Danbury Hospital Outpatient Orthopedic Curriculum

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Overview
Approximately 40% of all primary care is musculoskeletal. During this rotation, we strive to improve residents' knowledge and clinical skills regarding the evaluation and management of various musculoskeletal complaints

Residents rotate in our three offices, Orthopedic Specialists of Connecticut, Danbury Orthopedic Associates, and Connecticut Family Orthopedics for one week in their PGY-3 year. During this time, the resident works one-on-one with of the attending orthopedic surgeons as they evaluate adolescents and adults with a variety of both acute and chronic orthopedic complaints.

Goals and Objectives:

1. To educate the medical resident in the office evaluation, diagnosis, and treatment of musculoskeletal problems.
2. Review treatment plan options and understand the risk and benefit of each of those treatments.
3. Understand the indications for referral to and orthopedic surgeon.

Teaching Methods:

Residents are taught to do a problem focused orthopedic history and physical exam and to order appropriate radiologic tests. We concentrate on the neck, back, shoulders, hand, and hip, and knee pathology. Imaging studies including X-rays, MRI's, and CT Scans are reviewed. Treatment options including medications, injections, physical therapy or surgery are then discussed along with the risks and benefits of each.

Supplementing the clinical evaluations are the didactic noon conferences for the medical residents that includes basic shoulder, knee, hip and spinal disorders. In addition, the resident is required to complete the Hip and Knee Pain module through the Johns Hopkins curriculum. Focused reading is also encouraged as appropriate.