

Proposal
Fellowship in Sports Medicine

King George Medical University UP, Lucknow

Prepared by

Department of Sports Medicine

King George Medical University UP, Lucknow

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These Fellowship program in Sports Medicine are quite common and well established in developed countries like USA, UK, and Australia etc. for decades. Arthroscopy training is also an integral part of Sports Injury management.

Acknowledging this situation, Ministry of Youth Affairs & Sports has taken initiative to start Sports Medicine Department in selected Medical Institutes of India and KGMU is the only one selected for North India to receive this grant.

EXISTING INSTITUTIONAL SCENARIO

An independent exclusive Sports Medicine Unit is working in the Department of Orthopaedics of our University since 2008. Speciality Sports Medicine OPD is being conducted regularly since then.

In 2017, Ministry of Youth Affairs & Sports, Govt. of India, selected 5 institutions to start Sports Medicine Department and KGMU was selected for North India. By the Grant received in this scheme as well as infrastructure support provided by our University in the able guidance of our Honble Vice Chancellor, it was possible to establish Sports Medicine Department in KGMU.

Today we have separate OPD, O.T. & I.P.D. of Sports Medicine catering Sports persons not only from Sports Academics & armed forces of U.P. but also from nearby states & Nepal.

It is important for the King George's Medical University, Lucknow to take a lead role in forwarding the cause of training in the Department of Sports Medicine by developing standards and guidelines for Sports Medicine Fellowships in the country.

FUTURE DEVELOPMENTS

M.D. Sports Medicine is likely to start from next session & we will be able to add short term visitations of more doctors eager to learn.



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time to time, faculty of eminence in the field may also be invited for the teaching and training purpose.

(ii) **INFRASTRUCTURAL FACILITIES:** Within existing infrastructure, program can be started - **NO ADDITIONAL Facility required.**

(a) **Bed strength:** The minimum bed strength of the Sports Medicine Department general ward only should be at least 30 beds.

(b) **Equipments :** Apart from a fully equipped orthopaedic operation theatre, it is desirable that the following equipments are available in the centre:

- Arthroscopy setup with equipment for arthroscopic surgeries of Knee, Shoulder & wrist
- Image intensifier, orthopedic table, tourniquets
- AO equipment for mini, small and large fragment surgery, osteotome set, bone cutter, wiring equipment, arthroscopy equipment, implants required for orthopedic surgery.
- Power drill and drivers, burrs, saws
- Well-equipped Human Performance Lab - Ergometer, Treadmill, Strength Trainer, Foot pressure assessment device etc.
- Well-equipped Physiotherapy & Sports Rehabilitation Lab- Laser, TENS, Ultrasound, Short wave Diathermy, Whole body vibrator etc.

(c) List of important teaching equipments-

Digital camera, teaching board, LCD projector, computers, access to internet and online journals.

(d) Paramedical and nursing support.

(e) Services of department of PMR for physiotherapy and occupational therapy beyond those available in Sports Medicine department.

- 2 Weeks -Sports Psychology-Department Of Psychiatry
- 1 Weeks -Sports Anthrópometry -Department Of Anatomy
- 2 Weeks - Sports Rehabilitation /Gate Lab/ Orthosis-Deptt. of PMR
- 1Week-Department Of Advance Research
- 1 Weeks - -Doping/Performance Enhancing AgentsX- Department Of Pharmacology
- 2 Weeks- Orthopáedic Trauma Unit
- 2 Weeks -MSK Últrasound/x Rays/MRI/CT-Scan/Arthrography-Department of Radio diagnosis
- 1 Week- Sports Nutrition- Deptt. of SPM

Under The Guidance of Head Sports Medicine, KGMU ,Department will coordinate with the associated faculty members and enable the candidate to witness the treatment of cases of Sports Medicine if they require treatment under other specialities

- 02 weeks for evaluation /assessment and examinations

3. CURRICULUM TO BE COVERED

Being a higher specialty training course, the emphasis will be on self-learning with seminars and journal clubs organized to cover the spectrum of disorders in Sports Medicine besides lectures, tutorials , video demonstrations etc.

The specific areas of training would be divided into the 12 modules, each to be covered in equal period intervals-

1. Conditions Masquerading as Sports Injuries
2. Biomechanics of Common Sporting Injuries
3. Principles of Injury Prevention


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- 1-Common Sports-related Infections
- 2-Cardiovascular Symptoms during Exercise
- 3-Respiratory Symptoms during Exercise
- 4-Gastrointestinal Symptoms during Exercise
- 5-Sports related Pain syndromes
- 6-Common sports injuries- Acute & chronic
- 7-Knee instabilities & related conditions
- 8-Shoulder instabilities, cuff pathologies & related conditions.

At the end of course, trainee must have assisted in multiple surgeries and able to perform many of procedures mentioned hereunder-

- 1) On ground management of Sports Injuries
- 2) O.R & I.F of acute fractures sustained during sports
- 3) Diagnostic arthroscopy of knee
- 4) Partial arthroscopic meniscectomy
- 5) Arthroscopic loose body removal
- 6) Arthroscopic microfracture & abrasioplasty
- 7) MPFL reconstruction
- 8) Arthroscopic lateral patellar retinacular release
- 9) Arthroscopic synovial biopsy & Synovectomy
- 10) Arthroscopic ACL/PCL reconstruction
- 11) Diagnostic arthroscopy of shoulder



7- ATTITUDE INSTRUMENTS

- i. Portfolios
- ii. Structured Essay type questions
- iii. OSCEs
- iv. Checklists
- v. Rating Scales
- vi. Patient management problems

Evaluation-

1- INTERNAL EVALUATION (FORMATIVE ASSESSMENT),

Periodic internal assessment would be carried out quarterly to assess the progress of candidate during the training.

It is emphasised that the assessment is not only on acquisition of theoretical knowledge but an overall assessment of the candidate as a Sports Medicine specialist.

OSCE, Objective tests & constructed response questions would be used for assessment.

2. EXTERNAL EVALUATION (SUMMATIVE ASSESSMENT)

On completion of training as above, the candidate would be eligible for appearing for the exit examination provided the periodic internal evaluation has been rated as satisfactory.

The examination would be conducted by the department.

2.1 THEORY EXAMINATION

The theory examination of 100 marks would include

Fellowship Fee: Candidates has to deposit fee as per the prevailing fee structure for PDCC/ Fellowship Fee Structure order issued by Dean, Faculty of Medicine, KGMU.

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