

Physical Medicine & Rehabilitation: Core EPA 5

Performing common physiatric procedures

Key Features:

- This EPA focuses on common musculoskeletal (joint, tendon sheath, bursa, soft tissue, aspiration) and neurological (e.g. median, suprascapular injections) procedures, as well as wound debridement, and spasticity-related injections.
- This EPA includes establishing patient candidacy for the procedure (i.e. identifying the indications and contraindications), obtaining informed consent, preparing the patient and gathering required materials/medications, selecting the site for the procedure, following sterile or clean technique, providing post-procedure counseling to the patient, and documenting the procedure.
- This EPA may be observed in the clinical or simulation setting

Assessment Plan:

Direct observation by physiatrist or physician with appropriate skill set

Use form 2. Form collects information on:

- Procedure (check all that apply): arthrocentesis and/or intra-articular injections - upper limb; arthrocentesis and/or intra-articular injections-lower limb; chemodenervation-upper proximal; chemodenervation-upper distal; chemodenervation-lower proximal; chemodenervation-lower distal; myofascial trigger point injection; nerve block; soft tissue injections-tendon sheath; soft tissue injections-bursa; superficial sharp debridement of wounds; other (write in)
- Setting: consultation service; inpatient rehabilitation; outpatient physiatry; electrodiagnostic clinic; simulation

Collect 33 successful observations of achievement

- At least 3 different observers
- At least 3 of each procedure
- No more than 1 of each procedure in simulation setting

Relevant Milestones

1. ME 3.1 Describe the indications, contraindications, risks, and alternatives for a given procedure or therapy
2. ME 3.1 Describe to patients common procedures or therapies for common conditions in Physiatry
3. **ME 3.2 Obtain and document informed consent, explaining the risks and benefits of, and the rationale for, a proposed procedure**
4. **ME 3.4 Gather and/or manage the availability of appropriate instruments and materials**
5. **ME 3.4 Position the patient appropriately**
6. ME 3.4 Demonstrate aseptic technique: skin preparation, establishing and respecting the sterile field

- 7. ME 3.4 Perform procedures in a skilful, fluid, and safe manner with minimal assistance**
- 8. ME 3.4 Establish and implement a plan for post-procedure care**
- 9. ME 3.4 Recognize and manage immediate complications of a procedure**
- 10. COM 3.1 Communicate effectively with patient during the procedure**
- 11. COL 1.3 Utilize assisting staff professionally and effectively**
- 12. COM 5.1 Document the clinical encounter to convey a procedure and its outcome**