Goals and Objectives

Outpatient Clinic Pain McLaren Flint

(Revised 6/2013)

This rotation is spread over the 36 month training period, for a total of 4, 1-month rotations.

Year in training: PGY 2, 3 and 4

Level of supervision by attending physician: Direct supervision

Supervision of junior residents: No

Location of rotation: Back Pain and Sports Rehabilitation Specialists Clinic, Flint Michigan

Responsible Faculty: Drs. Atty, Stathakios, Rigueras, Felix and fellow resident

Goals of rotation:

* Establish proficiency in performing H&P’s with a rehab focus on patient in the outpatient settings
* Demonstrate skills in writing rehab prescriptions for medications, therapies and durable medical equipment in outpatient setting
* Evaluate the need for injections or other rehabilitation services for patients
* Exemplify the physiatric leadership role in clinical case management with patients as well as case managers across the continuum of rehab care
* Display effective communication and interpersonal skills while working with a variety of attending physiatrists, nurses, medical assistants, office personnel as well as patients
* Demonstrate the ability to provide injections in the outpatient clinic to include obtaining consent, using sterile technique to drawup medications, preparing an aseptic injection site, properly administering the medication and properly disposing of needles and injection paraphernalia.
* Demonstrate ongoing evelopment and improvement in the administration of injections under fluoroscopy including sacroiliac, piriformis, facet and bursa injections
* Progress towards the goal of ultrasound guided injections including knee, shoulder, bursa and elbow injections
* Acquire experience and skill in the management of chronic pain
* Demonstrate osteopathic manipulative treatment skills with patients who have musculoskeletal diagnoses

1. **Patient Care**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Perform complete and accurate rehabilitation medicine-focused history and physical examinations that reflect the patient’s functional abilities * Effectively utilize patient safety practices and awareness in the outpatient settings * Be able to indentify indications for perform injections in the outpatient clinic, including: obtaining consent, sterile technique with medication preparation and preparing an asepticinjection site. * Be able to identify basic spine diagnoses including radiculopathy, facet syndrome, sacroiliac dysfunction, mechanical low back pain, idiopathic low back pain, piriformis syndrome, lumbar spinal stenosis and degenerative joint disease. * Recommend and interpret basic diagnostic tests for the evaluation and diagnosis of spine pain. * Demonstrate Osteopathic manual medicine skills in diagnosing and treating patients with musculoskeletal problems |
| **Year 3** | * Identify basic and advanced spine diagnoses of radiculopathy, facet syndrome, sacroiliac dysfunction, mechanical low back pain, idiopathic low back pain, piriformis syndrome, lumbar spinal stenosis and degenerative joint disease. * Identify basic and advanced peripheral joint pathology that could benefit from injections. * Demonstrate skill in the non-operative management of peripheral joint pathology. * Diagnose specific radiculopathy levels. * Acquire skills in the management of chronic pain * Demonstrate progress towards goal of using ultrasound guided injections for knee, shoulder, bursa and elbow injections * Recommend and interpret appropriate diagnostic tests to assist in the evaluation of medical or functional problems that impact upon the delivery of rehabilitation services * Formulate therapy goals and prescribe the appropriate therapy to meet these goals in the outpatient setting * Demonstrate skills in effective integration of rehabilitation goals with medical issues in order to provide optimal and practical rehabilitation |
| **Year 4** | * Demonstrate the ability to provide injections in the outpatient clinic to include obtaining consent, using sterile technique for medication preparation, preparing an aseptic injection site, properly administering the medication and properly disposing of needles and injection paraphernalia. * Progress towards goals of ultrasound-guided injections including knee, shoulder, bursa and elbow injections * Recommend and interpret appropriate diagnostic tests to assist the evaluation of medical or functional problems that impact upon the delivery of rehabilitation services * Demonstrate skills for the management of chronic pain |

1. **Medical Knowledge**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Demonstrate application of general medical and physiatric knowledge and proficiency skills in the diagnosis of patients with: * Low back pain * Neck pain * Thoracic pain * Radiculopathy, * Facet syndrome, * Sacroiliac dysfunction, * Mechanical low back pain * Idiopathic low back pain * Piriformis syndrome * Lumbar spinal stenosis * Degenerative joint disease. * Shoulder pain * Elbow pain * Wrist and hand pain * Hip pain * Knee pain * Foot and ankle pain * Psychosocial aspects of pain |
| **Year 3** | Demonstrate application of general medical and physiatric knowledge and proficiency skills in the treatment of:   * Neck pain * Thoracic pain * Radiculopathy, * Facet syndrome, * Sacroiliac dysfunction, * Mechanical low back pain * Idiopathic low back pain * Piriformis syndrome * Lumbar spinal stenosis * Degenerative joint disease. * Shoulder pain * Elbow pain * Wrist and hand pain * Hip pain * Knee pain * Foot and ankle pain * Pain management * Spasticity management * Psychosocial aspects of pain |
| **Year 4** | Demonstrate application of general medical and physiatric knowledge and proficiency skills in the treatment of:   * Neck pain * Thoracic pain * Radiculopathy, * Facet syndrome, * Sacroiliac dysfunction, * Mechanical low back pain * Idiopathic low back pain * Piriformis syndrome * Lumbar spinal stenosis * Degenerative joint disease. * Shoulder pain * Elbow pain * Wrist and hand pain * Hip pain * Knee pain * Foot and ankle pain * Post-concussive disorder * Prescription of psychotropic medications * Cervical Dystonia * Chronic Migraine headache * Psychosocial aspects of pain |

1. **Practice-Based Learning and Improvement**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Effectively solicit and utilize constructive feedback from all team members, including attending physicians, patients and their families to improve resident physician skills * Review and use current literature and medical information regarding diagnoses seen in the outpatient setting * Integrate newly acquired skills and knowledge into assessing rehabilitation care and outcomes |
| **Year 3** | * Effectively solicit and utilize constructive feedback from all team members, including attending physicians, patients and their families to improve resident physician skills * Review and use current literature and medical information regarding diagnoses seen in the outpatient setting * Integrate newly acquired skills and knowledge into assessing rehabilitation care and outcomes |
| **Year 4** | * Effectively solicit and utilize constructive feedback from all team members, including attending physicians, patients and their families to improve resident physician skills * Review and use current literature and medical information regarding diagnoses seen in the outpatient setting * Integrate newly acquired skills and knowledge into assessing rehabilitation care and outcomes |

1. **Interpersonal and Communication Skills**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Demonstrate appropriate and engaging communication skills with patients with disabilities and with their families * Demonstrate skill in working effectively as a team member with other health care providers, especially in an interdisciplinary team * Demonstrate skill in communicating effectively with a patient at his or her socioeconomic level * Complete transcriptions of a patient’s history and physical in a timely and accurate manner * Demonstrate effective listening skills |
| **Year 3** | * Demonstrate skills in working effectively as team leader with other health care providers, especially in an interdisciplinary team * Demonstrate appropriate and engaging communication skills with patients with disabilities and with their families * Demonstrate skill in working effectively as a team member with other health care providers, especially in an interdisciplinary team * Demonstrate skill in communicating effectively with a patient at his or her socioeconomic level * Complete transcriptions of a patient’s history and physical in a timely and accurate manner * Demonstrate effective listening skills |
| **Year 4** | * Demonstrate skills in working effectively as team leader with other health care providers, especially in an interdisciplinary team * Demonstrate appropriate and engaging communication skills with patients with disabilities and with their families * Demonstrate skill in working effectively as a team member with other health care providers, especially in an interdisciplinary team * Demonstrate skill in communicating effectively with a patient at his or her socioeconomic level * Complete transcriptions of a patient’s history and physical in a timely and accurate manner * Demonstrate effective listening skills |

1. **Professionalism**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Exemplify respect, dignity and compassion for patients and their families * Demonstrate initiative, integrity and respect for patient confidentiality * Demonstrate skills reflecting conduct in a collegial and collaborative manner with other resident physicians, attending physicians, nurses and allied health staff * Demonstrate an understanding of basic ethical principles involved in rehabilitation medicine * Exemplify and demonstrate appreciation for the role that diversity including cultural factors, gender, age, ethnicity, religion, disabilities and sexual orientation have in the rehabilitation of patients |
| **Year 3** | * Exemplify respect, dignity and compassion for patients and their families * Demonstrate initiative, integrity and respect for patient confidentiality * Demonstrate collegial and collaborative conduct with other resident physicians, attending physicians, nurses and allied health staff * Demonstrate an understanding of basic ethical principles involved in rehabilitation medicine * Exemplify and demonstrate appreciation for the role of diversity in culture, gender, age, ethnicity, religion, disability and sexual orientation in the rehabilitation of patients * Demonstrate and exemplify respect, dignity and compassion for patients and their families * Develop professional relationships with referring physicians, therapists and ancillary health care providers to facilitate timely and effective medical and rehabilitation care |
| **Year 4** | * Exemplify respect, dignity and compassion for patients and their families * Demonstrate initiative, integrity and respect for patient confidentiality * Demonstrate collegial and collaborative conduct with other resident physicians, attending physicians, nurses and allied health staff * Demonstrate an understanding of basic ethical principles involved in rehabilitation medicine * Exemplify and demonstrate appreciation for the role of diversity in culture, gender, age, ethnicity, religion, disability and sexual orientation in the rehabilitation of patients * Demonstrate and exemplify respect, dignity and compassion for patients and their families * Develop professional relationships with referring physicians, therapists and ancillary health care providers to facilitate timely and effective medical and rehabilitation care |

1. **System-Based Practice**

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| **Post Graduate Year** | **Competency Based Objectives** |
| **Year 2** | * Advocate for quality patient care and help patients navigate system complexities * Recognize systems based barriers to comprehensive pain management. |
| **Year 3** | * Advocate for quality patient care and help patients navigate system complexities. * Identify systems based barriers to comprehensive pain management * Complete insurance forms to obtain appropriate rehabilitation and medical care. |
| **Year 4** | * Advocate for quality patient care and help patients navigate system complexities. * Identify systems based barriers to comprehensive pain management * Complete insurance forms to obtain appropriate rehabilitation and medical care. |

**Specific Functions and Roles to Accomplish Rotation Goals**

* To accomplish the above mentioned inpatient objectives, the resident provides medical and rehabilitative care for patients admitted to the inpatient rehabilitation unit in conjunction with the attending physiatrist assigned to the care of the patient. In addition, the resident attends regularly scheduled interdisciplinary team rounds.
* The resident will contribute to the didactic curriculum by teaching other residents on various topics assigned by their Attending Physician, Program Director or Chief Resident.
* The resident will participate in journal club, morbidity and mortality rounds, root cause analysis as assigned by their Attending Physician, Program Director or Chief Resident.
* The resident will participate in quality improvement projects, as assigned by their Attending Physician, Program Director or Chief Resident.

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Resident Signature

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Program Director Signature