

GPSTR ST1/ST2 Specialty Guide

RHEUMATOLOGY

Royal Derby Hospital

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DATE OF COMMENCEMENT	
CONSULTANT/S	
DATE OF COMPLETION	

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NOTES

INTRODUCTION

Musculoskeletal disorders are common, accounting for 15-20% of GP consultations, and cause a significant amount of morbidity and disability.

It is estimated that around 17.3 million people in the UK, which is over 1/3 of the adult population, have back pain. Up to 8.5 million people have joint pain, over 4.4 million have moderate/severe osteoarthritis and over 650,000 have inflammatory arthritis. Around 3% of patients presenting to a children's admissions unit had a musculoskeletal complaint.

TRAINING AIMS

The Derby GP Training Rheumatology ST1 and ST2 posts at the RDH provide jobs giving an ideal mix of experience for a future GP.

This guide is designed to help you identify the clinical learning opportunities within the post.

The Rheumatology teaching staff will be able to help you define and remedy any gaps in your knowledge or experience.

They will provide you with a series of clinical assessments (see below). You are responsible for making sure these take place and that they are properly documented.

The Rheumatology team have kindly agreed to ensure that you will be able to attend the GP Training Half Day Release Teaching Sessions. At times this will inevitably clash with your on-call responsibility.

Apart from the Wednesday afternoon GP Training sessions you should try to attend the in-house educational meetings which are usually at lunch time.

PRACTICAL SKILLS

Provide adequate information for informed consent before any procedure is undertaken	Unsure	<input type="checkbox"/>
	Satisfactory	<input type="checkbox"/>
	Confident	<input type="checkbox"/>

You will need to be able to demonstrate competent examination of the following areas:

• The neck and back	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• The shoulder, elbow, wrist and hand	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• The hip, knee and ankle	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>

You will need to be able to inject (or aspirate when necessary) appropriately and safely the major joints, trigger points and enthesopathies, for example: other injection techniques may learnt in General Practice

• Knee	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Shoulder	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>

ASSESSMENTS

RECORDING ASSESSMENTS

All assessments should be recorded in your e-portfolio. This is your responsibility although your Clinical Supervisor and Educational Supervisor will also have to complete assessments on your e-portfolio. The e-portfolio forms a continuous record of your progress and will be submitted to the Deanery to “sign you off” at the end of your training. If you are having technical problems with the e-portfolio please contact the e-portfolio Enquiries/Help.

WORKPLACE BASED ASSESSMENTS

A series of workplace based assessments are also needed. These are similar to the foundation post assessments you may have already done.

During your 4 months post you will need to do the following Assessments:

- ⇒ **2 x Mini-cex** (Clinical Examination exercises)
- ⇒ **2 x CBSs** (Case-based Discussions)
- ⇒ **1 x MSF** (Multi-source Feedback) 5 Clinicians only
- ⇒ **2 DOPS** (Direct Observation of Procedures)

The DOPS that can best be done in this post are:

2. Large joint injections (usually Shoulder & Knee)

Your **Consultant** will also need to complete a **Clinical Supervisor’s Report** which he/she will discuss with you before submitting.

CLINICAL MANAGEMENT SKILLS *continued*

Understand the systems of care for rheumatological conditions, including the roles of primary and secondary care, shared care arrangements, multidisciplinary teams and patient involvement	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
Understand the appropriate prioritization of referrals from a GP and Consultant perspective	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
Understand the considerable benefits and therapeutic use of exercise	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>

You will need to have a safe “working knowledge” of the diagnosis and initial management of less common conditions, for example:

• Chronic pain syndromes such as fibromyalgia	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• Vasculitis	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• Reactive arthritis	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• SLE	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• Myositis	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• Scleroderma	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>
• Problems caused by drug treatments	Unsure <input type="checkbox"/>	Satisfactory <input type="checkbox"/>	Confident <input type="checkbox"/>

Use the Ottawa rules and other validated guidelines to facilitate efficient use of x-rays	Unsure	<input type="checkbox"/>
	Satisfactory	<input type="checkbox"/>
	Confident	<input type="checkbox"/>

Safely manage rheumatological emergencies (including knowing how and when to contact senior colleagues for advice or help) for example:

• Acute arthropathies (hot red joint)	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Polymyalgia/Temporal arteritis	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Cauda equina syn-	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>

Manage the commonest musculoskeletal problems safely and efficiently, i.e.:

• Back pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Neck pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Shoulder pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Knee pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Elbow pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Ankle pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Soft tissue pain	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Osteoarthritis	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Osteoporosis and its sequelae	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>
• Chronic inflammatory arthropathies	Unsure	<input type="checkbox"/>	Satisfactory	<input type="checkbox"/>	Confident	<input type="checkbox"/>

**Remember: “The E-portfolio is King”
You must keep a copy of all assessments as they will be needed in the future**

HOSPITAL JOB ASSESSMENTS

You will be contacted by the Deanery (via your E-portfolio) to complete an on-line assessment of your hospital post. (Bristol on-line Survey) This is mandatory and is a requirement of training.

SKILLS

The GP Curriculum is keen to divide skills into three categories.

- ⇒ **Communication Skills**
- ⇒ **Clinical Management Skills**
- ⇒ **Practical Skills**

There is obviously considerable overlap.

COMMUNICATION SKILLS

Communicate effectively in an appropriately positive manner to promote a patient's sense of well-being	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Elicit and understand the significance of common symptoms e.g. pain swelling redness heat loss of power sensation and function etc.	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be aware of other systemic symptoms e.g. tiredness, weight loss, depression	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Explain the aetiology and natural history of common and important musculoskeletal conditions <i>in a way which the patient understands</i>	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>

COMMUNICATION SKILLS *continued*

Assess the likelihood of occupational exposure as a cause of musculoskeletal disease (e.g. repetitive strain injury) and advise regarding the likely prognosis in relation to the occupation	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Describe and understand the roles of the primary health care team, allied health professionals, complementary therapists and secondary care, (e.g. in shared protocols) and be able to refer to them appropriately	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Consider the physical, psychological and social impact of musculoskeletal conditions on individuals and their carers (e.g. problems with fatigue, altered body image, work, impact on family relationships, sexual issues <i>Be sensitive to disability - its psychological and social effects and know how best to help disabled patients</i>	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Recognise that musculoskeletal problems often have an important psychological component. Recognise somatisation and manage it sensitively and appropriately.	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Recognise the emotional impact dealing with trauma and disability can have on the doctor	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>

CLINICAL MANAGEMENT SKILLS

Use investigations in a timely safe and cost-effective manner including blood and radiological tests	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
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