



Diploma in Orthopaedic and Rheumatological Medicine 2018 Course

Duration: Part-time

Introduction

This course is run by Irish Society of Orthopaedic and Rheumatological Medicine (ISORM) and is accredited with NUI Galway. The ISORM succeeds the Irish Society of Orthopaedic Medicine, originally set up by Dr James Cyriax in 1978 and is the only group in Ireland specifically qualified to teach the Cyriax approach to Musculoskeletal examination. The course concerns itself with examination and treatment of soft tissue lesions and is very relevant to the primary care presentation. By the incorporation of Consultant Rheumatological and dedicated Musculoskeletal Radiologist input into the course, together with the shared tutelage of Cyriax-qualified GPs and Chartered Physiotherapists, all of whom are actively involved clinically on a daily basis a syllabus of the spectrum of primary care musculoskeletal and rheumatological problems is presented. Areas of differential diagnosis using clinically based deductive reasoning are explored and the options in appropriate investigation, treatment and rehabilitation are elaborated.

Aims of course

The primary aim is to give the participant a system of examination and treatment that simply differentiates between lesions of joints and soft tissues at all parts of the body. Particular emphasis is laid on understanding of Pain mechanisms, particularly, Referred Pain and unique Cyriax concepts such as Capsular Pattern and End-Feel etc. During the course, participants will examine and sham-treat each other so that as broad as possible an experience of the variations in tissue types is gained.

Learning Outcomes

Included in each course is input from a Rheumatologist and Musculoskeletal Radiologist, as well as General Practitioners and Physiotherapists who have practised for many years in the primary care setting. The clinical approach is primarily but not exclusively based on the Cyriax method of assessment and is very much 'hands-on'. Participants will learn to recognize 'capsular' from

'non-capsular' lesions, appreciate 'inherent likelihoods' in the history and examination, learn awareness of 'yellow' and 'red flags', be guided towards appropriate treatment depending on irritability of the lesion and learn how to carry out common injection therapy and soft tissue mobilisations. In that Doctors and Chartered Physiotherapists work together, delivering a unique learning experience for both parties.

Course Outline

Credit is given for 'prior-learning', in that participants coming on the course are expected to already have a good knowledge of functional anatomy (time is not wasted re-learning this during the course).

Participants are required to:

- Attend 2 practical modules (Part 1 and Part 2) each lasting 3.5 days
- Complete required pre-course reading in advance of Part 1 and Part 2
- Complete and submit Intermodular work where source material is studied and questions on same answered before the next practical element as part of self-directed study.
- On the completion of Part 1 and Part 2, a formal examination (2 MCQs) and practical examination with extern examiner is scheduled.

Topics covered in Part 1 and Part 2:

General principles of Pain mechanisms and injury/repair process, Orthopaedic Examination and treatment, specifically dealing with lesions of Cervical Spine and Upper Limb including rationale for and technique of joint and enthesis injection, soft tissue mobilisation, Rheumatological overlap syndromes and Musculoskeletal imaging.

Thoracic, Lumbar and Pelvic lesions. Differentiation of common spinal syndromes, awareness of the peripheral elements of common spondyloarthropathies is taught. Spinal mobilisation is optional. Spinal and foraminal stenosis and cauda equina and other red flag conditions are taught.

Lower limb conditions, ranging from recognition of FAI, lateral trochanter syndrome, usual knee and foot disorders, crystal arthropathy, enthesopathy related syndromes, knee aspiration and injection.

2018 Course Dates

Part 1: 25th - 29th September 2018

Part 2: 21st - 24th November 2018

Examination: December 2018

Fees

€1,500 *fee covers Part 1 and 2 and all training materials.

Examination Fee: €200

Please complete application form (available to download on <http://isorm.ie/>) and return to info.isorm@gmail.com

Fee is payable in full by electronic bank transfer or by cheque.

Admission Requirements

This course is open to all registered medical practitioners, chartered physiotherapists and advanced nurse practitioners seeking to broaden their expertise.

Accreditation

The course content is accredited with NUI Galway and the credits (30) gained on achieving the Diploma can be used towards gaining a Masters in Medical Science in NUIG.

For purposes of achieving the Diploma, the entire course must be taken in order Part 1 and 2 in the timeframe as per above (exceptions may apply).

Examinations for this particular series of courses will be held in December 2018

Course Director: Dr Tom Nolan MICGP, FFSEM, FISORM

Course Tutors: Dr Tom Nolan, Edel Walker, Aisling Brogan, Dr Kandan Loganathan, Rosie Quinn

Extern Examiner: Dr Pierce Molony

For enquiries or further details please contact Course Administrator by email

info.isorm@gmail.com