HIGHER SPECIALIST TRAINING IN
RHEUMATOLOGY
This curriculum of training in Rheumatology was developed in 2010 and undergoes an annual review by Dr Donough Howard National Specialty Director, Dr. Ann O'Shaughnessy, Head of Education and Professional Development and by the Rheumatology Training Committee. The curriculum is approved by the Irish Committee on Higher Medical Training.

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Introduction

Rheumatology is a sub-specialty of internal medicine involving the diagnosis and treatment of rheumatic diseases. It incorporates the study of joints, soft tissues and related structures called connective tissues. Many rheumatic disorders are defined as ‘auto-immune’ conditions because the triggers for disease onset and maintenance are related to immune aberrations that identify ‘self’ proteins as foreign. Equally, newer and more sophisticated treatments use specific components of the immune system to mitigate the disease process.

Untreated, most rheumatic diseases are progressive. However, effective treatment when given in a timely manner can potentially induce remission and prevent the long-term consequences of articular inflammation, which include not only joint damage, but an increased risk of osteoporosis, atherosclerosis, malignancy and amyloidosis.

Rheumatology is thus the prototypic general medical specialty and a comprehensive knowledge of all aspects of internal medicine is essential.

There is a close link between rheumatology and related fields such as immunology, neurology, orthopaedics, plastics surgery, pain management, sports medicine and radiology, amongst others. Rheumatologists work in association with nurses, physiotherapists, occupational therapists, podiatrists and orthotists to provide a holistic approach to patient care.

A trainee in Rheumatology must therefore have an in-depth knowledge of internal medicine, excellent general diagnostic skills, an aptitude for clinical analysis and a capability to work in a team environment with clinicians and health professionals from different specialties. Proficiency in joint and soft tissue aspiration and injection is also essential.

Aims

Upon satisfactory completion of specialist training in Rheumatology, the doctor will be competent to undertake comprehensive medical practice in that specialty in a professional manner, unsupervised and independently and/or within a team, in keeping with the needs of the healthcare system.

Competencies, at a level consistent with practice in the specialty of Rheumatology, will include the following:

- Patient care that is appropriate, effective and compassionate dealing with health problems and health promotion.
- Medical knowledge in the basic biomedical, behavioural and clinical sciences, medical ethics and medical jurisprudence and application of such knowledge in patient care.
- Interpersonal and communication skills that ensure effective information exchange with individual patients and their families and teamwork with other health professionals, the scientific community and the public.
- Appraisal and utilisation of new scientific knowledge to update and continuously improve clinical practice.
- The ability to function as a supervisor, trainer and teacher in relation to colleagues, medical students and other health professionals.
- Capability to be a scholar, contributing to development and research in the field of Rheumatology.
- Professionalism.
- Knowledge of public health and health policy issues: awareness and responsiveness in the larger context of the health care system, including e.g. the organisation of health care, partnership with health care providers and managers, the practice of cost-effective health care, health economics and resource allocations.
- Ability to understand health care and identify and carry out system-based improvement of care.
Professionalism
Being a good doctor is more than technical competence. It involves values – putting patients first, safeguarding their interests, being honest, communicating with care and personal attention, and being committed to lifelong learning and continuous improvement. Developing and maintaining values are important; however, it is only through putting values into action that doctors demonstrate the continuing trustworthiness with the public legitimately expect. According to the Medical Council, Good Professional Practice involves the following aspects:

- Effective communication
- Respect for autonomy and shared decision-making
- Maintaining confidentiality
- Honesty, openness and transparency (especially around mistakes, near-misses and errors)
- Raising concerns about patient safety
- Maintaining competence and assuring quality of medical practice

Entry Requirements
Applicants for Higher Specialist Training (HST) in Rheumatology must have a certificate of completion Basic Specialist Training (BST) in General Internal Medicine and obtained the MRCPI.

BST should consist of a minimum of 24 months involved with direct patient care supervised by senior clinicians and based on a clinical curriculum and professional and ethical practice learnt through mentorship by senior clinicians and supported by RCPI’s mandatory courses.

**BST in General Internal Medicine (GIM) is defined as follows:**

- A minimum of 24 months in approved posts, with direct involvement in patient care and offering a wide range of experience in a variety of specialties.
- At least 12 of these 24 months must be spent on a service or services in which the admissions are acute and unselected.
- Assessment of knowledge and skills gained by each trainee during their clinical experience. This assessment takes place in the form of the mandatory MRCPI examination (*The MCRPI examination was introduced as mandatory for BST as of July 2011*)
- For further information please review the BST curriculum

Those who do not hold a BST certificate and MRCPI must provide evidence of equivalency.

Entry on the training programme is at year 1. Deferrals are not allowed on entry to Higher Specialist Training.
Duration & Organisation of Training
The duration of HST in Rheumatology is 4 years, one year of which may be gained from a period of full-time research. Those who wish to obtain dual certification in Rheumatology and e.g. in General (Internal) Medicine will require at least a fifth year of training.

For further information on dual training in General Internal Medicine please refer to the GIM Curriculum on our website www.rcpi.ie

While no particular order or sequence of training will be imposed and programmes offered should be flexible i.e. capable of being adjusted to meet trainees’ needs, trainees must spend the first two years of training in clinical posts in Ireland before undertaking any period of research or out of programme clinical experience (OCPE). The earlier years will usually be directed towards acquiring a broad general experience of Rheumatology under appropriate supervision. An increase in the content of hands-on experience follows naturally, and, as confidence is gained and abilities are acquired, the trainee will be encouraged to assume a greater degree of responsibility and independence.

If an intended career path would require a trainee to develop further an interest in a sub-specialty within Rheumatology this should be accommodated as far as possible within the training period, re-adjusting timetables and postings accordingly.

Generic knowledge, skills and attitudes support competencies which are common to good medical practice in the entire Medical and related specialties. It is intended that all Specialist Registrars should re-affirm those competencies during Higher Specialist Training. No time-scale of acquisition is offered, but failure to make progress towards meeting these important objectives at an early stage would cause concern about a SpR’s suitability and ability to become independently capable as a specialist.

Flexible Training
Trainees who are unable to work full-time are entitled to opt for flexible training programmes. EC Directive 93/16/EEC requires that:

Part-time training shall meet the same requirements as full-time training, from which it will differ only in the possibility of limited participation in medical activities to a period of at least half of that provided for full-time trainees;

The competent authorities shall ensure that the total duration and quality of part-time training of specialists are not less than that of full-time trainees.

The above provision must be adhered to. A flexible trainee should undertake a pro rata share of the out-of-hours duties (including on-call and other out of hours commitments) required of their full-time colleagues in the same programme and at an equivalent stage.

For details of appointment and funding arrangements for flexible trainees, please see the ‘Information and Support’ section of the Higher Specialist Training page on our website.

If applying for Flexible training please inform the NSD in advance of your application.
Training Programme
The training programme offered will provide opportunities to fulfil all the requirements of the curriculum of training for Rheumatology programmes in both general hospitals and teaching hospitals. Each post within the programme will have a named trainer/educational supervisor and programmes will be under the direction of the National Specialty Director for Rheumatology or, in the case of GIM, the Regional Specialty Advisor. Programmes will be as flexible as possible consistent with curricular requirements, for example to allow the trainee to develop a sub-specialty interest.

The experience gained through rotation around different departments is recognised as an essential part of HST. A Specialist Registrar may not remain in the same unit for longer than 2 years of clinical training; or with the same trainer for more than 1 year.

Where an essential element of the curriculum is missing from a programme, access to it should be arranged, by day release for example, or if necessary by secondment.

Teaching, Research & Audit
All trainees are required to participate in teaching. They should also receive basic training in research methods, including statistics, so as to be capable of critically evaluating published work.

A period of supervised research relevant to Rheumatology is considered highly desirable and will contribute up to 12 months towards the completion of training. Some trainees may wish to spend two or three years in research leading to a MSc, MD, or PhD, by stepping aside from the programme for a time. For those intending to pursue an academic path, an extended period of research may be necessary in order to explore a topic fully or to take up an opportunity of developing the basis of a future career. Such extended research may continue after the CSCST is gained. However, those who wish to engage in clinical medical practice must be aware of the need to maintain their clinical skills during any prolonged period concentrated on a research topic, if the need to re-skill is to be avoided.

Trainees are required to engage in audit during training and to provide evidence of having completed the process.

“Generic” knowledge, skills and attitudes support competencies which are common to good medical practice in all the medical and related specialties. It is intended that all Specialist Registrars should confirm these competencies during Higher Medical (Specialist) Training.
ePortfolio
The trainee is required to keep their ePortfolio up to date and maintained throughout HST. The ePortfolio will be countersigned as appropriate by the trainers to confirm the satisfactory fulfilment of the required training experience and the acquisition of the competencies set out in the Endocrinology & Diabetes Mellitus Curriculum. This will remain the property of the trainee and must be produced at the annual assessment review.

The trainee also has a duty to maximise opportunities to learn, supplementing the training offered with additional self-directed learning in order to fulfil all the educational goals of the curriculum. Trainees must co-operate with other stakeholders in the training process. It is in a SpR’s own interest to maintain contact with the Medical Training Department and Dean of Postgraduate Specialist Training, and to respond promptly to all correspondence relating to training. “Failure to co-operate” will be regarded as, in effect, withdrawal from the HST’s supervision of training.

At the annual review, the ePortfolio will be examined. The results of any assessments and reports by educational supervisors, together with other material capable of confirming the trainee’s achievements, will be reviewed.

Assessment Process
The methods used to assess progress through training must be valid and reliable. The Rheumatology Curriculum has been re-written, describing the levels of competence which can be recognised. The assessment grade will be awarded on the basis of direct observation in the workplace by consultant supervisors. Time should be set aside for appraisal following the assessment e.g. of clinical presentations, case management, observation of procedures. As progress is being made, the lower levels of competence will be replaced progressively by those that are higher. Where the grade for an item is judged to be deficient for the stage of training, the assessment should be supported by a detailed note which can later be referred to at annual review. The assessment of training may utilise the Mini-CEx, DOPS and Case Based Discussions (CBD) methods adapted for the purpose. These methods of assessment have been made available by HST for use at the discretion of the NSD and nominated trainer. They are offered as a means of providing the trainee with attested evidence of achievement in certain areas of the Curriculum e.g. competence in procedural skills, or in generic components. Assessment will also be supported by the trainee’s portfolio of achievements and performance at relevant meetings, presentations, audit, in tests of knowledge, attendance at courses and educational events.
**Annual Review – The PeTRA Process**

An annual review of progress through training will be undertaken on behalf of HST. The training record will be examined at the review. Assessments and reports by educational supervisors, confirmation of achievements and the contents of the portfolio will be reviewed. At some or all of these annual reviews a non-specialty assessor will be present capable of addressing core competencies. An external assessor will participate in the penultimate year review (PYA) which is held to a standard format usually 12-18 months before the planned end of training. The award of a CSCST will be determined by a satisfactory outcome after completion of the entire series of PeTRA assessments.

Each year trainees undergo a formal review by a panel including the Chairperson, the National Specialty Director, and whenever possible, a representative member from another specialty. The panel will review in detail the training record, will explore with the trainee the range of experience and depth of understanding which has been achieved and consider individual trainer’s reports. Attendance by the trainer is highly desirable and essential for the first year and PYA assessments. An opportunity is also given to the trainee to comment on the training being provided; identifying in confidence any deficiencies in relation to a particular post.

A decision on progress through training is reached at each of these annual assessments. The determination and the evidence considered is entered on one of a set of standard PeTRA Forms as follows:

- successful completion of a year of training – **PeTRA Form C**
- completion but with a need for additional targeted training – **PeTRA Form C₁**
- repeat training year – **PeTRA Form C₂**

The penultimate year assessment (the PYA) reviews the evidence provided in the logbook on the results of the assessment methods employed (see above); the evidence provided will be further questioned during the assessment. At the PYA, the panel identifies the residual training outstanding, advising adjustments to the training schedule as necessary, and finally confirming the estimated date for completion (**PeTRA Form T and CSCST issuance**).
**Facilities**

A consultant trainer/educational supervisor has been identified for each approved post. He/she will be responsible for ensuring that the educational potential of the post is translated into effective training which is being fully utilized. The training objectives to be secured should be agreed between trainee and trainer at the commencement of each posting in the form of a written training plan. The trainer will be available throughout, as necessary, to supervise the training process.

All training locations approved for HST have been inspected by the medical training department. Each must provide an intellectual environment and a range of clinical and practical facilities sufficient to enable the knowledge, skills, clinical judgement and attitudes essential to the practice of Rheumatology to be acquired.

Physical facilities include the provision of sufficient space and opportunities for practical and theoretical study; access to professional literature and information technologies so that self-learning is encouraged and data and current information can be obtained to improve patient management.

Trainees in Rheumatology should have access to an educational programme of e.g. lectures, demonstrations, literature reviews, multidisciplinary case conferences, seminars, study days etc, capable of covering the theoretical and scientific background to the specialty. Trainees should be notified in advance of dates so that they can arrange for their release. For each post, at inspection, the availability of an additional limited amount of study leave for any legitimate educational purpose has been confirmed. Applications, supported if necessary by a statement from the consultant trainer, will be processed by the relevant employer.
Generic Components
This chapter covers the generic components which are relevant to HST trainees of all specialties but with varying degrees of relevance and appropriateness, depending on the specialty.
As such, this chapter needs to be viewed as an appropriate guide of the level of knowledge and skills required from all HST trainees with differing application levels in practice.
Standards of Care

Objective: To be able to consistently and effectively assess and treat patients’ problems

Medical Council Domains of Good Professional Practice: Patient Safety and Quality of Patient Care; Relating to Patients; Communication and Interpersonal Skills; Collaboration and Teamwork; Management (including Self-Management); Clinical Skills.

KNOWLEDGE

Diagnosing Patients

- How to carry out appropriate history taking
- How to appropriately examine a patient
- How to make a differential diagnosis

Investigation, indications, risks, cost-effectiveness

- The pathophysiological basis of the investigation
- Knowledge of the procedure for the commonly used investigations, common or/and serious risks
- Understanding of the sensitivity and specificity of results, artefacts, PPV and NPV
- Understanding significance, interpreting and explaining results of investigations
- Logical approach in choosing, sequencing and prioritising investigations

Treatment and management of disease

- Natural history of diseases
- Quality of life concepts
- How to accurately assess patient's needs, prescribe, arrange treatment, recognise and deal with reactions / side effects
- How to set realistic therapeutic goals, to utilise rehabilitation services, and use palliative care approach appropriately
- Recognising that illness (especially chronic and/or incapacity) has an impact on relationships and family, having financial as well as social effects e.g. driving

Disease prevention and health education

- screening for disease, (methods, advantages and limitations),
- health promotion and support agencies; means of providing sources of information for patients
- Risk factors, preventive measures, strategies applicable to smoking, alcohol, drug abuse, lifestyle changes
- Disease notification; methods of collection and sources of data

Notes, records, correspondence

- Functions of medical records, their value as an accurate up-to-date commentary and source of data
- The need and place for specific types of notes e.g. problem-orientated discharge, letters, concise out-patient reports
- Appreciating the importance of up-to-date, easily available, accurate information, and the need for communicating promptly e.g. with primary care

Prioritising, resourcing and decision taking

- How to prioritise demands, respond to patients’ needs and sequence urgent tasks
- Establishing (clinical) priorities e.g. for investigations, intervention; how to set realistic goals; understanding the need to allocate sufficient time, knowing when to seek help
- Understanding the need to complete tasks, reach a conclusion, make a decision, and take action within allocated time
- Knowing how and when to conclude
Handover

- Know what are the essential requirements to run an effective handover meeting
  - Sufficient and accurate patients information
  - Adequate time
  - Clear roles and leadership
  - Adequate IT
- Know how to prioritise patient safety
  - Identify most clinically unstable patients
  - Use ISBAR (Identify, Situation, Background, Assessment, Recommendations)
  - Proper identification of tasks and follow-ups required
  - Contingency plans in place
- Know how to focus the team on actions
  - Tasks are prioritised
  - Plans for further care are put in place
  - Unstable patients are reviewed

Relevance of professional bodies

- Understanding the relevance to practice of standards of care set down by recognised professional bodies – the Medical Council, Medical Colleges and their Faculties, and the additional support available from professional organisations e.g. IMO, Medical Defence Organisations and from the various specialist and learned societies

SKILLS

- Taking and analysing a clinical history and performing a reliable and appropriate examination, arriving at a diagnosis and a differential diagnosis
- Liaising, discussing and negotiating effectively with those undertaking the investigation
- Selecting investigations carefully and appropriately, considering (patients’) needs, risks, value and cost effectiveness
- Appropriately selecting treatment and management of disease
- Discussing, planning and delivering care appropriate to patient’s needs and wishes
- Preventing disease using the appropriate channels and providing appropriate health education and promotion
- Collating evidence, summarising, recognising when objective has been met
- Screening
- Working effectively with others including
  - Effective listening
  - Ability to articulate and deliver instructions
  - Encourage questions and openness
  - Leadership skills
- Ability to prioritise
- Ability to delegate effectively
- Ability to advise on and promote lifestyle change, stopping smoking, control of alcohol intake, exercise and nutrition
- Ability to assess and explain risk, encourage positive behaviours e.g. immunisation and preventive measures
- Ability to enlist patients’ involvement in solving their health problems, providing information, education
- Availing of support provided by voluntary agencies and patient support groups, as well as expert services e.g. detoxification / psychiatric services
- Valuing contributions of health education and disease prevention to health in a community
- Compiling adequate case notes, with results of examinations, investigations, procedures performed, sufficient to provide an accurate, detailed account of the diagnostic and management process and outcome, providing concise, informative progress reports (both written and oral)
- Maintaining legible records in line with the Guide to Professional Conduct and Ethics for Registered Medical Practitioners in Ireland
- Actively engaging with professional/representative/specialist bodies
ASSESSMENT & LEARNING METHODS

- Consultant feedback
- Workplace based assessment e.g. Mini-CEX, DOPS, CBD
- Educational supervisor’s reports on observed performance (in the workplace)
- Audit
- Medical Council Guide to Professional Conduct and Ethics
Dealing with & Managing Acutely Ill Patients in Appropriate Specialties

**Objectives:** To be able to assess and initiate management of patients presenting as emergencies, and to appropriately communicate the diagnosis and prognosis. Trainees should be able to recognise the critically ill and immediately assess and resuscitate if necessary, formulate a differential diagnosis, treat and/or refer as appropriate, elect relevant investigations and accurately interpret reports.

**Medical Council Domains of Good Professional Practice:** Patient Safety and Quality of Patient Care, Clinical Skills.

**KNOWLEDGE**

**Management of acutely ill patients with medical problems**
- Presentation of potentially life-threatening problems
- Indications for urgent intervention, the additional information necessary to support action (e.g. results of investigations) and treatment protocols
- When to seek help, refer/transfer to another specialty
- ACLS protocols
- Ethical and legal principles relevant to resuscitation and DNAR in line with National Consent Policy
- How to manage acute medical intake, receive and refer patients appropriately, interact efficiently and effectively with other members of the medical team, accept/undertake responsibility appropriately
- Management of overdose
- How to anticipate / recognise, assess and manage life-threatening emergencies, recognise significantly abnormal physiology e.g. dysrhythmia and provide the means to correct e.g. defibrillation
- How to convey essential information quickly to relevant personnel: maintaining legible up-to-date records documenting results of investigations, making lists of problems dealt with or remaining, identifying areas of uncertainty; ensuring safe handover

**Managing the deteriorating patient**
- How to categorise a patients’ severity of illness using Early Warning Scores (EWS) guidelines
- How to perform an early detection of patient deterioration
- How to use a structured communication tool (ISBAR)
- How to promote an early medical review, prompted by specific trigger points
- How to use a definitive escalation plan

**Discharge planning**
- Knowledge of patient pathways
- How to distinguish between illness and disease, disability and dependency
- Understanding the potential impact of illness and impairment on activities of daily living, family relationships, status, independence, awareness of quality of life issues
- Role and skills of other members of the healthcare team, how to devise and deliver a care package
- The support available from other agencies e.g. specialist nurses, social workers, community care
- Principles of shared care with the general practitioner service
- Awareness of the pressures/dynamics within a family, the economic factors delaying discharge but recognise the limit to benefit derived from in-patient care
SKILLS

- BLS/ACLS (or APLS for Paediatrics)
- Dealing with common medical emergencies
- Interpreting blood results, ECG/Rhythm strips, chest X-Ray, CT brain
- Giving clear instructions to both medical and hospital staff
- Ordering relevant follow up investigations
- Discharge planning
- Knowledge of HIPE (Hospital In-Patient Enquiry)
- Multidisciplinary team working
- Communication skills
- Delivering early, regular and on-going consultation with family members (with the patient’s permission) and primary care physicians
- Remaining calm, delegating appropriately, ensuring good communication
- Attempting to meet patients’/relatives’ needs and concerns, respecting their views and right to be informed in accordance with Medical Council Guidelines
- Establishing liaison with family and community care, primary care, communicate / report to agencies involved
- Demonstrating awareness of the wide ranging effects of illness and the need to bridge the gap between hospital and home
- Categorising a patients’ severity of illness
- Performing an early detection of patient deterioration
- Use of structured communication tool (e.g. ISBAR)

ASSESSMENT & LEARNING METHODS

- ACLS course
- Record of on call experience
- Mini-CEX (acute setting)
- Case Based Discussion (CBD)
- Consultant feedback
Good Professional Practice

**Objective:** Trainees must appreciate that medical professionalism is a core element of being a good doctor and that good medical practice is based on a relationship of trust between the profession and society, in which doctors are expected to meet the highest standards of professional practice and behaviour.

**Medical Council Domains of Good Professional Practice:** Relating to Patients, Communication and Interpersonal Skills, Professionalism, Patient Safety and Quality of Patient Care.

### KNOWLEDGE

#### Effective Communication
- How to listen to patients and colleagues
- Disclosure – know the principles of open disclosure
- Knowledge and understanding of valid consent
- Teamwork
- Continuity of care

#### Ethics
- Respect for autonomy and shared decision making
- How to enable patients to make their own decisions about their health care
- How to place the patient at the centre of care
- How to protect and properly use sensitive and private patient information according to Data Protection Act and how to maintain confidentiality
- The judicious sharing of information with other healthcare professionals where necessary for care following Medical Council Guidelines
- Maintaining competence and assuring quality of medical practice
- How to work within ethical and legal guideline when providing clinical care, carrying research and dealing with end of life issues

#### Honesty, openness and transparency (mistakes and near misses)
- When and how to report a near miss or adverse event
- Knowledge of preventing and managing near misses and adverse events. Incident reporting: root cause and system analysis
- Understanding and learning from errors
- Understanding and managing clinical risk
- Managing complaints
- Following open disclosure practices
- Knowledge of national policy and National Guidelines on Open Disclosure

#### Raising concerns about patient safety
- The importance of patient safety relevance in health care setting
- Standardising common processes and procedures – checklists, vigilance
- The multiple factors involved in failures
- Safe healthcare systems and provision of a safe working environment
- The relationship between ‘human factors’ and patient safety
- Safe working practice, role of procedures and protocols in optimal practice
- How to minimise incidence and impact of adverse events
- Knowledge and understanding of Reason's Swiss cheese model
- Understanding how and why systems break down and why errors are made
- Health care errors and system failures
- Human and economic costs
SKILLS

- Effective communication with patients, families and colleagues
- Co-operation and collaboration with colleagues to achieve safe and effective quality patient care
- Being an effective team player
- Ability to learn from errors and near misses to prevent future errors
- Using relevant information from complaints, incident reports, litigation and quality improvement reports in order to control risks
- Minimising errors during invasive procedures by developing and adhering to best-practice guidelines for safe surgery
- Minimising medication errors by practicing safe prescribing principles
- Using the Open Disclosure Process Algorithm
- Managing errors and near-misses
- Managing complaints
- Ethical and legal decision making skills

ASSESSMENT & LEARNING METHODS

- Consultant feedback at annual assessment
- Workplace based assessment e.g. Mini-CEX, DOPS, CBD
- Educational supervisor’s reports on observed performance (in the workplace): prioritisation of patient safety in practice
- Patient Safety (on-line) – recommended
- RCPI Leadership in Clinical Practice III
- Quality improvement methodology course - recommended
- RCPI Ethics programmes (I-IV)
- Medical Council Guide to Professional Conduct and Ethics
- Reflective learning around ethical dilemmas encountered in clinical practice
Infection Control

**Objective:** To be able to appropriately manage infections and risk factors for infection at an institutional level, including the prevention of cross-infections and hospital acquired infection

**Medical Council Domains of Good Professional Practice:** Patient Safety and Quality of Patient Care; Management (including Self-Management).

### KNOWLEDGE

**Within a consultation**
- The principles of infection control as defined by the HIQA
- How to minimise the risk of cross-infection during a patient encounter by adhering to best practice guidelines available (including the 5 Moments for Hand Hygiene guidelines)
- The principles of preventing infection in high risk groups e.g. managing antibiotic use to prevent Clostridium difficile
- Knowledge and understanding the local antibiotic prescribing policy
- Awareness of infections of concern, e.g. MRSA, Clostridium difficile
- Best practice in isolation precautions
- When and how to notify relevant authorities in the case of infectious disease requiring notification
- In surgery or during an invasive procedure, understanding the increased risk of infection in these patients and adhering to guidelines for minimising infection in such cases
- The guidelines for needle-stick injury prevention and management

**During an outbreak**
- Guidelines for minimising infection in the wider community in cases of communicable diseases and how to seek expert opinion or guidance from infection control specialists where necessary
- Hospital policy/seeking guidance from occupational health professional regarding the need to stay off work/restrict duties when experiencing infections the onward transmission of which might impact on the health of others

### SKILLS

- Practicing aseptic techniques and hand hygiene
- Following local and national guidelines for infection control and management
- Prescribing antibiotics according to antibiotic guidelines
- Encouraging staff, patients and relatives to observe infection control principles
- Communicating effectively with patients regarding treatment and measures recommended to prevent re-infection or spread
- Collaborating with infection control colleagues to manage more complex or uncommon types of infection including those requiring isolation e.g. transplant cases, immunocompromised host
- In the case of infectious diseases requiring disclosure:
  - Working knowledge of those infections requiring notification
  - Undertaking notification promptly
  - Collaborating with external agencies regarding reporting, investigating and management of notifiable diseases
  - Enlisting / requiring patients’ involvement in solving their health problems, providing information and education
  - Utilising and valuing contributions of health education and disease prevention and infection control to health in a community
ASSESSMENT & LEARNING METHODS

- Consultant feedback at annual assessment
- Workplace based assessment e.g. Mini-CEX, DOPS, CBD
- Educational supervisor’s reports on observed performance (in the workplace): practicing aseptic techniques as appropriate to the case and setting, investigating and managing infection, prescribing antibiotics according to guidelines
- Completion of infection control induction in the workplace
Therapeutics and Safe Prescribing

Objective: To progressively develop ability to prescribe, review and monitor appropriate therapeutic interventions relevant to clinical practice in specific specialities including non-pharmacological therapies and preventative care.

Medical Council Domains of Good Professional Practice: Patient Safety and Quality of Patient Care.

**KNOWLEDGE**

- Pharmacology, therapeutics of treatments prescribed, choice of routes of administration, dosing schedules, compliance strategies; the objectives, risks and complications of treatment cost-effectiveness
- Indications, contraindications, side effects, drug interaction, dosage and route of administration of commonly used drugs
- Commonly prescribed medications
- Adverse drug reactions to commonly used drugs, including complementary medicines
- Identifying common prescribing hazards
- Identifying high risk medications
- Drugs requiring therapeutic drug monitoring and interpretation of results
- The effects of age, body size, organ dysfunction and concurrent illness or physiological state e.g. pregnancy on drug distribution and metabolism relevant to own practice
- Recognising the roles of regulatory agencies involved in drug use, monitoring and licensing e.g. IMB, and hospital formulary committees
- Procedure for monitoring, managing and reporting adverse drug reaction
- Effects of medications on patient activities including potential effects on a patient’s fitness to drive
- The role of The National Medicines Information Centre (NMIC) in promoting safe and efficient use of medicine
- Differentiating drug allergy from drug side effects
- Good Clinical Practice guidelines for seeing and managing patients who are on clinical research trials

**SKILLS**

- Writing a prescription in line with guidelines
- Appropriately prescribing for the elderly, children and pregnant and breast feeding women
- Making appropriate dose adjustments following therapeutic drug monitoring, or physiological change (e.g. deteriorating renal function)
- Reviewing and revising patients’ long term medications
- Anticipating and avoiding defined drug interactions, including complementary medicines
- Advising patients (and carers) about important interactions and adverse drug effects including effects on driving
- Providing comprehensible explanations to the patient, and carers when relevant, for the use of medicines
- Being open to advice and input from other health professionals on prescribing
- Participating in adverse drug event reporting
- Taking a history of drug allergy and previous side effects
ASSESSMENT & LEARNING METHODS

- Consultant feedback
- Workplace based assessment e.g. Mini-CEX, DOPS, CBD
- Educational supervisor’s reports on observed performance (in the workplace): prioritisation of patient safety in prescribing practice
- Principles of Antibiotics Use (on-line) – recommended
- Guidance for health and social care providers - Principles of good practice in medication reconciliation (HIQA)
Self-Care and Maintaining Well-Being

Objectives:
1. To ensure that trainees understand how their personal histories and current personal lives, as well as their values, attitudes, and biases affect their care of patients so that they can use their emotional responses in patient care to their patients’ benefit
2. To ensure that trainees care for themselves physically and emotionally, and seek opportunities for enhancing their self-awareness and personal growth

Medical Council Domains of Good Professional Practice: Patient Safety and Quality of Patient Care, Relating to Patients, Communication and Interpersonal Skills, Collaboration and Teamwork, Management (including self-management).

KNOWLEDGE

- Self knowledge – understand own psychological strengths and limitations
- Understand how own personality characteristics (such as need for approval, judgemental tendencies, needs for perfection and control) affect relationships with patients and colleagues
- Knowledge of core beliefs, ideals, and personal philosophies of life, and how these relate to own goals in medicine
- Know how family-of-origin, race, class, religion and gender issues have shaped own attitudes and abilities to discuss these issues with patients
- Understand the difference between feelings of sympathy and feelings of empathy for specific patients
- Know the factors between a doctor and patient that enhance or interfere with abilities to experience and convey empathy
- Understanding of own attitudes toward uncertainty and risk taking and own need for reassurance
- How own relationships with certain patients can reflect attitudes toward paternalism, autonomy, benevolence, non-malfeasance and justice
- Recognise own feelings (love, anger, frustration, vulnerability, intimacy, etc) in “easy” and difficult patient-doctor interactions
- Recognising the symptoms of stress and burn out

SKILLS

- Exhibiting empathy and showing consideration for all patients, their impairments and attitudes irrespective of cultural and other differences
- Ability to create boundaries with patients that allow for therapeutic alliance
- Challenge authority appropriately from a firm sense of own values and integrity and respond appropriately to situations that involve abuse, unethical behaviour and coercion
- Recognise own limits and seek appropriate support and consultation
- Work collaboratively and effectively with colleagues and other members of health care teams
- Manage effectively commitments to work and personal lives, taking the time to nurture important relationship and oneself
- Ability to recognise when falling behind and adjusting accordingly
- Demonstrating the ability to cope with changing circumstances, variable demand, being prepared to re-prioritise and ask for help
- Utilising a non-judgemental approach to patient’s problem
- Recognise the warning signs of emotional ill-health in self and others and be able to ask for appropriate help
- Commitment to lifelong process of developing and fostering self-awareness, personal growth and well being
- Be open to receiving feedback from others as to how attitudes and behaviours are affecting their care of patients and their interactions with others
- Holding realistic expectations of own and of others’ performance, time-conscious, punctual
- Valuing the breadth and depth of experience that can be accessed by associating with professional colleagues
**ASSESSMENT & LEARNING METHODS**

- On-going supervision
- Ethics courses
- RCPI Leadership in Clinical Practice III course
- RCPI Physician Wellbeing and Stress Management
- RCPI Building Resilience in a Challenging Work Environment
**Communication in Clinical and Professional Setting**

**Objective:** To demonstrate the ability to communicate effectively and sensitively with patients, their relatives, carers and with professional colleagues in different situations.

**Medical Council Domains of Good Professional Practice:** Relating to Patients; Communication and Interpersonal Skills.

**KNOWLEDGE**

**Within a consultation**
- How to effectively listen and attend to patients
- How to structure an interview to obtain/convey information; identify concerns, expectations and priorities; promote understanding, reach conclusions; use appropriate language.
- How to empower the patient and encourage self-management

**Difficult circumstances**
- Understanding of potential areas for difficulty and awkward situations, knowing how and when to break bad news, how to negotiate cultural, language barriers, dealing with sensory or psychological and/or intellectual impairments, how to deal with challenging or aggressive behaviour
- How to communicate essential information where difficulties exist, how to appropriately utilise the assistance of interpreters, chaperones, and relatives.
- How to deal with anger, frustration in self and others
- Selecting appropriate environment; seeking assistance, making and taking time

**Dealing with professional colleagues and others**
- How to communicate with doctors and other members of the healthcare team; how to provide concise, problem-orientated statement of facts and opinions (written, verbal or electronic)
- Knowledge of legal context of status of records and reports, of data protection (confidentiality), Freedom of Information (FOI) issues
- Understanding of the relevance to continuity of care and the importance of legible, accessible, records
- Knowing when urgent contact becomes necessary and the appropriate place for verbal, telephone, electronic, written communication
- Recognition of roles and skills of other health professionals
- Awareness of own abilities/limitations and when to seek help or give assistance, advice to others; when to delegate responsibility and when to refer

**Maintaining continuity of care**
- Understanding the relevance to outcome of continuity of care, within and between phases of healthcare management
- The importance of completion of tasks and documentation (e.g. before handover to another team, department, specialty), of identifying outstanding issues and uncertainties
- Knowledge of the required attitudes, skills and behaviours which facilitate continuity of care such as maintaining (legible) records, being available and contactable, alerting others to avoid potential confusion or misunderstanding through communications failure
Giving explanations

- The importance of possessing the facts, and of recognising uncertainty and conflicting evidence on which decisions have to be based
- How to secure, retain attention avoid distraction
- Understanding how adults receive information best, the relative value of the spoken, written, visual means of communication, use of reinforcement to assist retention
- Knowledge of risks of information overload
- Interpreting results, significance of findings, diagnosis, explaining objectives, limitations, risks of treatment, using communication adjusted to recipients’ ability to comprehend
- Ability to achieve level of understanding necessary to gain co-operation (compliance, informed choice, acceptance of opinion, advice, recommendation)

Responding to complaints

- Value of hearing and dealing with complaints promptly; the appropriate level, the procedures (departmental and institutional); sources of advice, assistance available
- The importance of obtaining and recording accurate and full information, seeking confirmation from multiple sources
- Knowledge of how to establish facts, identifying issues and responding quickly and appropriately to a complaint received

SKILLS

- Ability to elicit facts, using a mix of open and closed-ended questions appropriately
- Using “active listening” techniques such as nodding and eye contact
- Giving information clearly, avoiding jargon, confirming understanding, ability to encourage co-operation, compliance; obtaining informed consent
- Showing consideration and respect for other’s culture, opinions, patient’s right to be informed and make choices
- Respecting another’s right to opinions and to accept or reject advice
- Valuing perspectives of others contributing to management decisions
- Conflict resolution
- Dealing with complaints
- Communicating decisions in a clear and thoughtful manner
- Presentation skills
- Maintaining (legible) records
- being available, contactable, time-conscious
- Setting (and attempting to reach) realistic objectives, identifying and prioritising outstanding problems
- Using language, literature (leaflets) diagrams, educational aids and resources appropriately
- Ability to establish facts, identify issues and respond quickly and appropriately to a complaint received
- Accepting responsibility, involving others, and consulting appropriately
- Obtaining informed consent
- Discussing informed consent
- Giving and receiving feedback

ASSESSMENT & LEARNING METHODS

- Mastering Communication course (Year 1)
- Consultant feedback at annual assessment
  - Workplace based assessment e.g. Mini-CEX, DOPS, CBD
  - Educational supervisor’s reports on observed performance (in the workplace): communication with others e.g. at handover, ward rounds, multidisciplinary team members
- Presentations
- Ethics courses
- RCPI Leadership in Clinical Practice III Course
Leadership

Objective: To have the knowledge, skills and attitudes to act in a leadership role and work with colleagues to plan, deliver and develop services for improved patient care and service delivery.

Medical Council Domains of Good Professional Practice: Patient Safety and Quality of Patient Care; Communication and Interpersonal Skill; Collaboration and Teamwork; Management (including Self-Management); Scholarship.

KNOWLEDGE

Personal qualities of leaders
- Knowledge of what leadership is in the context of the healthcare system appropriate to training level
- The importance of good communication in teams and the role of human interactions on effectiveness and patient safety

Working with others
- Awareness of own personal style and other styles and their impact on team performance
- The importance of good communication in teams and the role of human interactions on effectiveness and patient safety

Managing services
- The structure and function of Irish health care system
- Awareness of the challenges of managing in healthcare
  - Role of governance
  - Clinical directors
- Knowledge of planning and design of services
- Knowledge and understanding of the financing of the health service
  - Knowledge of how to prepare a budget
  - Defining value
  - Managing resources
- Knowledge and understanding of the importance of human factors in service delivery
  - How to manage staff training, development and education
- Managing performance
  - How to perform staff appraisal and deal effectively with poor staff performance
  - How to rewards and incentivise staff for quality and efficiency

Setting direction
- The external and internal drivers setting the context for change
- Knowledge of systems and resource management that guide service development
- How to make decisions using evidence-based medicine and performance measures
- How to evaluate the impact of change on health outcomes through ongoing service evaluation
SKILLS

- Effective communication with patients, families and colleagues
- Co-operation and collaboration with others; patients, service users, carers colleagues within and across systems
- Being an effective team player
- Ability to manage resources and people
- Managing performance and performance indicators

Demonstrating personal qualities

- Efficiently and effectively managing one-self and one’s time especially when faced with challenging situations
- Continues personal and professional development through scholarship and further training and education where appropriate
- Acting with integrity and honesty with all people at all times
- Developing networks to expand knowledge and sphere of influence
- Building and maintaining key relationships
- Adapting style to work with different people and different situations
- Contributing to the planning and design of services

ASSESSMENT & LEARNING METHODS

- Mastering Communication course (Year 1)
- RCPI Leadership in Clinical Practice III (Year 3 – 5)
- Consultant feedback at annual assessment
- Workplace based assessment e.g. Mini-CEX, DOPS, CBD
- Educational supervisor’s reports on observed performance (in the workplace): on management and leadership skills
- Involvement in hospital committees where possible e.g. Division of Medicine, Drugs and Therapeutics, Infection Control etc.
Quality Improvement

Objective: To demonstrate the ability to identify areas for improvement and implement basic quality improvement skills and knowledge to improve patient safety and quality in the healthcare system.

Medical Council Domains of Good Professional Practice: Patient Safety and Quality of Patient Care; Communication and Interpersonal Skills; Collaboration and Teamwork; Management; Relating to Patients; Professionalism

KNOWLEDGE

Personal qualities of leaders
- The importance of prioritising the patient and patient safety in all clinical activities and interactions

Managing services
- Knowledge of systems design and the role of microsystems
- Understanding of human factors and culture on patient safety and quality

Improving services
- How to ensure patient safety by adopting and incorporating a patient safety culture
- How to critically evaluate where services can be improved by measuring performance, and acting to improve quality standards where possible
- How to encourage a culture of improvement and innovation

Setting direction
- How to create a ‘burning platform’ and motivate other healthcare professionals to work together within quality improvement
- Knowledge of the wider healthcare system direction and how that may impact local organisations
SKILLS

- Improvement approach to all problems or issues
- Engaging colleagues, patients and the wider system to identify issues and implement improvements
- Use of quality improvement methodologies, tools and techniques within every day practice
- Ensuring patient safety by adopting and incorporating a patient safety culture
- Critically evaluating where services can be improved by measuring performance, and acting to raise standards where possible
- Encouraging a culture of improvement and innovation

Demonstrating personal qualities

- Encouraging contributions and involvement from others including patients, carers, members of the multidisciplinary team and the wider community
- Considering process and system design, contributing to the planning and design of services

ASSESSMENT & LEARNING METHODS

- RCPI Leadership in Clinical Practice III (Year 3 – 5)
- Consultant feedback at annual assessment
- Involvement in hospital committees where possible e.g. Division of Medicine, Drugs and Therapeutics, Infection Control etc.
Scholarship
Objective: To develop skills in personal/professional development, teaching, educational supervision and research

Medical Council Domains of Good Professional Practice: Scholarship

KNOWLEDGE

Teaching, educational supervision and assessment
- Principles of adult learning, teaching and learning methods available and strategies
- Educational principles directing assessment methods including, formative vs. summative methods
- The value of regular appraisal / assessment in informing training process
- How to set effective educational objectives and map benefits to learner
- Design and delivery of an effective teaching event, both small and large group
- Use of appropriate technology / materials

Research, methodology and critical evaluation
- Designing and resourcing a research project
- Research methodology, valid statistical analysis, writing and publishing papers
- Ethical considerations and obtaining ethical approval
- Reviewing literature, framing questions, designing a project capable of providing an answer
- How to write results and conclusions, writing and/or presenting a paper
- How to present data in a clear, honest and critical fashion

Audit
- Basis for developing evidence-based medicine, kinds of evidence, evaluation; methodologies of clinical trials
- Sources from which useful data for audit can be obtained, the methods of collection, handling data, the audit cycle
- Means of determining best practice, preparing protocols, guidelines, evaluating their performance
- The importance of re-audit

SKILLS
- Bed-side undergraduate and post graduate teaching
- Developing and delivering lectures
- Carrying out research in an ethical and professional manner
- Performing an audit
- Presentation and writing skills – remaining impartial and objective
- Adequate preparation, timekeeping
- Using technology / materials

ASSESSMENT & LEARNING METHODS
- Health Research – An Introduction
- Effective Teaching and Supervising Skills course - recommended
- Educational Assessment Skills course - recommended
- Performing audit course – mandatory
- Health Research Methods for Clinicians - recommended
Management

Objective: To understand the organisation, regulation and structures of the health services, nationally and locally, and to be competent in the use and management of information on health and health services, to develop personal effectiveness and the skills applicable to the management of staff and activities within a healthcare team.

Medical Council Domains of Good Professional Practice: Management.

**KNOWLEDGE**

Health service structure, management and organisation
- The administrative structure of the Irish Health Service, services provided in Ireland and their funding and how to engage with these for best results
- Department of Health, HSE and hospital management structures and systems
- The national regulatory bodies, health agencies and patient representative groups
- Understanding the need for business plans, annual hospital budgets, the relationship between the hospital and PCCC

The provision and use of information in order to regulate and improve service provision
- Methods of collecting, analysing and presenting information relevant to the health of a population and the apportionment of healthcare resources
- The common ways in which data is presented, knowing of the sources which can provide information relevant to national or to local services and publications available

Maintaining medical knowledge with a view to delivering effective clinical care
- Understanding the contribution that current, accurate knowledge can make to establishing clinical effectiveness, best practice and treatment protocols
- Knowledge of sources providing updates, literature reviews and digests

Delegation skills, empowerment and conflict management
- How to assess and develop personal effectiveness, improve negotiating, influencing and leadership skills
- How to manage time efficiently, deal with pressure and stress
- How to motivate others and operate within a multidisciplinary team

**SKILLS**

- Chairing, organising and participating in effective meetings
- Managing risks
- Managing time
- Delegating tasks effectively
- Managing conflicts
- Exploring, directing and pursuing a project, negotiating through the relevant departments at an appropriate level
- Ability to achieve results through an understanding of the organisation and its operation
- Ability to seek / locate information in order to define an issue needing attention e.g. to provide data relevant to a proposal for change, establishing a priority, obtaining resources
- Ability to make use of information, use IT, undertake searches and obtain aggregated data, to critically evaluate proposals for change e.g. innovative treatments, new technologies
- Ability to adjust to change, apply management, negotiating skills to manage change
- Appropriately using management techniques and seeking to improve these skills and personal effectiveness

**ASSESSMENT & LEARNING METHODS**

- Mastering Communication course
- Performing Audit course
- RCPI Leadership in Clinical Practice III
- Annual audit
- Consultant feedback on management and leadership skills
Involvement in hospital committees
Specialty Section
General Principles of Rheumatic Disease Knowledge & Management

Objectives: To provide trainees with a holistic approach to the diagnosis and management of patients with rheumatic disease.

**KNOWLEDGE**

Holistic approach to the rheumatic diseases
- Patient education, exercise, nutrition, social impact, employment / work disability, lifestyle management
- Importance of multi-disciplinary team
- Pregnancy: planning to conceive / pregnancy and breast-feeding
- Pain management

Diagnostic approach to the rheumatic diseases
- Importance of differential diagnosis
- Laboratory
- Immunology
- Neurophysiology
- Infection
- Radiology
- Medical arthroscopy
- Gait analysis
- Procedures

Education and research in the rheumatic diseases
- Importance of teaching
- Importance of life-long learning
- Audit
- Research
- Medico-legal issues

**SKILLS**

- Take a history and perform a clinical examination of a patient with a musculoskeletal disorder to include special details and methods outlined in the training record.
- Appropriate investigations
- Multidisciplinary working

**ASSESSMENT & LEARNING METHODS**

- Mini-CEX
- Case Based Discussion (CBD)
- Quarterly/Annual Assessment
Widespread and Regional Pain

Objective: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of widespread and regional pain syndromes and sports-related injuries; to know when to refer to other relevant disciplines such as Orthopaedics, plastics surgery, pain management and members of the MDT; to understand relevance of co-morbid conditions for morbidity and mortality; to understand safety aspects and risk-benefit ratio of treatments; to understand the role of patient education in these conditions.

KNOWLEDGE

For all below widespread and regional pain

- Definition
- Epidemiology
- Local anatomy where appropriate
- Pathogenesis
- Pathophysiology
- Clinical features
- Musculoskeletal
- Co-morbid conditions
- Prognosis
- Differential diagnosis
- Clinical assessments
- Investigations
- Treatment

1. Fibromyalgia

2. Specific joints:
   a. Temporomandibular joint (TMJ) dysfunction
   b. Cervical, thoracic or lumbar spine pain
   c. The shoulder
   d. The elbow
   e. The hand and wrist
   f. The hip
   g. The Knee
   h. The ankle and foot

3. Entrapment Neuropathies:
   a. Thoracic outlet syndrome
   b. Ulnar nerve compression syndromes
   c. Median nerve compression syndromes
   d. Piriformis syndrome
   e. Meralgia paresthetica
   f. Tarsal tunnel syndrome
   g. Morton’s metatarsalgia

4. Complex Regional Pain Syndromes (reflex sympathetic dystrophy)
SKILLS

- Detailed and focussed history and examination pertinent to all joint areas
- Ability to perform rapid screening assessment and detailed regional assessments
- Clear knowledge of functional anatomy and normal range of motion of all joint areas
- Holistic approach to diagnosis and treatment
- Knowledge of potential side-effects of treatment
- Competence at reading plain x-rays of all joint areas
- Competence at reading MRI of all joint areas
- Understanding of role of neurophysiology in specific regional pain syndromes
- Knowledge of multi-disciplinary team skills in relation to joint / spine pathology and rehabilitation

ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination and radiological assessment
- DOPS
  - 1st CMC joint
  - Wrist joint
  - Shoulder (gleno-humeral) joint – anterior approach
  - Shoulder joint – medial approach
  - Knee joint - medial approach
  - Knee joint – lateral approach
  - Ankle joint
  - 1st MTP joint
- CBD
- Interactive lectures
Sports Medicine

Objective: To understand the importance of exercise, consequences of extreme exercise, prevention, investigation and treatment of exercise-related injuries.

**KNOWLEDGE**

- Definition of sports medicine
- Importance of exercise: physiological benefits
  - In health
  - In chronic disease
  - In management of musculo-skeletal disorders
- Consequences of extreme exercise
  - Men
  - Women
- Prevention of injuries
  - Exercise to suit body type etc
  - Education
- Epidemiology of sports injuries
- Soft tissue injuries
  - Tendon
    - Structure and function of tendons
    - Overuse syndromes
    - Regional syndromes: Epicondylitis; Achilles tendonopathy / rupture; rotator cuff; iliotibial band etc
  - Bursa
    - Regional bursitis
- Nerve injuries
  - Regional nerve injuries
- Muscle injuries
  - Regional muscle injuries
  - Myositis ossificans
  - Compartment syndromes
- Bone injuries
  - Stress fractures: regional
- Investigations
- Treatment
  - Acute vs. chronic
  - Role of NSAIDs / corticosteroids
  - Role of surgery

**SKILLS**

- Take a history and perform a clinical examination of a patient with sports-related injuries
- Perform appropriate investigations
- Multidisciplinary working

**ASSESSMENT & LEARNING METHODS**

- Mini-CEX
- CBD
- Quarterly/Annual Assessment
Inflammatory Arthritis (IA)

Objectives: To understand epidemiology, pathogenesis, genetic susceptibility, clinical presentations, underlying aetiologies and treatment pathways of inflammatory arthritis; to know when to refer to other relevant disciplines such as Orthopaedics, plastics surgery, pain management and members of the MDT; to understand relevance of co-morbid conditions for morbidity and mortality; to understand safety aspects and risk-benefit ratio of treatments; to understand the role of patient education in inflammatory arthritis.

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of the sero-negative spondyloarthropathies; to appreciate the common and distinguishing features of these conditions; to understand modifiable risk factors; to understand safety aspects and risk-benefit ratio of treatments; to be up to date with current and experimental therapies; to understand the role of the MDT in amelioration of symptoms and avoidance of joint damage.

KNOWLEDGE

For all inflammatory arthritis:

- Definition of IA
- ACR criteria for diagnosis
- Epidemiology:
  - Pathogenesis
  - Genetics of IA
- Pathology:
  - Clinical features of IA
  - Differential diagnosis
  - Clinical assessments in IA:
  - Investigations
  - Treatment

1. Rheumatoid arthritis (RA)
2. Sero-Negative Spondyloarthropathies
   a. Ankylosing spondylitis (AS)
   b. Psoriatic arthritis
   c. Inflammatory bowel disease-related arthritis
   d. Reactive arthritis

SKILLS

- Detailed and focussed history and examination
- Ability to clearly differentiate mechanical from inflammatory symptoms and signs
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Ability to diagnosis early inflammatory arthritis
- Ability to recognise resistant inflammatory arthritis
- Competence at reading plain x-rays of all joint areas and identifying diagnostic features of different sub-types of inflammatory arthritis
- Ability to correctly interpret scintigraphy and MRI in inflammatory arthritis
- Understanding of role of focussed lab and radiological investigations
- Large and small joint aspiration and injection (glenohumeral, sternoclavicular, elbow, wrist, metacarpophalangeal, interphalangeal, knee, ankle, 1st metatarsophalangeal)
- Injection of enthesal areas e.g. trochanteric, lateral and medial epicondyles etc
ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination and radiological assessment
- DOPS: Supervised joint aspiration and injection
- CBD
- Interactive lectures
Connective Tissue Disorders and Related Conditions

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of the connective tissue disorders; to appreciate the common and distinguishing features of these conditions; to understand modifiable risk factors; to be familiar with immunological complexities, including microscopic diagnoses; to understand safety aspects and risk-benefit ratio of treatments; to be up to date with current and experimental therapies; to understand the role of the MDT in amelioration of symptoms and avoidance of tissue damage; to appreciate role of other disciplines, such as haematology, nephrology, neurology, oral medicine / surgery, dermatology etc in the management of these systemic conditions.

KNOWLEDGE

For all connective tissue disorders and related conditions:

- Definitions
- Criteria for classification and diagnosis
- Epidemiology
- Pathology / pathogenesis
- Clinical features
- Differential diagnosis
- Clinical assessment
- Investigations
  - laboratory: routine / biomarkers
  - Eyes / salivary glands
- Treatment

1. Sjogren syndrome
2. Systemic lupus erythematosus (SLE)
3. Anti-phospholipid syndrome (APLS)
4. Systemic sclerosis
5. Scleroderma-like syndromes
   - Localised scleroderma (morphea)
   - Scleromyxoedema
   - Nephrogenic systemic fibrosis
   - Eosinophilic cutaneous fibrosis
   - Chronic graft vs host disease
   - Environmental and drug exposure associated with scleroderma variants
6. Inflammatory muscle disease
7. Non-inflammatory myopathies
8. Mixed connective tissue disease (MCTD) and overlap syndromes
9. Raynaud phenomenon
SKILLS
- Detailed and focused history and examination
- Understanding of common and distinct features of connective tissue disorders
- Understanding and application of knowledge in relation to prognostic factors
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Awareness of risk / benefit profile of treatments
- Ability to diagnose early connective tissue disease
- Ability to recognise and prevent adverse prognostic features
- Understanding of role of focussed lab, radiology, pathology and neurophysiology investigations
- Interpretation of above investigations
- Ability to independently read plain film, CT and MRI abnormalities in connective tissue diseases

ASSESSMENT AND LEARNING METHODS
- Mini-CEX: Supervised history, clinical examination, radiology and pathology assessment
- CBD
- DOPS
  - Hand-flexor tendon nodule
  - De Quervain’s tenosynovitis
  - Carpel tunnel
  - Lateral epicondylitis
  - Sub acromial bursa
  - Trochanteric bursitis
  - Anserine bursitis
  - Plantar fascia
  - Mortons neuroma
- Interactive lectures
The Vasculitides and Associated Syndromes

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of the vasculitides; to appreciate the common and distinguishing features of these conditions; To distinguish primary systemic vasculitides from secondary forms of vasculitis and vasculitis mimics; to understand modifiable risk factors; to accurately assess disease activity and to differentiate between symptoms and signs of active inflammation from features attributable to tissue damage or co-morbid conditions; to be familiar with immunological complexities, including microscopic diagnoses; to proactively manage the risk of accelerated atherosclerosis; to understand safety aspects and risk-benefit ratio of treatments; to be up to date with current and experimental therapies; to understand the role of the MDT in amelioration of symptoms and avoidance of tissue damage; to appreciate role of other disciplines, such as haematology, nephrology, neurology, oral medicine / surgery, dermatology etc in the management of these systemic conditions; to utilize strategies to minimize complications of immunosuppressive therapy.

KNOWLEDGE

For vasculitides and associated syndromes:

- Definitions of GCA from clinical and pathological perspective
- Criteria for classification and diagnosis
- Epidemiology
- Pathology / pathogenesis
- Clinical features
- Clinical assessments
- Investigations
- Treatment

1. Giant cell arteritis (GCA)
2. Polymyalgia rheumatic (PMR)
3. Takayasu arteritis
4. Kawasaki disease
5. Polyarteritis nodosa (PAN) and microscopic polyangiitus (MPA)
6. Wegener granulomatosis (WG)
7. Churg-Strauss syndrome (CSS)
8. Behcet’s disease
9. Henoch-Schonlein purpura (HSP)
10. Cryoglobulinemic vasculitis
11. Cutaneous vasculitis and panniculitis
12. Primary vasculitis of the central nervous system (PACNS)
13. Cogan’s syndrome
SKILLS

- Detailed and focused history and examination
- Understanding of common and distinct features of vasculitides
- Understanding and application of knowledge in relation to prognostic factors
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Awareness of risk / benefit profile of treatments
- Ability to recognise pertinent clinical features
- Ability to recognise and prevent adverse prognostic features
- Understanding of role of focussed lab, radiology, pathology and neurophysiology investigations
- Interpretation of above investigations
- Ability to independently read pertinent radiological films eg angiography
- Ability to independently perform urine microscopy

ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination, radiology and pathology assessment
- CBD
- Interactive lectures
Other Systemic Illnesses

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies, genetics and treatment pathways of each of these diseases; to recognise and diagnose appropriately; to understand modifiable risk factors; to be familiar with safety aspects and risk-benefit ratio of treatments; to be up to date with current and experimental therapies; to understand the role of the MDT in amelioration of symptoms and avoidance of tissue damage; to appreciate role of other disciplines, such as haematology, nephrology, neurology, oral medicine / surgery, dermatology etc in the management of these systemic conditions.

KNOWLEDGE

For other systemic illnesses:
- Definitions of KFD from clinical and pathological perspective
- Epidemiology
- Pathology / pathogenesis /immunology
- Clinical features
- Clinical assessments
- Differential diagnosis
- Investigations
- Treatment

1. Kikuchi-Fujimoto disease (KFD)
2. Hereditary Periodic Fevers:
   a. Familial Mediterranean fever (FMF)
   b. TNF receptor associated periodic syndrome (TRAPS)
   c. Hyperimmunoglobulinaemia D with periodic fever syndrome (HIDS)
   d. Cryopyrinopathies: familial cold autoinflammatory syndrome, Muckle Wells syndrome, Neonatal-onset multisystem inflammatory disease / chronic infantile neurological cutaneous and articular syndrome (NOMID/CINCA)
3. Sarcoidosis
4. Relapsing polychondritis
5. Amyloidoses

SKILLS
- Detailed and focussed history and examination
- Understanding of common and distinct features of periodic fever syndromes
- Understanding of common and distinct features of amyloidoses
- Knowledge of common and rare features of KFD and relapsing polychondritis
- Understanding and application of knowledge in relation to prognostic factors
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Awareness of risk / benefit profile of treatments
- Ability to recognise pertinent clinical features
- Ability to recognise and prevent adverse prognostic features
- Understanding of role of focussed lab, radiology, pathology and functional investigations
- Interpretation of above investigations
- Independently read pertinent radiological films e.g. chest or musculoskeletal X-rays
- Ability to independently interpret classic pathology microscopic features
ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination, radiology and pathology assessment
- CBD
- Interactive lectures
Miscellaneous Arthropathies

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of these arthropathies; to understand modifiable risk factors; to understand safety aspects and risk-benefit ratio of treatments; to be up to date with current and experimental therapies; to understand the role of the MDT in amelioration of symptoms and avoidance of joint damage; to appreciate the role and timeliness of surgery.

KNOWLEDGE

For miscellaneous arthropathies:
- Definition and classification
- Epidemiology and risk factors
- Pathology / pathogenesis
- Clinical features
- Differential diagnosis
- Clinical assessments
- Investigations
- Treatment

1. Hypertrophic osteoarthropathy
2. Multicentric nodular reticulohistiocytosis
3. Pigmented villonodular synovitis
4. SAPHO syndrome (synovitis, acne, pustulosis, hyperostosis, osteitis)
5. Synovial osteochondromatosis

SKILLS

- Detailed and focussed history and examination
- Understanding of clinical and pathological features of each of these conditions
- Understanding and application of knowledge in relation to prognostic factors
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Awareness of risk / benefit profile of treatments
- Ability to recognise pertinent clinical features
- Ability to recognise and prevent adverse prognostic features
- Understanding of role of focussed lab, radiology, pathology and functional investigations
- Interpretation of above investigations
- Ability to independently read pertinent radiological films e.g. musculoskeletal x-rays / MRI
- Ability to independently interpret classic pathology microscopic features

ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination, radiology and pathology assessment
- CBD
- Interactive lectures
Infections

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of infection-related arthritis / osteomyelitis; to recognise and diagnose appropriately; to be able to independently interpret investigations, including lab results, radiological investigations and microbiology / pathology samples; to have knowledge of modifiable risk factors; to be aware of implications of infections for prosthetic joints; to know when to refer to relevant disciplines, such as microbiology, orthopaedics, pain management and members of the MDT; to appreciate relevance of co-morbid conditions for morbidity and mortality; to be up to date with current literature on infections associated with rheumatic illnesses; to have knowledge of relevant vaccinations for immunosuppressed patients.

KNOWLEDGE

For all infections:

- Role of underlying disease as risk factor for infection
- Epidemiology
- Genetics
- Pathology / pathogenesis
- Common / atypical clinical features
- Infections in prosthetic joints
- Outcome / prognosis
- Co-morbid factors
- Clinical assessment
- Investigations
- Treatment pathways
- Prevention / identification of populations at risk
- Vaccinations

1. Infections in patients with rheumatic illnesses (General principles)
2. Bacterial infections
   a. Septic arthritis and osteomyelitis
   b. Disseminated gonococcal infection (DGI)
   c. Syphilis
   d. Lyme disease
   e. Brucellosis
   f. Whipple disease
   g. Mycobacterial infections; Includes tuberculosis and leprosy
   h. Rheumatic fever
3. Fungal and parasitic infections –
   a. Histoplasmosis
   b. Cryptococcosis
   c. Mycoses (eg blastomycosis, coccidiodomycosis etc)
   d. Candidiasis
   e. Sporotrichosis
   f. Protozoan infections etc.
4. Viral infections:
   a. Parvovirus B19
   b. Rubella
   c. Hepatitis B
d. Hepatitis C

e. HIV

f. Viruses encountered in the Western world

g. 3rd World viruses

5. Vaccinations in patients with rheumatic diseases

**SKILLS**

- Detailed and focussed history and examination
- Ability to identify rare and common infections in at-risk patient populations
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Understanding and application of knowledge in relation to vaccinations in immunosuppressed patients
- Understanding of role of focussed lab and radiological investigations
- Ability to correctly and independently interpret relevant lab and radiological investigations
- Large and small joint aspiration and injection (glenohumeral, sternoclavicular, elbow, wrist, metacarpophalangeal, interphalangeal, knee, ankle, 1st metatarsophalangeal)

**ASSESSMENT AND LEARNING METHODS**

- Mini-CEX: Supervised history, clinical examination and radiological assessment
- DOPS: Supervised joint aspiration and injection
- CBD
- Interactive lectures
OA and Related Conditions

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying aetiologies and treatment pathways of osteoarthritis; to understand why certain joints are pre-disposed to osteoarthritis; to know when to refer to other relevant disciplines such as Orthopaedics, pain management and members of the MDT; to understand modifiable risk factors; to understand safety aspects and risk-benefit ratio of treatments; to be up to date with current literature on OA and related conditions.

KNOWLEDGE

OA and related conditions:

- Definitions of OA from clinical, radiological and pathological perspectives
- ACR criteria for classification and diagnosis
- Epidemiology:
  - Joints typically involved in OA
  - Joints not typically involved in OA
- Exercise and OA
- Pathology / pathogenesis of OA
- Genetics of OA
- Clinical features
- Clinical assessment in OA
- Investigations
- Treatment

1. Osteoarthritis (OA)
2. DISH
3. Neuropathic arthropathy
4. Osteonecrosis
5. Miscellaneous:
   a. Ochronosis
   b. Kashin-Beck disease
   c. Mseleni disease

SKILLS

- Detailed and focussed history and examination
- Ability to clearly differentiate mechanical from inflammatory symptoms and signs
- Understanding and application of knowledge in relation to co-morbid diseases
- Ability to recognise atypical osteoarthritis
- Holistic approach to diagnosis and treatment
- Competence at reading plain radiologic films of all joint areas
- Ability to correctly interpret scintigraphy, ultrasonography and MRI in OA
- Understanding of role of focussed lab and radiological investigations
- Large joint aspiration and injection

ASSESSMENT AND LEARNING METHODS

- Min-CEX: Supervised history and clinical examination
- DOPS: Supervised joint aspiration and injection
- CBD
- Interactive lectures
Crystal Arthropathies
Gout, pseudogout, basic calcium phosphate crystal disease, other crystals

Objectives: To understand epidemiology, pathogenesis, clinical presentations, underlying etiology and treatment pathways of crystal arthropathies; to understand modifiable risk factors and to recognise associated co-morbid conditions; to competently diagnose common and unusual crystals using polarizing microscopy; to understand safety aspects and risk-benefit ratio of treatments.

KNOWLEDGE

Crystal Arthropathies knowledge:

- Definitions of gout from clinical, radiological and microscopic perspectives
- Epidemiology:
  - prevalence, risk factors (modifiable / non-modifiable)
  - association with the metabolic syndrome
- Pathogenesis
- Clinical features
- Investigation
- Management

1. Gout
2. Pseudo-gout: calcium pyrophosphate dihydrate deposition disease (CPPD)
3. Basic calcium phosphate crystal deposition disease
4. Other crystal arthropathies

SKILLS

- Detailed and focussed history and examination
- Ability to differentiate crystal arthropathies from other inflammatory joint diseases
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Competence at recognising features of gout / pseudogout / calcific tendonitis on plain radiography
- Understanding of role of focussed lab and radiological investigations
- Ability to obtain appropriate samples from involved joints / tissues
- Competence at independently diagnosing crystal arthropathies using polarizing microscopy

ASSESSMENT AND LEARNING METHODS

- DOPS
  - Supervised joint aspiration and injection
- Supervised use of polarizing microscopy
- CBD
- Interactive lectures
Endocrine / Metabolic and Storage Diseases

Objectives: to recognise early and established manifestations of endocrine, metabolic and storage diseases as outlined below; to competently diagnose typical and atypical features of these disorders; to recognise musculo-skeletal manifestations of these disorders; to competently perform urine microscopy to diagnose cellular casts; to understand how treatment of these disorders influences the musculo-skeletal manifestations.

KNOWLEDGE

1. Endocrine / Metabolic and storage disease:
   a. Rheumatic manifestations of endocrine disease
      i. Diabetes mellitus
      ii. Acromegaly
      iii. Adrenal dysfunction
      iv. Thyroid disorders
      v. Hyperparathyroidism
   b. Rheumatic Manifestations of Renal Disease
   c. Paget Disease of Bone
   d. Osteoporosis
   e. Osteomalacia and rickets

2. Deposition / Storage Disorders
   a. Hyperlipidemia
   b. Haemochromatosis
   c. Gaucher’s disease
   d. Mucopolysaccharidoses

SKILLS

- Detailed and focussed history and examination
- Ability to recognise impact of storage disorders on musculoskeletal presentations
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Competence at diagnosing radiological features of storage diseases
- Understanding the role of focussed lab and radiological investigations

ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history and clinical examination
- CBD
- Interactive lectures
Heritable Diseases with Consequences for the Musculo-Skeletal System

Objectives: To understand epidemiology, pathogenesis, genetic susceptibility, clinical presentations, underlying aetiologies and treatment pathways of such disorders; to know when to refer to other relevant disciplines such as Orthopaedics, plastics surgery, pain management and members of the MDT; to understand relevance of co-morbid conditions for morbidity and mortality; to understand safety aspects and risk-benefit ratio of treatments; to understand the role of patient education in such disorders.

KNOWLEDGE

1. Haemophilia and other bleeding disorders
2. Haemoglobinopathies
3. Heritable disorders of connective tissue
   a. Osteogenesis imperfecta
   b. Ehlers Danlos syndrome
   c. Marfan’s syndrome
   d. Skeletal dysplasias
4. Osteogenesis imperfecta
5. Ehlers Danlos syndrome
6. Marfan’s syndrome
7. Skeletal dysplasias
8. Hypermobility syndrome

SKILLS

- Detailed and focussed history and examination
- Ability to recognise impact of heritable disorders on musculoskeletal presentations
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Competence at diagnosing radiological features
- Understanding the role of focussed lab and radiological investigations

ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination and radiological interpretation
- CBD
- Interactive lectures
Cancer and the Musculoskeletal System
Paraneoplastic presentations, tumours of bone and soft tissue,

Objectives: To understand epidemiology, pathogenesis and clinical features of musculoskeletal presentations of malignant disease; to understand epidemiology, pathogenesis, clinical presentations and treatment pathways of benign and malignant tumours of the musculoskeletal system.

KNOWLEDGE

Paraneoplastic presentations of malignancy
- Definition
- Epidemiology
- Pathogenesis
- Clinical features
  - Rheumatological
  - Non-rheumatological
  - Risk factors and co-morbid diseases
- Investigations
  - Laboratory
  - Radiological: plain x-rays, scintigraphy, MRI, CT
- Management
  - Treatment options
  - Role of physiotherapy / occupational therapy

Tumours of bone and soft tissue; Bone tumours, cartilaginous tumours, Synovial tumours
- Definition: benign and malignant tumors of bone, cartilage, synovium, vascular and connective tissue
- Epidemiology
- Pathogenesis / genetics
- Clinical features
  - Rheumatological
  - Non-rheumatological
  - Risk factors and co-morbid diseases
  - Differentiating benign and malignant features
- Differential diagnosis
- Investigations
  - Laboratory
  - Radiological: plain x-rays, DXA
  - Genetic
- Management
  - When is ‘observation’ the correct approach?
  - Role of orthopaedics / plastics and reconstructive surgery
  - Role of physiotherapy / occupational therapy / psychology
  - Role of radiotherapy / chemotherapy

KNOWLEDGE AS PER SPR YEAR
- Knowledge of paraneoplastic presentations of musculoskeletal disease: year 1
- Knowledge of benign and malignant tumors of bone and connective tissue: years 3 onwards
### SKILLS

- Detailed and focussed history and examination
- Ability to recognise atypical and typical features of musculoskeletal presentations of malignancy
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Competence at diagnosing radiological features of benign and malignant tumors
- Understanding the role of focussed lab and radiological investigations
- Understanding the role of chemotherapy, radiotherapy, rehabilitation medicine
- Knowledge of when observation is the correct approach

### ASSESSMENT AND LEARNING METHODS

- Mini-CEX: Supervised history, clinical examination and radiological interpretation
- CBD
- Interactive lectures
- Interpretation of pathological features
Paediatric Rheumatology

Objectives: To understand epidemiology, pathogenesis, genetic susceptibility, clinical presentations, underlying aetiologies and treatment pathways of paediatric arthritis; to know when to refer to other relevant disciplines such as Orthopaedics, plastics surgery, pain management and members of the MDT; to understand relevance of co-morbid conditions for morbidity and mortality; to understand safety aspects and risk-benefit ratio of treatments; to understand the role of patient / family education in paediatric arthritis.

**KNOWLEDGE**

Paediatric rheumatology knowledge:

- Definition of above disorders
- Diagnostic criteria
- Epidemiology
- Pathology /Pathogenesis / Genetics
- Clinical features
- Differential diagnosis
- Investigations
- Management

1. Juvenile idiopathic arthritis (JIA)
2. Connective tissue disorders: Juvenile dermatomyositis and inflammatory myopathies, SLE, scleroderma / morphea, Kawasaki disease, Henoch-Schonlein purpura
3. Congenital joint dysplasias; Developmental dysplasia of the hip, talipes equinovarus, achondroplasia, osteogenesis imperfect, osteopetrosis
4. Regional syndromes: Transient synovitis of the hip, Perthes disease, Osgood Schlatter disease, chondromalacia patellae, slipped femoral epiphysis
5. Other disorders; Hypermobility, Ehlers-Danlos syndrome, Marfan syndrome, Fibromyalgia
6. Special factors pertaining to childhood arthritis

**SKILLS**

- Detailed and focussed history and examination
- Ability to recognise atypical and typical features of musculoskeletal presentations in childhood
- Understanding and application of knowledge in relation to co-morbid diseases
- Holistic approach to diagnosis and treatment
- Competence at diagnosing radiological features of childhood arthritis
- Understanding the role of focussed lab and radiological investigations
- Understanding the role of other disciplines and rehabilitation medicine

**ASSESSMENT AND LEARNING METHODS**

- Mini-CEX: Supervised history, clinical examination and radiological interpretation
- CBD
- Interactive lectures
Minimum Requirements for Training

- These are the minimum number of cases you are asked to document as part of your training. It is recommended you seek opportunities to attain a higher level of exposure as part of your self-directed learning and development of expertise.
- You should expect the demands of your post to exceed the minimum required number of cases documented for training.
- If you are having difficulty meeting a particular requirement, please contact your specialty coordinator.

<table>
<thead>
<tr>
<th>Curriculum Requirement</th>
<th>Required/Desirable</th>
<th>Minimum Requirement</th>
<th>Reporting Period</th>
<th>Form Name</th>
</tr>
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<tbody>
<tr>
<td><strong>Section 1 - Training Plan</strong></td>
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<tr>
<td><strong>Weekly Timetable</strong> (Sample Weekly Timetable for Post/Clinical Attachment)</td>
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<td>Training Post</td>
<td>Form 045</td>
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<tr>
<td><strong>Personal Goals Plan</strong> (Copy of agreed Training Plan for your current training year signed by both Trainee &amp; Trainer)</td>
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<td><strong>Personal Goals Review Form</strong></td>
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<tr>
<td><strong>On Call Rota</strong></td>
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<td>Training Post</td>
<td>Form 064</td>
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<td><strong>Section 2 - Training Activities</strong></td>
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<tr>
<td><strong>Outpatient Clinics</strong></td>
<td>Required</td>
<td>80</td>
<td>Year of Training</td>
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<tr>
<td>General Rheumatology (minimum 2 per week)</td>
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<tr>
<td>Connective Tissue Disease</td>
<td>Desirable</td>
<td>40</td>
<td>Year of Training</td>
<td>Form 001</td>
</tr>
<tr>
<td>Early Arthritis</td>
<td>Desirable</td>
<td>40</td>
<td>Year of Training</td>
<td>Form 001</td>
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<tr>
<td><strong>Ward Rounds/Consultations</strong></td>
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<tr>
<td>Consultant Led (minimum 1 per week)</td>
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<td>Year of Training</td>
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<td>SpR led (minimum 3 per week)</td>
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<td>Year of Training</td>
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<tr>
<td>Consultations</td>
<td>Required</td>
<td>10</td>
<td>Year of Training</td>
<td>Form 002</td>
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<tr>
<td><strong>Emergencies/Complicated Cases</strong></td>
<td>Required</td>
<td>10</td>
<td>Year of Training</td>
<td>Form 003</td>
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<tr>
<td>Diagnosis of nature of problem and its presentation, emergency case for investigation (minimum of 10 Rheumatology case per year)</td>
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<tr>
<td><strong>Procedures/Practical Skills/Surgical Skills</strong></td>
<td>Required</td>
<td>5</td>
<td>Training Programme</td>
<td>Form 004</td>
</tr>
<tr>
<td>Crystal analysis</td>
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<tr>
<td>Microscopy</td>
<td>Required</td>
<td>15</td>
<td>Year of Training</td>
<td>Form 004</td>
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<tr>
<td><strong>Procedures/Practical Skills/Surgical Skills - Joints injections</strong></td>
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<td>Form 004</td>
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<tr>
<td>1st CMC joint</td>
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<td>Curriculum Requirement</td>
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<td>Minimum Requirement</td>
<td>Reporting Period</td>
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<td>Wrist joint</td>
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<tr>
<td>Shoulder (gleno-humeral) joint – anterior approach</td>
<td>Required</td>
<td>20</td>
<td>Training Programme</td>
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<tr>
<td>Shoulder joint – medial approach</td>
<td>Required</td>
<td>20</td>
<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Knee joint - medial approach</td>
<td>Required</td>
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<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Knee joint – lateral approach</td>
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<tr>
<td>Ankle joint</td>
<td>Required</td>
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<td>Training Programme</td>
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<tr>
<td>1st MTP joint</td>
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</table>

**Procedures/Practical Skills/Surgical Skills - soft tissue injections**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Required/Desirable</th>
<th>Minimum Requirement</th>
<th>Reporting Period</th>
<th>Form Name</th>
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<tbody>
<tr>
<td>Hand-flexor tendon nodule</td>
<td>Required</td>
<td>5</td>
<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>De Quervain’s tenosynovitis</td>
<td>Required</td>
<td>5</td>
<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Carpel tunnel</td>
<td>Required</td>
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<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Lateral epicondylitis</td>
<td>Required</td>
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<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Subacromial bursa</td>
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<td>Training Programme</td>
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<tr>
<td>Trochanteric bursitis</td>
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<td>Training Programme</td>
<td>Form 004</td>
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<tr>
<td>Anserine bursitis</td>
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<tr>
<td>Plantar fascia</td>
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<td>Training Programme</td>
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<tr>
<td>Mortons neuroma</td>
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</table>

**Additional/Special Experience Gained (Desirable Experience)**

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<thead>
<tr>
<th>Experience</th>
<th>Required/Desirable</th>
<th>Minimum Requirement</th>
<th>Reporting Period</th>
<th>Form Name</th>
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<tbody>
<tr>
<td>Paediatric Rheumatology</td>
<td>Desirable</td>
<td>1</td>
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<tr>
<td>Ultrasound</td>
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<td>Orthopaedic</td>
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<tr>
<td>Plastic Surgery</td>
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<tr>
<td>Neurophysiology</td>
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<td><strong>Laboratory Experience</strong></td>
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<tr>
<td>Immunology</td>
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<tr>
<td><strong>Relatively Unusual Cases</strong></td>
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<tr>
<td>Minimum of 9 cases to include:</td>
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<tr>
<td>Systemic Vasculitis</td>
<td>Required</td>
<td>3</td>
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<tr>
<td>Connective tissue disease</td>
<td>Required</td>
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<tr>
<td>Unspecified multi-system disorders</td>
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<td>Training Programme</td>
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<tr>
<td><strong>Chronic Cases/Long term care</strong> (minimum of 20 cases documented during training)</td>
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<tr>
<td><strong>Management Experience</strong></td>
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<td><strong>Section 3 - Educational Activities</strong></td>
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<td><strong>Mandatory Courses</strong></td>
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<td>ACLS</td>
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<td>Ethics I: Professionalism</td>
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<td>Ethics II: Ethics &amp; Law</td>
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<td>Ethics III: Research</td>
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<tr>
<td>Ethics IV: (End of Life) General Medicine Specialties</td>
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<td>Minimum Requirement</td>
<td>Reporting Period</td>
<td>Form Name</td>
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<tr>
<td>Health Research – An Introduction</td>
<td>Required</td>
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<td>Training Programme</td>
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<tr>
<td>HST Leadership in Clinical Practice (Year 3+)</td>
<td>Required</td>
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<tr>
<td>Mastering Communications (Year 1)</td>
<td>Required</td>
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<td>Training Programme</td>
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<tr>
<td>Performing Audit (Year 1)</td>
<td>Required</td>
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<tr>
<td><strong>Non – Mandatory Courses</strong></td>
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<tr>
<td>ACR review course</td>
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<tr>
<td><strong>Study Days attended during training</strong> (attend minimum of 6 study days per year)</td>
<td>Required</td>
<td>6</td>
<td>Year of Training</td>
<td>Form 008</td>
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<tr>
<td><strong>National/International meetings</strong> (minimum 1 per year)</td>
<td>Required</td>
<td>1</td>
<td>Year of Training</td>
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<tr>
<td><strong>Participation at In-house activities</strong> minimum of 1 per month from the categories below:**</td>
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<tr>
<td>Grand Rounds (minimum 2 per month and present at a minimum of one)</td>
<td>Required</td>
<td>20</td>
<td>Year of Training</td>
<td>Form 011</td>
</tr>
<tr>
<td>Journal Clubs (minimum 1 per month)</td>
<td>Required</td>
<td>10</td>
<td>Year of Training</td>
<td>Form 011</td>
</tr>
<tr>
<td>MDT meetings (minimum 1 per month)</td>
<td>Required</td>
<td>10</td>
<td>Year of Training</td>
<td>Form 011</td>
</tr>
<tr>
<td>Radiology Conferences (minimum 1 per month)</td>
<td>Required</td>
<td>10</td>
<td>Year of Training</td>
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<tr>
<td>Pathology Conferences</td>
<td>Desirable</td>
<td>1</td>
<td>Year of Training</td>
<td>Form 011</td>
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<tr>
<td>Lecture</td>
<td>Desirable</td>
<td>1</td>
<td>Year of Training</td>
<td>Form 011</td>
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<tr>
<td>Seminar</td>
<td>Desirable</td>
<td>1</td>
<td>Year of Training</td>
<td>Form 011</td>
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<td><strong>Examinations</strong></td>
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<td><strong>Delivery of Teaching</strong></td>
<td>Required</td>
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<tr>
<td>Lecture</td>
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<tr>
<td>Tutorial</td>
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<td>Bed side Teaching</td>
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<td><strong>Research</strong></td>
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<td><strong>Audit activities and Reporting</strong> (1 per year either to start or complete, Quality Improvement (QI) projects can be uploaded against audit)</td>
<td>Required</td>
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<td><strong>Publications</strong></td>
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<td>Curriculum Requirement</td>
<td>Required/Desirable</td>
<td>Minimum Requirement</td>
<td>Reporting Period</td>
<td>Form Name</td>
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<tr>
<td>Presentations (1 oral or poster presentation per year)</td>
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<td>Year of Training</td>
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<td>Committee Attendance</td>
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<td>Additional Qualifications</td>
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<td><strong>Section 4 - Assessments</strong></td>
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<td>CBD</td>
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<td>DOPS</td>
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<tr>
<td>Soft tissue injections</td>
<td>Required</td>
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<tr>
<td>Joint aspiration and injection</td>
<td>Required</td>
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<td>Training Programme</td>
<td>Form 021</td>
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<tr>
<td>Microscopy</td>
<td>Required</td>
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<tr>
<td>1st CMC joint</td>
<td>Required</td>
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<tr>
<td>Wrist joint</td>
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<tr>
<td>Shoulder (gleno-humeral) joint – anterior approach</td>
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<tr>
<td>Shoulder joint – medial approach</td>
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<td>Knee joint - medial approach</td>
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<td>Knee joint – lateral approach</td>
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<td>Ankle joint</td>
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<td>1st MTP joint</td>
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<td>Hand-flexor tendon nodule</td>
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<td>De Quervain’s tenosynovitis</td>
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<td>Carpel tunnel</td>
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<td>Curriculum Requirement</td>
<td>Required/Desirable</td>
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<td>Reporting Period</td>
<td>Form Name</td>
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<td>Lateral epicondylitis</td>
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<td>Subacromial bursa</td>
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<td>Trochanteric bursitis</td>
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<td>Anserine bursitis</td>
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<td>Plantar fascia</td>
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<td>Mortons neuroma</td>
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<td>Crystal analysis</td>
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<td><strong>DOPS non-clinical</strong></td>
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<td>Urinalysis and microscopy/identification of cellular and non-cellular casts</td>
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<td>1</td>
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<tr>
<td>Supervised use of polarizing microscopy</td>
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<tr>
<td><strong>Mini-CEX</strong> (At least two Mini-CEX assessments should take place in each year of training to include assessments in history taking &amp; examination of musculo-skeletal system, Assessment in multisystem disease and radiological assessment)</td>
<td>Required</td>
<td>2</td>
<td>Year of Training</td>
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<td><strong>Quarterly Assessments/End-of-Post Assessments</strong></td>
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<tr>
<td><strong>End-of-Year Assessments</strong></td>
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