

Sports Medicine Goals and Objectives

Medical Knowledge

The resident should be able to:

1. Explain the benefits of exercise.
2. Counsel patients regarding the safety of involvement in exercise.
3. Describe the role of exercise in mental and physical health promotion.
4. Write an exercise prescription for geriatric athletes, pregnant athletes, patients with chronic illnesses, and physically challenged patients.
5. Discuss the roles of sports physical therapy and rehabilitation.
6. Recognize the indications for referral to orthopedic surgery and other specialists.
7. Discuss the appropriate management and evaluation of the concussed patient.

Patient Care

The resident should be able to:

1. Give oral and written presentations to attending physicians in an organized, concise, accurate manner, including a differential diagnosis and management plan.
2. Demonstrate the principles of patient autonomy, confidentiality, and informed consent.
3. Develop and demonstrate the ability to work in an efficient and organized manner in assessing and triaging patients.
4. Perform an appropriate pre-participation evaluation of an athlete.
5. Function as a team or sporting event physician.
6. Manage common sports-related injuries, including closed head injury, sprains and strains, fractures and dislocations, spine injuries, and overuse/chronic injuries.

Interpersonal Communication Skills

The resident should be able to:

1. Effectively communicate with attending physicians and other healthcare team members in coordinating comprehensive care.
2. Effectively communicate medical decisions and recommendations to athletes, coaches and family members.
3. Discuss and demonstrate strategies to discuss sensitive subjects with athletes, including exercise addiction, abuse of anabolic and performance enhancing agents, eating disorders, and pressure to perform with injuries.

Systems Based Practice

The resident should be able to:

1. Demonstrate effective, compassionate, empathetic communication with patients and families while considering psychosocial, economic, and cultural issues of care.
2. Utilize ancillary services to provide cost-effective and economically appropriate medical treatments.
3. Discuss medicolegal issues of functioning as a team physician.

Practice Based Learning and Improvement

The resident should be able to:

1. Appraise and assimilate scientific evidence to guide improvement in patient care.
2. Incorporate formative evaluation and feedback into daily practice.
3. Use information technology to optimize learning.

Professionalism

The resident should be able to:

1. Present themselves professionally in regards to dress, punctuality, and interactions with patients, families, and all medical care providers.
2. Demonstrate compassion, integrity and respect for others.
3. Demonstrate respect for patient privacy and autonomy.