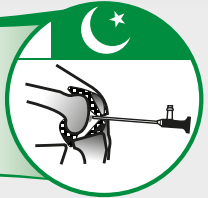


Pakistan
Arthroscopy & Sports Surgery
Society



PASSS- *MALIK ZAHUR HAYAT NOON*

FELLOWSHIP
PROGRAM

 **PHARMATEC**
Caring for all generations

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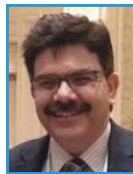
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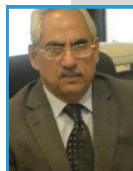
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1. INTRODUCTION:

Pakistan Arthroscopy and Sports Surgery Society is pleased to start multiple-Centre hands-on fellowship program's in collaboration with "Malik Zahur Hayat Noon" trust. The fellowship program will be conducted in 4 major cities Peshawar, Islamabad/Rawalpindi, Lahore and Karachi. These centres would train one fellow each thus 4 fellows would undergo training simultaneously.

2. DESCRIPTION:

Arthroscopy is a very common orthopedic procedure; however, it remains challenging from technical and psychomotor perspective. One of the main challenges is that arthroscopy requires ambidextrous triangulation in three dimensions, while the surgeon is guided by a two-dimensional video display.

3. CURRICULUM:

PASSS program is based on the principle that basic surgical skills are best developed sequentially. It assumes that advanced proficiency should be based on successful completion of a basic skills curriculum.

Program consists of Five Units, each providing different knowledge and skills that should be obtained sequentially:

Unit 1 Basic Principles of Arthroscopy

Unit 2 Basic Triangulation Skills

Unit 3 Basic Interventional Arthroscopy, Knee and Shoulder

Unit 4 Suture Anchors, Passing Suture through Tissue, Arthroscopic Knot Tying

Unit 5 Research, Paper writing and Presentation



4. OBJECTIVES:

- To become familiar with basic set-up and function of the arthroscopic 'tower', operating room set-up, draping techniques and basic arthroscopic portals.
- To develop basic ambidextrous triangulation skills that are required for clinical performance of arthroscopic surgical procedures.
- To develop a systematic approach to the patient's problem and decision making skills in management.
- To develop and sharpen skills in interpretation of musculoskeletal radiological studies, especially sports related MRI.
- To become familiar with principles of interventional arthroscopy, such as avoiding unnecessary contact with the walls of a closed space and maintaining a stable view of a targeted Area while using an instrument in the opposite hand to remove or resect a tissue.
- To understand the surgical techniques involved with the placement of suture anchors into a bone. Develop Skills for graft harvesting.
- To understand the various techniques and steps sequence for the passage of suture through tissue, and become familiar with the related tools.
- To learn the steps sequence required for tying different basic knots, which are used to tie sutures arthroscopically.
- To obtain experience in scientific data collection, analysis interpretation, publication and surgical audit.

Target Audience

- Practicing orthopedic surgeons with limited experience of performing arthroscopic surgery
- Beginning arthroscopists

Assumptions

- Little or no prior knowledge or experience with arthroscopy.
- No prior arthroscopic motor skills practice.
- Basic anatomical knowledge of the knee and shoulder joints and of the arthroscopic portals

Time Length

- Completion of the fellowship should take 6 months.



5. ELIGIBILITY CRITERIA

Basic Medical Education (MBBS)

Postgraduate qualification in orthopedics recognized by PMDC (MS-Ortho, FCPS, FRCS Ortho)

6. FINANCIAL SUPPORT FOR FELLOWS

The fellowship will be stipendiary, Rs. 100,000 per month per fellow subject to provision of no objection certificate from the place of employment. Fellow would not be allowed to do any private practice.

7. HOW TO APPLY

After advertisement, applications will be received through email. A hard copy of the detailed curriculum vitae and copies of all academic documents with a covering letter should be submitted to the General Secretary PASSS by post or email address of PASSS Secretariate: PASSS Secretariat, 3rd Floor, Mahmood Center, BC-11, Block-9, Clifton, Karachi.

Tel: 021-35872290, 35378443 Cell: 0300-0771099

Email: info@passs.org

Website: www.passs.org

SOCIETY REG NO: KAR NO. 025 of 2020-21

8. SYLLABUS:

SPORTS MEDICINE:

- On field Examination – Sideline Physician
- Examination of an Athlete
- Ligament Injuries
- Stress Fracture, RSI
- Principles of Sports Rehabilitation
- Athletic Taping
- Exercise Prescription
- Sports Shoes
- Sports Nutrition

REFERRAL BOOKS & JOURNALS:

- DeLee and Drez's Orthopaedic Sports Medicine
- Manual of arthroscopic surgery-Michael
- Strobel Rockwood: The Shoulder
- Gartsman – Shoulder Arthroscopy Insall & Scott Surgery of the Knee
- Noye's Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes
- Arthroscopy: The Journal of Arthroscopic and Related Surgery
- Journal of American Academy of Orthopaedic Surgeons

ARTHROSCOPY:

- Instrumentation
- Arthroscopic Set up & Portal Placements in knee, Shoulder, Elbow, Wrist, Hip.
- Menisci
- Cartilage
- Synovium
- Patellofemoral joint
- ACL
- PCL
- MCL
- LCL
- Posterolateral complex
- Multi-ligament injury
- Osteoarthritis
- Shoulder Periarthritis
- Shoulder Instability-anterior, posterior, inferior, multi
- SLAP & Biceps tendon lesions
- Rotator cuff and impingement
- Scapular dyskinesia



9. ASSESSMENTS

The following assessment techniques will be utilized.

1. Formative assessments
2. Direct observation of procedural skills (DOPS) (Performa Attached)
3. Logbook
4. Feedback from faculty using DOPS forms.

10. FELLOWSHIP GOALS

10.a) Academic Goals:

- Research work – data collection, analysis and paper writing
- Minimum 2 publications in an indexed journal
- One presentation in a national level conference
- Attending 2 sports tournaments as a sports physician
- Maintenance of log book of clinical and surgical work

10.b) Surgical Skill Goals:

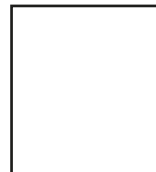
- Performing basic knee & Shoulder Arthroscopy
- Assisting Advanced Arthroscopic procedures
- ACL reconstruction
- PCL reconstruction
- Multi-ligament injury reconstruction
- ACL/PCL avulsion fixation
- MPFL reconstruction
- Bankart Repair
- Rotator cuff repair
- SLAP repair
- Subacromial Decompression

11. RESEARCH

(Data collection, Analysis and paper writing)

To be completed during the fellowship

- I. At least two publications in index journal
- II. One presentation in national level conference
- III. To attend two sports tournaments as sports physician
- IV. Liaison with sports physicians.
- V. Mandatory attendance in PASSS course/workshops.
- VI. To develop linkages with local sports organizations.



1. Fellowship applied for city: Karachi, Lahore, Islamabad, Peshawar (Please Tick one)

2. Personal:

a. Name: _____

b. Designation: _____

b. Designation: _____

c. Hospital: _____

d. Passs No. _____ Status: _____

e. Mobile # _____ Email: _____

f. Age: _____ PMDC #: _____

3. Qualification:

a. Degree: _____ Year/Institute: _____

b. Degree: _____ Year/Institute: _____

c. Degree: _____ Year/Institute: _____

d. Degree: _____ Year/Institute: _____

4. Technical Experience:

a. Institute: _____ No. of Year: _____

b. Institute: _____ No. of Year: _____

c. Institute: _____ No. of Year: _____

5. Publication:

a. No. of Original research Paper(s): _____

b. In Indexed Journals (National / International)

i. 1st Author _____ 2nd Author _____ Co Author _____

c. In non-Indexed Journals (National / International)

i. 1st Author _____ 2nd Author _____ Co Author _____

d. Author or Editor of a Book (Mention Full Details With Copy)



6. Conference(s) attended:

a. National:

- i. _____ Year: _____
- ii. _____ Year: _____
- iii. _____ Year: _____
- iv. _____ Year: _____
- v. _____ Year: _____

b. International:

- i. _____ Year: _____
- ii. _____ Year: _____
- iii. _____ Year: _____
- iv. _____ Year: _____
- v. _____ Year: _____

7. Workshop(s) attended:

a. National:

- i. _____ Year: _____
- ii. _____ Year: _____
- iii. _____ Year: _____
- iv. _____ Year: _____
- v. _____ Year: _____

b. International:

- i. _____ Year: _____
- ii. _____ Year: _____
- iii. _____ Year: _____
- iv. _____ Year: _____
- v. _____ Year: _____

8. References letter: From 2 senior colleagues whom you have worked in the last three years

9. Other Details:

- a. Date: _____
- b. Place: _____

10. Attached:

- a. Biodata / CV
- b. Educational qualification
- c. Photocopies of Publications

Signature of the Applicant



Caring for all generations

Society Secretariat:

3rd Floor, Mahmood Center, BC-11, Block-9, Clifton, Karachi.

Tel: 021-35872290, 35378443

✉ Secretariat@passs.org 🌐 www.passs.org

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