

Sports and Exercise Medicine Fellowship

Introduction

The Allan McGavin Sports Medicine Centre at the University of British Columbia offers a primary care sports and exercise medicine year of training. This is a comprehensive training program to create expertise in the assessment, management and ultimately prevention of sport and exercise concerns. The endpoint is the creation of community leaders in this relatively new area of medicine. There are one or two positions per year.

History

The program was initiated in 1982 and represented the realization of a specific postgraduate training initiative by sports medicine pioneers Drs. Doug Clement, Jack Taunton and Don McKenzie. The career options of the graduates from the program reflect the diversity of musculoskeletal, sport and exercise medicine. These include clinicians at community sports medicine facilities, university student health services, community family practice centers, worker compensation centers, national and professional sport teams and organizations, educators at the community and university level, and researchers in musculoskeletal, sport and exercise medicine/science.

Past Fellows

- 1982 Rob Lloyd-Smith
- 1983 Jim MacIntyre
- 1984 Gordon Matheson
- 1985 Sue Hopkins
- 1986 Dan Joyce
- 1987 Constance Lebrun
- 1987 Preston Wiley
- 1988 Willem Meeuwisse
- 1989 Mary Gisslow
- 1990 Neil Craton
- 1991 Navin Prasad
- 1992 Karen Legg
- 1993 Carl Shearer
- 1994 Andrew Stager
- 1995 Mark Roberts
- 1996 Jennifer Robinson
- 1997 Garth Hunte

- 1998 Karim Khan
- 1999 Nick Carter
- 2000 Chris Johnston
- 2001 Michael Koehle
- 2002 Jill Osborn
- 2005 Fern von der Porten
- 2006 Sara Forsyth
- 2008 Nick Rose
- 2009 Tom Green
- 2009 Kara Solmundson
- 2010 Shiroy Dadachanji
- 2011 Justin Ting
- 2012 Rose Martel
- 2012 Meghan Grant
- 2013 Rebecca Skillen
- 2015 Laura Chng
- 2015 Rob Drapala

Objectives

1. to provide basic knowledge of primary care musculoskeletal, sport and exercise medicine
2. to teach both acute and chronic injuries/illnesses including management, prevention strategies and exercise prescription
3. to promote the role of exercise and health
4. to teach the knowledge and skills necessary to perform as team physician including sport profiling, pre-participation examination, implementation of prevention strategies and participate in an Integrated Sports Medicine/Science Team
5. to prepare the fellow to function as not only clinician but also educator and researcher
6. to develop an expert in musculoskeletal, sports and exercise medicine who will lead in his/her community
7. to prepare the fellow for the successful challenge of the Canadian Academy of Sports and Exercise Medicine diploma examination

Allan McGavin Sports and Exercise Fellowship Curriculum Overview (as per the Core Competencies of the Canadian Academy of Sport and Exercise Medicine)

Curriculum Rotations (1 block = 4 weeks. Total 13 blocks = 52 weeks)

Core

- Orthopaedics (2 blocks)
- Pediatrics and Pediatric Orthopedics (1 – 1.5 blocks)
- Physiatry/Rehab Medicine (1 – 1.5 blocks)
- Diagnostic Imaging (1.5 blocks)
- Rheumatology (0.5 – 0.75 block)
- Exercise Medicine – Testing & Prescription (2 blocks)
- Interprofessional Care (0.75 – 1 block)
- Sport Psychology (0.5 – 0.75 block)
- Research – ongoing
- Event Coverage – ongoing
- TOTAL: 9.25 – 11 blocks

Elective Rotations

- Pain Clinic (1 block)
- Spinal Surgery/Spine Service Clinics (1 block)
- Sport Nutrition (0.5 – 1 block)
- Dermatology (0.5 – 1 block)
- Bracing & Casting (0.5 block)
- Geriatrics (0.5 block)
- Women's health (1 block)

Vacation (1 block total; taken 0.5 blocks concomitantly)

The following environments structure the learning opportunities each week:

- 2 days Allan McGavin Sports medicine Centre
- 2.5 days in focused rotations in different areas as outlined below
- Half day UBC Student Health Services

Rotation Descriptions:

1. Orthopedics:

- To gain proficiency in the peripheral limb orthopedic history and physical examination for accurate diagnostic yield
- To enhance the understanding of tissue anatomy through physical examination and surgery
- To appreciate how imaging is used in orthopedics to improve diagnosis, assist management and surgical planning
- To understand indications for orthopedic surgical intervention in acute and chronic stages of disease or trauma including balancing risk/benefit

2. Pediatrics and Pediatric Orthopedics:

- To be able to demonstrate an understanding of family dynamics in assessment of the child with Musculoskeletal conditions
- To be able to interpret and prescribe physical activity prescriptions for the overweight, underweight and normal weight child
- To describe the common stages of MSK growth and development and their concurrent potential pathological conditions

3. Physiatry/Rehab Medicine:

- To be able to assess chronic pain patients and provide management strategies
- To be able to screen for opioid dependency risk and appropriately prescribe according to the national guidelines
- To be able to understand and interpret the need for EMG and Nerve Conduction testing
- To be able to diagnose and manage peripheral nerve injuries

4. Diagnostic Imaging:

- To be able to make an appropriate referral for imaging and list the indications for various radiological tests in MSK medicine
- To be able to interpret MSK plain films, ultrasound and MRI imaging reports
- To appropriately utilize imaging for diagnosis and management in patient care
- To identify those conditions where interventional radiology procedures would be utilized as best practice

5. Rheumatology:

- Ability to differentiate inflammatory and non-inflammatory conditions
- Ability to provide common joint and soft tissue injection and aspiration care
- Ability to identify and manage osteoporosis conditions in all ages
- Ability to triage and treat osteoarthritis in the mild, moderate and severe stages

- 6. Exercise Medicine:**
 - To understand the concepts and to interpret exercise testing for sport and medical conditions
 - To be able to provide a patient or athlete with an exercise prescription that is goal oriented
 - To be able to generate specific dose-response exercise prescriptions for common chronic medical conditions and musculoskeletal conditions
- 7. Interprofessional Care:**
 - To identify the evidence-based rehabilitation interventions for patient care
 - To develop relationships with the interprofessional staff and define their unique and shared roles
 - To become aware of the role of the physician in Event Coverage including successful completion of the Sport Responder course and events
- 8. Sport Psychology/Performance Enhancement:**
 - To be able to perform a psychological screen for common mood disorders, substance abuse and eating disorder
 - To be able to identify key triggers for performance anxiety and appropriately refer to psychological resources
 - To demonstrate the key components of behavioral counseling
- 9. Event Coverage**
 - To be able to organize the components of event coverage including early communication and organization with stakeholders, the creation and adherence to a site-specific Emergency Action Plan
 - To be familiar with challenges of provision of medical care in the field
 - To be able to assess, diagnose and manage acute medical conditions and traumatic injuries in the field
- 10. Specialty Clinics:**
 - To be able to identify and refer patients appropriately for tertiary specialty clinics in MSK including foot and hand clinics
 - To be able to identify the critical signs of bone oncology conditions and refer in a timely manner
 - To be able to assess, diagnose and manage spinal condition

Applicant Information

The basic criteria for application is the completion of a family medicine residency. We encourage applicants to have experience within family practice. At times residents involved in specialty training programs are able to incorporate the fellowship into their program (usually during PGY4). Funding for the Fellowship is through either the UBC Department of Family Practice Enhanced Skills PGY 3 program: <http://postgrad.familymed.ubc.ca/e3-enhanced-skills-programs/category-2/> or specialty PGY4.

Application Process

We require the following from you before considering your application:

- a. A formal letter of application, stating your reasons for this pursuit of study and future intent.
- b. Three letters of reference.
- c. An up-to-date curriculum vitae.
- d. Any publications you may have credited to your name.

Please note that you must meet the College of Physicians and Surgeons of British Columbia requirements to practice in B.C., and have medical protective insurance:

<https://www.cpsbc.ca/for-physicians/registration-licensing/services-resources>.

If you are applying for PGY3 funding, you will need to also apply the the UBC Department of Family Practice Enhanced Skills Program <http://postgrad.familymed.ubc.ca/e3-enhanced-skills-programs/category-2/> If you are a resident in a specialty, then you will require the consent of your program director

The deadline for completed applications is October 15, for a start date of July 1 of the following year.

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