



## Sports Medicine Orange County Medical Center

### **The Program**

The goal of the fellowship is to provide training in the advanced care of patients with sports related disorders of the knee, shoulder, and elbow. We offer a high volume surgical experience in all aspects of orthopedic sports medicine including ACL reconstruction, multi-ligamentous knee injuries, patellar stabilization, arthroscopic and open shoulder reconstruction, shoulder replacement, and elbow arthroscopy.

The curriculum is designed to give fellows gradually increasing autonomy throughout the academic year. The year will begin working one on one with the attending staff. As the year progresses, fellows will develop their own patient base for which they will be responsible for the diagnosis, treatment, rehabilitation, and return to sport of their patients. Fellows work under the direct supervision of the attending staff with progression of autonomy based on the ability of the individual as determined by the continuous evaluation of the attending staff.

### **Opportunities in Research**

Though, the primary focus of the training is the advancement of clinical and operative skills, each fellow will be expected to participate in clinical, orthopedic research. There are multiple research opportunities available including access to a large ACL registry that is supported by two full time research assistants. A weekly research meeting will be held to follow the progress of all ongoing research projects. Each fellow will be required to complete at least one project during the year and prepare a manuscript suitable for publication.

Weekly continuing education meetings are held throughout the year and cover all major sports medicine topics. The lectures will rotate among faculty and fellows such that each fellow will be expected to give five to six lectures per year. Fellows will also attend a weekly “Case Presentation” Conference” where they will present all of their surgical cases for the upcoming week. Interesting or difficult patients may be brought to the conference to enhance the

discussion. The faculty currently attends a monthly journal club and fellows will also take an active role in this meeting and are given ample time through out the year to attend professional meetings.

### Team Coverage & Community Work

The philosophy of this fellowship regarding team coverage is to provide a balanced, well-rounded approach to event coverage that will make the fellows proficient and confident in this area without creating an excessive burden on their time. There will be a minimum amount of athletic team coverage required of all fellows. However, if an individual fellow has a particular interest in this area, ample opportunities for additional coverage will be available. The required coverage will include: pre-participation physicals for their assigned high school and for the University of California, Irvine, weekly training room visits, and on the field coverage of football games for their assigned high school. Kaiser Permanente will also be covering a Disney sponsored marathon in the Southern California area and fellows will be expected to participate in this event.

### Clinical Experiences & Research

Initially, fellows will see patients one on one with the attending. From this, the fellow will learn appropriate patient interaction skills and become proficient in the diagnosis of sports related injuries. As the year progresses, the fellow's will begin to develop their own patient base. Although the attending will ultimately be responsible for these patients, the fellow will take primary responsibility for their care. The fellow's will be expected to treat these patients as their own be able to make the appropriate diagnosis, develop a comprehensive treatment program, schedule the necessary intervention, perform the surgery, follow the patient post-operatively, manage complications and ultimately see the patient through to recovery. The fellow will also direct the patient's physical therapy and communicate with coaches and trainers as necessary.

Duties in the operating room, like the clinic, will increase as the year progresses. At first, the fellows will assist the attending, thus learning by both observation and hands-on experience. As they become competent to perform a particular procedure, they will be allowed to perform these surgeries on their own with the attending acting as the assistant. Finally, as their surgical skills and confidence improve, they will be allowed to perform certain surgeries on their own, with the attending observing and intervening only when necessary.



This arrangement of gradually increasing responsibility is designed to transition the fellow from the level of a chief resident to the level of a highly competent orthopedic sports medicine practitioner. Even though the fellow's level of autonomy will be increasing throughout the year, the fellows will never go unsupervised. The amount of direct attending intervention will be according to the individual skill level of the fellow. An attending will always be immediately available in both the clinic and operating room setting. Also, all surgical cases will be discussed prior to surgery at the weekly "Case Presentation Conference."

### Call Schedule

The work week include two days of clinic, two days of surgery and one educational day. Call is scheduled four to six weekends a year. Our hospital is community hospital with no level 1 trauma. The fellow, like the staff, will take call with a physician's assistant and orthopedic tech, and will have back up by the on call attending and a fellowship trained trauma surgeon. It is the belief of our staff that the call schedule described is the minimum amount required to maintain adequate competency for routine orthopedic trauma cases while not negatively impacting their sports medicine experience. No weekday call is required. The fellow will be paid for call at the staff rate.

Inpatient duties are limited to the appropriate post-operative care of the fellow's patients requiring in-patient surgery. These cases will be rare, as most sports patients at our institution are treated on an outpatient basis. The fellow will make inpatient rounds while on call.



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