

Musculoskeletal Medicine Skills

Learning Objectives for Individual Topics

“As a result of this session, attendees will be able to:

Presentation Topic: The Knee in Primary Care

Speaker: Briant Smith, MD

- Determine indications for referral of patients with knee complaints for specialty care.
- Assess and treat patients with hot swollen atraumatic knee
- Assess and treat patients with common knee problems

Presentation Topic: The Examination of the Acutely Injured Knee

Speaker: Barry Jay Miller, MD

- Describe 6 steps in evaluating the acutely injured knee
- Assess a patient with acute knee injuries in a more systematic way than previously done
- State examples of acute injuries that require immediate referral

Presentation Topic: Musculoskeletal Injection Techniques: A Strategy for Musculoskeletal Conditions

Speaker: Briant Smith, MD TPMG

- Identify indications and complications of musculoskeletal injections
- Discuss the differences between steroid preparations
- Demonstrate at least two joint injection techniques.

Presentation Topic: “Oh My Aching Back” Understanding and Communicating About Low Back Pain

Speaker: Barry Jay Miller, MD

- Discuss what leaves patients dissatisfied after a visit for LBP
- Describe the effect of normal aging on the lumbar spine
- Describe the diagnosis, evaluation, and treatment of low back pain in a patient-centric fashion

Presentation Topic: Leg & Ankle Problems in Primary Care

Speaker: Briant Smith, MD TPMG

- Identify common musculoskeletal conditions affecting the leg and ankle
- Cost-effectively diagnose these common conditions
- Initiate appropriate initial treatment for these conditions
- Counsel patients on rehabilitation and recovery from leg and ankle injuries

Presentation Topic: Primary Care Treatment of Common Foot Problems

Speaker: Earl Wong, MD Hawaii

- Visualize and appropriately treat plantar fasciitis *PMG*
- Describe the relationship between common foot problems and abnormal foot mechanics and the implications for this relationship on treatment.
- Identify anterior cavus foot and describe self care strategies to these patients.

Presentation Topic: Exercise as Medicine: The Health Benefits of Physical Activity

Speaker: Robert Sallis, MD

- Describe the effect of physical activity on the treatment and prevention of chronic disease, as well as, lowering mortality rates
- Review studies showing the beneficial effects of resistance training on health
- Demonstrate how to prescribe exercise to patients in the office
- Relate a sports medicine approach to caring for all patients as athletes

Presentation Topic: Primary Care Approach to Diagnosing & Treating Adult Low Back Problems

Speaker: Kirk Pappas, MD

- Cite several examples of "serious disease" that can occur in the Lumbar Spine
- Describe common findings on physical exam in a patient with a herniated lumbar disc
- Discuss the use of appropriate analgesics in patients with "Non Specific Low Back Pain".

Learning Objectives for Individual Topics
“As a result of this session, attendees will be able to:

Presentation Topic: Part I: A Practical Way to Manage Time-Off Requests in Primary Care” Formulating Activity Prescriptions”

Speakers: Dennis Pocekay, MD TPMG & David Bischoff, MPH TPMG

- Define and differentiate between patient “impairment” and “disability”
- Discuss factors that influence patient requests for time off work
- Formulate an “activity prescription” to help patients return to work

Presentation Topic: Demonstration Physical Exam for Low Back Pain

Speaker: Barry Jay Miller, MD

- Perform a thorough examination of a patient with LBP in less than three minutes
- Feel more confident in your approach to the physical exam for low back pain
- Demonstrate the importance of checking the abdomen as part of the physical exam for low back pain.

Presentation Topic: A Pragmatic Approach to Evaluating the Shoulder

Speaker: Barry Jay Miller, MD

- Evaluate common shoulder problems seen in primary care.
- Perform key diagnostic examinations to differentiate amongst common shoulder problems
- Appropriately treat common shoulder ailments

Presentation Topic: Pearls and Pitfalls of Musculoskeletal Care

Speaker: Briant Smith, MD TPMG

- Describe some common pitfalls in treating musculoskeletal conditions
- Use "pearls" to better care for specific musculoskeletal problems
- Apply helpful diagnostic and therapeutic strategies

Presentation Topic: Mini-Exam for Shoulder & Cervical Spine

Speaker: Barry Jay Miller, MD

- Demonstrate the 4 main steps in the mini-exam of the neck and shoulder
- State the differential diagnosis of apparent shoulder pain
- Assess the origin of the patient’s shoulder pain by using the mini-exam

Presentation Topic: Cervical Pain and Cervical Pain Syndromes in Primary Care: A Practical Approach

Speaker: Kirk Pappas, MD

- Analyze differences between “neck pain only” versus cervical radicular syndromes
- Communicate and educate patients about their neck pain diagnosis.
- Assess and treat CTD’s / RSI’s of the Neck and Upper Extremity

Presentation Topic: CTDS of the Neck and Upper Extremity

Speaker: Linda Morse, MD

- Describe appropriate medical & occupational interventions
- Assess occupational causes of CTDS as well as personal causes
- Perform a rapid history and physical examination of these problems

Presentation Topic: Physical Therapy Approach to CTDS, Including Ergonomics Specific to Health Connect

Speaker: Laurie Kenny, PT

- Perform a movement test of nerve sensitivity, (the upper limb tension test)
- Use self-care tip sheets to start patients on simple exercises
- Identify postural problems associated with CTDS

Presentation Topic: Managing Elbow, Wrist & Hand Problems in Primary Care

Speaker: Debra Schenk, MD TPMG

- Describe common problems of the elbow, wrist & hand
- Assess and treat several common elbow, wrist & hand conditions.
- Demonstrate the importance of and the technique for a steroid injection of a trigger finger