Educational Need

Due to changing healthcare requirements, direct access to specialists is often limited for many patients. Consequently, patients often rely on their primary care providers to provide knowledgeable recommendations for appropriate management of their orthopedic injuries. A growing number of organizations are using evidence-based methods to develop practice guidelines. This approach emphasizes the critical evaluation of evidence, rather than expert opinion, to define proper care. As the body of new research grows immensely, primary care providers frequently find it difficult to stay current with published recommendations in the literature. Consequently a gap in knowledge exists for many primary care physicians and patients may not receive the best evidence based information.

Injuries of the spine, elbow, wrist, knee and lower leg are some of the most common sports related injuries that may be evaluated by the primary care physician. Within those sites of injury, injury to the intervertebral disc, meniscus, achilles tendon and ulnar collateral ligament of the elbow are some of the most commonly injured structures. As the patient population becomes older and more active, it is not surprising that the number of musculoskeletal conditions is expected to increase.

Surveys of primary care clinicians have indicated their low confidence in diagnosing and managing musculoskeletal conditions appropriately which may be due to limited education and training in musculoskeletal medicine. Some literature has reported that physical examinations may not be routinely performed for musculoskeletal complaints which may result in early and misdirected referral to secondary care; ultimately affecting the patient’s quality of care and unnecessary wait times within secondary care.

This course will provide a comprehensive review of the most recent literature and provide evidence based recommendations for the appropriate management of orthopedic injuries presenting in the primary care practice.
Activity Goal

The purpose of this activity will be to examine the major issues associated with sporting injury and care in primary care practices. Specialists in the field will provide a comprehensive review of the existing body of clinical evidence and research with the aim of helping clinicians better understand sports injury, treatment and return to play considerations for their patients.

Target Audience

This activity is designed for physicians, athletic trainers, nurse practitioners and physician assistants.

Learning Objectives

Upon completion of this activity, participants should be better able to:

- Determine the differential diagnosis of musculoskeletal conditions based on patient complaints and age-specific populations.
- Describe the fundamentals of a comprehensive physical examination based on patient complaints and history of illness.
- Review the current evidence pertaining to the management of musculoskeletal injuries and conditions.
- Define the pathologies for complex musculoskeletal injuries conditions that may require consultation and/or evaluation by a specialist.
- Discuss the role of primary care providers in counseling patients before, and providing follow-up after, surgical treatment of musculoskeletal injuries and conditions including joint replacement.

Accreditation

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Rutgers, The State University of New Jersey, and University Orthopaedic Associates. Rutgers, The State University of New Jersey, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Rutgers, The State University of New Jersey, designates this live activity for a maximum of 3.5 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Certified Athletic Trainers

University Orthopaedic Associates, LLC is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum 3 hours of EBP Category continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Physician assistants, nurse practitioners, and nurses may participate in this educational activity and earn a letter of attendance as AAPA, AANP, and ANCC accept AMA PRA Category I Credits™ through their reciprocity agreements.
Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants who are expected to sign in at the registration desk, attend the educational program, and complete the credit request and evaluation forms at the conclusion of the activity. Athletic Trainers are required to complete the activity post-test as well.

A letter certifying attendance and credit verification will be mailed to participants within 4 weeks.

Athletic trainers will be provided with their certificate of attendance/CEUs upon receipt of their completed evaluation and post-test.

University Orthopaedic Associates, LLC Faculty

Gino Chiapetta, MD, Orthopaedic Surgeon; Clinical Associate Professor of Orthopaedic Surgery, Rutgers Robert Wood Johnson Medical School

Christopher Doumas, MD, Orthopaedic Surgeon; Clinical Assistant Professor of Orthopaedic Surgery, Rutgers Robert Wood Johnson Medical School

Stephen Kayiaros, MD, Orthopaedic Surgeon; Clinical Assistant Professor of Orthopaedic Surgery, Rutgers Robert Wood Johnson Medical School

Matthew McDonnell, MD, Orthopaedic Surgeon; Clinical Assistant Professor of Orthopaedic Surgery, Rutgers Robert Wood Johnson Medical School

Eric Nussbaum, MEd, ATC, LAT, Athletic Trainer

Kenneth G. Swan, MD, Orthopaedic Surgeon; Clinical Assistant Professor of Orthopaedic Surgery, Rutgers Robert Wood Johnson Medical School

Activity Director

Eric Nussbaum, MEd, ATC, LAT

Planning Committee

Kenneth G. Swan, MD
Eric Nussbaum, MEd, ATC, LAT

Peer Review

In order to help ensure content objectivity, independence, and fair balance, and to ensure that the content is aligned with the interest of the public, CCOE has resolved all potential and real conflicts of interest through content review by non-conflicted, qualified reviewers. This activity was peer-reviewed for relevance, accuracy of content, and balance of presentation by: Eric Nussbaum, Med, ATC, LAT.
Agenda

7:30 am  Registration/Breakfast
8:00 am  Welcome, Introduction and Overview
8:10 am  Mensical Tears of the Knee  
          Kenneth G. Swan, MD
8:35 am  Ulnar Collateral Tears of the Elbow  
          Christopher Doumas, MD
9:00 am  Return to Sporting Activity Following Joint Replacement:  
          What is the Evidence?  
          Stephen Kayiaros, MD
9:25 am  Break
9:40 am  Cervical Disc Herniation  
          Matthew McDonnell, MD
10:05 am Lumbar Disc Herniation  
          Gino Chiapetta, MD
10:30 am Achilles Injury  
          Kenneth G. Swan, MD
10:55 am Case Study Presentations

Moderator: Eric Nussbaum, MEd, ATC, LAT
Panelists: Gino Chiapetta, MD, Christopher Doumas, MD, Stephen Kayiaros, MD, Matthew McDonnell, MD and Kenneth G. Swan, MD

Case 1 - Distal Radius Fracture  
Case 2 - Bilateral Shoulder Pain with Neck Tightness  
Case 3 - 50 Year Old Runner with Chronic Knee Pain and Sciatica

11:30 am  Closing Remarks
11:40 am  Lunch
Disclosure Declarations

In accordance with the disclosure policies of Rutgers and to conform with ACCME and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants: 1) the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 12 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

Faculty

The following faculty have no relevant financial relationships to disclose.

Gino Chiapetta, MD
Matthew McDonnell, MD
Kenneth G. Swan, MD

Christopher Doumas, MD has disclosed the following relevant financial relationships: Member, Board of Directors: LibraryOfMedicine.com; Stock Shareholder: Bacterin International

Stephen Kayiaros, MD has disclosed the following relevant financial relationships: Consultant: DePuy Synthes; Stock Shareholder: Pfizer

CCOE Staff

Patrick Dwyer, Director, Continuing Medical Education, has no relevant financial relationships to disclose.

Off-Label/Investigational Use

This activity does not contain information of commercial products/devices that are unlabeled for use or investigational uses of products not yet approved.

Disclaimer

The views expressed in this activity are those of the faculty. It should not be inferred or assumed that they are expressing the views of any manufacturer of pharmaceuticals or devices, University Orthopaedic Associates, or Rutgers.

It should be noted that the recommendations made herein with regard to the use of therapeutic agents, varying disease states, and assessments of risk, are based upon a combination of clinical trials, current guidelines, and the clinical practice experience of the participating presenters. The drug selection and dosage information presented in this activity are believed to be accurate. However, participants are urged to consult all available data on products or procedures before using them in clinical practice.

Rutgers reserves the right to modify the activity content and faculty if necessary.

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For questions or concerns regarding this activity, please call Eric Nussbaum at 908-300-5833 by email nussatcjb@aol.com or Patrick Dwyer at 973-972-8377 by email patrick.dwyer@@rutgers.edu.