in the resident's geographical area to serve as a mentor: <http://www.amssm.org/Find-a-Doc.html>.

The primary care sports medicine faculty also will be chiefly responsible for assisting the resident in identifying appropriate elective rotations, CME conferences, and periodically reviewing the resident's progress towards acquiring advanced skills in musculoskeletal and sports medicine care.

Evaluation

A resident participating in the sports medicine FPT will receive the standard clinical performance evaluations required by his/her primary care residency. The supervising physician in charge of the rotation will evaluate the resident's performance. These written evaluations should include assessment of the resident's competency in patient care, medical knowledge, interpersonal and communication skills, professionalism, practice-based learning and improvement, and systems-based practice as these relate to musculoskeletal and sports medicine. The resident should log all appropriate musculoskeletal and sports medicine diagnoses he/she is exposed to, as well as all musculoskeletal and sports medicine procedures he/she observes, assists with, or performs under appropriate supervision by faculty. The procedure log will be evaluated by the primary care sports medicine faculty member towards the final months of residency as one measure of competency in joint and soft tissue injections, casting and splinting. With successful completion of the sports medicine FPT, a formal letter will be placed in the resident's permanent file to document the additional training and skills achieved. This summary letter will include a listing of musculoskeletal and sports medicine related: elective rotations, journal club article(s) presented, didactic and case conference(s) presented, a brief description of the scholarly activity project, CME conference(s) attended, and procedure log.