

625M Primary Care Sports Medicine

External students must obtain approval from course coordinator prior to enrollment.

This rotation is not accepting international students.

This course is only available to 4th year students.

Course Name Primary Care Sports Medicine **Course Director** Andrew Nobe, MD

Academic Year 2020-2021

1. Course Director, Coordinator and General Administrative Information

FACULTY AND STAFF

| Name | Office Location | Phone | Email |
|----------------------------------|--|--------------|------------------|
| Director: Andrew Nobe, MD | Bldg. 200 – RT 81, Rm. 835 | 714-456-6381 | nobea@hs.uci.edu |
| Coordinator: Jacqueline Osegueda | 101 The City Dr. S., Orange, CA 92868 | 714-456-6381 | oseguedj@uci.edu |

DESCRIPTION

Introduces students to the field of primary care sports medicine. The diagnosis and management of musculoskeletal injuries as well as other medical needs of athletes will be covered via multiple clinical settings, including outpatient clinics, training rooms, and athletic venues.

PREREQUISITES

This course is intended for 4th-year students enrolled in the undergraduate medical education program at University of California, Irvine School of Medicine (UCISOM).

RESTRICTIONS

This course is intended for 4th-year students enrolled in the undergraduate medical education program at University of California, Irvine School of Medicine (UCISOM).

External students must obtain approval from course coordinator prior to enrollment.

COURSE DIRECTOR

Dr. Andrew Nobe has worked in higher education since 2019. Dr. Nobe graduated from University of Vermont for medical School. He completed a residency in Family

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Medicine at UCI and a fellowship in Primary Care Sports Medicine at Long Beach Memorial.

Jacqueline Osegueda is the course coordinator for 625M course. She works in the department of Family Medicine (FM) and assists with the FM residency, the FM clerkship, and the FM electives.

INFORMATION FOR THE FIRST DAY

Location/Time to Report on First Day: Student will be contacted by course director or coordinator approximately 1 week prior to first day with rotation schedule and instructions.

SITE: UC Irvine Gottschalk Medical Plaza, Orthopedic Specialty Institute, UC Irvine Crawford Hall (Athletics), UC Irvine Physical Therapy, community physical therapists, multiple sporting events (depending on time of year)

DURATION: 2-4 weeks

Scheduling Coordinator: UC Irvine students please call (714) 456-8462 to make a scheduling appointment.

Periods Available: The time of the course must be pre-approved by the elective coordinator at least 2 months prior to the start of the course. No exceptions.

NUMBER OF STUDENTS ALLOWED: 1

WHAT STUDENTS SHOULD DO TO PREPARE FOR THE COURSE

Review musculoskeletal anatomy and exam.

COMMUNICATION WITH FACULTY

Questions about logistics should be directed to the Course Coordinator. Direct questions, comments, or concerns about the course can be directed to the Course Director. Contact information and office location are at the beginning of this document.

The Course Director is also available to meet in person. Please email oseguedj@uci.edu to arrange an appointment. To ensure that your email will not be lost in the large volume of email received, please use the following convention for the subject line:

SUBJECT: COURSE NAME, your last name, your issue (e.g. XXX, Smith, Request for appointment)

2. Course Objectives and Program Objective Mapping

The following are the learning objectives for the 625M course. Students are expected to demonstrate proficiency in these areas in order to satisfactorily complete the course. In addition, the extent of a student's mastery of these objectives will help guide the course evaluation and grade.

| Course Objective | Mapped UCI School of Medicine Program Objective | Sub Competency | Core Competency |
|--|--|------------------------------------|-----------------|
| Acquire an understanding of the most common diagnoses seen by sports medicine physicians. | A2. Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease; | Disease pathogenesis and treatment | Knowledgeable |
| Refine history-taking skills for both focused and complete examinations. | B1. The ability to competently conduct a medical interview and counseling to take into account patient health beliefs, patient agenda and the need for comprehensive medical and psychosocial assessment | Medical interview | Skillful |
| Refine examination skills for both focused and complete examinations. | B2. The ability to competently perform a complete and organ-system-specific examination including a mental health status examination | Physical Exam | Skillful |
| Organize and verbally present relevant clinical information regarding sports medicine injuries and disease. | B3. The ability to articulate a cogent, accurate assessment and plan, and problem list, using diagnostic clinical reasoning skills in all the major disciplines | patient management | Skillful |
| Organize and produce relevant written SOAP notes and histories regarding sports medicine injuries and disease. | B3. The ability to articulate a cogent, accurate assessment and plan, and problem list, using diagnostic clinical reasoning skills in all the major disciplines | patient management | Skillful |
| Appropriately communicate clinical information to patients regarding the diagnosis and management of sports medicine injuries and preventive care. | B5. The ability to practice effective preventive medicine by identifying, addressing and advocating for strategies to maintain health and well-being, to identify and treat disease early where appropriate and to advise on lifestyle practices | patient management | Skillful |
| Develop appropriate differential diagnoses and treatment plans for common sports medicine problems. | B3. The ability to articulate a cogent, accurate assessment and plan, and problem list, using diagnostic clinical | patient management | Skillful |

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| | reasoning skills in all the major disciplines | | |
| Improve clinical reasoning skills. | A3. Knowledge of basic clinical skills required to meet the skills objectives, including interviewing, physical diagnosis, communication and clinical reasoning processes | basic clinical skills | Knowledgeable |
| Search the medical literature for evidence-based patient-specific information related to sports medicine injuries and disease. | B4. The ability to search the medical literature, including electronic databases, and to locate and interpret up-to-date evidence to optimize patient care D1. A commitment to lifelong learning and independently seeking new knowledge and skills in their own recognized areas of learning deficit | evidence-based medicine, lifelong learning | Skillful |
| Identify the impact of age and sex on the prevalence of musculoskeletal injury and illness in athletes. | A4. Knowledge of population health, epidemiology principles and the scientific basis of research methods relevant to healthcare | population health and epidemiology | Knowledgeable |
| Improve time management skills. | B6. The ability to function effectively within the context of complexity and uncertainty in medical care | patient management | Skillful |
| Experience the lifestyle and routine of a sports medicine physician. | A5. Knowledge of medical practice, including health care economics and health systems impacting delivery and quality of patient care | medical practice | Knowledgeable |
| Continue personal growth and development of professional, ethical, and altruistic behaviors and attitudes. | C1. Honesty and integrity reflecting the standards of the profession, in interacting with colleagues, patients, families and professional organizations; C2. Professional behaviors reflecting compassion and respect for patient privacy, altruism and a commitment to comprehensive, holistic medical care | professionalism, compassion | Altruistic |
| Develop an awareness of the current healthcare environment with emphasis on insurance plans and health care costs. | A5. Knowledge of medical practice, including health care economics and health systems impacting delivery and quality of patient care | medical practice | Knowledgeable |

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| Appreciate the effect of social factors and cultural and health beliefs on patient health and illness. | C3. Sensitivity and awareness of diverse cultures, health beliefs and social factors impacting patient health and illness | cultural and social awareness | Altruistic |
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3. Course Resources

TEXTS AND READINGS: SUGGESTED

- Prior independent study projects
- Prepared collection of relevant sports medicine articles

TEXTS AND READINGS: SUPPORTING AND REVIEW

- Puffer J. 20 Common Problems in Sports Medicine
- Thompson JC. Netter's Concise Orthopaedic Anatomy. 2 nd Edition
- Bracker MD. The 5-Minute Sports Medicine Consult. 2 nd Edition
- Bianchi & Martinoli. Ultrasound of the Musculoskeletal System.
- Jacobson JA. Fundamentals of Musculoskeletal Ultrasound. 2 nd Edition.

4. Major Exams, Assignments and Grading

MANDATORY SESSIONS

| Session Title | Location |
|--|--------------------------|
| Sports Ultrasound Self-Training | Gottschalk Medical Plaza |
| 1:1 Hands-On Sports Ultrasound Instruction | Gottschalk Medical Plaza |

MAJOR ASSIGNMENTS AND EXAMS

Students are required to submit a 1-page summary of a relevant sports medicine-related medical topic. The student is expected to query the sports medicine literature (original research papers, published reviews) as references for the assignment. There is no exam.

GRADING

Medical Students are graded using the following scale: Honors (H), Pass (P), Fail (F), and Incomplete (I). For further information, please review the Grading Policy.

You have 30 days from the date of the grade to appeal any aspect of this grade. Please contact your Clerkship/course Director should you have any questions.

Requirements for “Pass”:

To receive a grade of Pass, students must demonstrate successful performance in all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills
- Professionalism
- Systems-Based Practice

Requirements for “Honors”:

To receive a grade of Honors, students must demonstrate exceptional performance all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills
- Professionalism
- Systems-Based Practice

Grounds for “Incomplete”: You will not be issued a grade until all elements of the course have been completed.

REMEDIATION

Remediation, if needed will be designed by the Course Director to suit the issue at hand.

Grounds for “Fail”: You will receive a grade of "Fail" if the requirements for passing the course have not been met. Please refer to the [Grading Policy](#) for the impact of the "Fail" grade to the transcript.