

## **Shoulder and Elbow**

### **Year**

R-4 or R-5

### **Location**

Miami Valley Hospital (MVH)

### **Faculty**

Michael A. Herbenick, MD

### **Description**

The resident will rotate with Dr. Herbenick in their offices at MVH, at the Shoulder and Elbow Clinic at MVH, and their surgeries at MVH and the Far Hills Surgery Center. Night call will be at MVH and is from home as a back-up to the in-house resident. All duty hour rules are to be followed.

This rotation encompasses the full spectrum of disorders involving the shoulder and elbow, upper extremity reconstruction, and shoulder and elbow arthroscopy. The resident will experience initial evaluation, examination and diagnostic studies to develop diagnosis and treatment plans (both operative and nonoperative).

### **Educational Objectives**

1. Work up and present a patient with a shoulder or elbow problem specifying the working diagnosis, additional studies to confirm or change the diagnosis, the treatment alternatives and expected outcome. This includes demonstrating the ability to take a detailed history and perform an accurate shoulder and elbow exam.
2. Recognize and take into account the relevant normal and pathologic biomechanics of the shoulder and elbow.
3. Understand the use of and prescribe appropriate braces for injuries and diseases of the shoulder and elbow.
4. Develop rationale for the use of testing (MRI, CT scan, etc.) to confirm or rule out specific diagnoses.
5. Describe the natural history of the patient's problem if untreated, treated nonoperatively and treated operatively.
6. Understand non-surgical treatment options, commonly used physical therapy modalities, and accurately prescribe appropriate therapeutic measures related to the shoulder and elbow (both pre-op and post-op).
7. Perform local anesthesia for pain localization and therapeutic steroid injections as indicated.
8. Demonstrate pre-op readiness by specifying the following for each case:
  - Surgical indications and goals
  - Incision, approach relevant anatomy and step-by-step procedure
  - Three-dimensional considerations
  - Expected difficulties and potential pitfalls
  - Contingency plans
  - Criteria of acceptable results
9. Perform and assist surgical procedures for common shoulder and elbow problems: shoulder impingement, biceps tendon pathology, shoulder and elbow arthritis, rotator cuff tears, adhesive capsulitis, shoulder and elbow instability, and revision reconstructive procedures.

10. List the equipment needed for all the basic procedures and demonstrate the ability to correctly review the completeness of this equipment before starting a procedure.
11. Demonstrate attention to detail in follow-up for postoperative patients.
12. Recognize the postoperative shoulder or elbow in trouble.
13. Demonstrate the ability to recognize and initiate treatment of complications.
14. Critique shoulder and elbow literature at the Department Journal Clubs.

## Competencies

### Patient Care

Residents must be able to provide care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health. Residents are expected to:

- Communicate effectively and demonstrate caring and respectful behaviors when interacting with patients and their families.
- Gather essential and accurate information about the patient.
- Make informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence, and clinical judgment.
- Develop and carry out patient management plans, counsel and educate patients and their families
- Use information technology to support patient care decisions and patient education.
- Perform competently all invasive procedures considered essential in foot and ankle practice.
- Provide healthcare services aimed at preventing health problems or maintaining health work with healthcare professionals, including those from other disciplines, to provide patient-focused care.

### Medical Knowledge

Residents must demonstrate knowledge about established and evolving biomedical, clinical, and cognate sciences (e.g. epidemiological) and the application of this knowledge to patient care.

Residents are expected to:

- Demonstrate an investigatory and analytical thinking approach to clinical situations.
- Know and apply the basic and clinically-supportive sciences which are appropriate to shoulder and elbow surgery.

### Interpersonal and Communication Skills

Residents will at all times demonstrate behavior that is beyond reproach. Residents must be able to demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, patients' families, and professional associates. Residents are expected to:

- Demonstrate honest, open, civil, and effective communication with patients, staff, and colleagues (medical students, residents, and Attendings).
- Create and sustain a therapeutic and ethically sound relationship with patients.
- Use effective listening skills.
- Elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills.
- Work effectively with others as a member or leader of a healthcare team or other professional group.

### **Professionalism**

Residents must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population. Residents are expected to:

- Demonstrate respect, compassion, and integrity.
- Be responsive to the needs of patients and society that supersedes self-interest.
- Be accountable to patients, society, and the profession.
- Demonstrate commitment to excellence and on-going professional development.
- Demonstrate a commitment to ethical principles pertaining to:
  - Provision or withholding of clinical care.
  - Confidentiality of patient information.
  - Informed consent.
  - Business practices.
- Demonstrate sensitivity and responsiveness to patient's culture, age, gender and disabilities.

### **Practice-Based Learning and Improvement**

Residents must be able to investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their patient care practices. Residents are expected to:

- Analyze practice experience and perform practice-based improvement activities using a systematic methodology.
- Locate, appraise, and assimilate evidence from scientific studies related to their patient's health problems.
- Apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness.
- Use information technology to manage information, access online medical information, and support their own education.
- Facilitate the learning of students and other healthcare professionals.

### **System-Based Practice**

Residents must demonstrate an awareness of and responsiveness to the larger context and system of healthcare and the ability to effectively call on system resources to provide care that is of optimal value. Residents are expected to:

- Understand how their patient care and other professional practices affect other healthcare professionals, the healthcare organization, and the larger society and how these elements of the system affect their own practice.
- Know how types of medical practice and delivery systems differ from one another, including methods of controlling healthcare costs and allocating resources.
- Practice cost-effective healthcare and resource allocation that does not compromise quality of care.
- Advocate for quality patient care and assist patients in dealing with system complexities.
- Know how to partner with healthcare managers and healthcare providers to assess, coordinate, and improve healthcare and know how these activities can affect system performance.

## General Schedule

<b>Monday</b>	7:00 a.m.	Conferences, MVH 2200 Conference Room
	7:30 a.m.	Far Hills Surgery Center (2 <sup>nd</sup> Monday Monthly)
	8:00 a.m.	Surgery
<b>Tuesday</b>	7:00 a.m.	Conference, MVH 2200 Conference Room
	8:00 a.m.	Patient Office
	8:30 a.m.	Med/Surg Ortho Clinic (Every Other Tuesday)
<b>Wednesday</b>	6:50 a.m.	Grand Rounds, CHE 1813
	8:00 a.m.	Research Committee (3 <sup>rd</sup> Wednesday Monthly)
	8:15 a.m.	Surgery
<b>Thursday</b>	7:00 a.m.	Conference, MVH 2200 Conference Room
	8:00 a.m.	Patient Office
	1:00 p.m.	Educational/research activity as needed
<b>Friday</b>	6:30 a.m.	Children's Conference, Children's Medical Center
	7:30 a.m.	Surgery
	7:30 a.m.	Far Hills Surgery Center (2 <sup>nd</sup> & 4 <sup>th</sup> Friday Monthly)

## Reference List

- Journal of Shoulder and Elbow
- American Journal of Sports Medicine
- Journal of Arthroscopy
- Masters Techniques in Orthopaedic Surgery – The Elbow (Morrey)
- Disorder of the Shoulder (Ianotti)
- Instructional Course Lecture Shoulder and Elbow (Warner)
- OKU Shoulder and Elbow
- Burkhart's View of the Shoulder: A Cowboy's Guide to Advanced Shoulder Arthroscopy (Burkhart)

## Evaluation

- Review Goals and Objectives with attendings at beginning of rotations.
- Mid-rotation review.
- End of rotation written evaluation turned in to Peggy Baldwin (both attending and resident).
- Duty hours and OP logs must be up-to-date at end of rotation.