

Orthopedic rotation from Feb to May 2007

GENERAL

My time shadowing Dr. Coles both at his office and at CRMC, made me realize that musculoskeletal medicine was totally a different world from what I was exposed to until then.

SPECIFIC MODULES

A) COGNITIVE MODULES

In the Operating Room:

1. Hand brushing technic
2. Preparation of Patient
3. Overview and the basic equipment to the Arthroscopy
4. Unipolar hemiarthroplasty and Total Hip Replacement
5. The use of the orthopedic table and the (C-Arm)
6. Knee scope
7. Rotator Cuff Surgery
8. Carpal Tunnel Release
9. Trigger finger Surgery
10. The peripheral nervous block and Bier's Block

In the Emergency room and the Office:

11. Hand injury
12. Osteoarthritis of the shoulder
13. Gonarthrosis
14. Distal radius fracture
15. Carpal Tunnel Syndrome
16. Femoral Neck fracture
17. Humerus fracture
18. Low Back pain
19. Knee pain
20. Hip pain
21. Achilles rupture
22. Examination of the joints
23. Steroid injections hand, elbow, shoulder, knee.
24. Learn how to read an X-Ray

B) PSYCHOMOTOR MODULES

I learned how to recognize, diagnose and treat various orthopedic conditions as well as suggesting different physical therapy exercises and modalities to help with the improvement of pain, function and mobility.

C) MODULE OF BEHAVIOR

Under Dr. Coles guidance, I learned how to conduct a proper orthopedic encounter, gathering pertinent informations that lead to the appropriate diagnostic. I also learned how to establish a great rapport with patients and their family, how to share relevant information with patients, their family.

My time in Coffeyville, KS was pretty instrumental in my decision in choosing to go in Sports Medicine, field I am currently practicing in Binghamton, NY at Our Lady of Lourdes Memorial Hospital Inc.

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Sports Medicine Specialist“