

# Physical Medicine and Rehabilitation University of Toronto Rotation Specific Goals and Objectives Orthopaedics

## General Requirements:

To develop the necessary knowledge and clinical skills required in Orthopaedics for:

- Competent practice of the specialty of physical medicine and rehabilitation
- Successful completion of the Royal College Fellowship Exam

## Specific:

By the end of the Physiatry Residency Program, including within this specific rotation, the resident must achieve the following objectives:

- Demonstrate diagnostic and therapeutic skills for ethical and effective patient care
- Access and apply relevant information to clinical practice
- Demonstrate effective consultation skills with respect to patient care, education and medical-legal opinions

## Medical Expert

### Definition:

**As Medical Experts, Physiatrists integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills, and professional attitudes in their provision of patient-centered care. *Medical Expert* is the central physician Role in the CanMEDS framework. The Physiatrist is a medical specialist, expert in the comprehensive diagnosis, management and rehabilitation of people of all ages with neuromusculoskeletal disorders and associated disabilities.**

### **1. Function effectively as consultants, integrating all of the CanMEDS Roles to provide optimal, ethical and patient-centered medical rehabilitative care**

- Demonstrate reliable and conscientious professional conduct in all aspects of patient care
- Recognize the importance of a multi-disciplinary team in effective patient assessment and management
- Demonstrate a compassionate interest and overall understanding in all aspects of patient care, including psychological, social, surgical and medical health
- Understand the psycho-social aspects of injuries in patients affected by musculoskeletal conditions
- Acknowledge the increasing strains of health care economics on patients and their families, residents, medical staff and allied health professionals
- Educational exposure to medicolegal issues and reports pertaining to orthopaedics.

## **2. Establish and maintain clinical knowledge, skills and attitudes appropriate to their practice**

- Explain the anatomy and biomechanical function of the axial and appendicular skeleton
- Identify the basic physiology, and biochemistry of bone, cartilage, tendons, ligaments, muscles, nerves and skin
- Explain the principles of fracture and wound healing and possible complications associated with these processes
- Understand the indications, contraindications, potential benefits and limitations of surgical intervention for commonly encountered musculoskeletal conditions. These interventions may include spinal fusion and decompression, joint replacement, osteotomies, tendon transfers, tendon release, amputations, scoliosis surgery, and fracture reduction
- Recognize conditions that may affect the musculoskeletal system, such as arthritis and other inflammatory conditions, congenital abnormalities, infections, metabolic bone disease and bone tumors
- Recognize the orthopaedic aspects of acute and chronic conditions of those physically active at all levels of ability

## **3. Perform a complete and appropriate assessment of a patient**

- Demonstrate proficiency in completing a history and focal musculoskeletal examination as appropriate
- Communicate with other medical staff, in oral and written format, a detailed but concise patient history, problem list, differential diagnosis, diagnostic plan and treatment plan
- Demonstrate the appropriate use of diagnostic imaging
- Interpret radiological investigations of the musculoskeletal system in a systematic manner

## **4. Use preventive and therapeutic interventions effectively**

- Implement an effective management plan in collaboration with a patient and their family
- Indicate how surgical techniques and operative approaches influence post-operative care and rehabilitation management

## **5. Demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic**

- Ensure informed consent is obtained for procedures as listed in 5.2
- Demonstrate effective, appropriate, and timely performance of the following diagnostic and therapeutic procedures:
  - Intra-articular injections
  - Soft tissue injections

## **6. Seek appropriate consultation from other health professionals, recognizing the limits of their expertise**

- Demonstrate effective, appropriate, and timely consultation of another health professional as needed for optimal patient care
- Arrange appropriate follow-up care

## Communicator

### **Definition:**

**As Communicators, Psychiatrists effectively facilitate the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.**

### **1. Develop rapport, trust, and ethical therapeutic relationships with patients and families**

- Establish positive therapeutic relationships with patients and their care givers that are characterized by understanding, trust, respect, honesty and empathy
  - Demonstrate a patient-centered, compassionate and empathetic approach to patients and their care givers that includes concern for the psychosocial, cultural and economic implications of a patient's unique situation and disability
- Gather information about a disease, but also about a patient's beliefs, concerns, expectations and illness experience
- Seek out and synthesize relevant information from other sources, such as a patient's family/caregivers and other professionals and review of relevant documentation
- Synthesize the information gathered for the diagnosis and management of a particular patient problem

### **2. Convey relevant information and explanations accurately to patients and care givers, colleagues and other professionals**

- Deliver information to a patient and their care givers, in a humane, respectful, clear, concise and accurate manner so that it is understandable and encourages discussion and participation in decision-making
- Deliver information to colleagues and other health professionals in a respectful, clear, concise and accurate manner to encourage and facilitate inter-professional person-centered collaborative practice

### **3. Develop a common understanding on issues, problems and plans with patients, care givers, and other professionals to develop a shared plan of care**

- Respect diversity and difference, including, but not limited to the impact of gender, religion and cultural beliefs on decision-making
- Engage patients, care givers, and relevant health professionals in shared decision-making to develop a plan of care and promote patient autonomy.

### **4. Convey effective oral and written information about a medical encounter**

- Prepare and maintain clear, complete, accurate, and appropriate records of clinical encounters and plans
- Present verbal reports of clinical encounters and plans effectively

## Collaborator

### *Definition:*

**As Collaborators, Psychiatrists effectively work within a health care team to achieve optimal patient care.**

#### **1. Participate effectively and appropriately in an interprofessional health care team**

- Work with others to assess, plan and provide integrated care for individual patients (or groups of patients)
- Participate effectively in interprofessional team meetings, family conferences and discharge planning conferences

#### **2. Work effectively with other health professionals to prevent, negotiate, and resolve interprofessional conflict**

- Demonstrate a respectful attitude towards other colleagues and members of an interprofessional team
- Work with other professionals to prevent conflicts

## Manager

### *Definition:*

**As Managers, Psychiatrists are integral participants in health care organizations, organizing sustainable practices, making decisions about allocating resources, and contributing to the effectiveness of the health care system.**

#### **1. Participate in activities that contribute to the effectiveness of their health care organizations and systems**

- Work collaboratively with others in their organizations

#### **2. Manage their practice and career effectively**

- Set priorities and manage time to balance patient care, practice requirements, outside activities and personal life
- Recognize the principles and effects of a balanced lifestyle on ones practice and ability to provide optimal care for patients

#### **3. Allocate finite health care resources appropriately**

- Recognize the importance of just allocation of health care resources, balancing effectiveness, efficiency and access with optimal patient care for individuals and disabled populations

## Health Advocate

### ***Definition:***

***As Health Advocates, Psychiatrists responsibly use their expertise and influence to advance the health and well-being of individual patients, communities, and populations.***

### **1. Respond to individual patient health needs and issues as part of patient care**

- Identify the health needs of an individual patient
  - Assist patients and families in accessing health and social resources in the community, including patient support groups
  - Demonstrate sensitivity to special issues of gender, ethnicity and social bias in dealing with patients, families and persons with disabilities
- Identify opportunities for advocacy, health promotion and disease prevention with individuals to whom they provide care

## Scholar

### ***Definition:***

***As Scholars, Psychiatrists demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge.***

### **1. Maintain and enhance professional activities through ongoing learning**

- Recognize and reflect learning issues in practice
- Pose an appropriate learning question
- Access and interpret the relevant evidence
- Integrate new learning into practice

### **2. Evaluate medical information and its sources critically, and apply this appropriately to practice decisions**

- Critically appraise retrieved evidence in order to address a clinical question
- Integrate critical appraisal conclusions into clinical care thereby demonstrating a commitment to lifelong learning

### **3. Facilitate the learning of patients, families, students, residents, other health professionals, the public and others, as appropriate**

- Assess and reflect on a teaching encounter
- Receive and provide feedback effectively

## Professional

### ***Definition:***

***As Professionals, Psychiatrists are committed to the health and well-being of individuals and society through ethical practice, profession-led regulation, and high personal standards of behaviour.***

### **1. Demonstrate a commitment to their patients, profession, and society through ethical practice**

- Exhibit appropriate professional behaviors in practice, including honesty, integrity, commitment, compassion, respect and altruism
- Demonstrate a commitment to delivering the highest quality care and maintenance of competence
- Maintain appropriate relations with patients

### **2. Demonstrate a commitment to their patients, profession and society through participation in profession-led regulation**

- Demonstrate knowledge and an understanding of the professional, legal and ethical codes of practice to which physicians are bound

### **3. Demonstrate a commitment to physician health and sustainable practice**

- Balance personal and professional priorities to ensure personal health, to ensure a sustainable practice and to optimize patient care