



अखिल भारतीय आयुर्विज्ञान संस्थान नागपुर

ALL INDIA INSTITUTE OF MEDICAL SCIENCES, NAGPUR

Department of Orthopaedics

Curriculum for Post-Doctoral Certificate Course (PDCC) in Arthroscopy and Sports Medicine

1. Introduction:

The Post-Doctoral Certificate Course (PDCC) in Arthroscopy and Sports Medicine at the All India Institute of Medical Sciences (AIIMS) in Nagpur is aims to provide comprehensive training to Orthopaedic surgeons in the management of Arthroscopy and Sports Medicine, thereby enhancing their knowledge, skills, and attitudes in this specialized field.

2. Goals and Objectives:

2.1. Goals: Establish a comprehensive training program for Orthopaedic surgeons in the management of Arthroscopy and Sports Medicine.

2.2. Objectives:

- To train Orthopaedic surgeons in the evaluation, diagnosis and management of various sports injuries of the appendicular skeleton.
- To develop surgical skills and techniques required for the management of Arthroscopy and Sports Medicine patients.
- To foster a compassionate attitude and effective communication skills in dealing with parents and relatives of patients having sports injuries.
- To promote multidisciplinary collaboration and team management in the treatment of Arthroscopy and Sports Medicine.

3. Program Structure:

3.1. Eligibility Criteria: Candidates applying for the course should have successfully completed MS/ DNB Orthopaedics from INI/NMC/NBE approved program.

3.2. Duration: The course program will have duration of one year.

3.3. Number of candidates: 01 seat per year.

3.4. Mode of Selection- Written exam (20 MCQ, 1 mark each) and Viva (10 Marks)

3.5. Syllabus: The syllabus will encompass essential knowledge, skills, and attitudes required for the management of Arthroscopy and Sports Medicine patients.

● **Essential Knowledge:**

During the course of the program, the candidate is expected to acquire knowledge on these important topics of Arthroscopy and Sports Medicine –

- Instrumentation, Arthroscopic Set up & Portal Placements in Knee, Shoulder, Elbow, Wrist, Hip.
- Anatomy of major joints- Knee, shoulder, ankle, Hip & wrist joint anatomy.
- Various pathologies and injury patterns of Knee, shoulder, ankle, Hip joint and wrist joint.

4. Osteoarthritis of joints
5. Shoulder Periarthritis
6. Shoulder Instability-anterior, posterior, inferior, multidirectional instability
7. SLAP & Biceps tendon lesions
8. Rotator Cuff and Impingement
9. Scapular dyskinesia
10. Shoulder Periarthritis
11. Shoulder Instability-anterior, posterior, inferior, multidirectional.
12. SLAP & Biceps tendon lesions
13. Rotator cuff and Impingement
14. Scapular dyskinesia
15. Ligaments around ankle
16. Ankle Impingement
17. OCLT
18. Ligaments around wrist, TFCC
19. Ligaments around elbow
20. Lateral Epicondylitis
21. OCD
22. Intra-articular and Peri-articular Fractures
23. Foot and ankle injuries.

- **Procedural and Operative Skills:**

During the course, it would be ensured the candidate receives hands on experience of surgeries in a supervised graduated manner.

At the end of the training, the candidate should be competent in performing following operations independently.

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

Please note that the above syllabus provides an overview of the topics and skills covered in the PDCC program. The program may incorporate additional relevant subjects based on advancements in the field and the expertise of the faculty at AIIMS Nagpur.

3.6 Teaching/Learning Activities: The teaching/learning activities included in the PDCC in Arthroscopy and Sports Medicine course are designed to provide a comprehensive educational experience for the trainees. These activities include:

SN	Name of activity	Frequency
1.	Didactic lectures	Once a month
2.	Seminar	Once a month
3.	Case presentations	Twice a month
4.	Journal review	Once a month

- **Teaching Activities:** Trainees will be encouraged to participate in teaching activities of postgraduates of orthopaedics to further enhance their teaching and communication skills. They may have opportunities to engage in teaching sessions for MBBS students and other healthcare professionals.
- **Research Project:** Each trainee will be required to develop and complete at least one research project during the course. This project can be either clinical or lab-based and should preferably result in a presentation or publication in a PubMed-indexed peer-reviewed journal. Trainees will receive guidance and supervision from experienced faculty members throughout the research process.
- **Publication and Presentation:** Trainees will be encouraged to publish their research findings and other academic work in peer-reviewed journals. They will also have opportunities to present their work at national and international conferences, symposiums, or other scientific forums to share knowledge and contribute to the field.

3.7 -Clinical Postings

1.1. During the PDCC in Arthroscopy and Sports Medicine at AIIMS Nagpur, the following clinical postings will be carried out to provide a comprehensive learning experience:

Orthopaedic department – 11.5 months

Rotation posting- 15 days

SN	Department	Learning objectives	Duration
1	Physical Medicine & Rehabilitation	<ul style="list-style-type: none"> ● To get acquainted with physiotherapy in conservative management of sports injuries/diseases. ● To get acquainted to rehabilitation of patients after arthroscopic surgery. 	15 days

3. Facilities and Resources:

- AIIMS Nagpur have the necessary infrastructure, including well-equipped operating rooms, clinical facilities, imaging services, and access to relevant literature and resources.
- The department have dedicated faculty members who specialize in Arthroscopy and Sports Medicine to oversee the training program and provide guidance to the trainees.

4. Evaluation:

To assess the progress of the candidate a formative assessment would be carried out to evaluate all three domains (knowledge, skills, and attitude) of the program at 6 months and a summative assessment will be done at 12 months for award of PDCC certificate.

Type of assessment	Timing	Theory	Practical Examination
Formative assessment	6 month	50 Marks (10 short notes of 5 mark each)	50 Marks Short case- 30 marks, Table viva – 20 Marks
Summative assessment	12 month	Total Marks- 100 2 Papers (50 marks each) Section A- MCQs (10 MCQ, 1 mark each, total 10 marks), Section B- Short answer questions (5 marks x 8= Total 40 Marks) Duration of paper- 2 hours each <ul style="list-style-type: none"> • Paper 1-- Basic sciences, Knee • Paper 2-- Shoulder and other joints, recent advances 	Total marks- 100 Clinical cases- 60 (Two cases of 30 marks each) Ward rounds – 10 OSCE- 10 Viva Voce- 20

Eligibility criteria for summative assessment-

- Attendance more than 75 present.
- Minimum 35% marks in internal assessment.
- Completion of short research project.
- Satisfactory completion of logbook.

50% of the marks would be required in both theory and clinical/practical examination to declare the candidate pass and award the PDCC certificate.

5. Recommended books and journals:

Books:

1. Manual of Arthroscopic Surgery: Book by Michael Strobel
2. Insall and Scott surgery of the knee
3. AANA The Knee
4. AANA The Shoulder
5. DeLee and Drez's Orthopaedic Sports Medicine
6. Rockwood: The Shoulder Gartsman – Shoulder Arthroscopy

7. Noyes' Knee Disorders: Surgery, Rehabilitation

Journals:

1. Arthroscopy
2. Journal of Arthroscopy
3. Knee
4. KSSTA
5. Hip International
6. Journal of Shoulder and Elbow Surgery

ALL INDIA INSTITUTE OF MEDICAL
SCIENCES, NAGPUR
DEPARTMENT OF ORTHOPAEDICS



Post-Doctoral Certificate Course (PDCC) in
Arthroscopy and Sports Medicine

LOGBOOK

_____ To _____
(Day, Month, Year) (Day, Month, Year)

Name: _____

Designation: _____

GENERAL INSTRUCTIONS

1. This logbook will be part of the pre-requisite for appearing in final evaluation of PDCC.
2. The aim of this log book is to record and attest your training and experience as a PDCC student within the department of Orthopaedics.
3. The log book is helpful in providing a ready at hand data of all the clinical, operative and teaching experience which you gain during your stay in the department.
4. It is your duty to correctly fill in all the details of the log book and get the same attested by the concerned Consultant at regular intervals.
5. Signing of the log book has to be done by the Consultant. It is expected that every log book will be checked at least weekly on assigned days.
6. Besides the routine surgical experience, you are supposed to fill in the details of your departmental seminars given and attended, conferences/symposia attended, CME programs, tutorials and lectures given to PG/UG students and the Institutional clinical case meetings attended.
7. You should enter all cases attended/ presented at department academic meetings, at clinical rounds & in OPDs & emergencies.
8. While filling in the details for surgical experience you should mention the age and gender of the patient, the procedure name and date, whether the procedure was elective or emergency, your involvement (e.g. assisting (A), you as the surgeon (P), assisted by a trainer (PA)), and the outcome/any complication.
9. Log book is non-transferable and all information entered should not breach patient privacy.

**ALL INDIA INSTITUTE OF MEDICAL SCIENCES,
NAGPUR**



**Post-Doctoral Certificate Course (PDCC) in
Arthroscopy and Sports Medicine**

LOGBOOK CERTIFICATE

Session : _____

Name : _____

**I certify that, this is a bonafide work done by the above candidate in
the department of Orthopaedics, AIIMS, Nagpur during
the Post-Doctoral Certificate Course (PDCC) in
Arthroscopy and Sports Medicine**

Candidate signature

Faculty In-charge (PDCC)

Head,
Dept. of Orthopaedics.
AIIMS, Nagpur
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Format for Logbook

All India Institute of Medical Sciences,
Nagpur

Department of Orthopaedics
Post-Doctoral Certificate Course (PDCC) in
Arthroscopy and Sports Medicine at AIIMS Nagpur
LOGBOOK

Academic Activities Attended

Name: _____

Admission Year: _____

S. No.	Date	Type of Activity: Case presentation, Seminar, Journal club Presentation, UG teaching	Particulars	Sign of Faculty I/C

POSTING SCHEDULE including rotation postings.

S.NO.	DEPARTMENT/ SECTION	MONTH AND YEAR		Remarks	Signature of HOD
		From	To		

CASES SEEN IN OPD/IPD/EMERGENCY

S. No.	Date	OPD/IPD/ Emergency	Diagnosis	Management done	Signature of Faculty

OPERATION THEATRE RECORD

S. No.	Date	Observed/Assisted/ Performed	Diagnosis	Surgery done	Anesthesia given	Signature of Faculty

TEACHING ASSIGNMENTS

S. No.	Date	MBBS/MS students/Others	Topic	Sign of faculty

POSTER/PAPER PRESENTATIONS

S. No.	Name of Conference	Venue	Paper/Poster	Date	Signature of Faculty

ARTICLES PUBLISHED

S. No.	Authors List	Title of Article	Name of the journal	Type of Article	Year	Volume	Issue	Pagination	Signature of Faculty