

# ***Assessment and Management of Upper Limb Pain Module Program Details***

## Aims

This module aims to outline an efficient and careful approach to the assessment and management of patients with upper limb pain seen in a General Practice, Pain Medicine or Rehabilitation setting. It aims to teach the clinical features that offer the best route to a specific diagnosis and will discuss current management options. It aims to cover the key elements of history taking and examination by providing registrants with the opportunity to practice examination tests on each other under supervision. Tests will include movement assessment, palpation of key surface anatomy landmarks and special tests to make an accurate diagnosis. There will also be discussion of the benefits and limitations of upper limb investigations and general and condition-specific management strategies for use in general practice. Small group case discussions and personal feedback on examination techniques will be used to enhance learning.

## Learning Outcomes

1. Develop a systems based approach aimed at avoiding missed clinical features in the assessment of upper limb complaints that may lead to misdiagnosis and inappropriate/unnecessary investigations and/or management
2. Utilise evidence-informed history taking methods for patients with upper limb complaints
3. Conduct a reliable and valid physical examination of patients with upper limb complaints
4. Utilise investigations for upper limb pain judiciously and interpret the results in light of existing evidence about them.
5. Outline clinical reasoning skills utilised in the diagnosis of upper limb complaints
6. Effectively and appropriately manage patients with upper limb complaints, including the provision of evidence based advice

## Facilitators

- Michael Yelland
- Geoff Harding
- Paul Cleary
- Chris Homan
- Bruce Jones

Detailed Schedule for Workshop on 23 February, 2019

TOPIC	ELEMENTS	ACTIVITIES	TIME ALLOCATION
Introduction	<ul style="list-style-type: none"> <li>• Housekeeping and introductions</li> <li>• Outline of LOs and schedule for the day</li> <li>• Emphasise requirement to participate in group work and examine each other</li> </ul>		20 minutes
Pain in the shoulder	<ul style="list-style-type: none"> <li>• Pathology</li> <li>• History</li> <li>• Physical examination</li> <li>• Appropriate investigations</li> <li>• Diagnosis</li> <li>• Management</li> <li>• Case discussions including clinical reasoning processes</li> </ul>	<p>Small group</p> <ul style="list-style-type: none"> <li>• Questions/issues arising from prereading</li> <li>• Case vignette - discussion on history taking for shoulder pain</li> <li>• Demonstration of physical examination of the shoulder followed by supervised practice of this.</li> <li>• Resume case vignette – discussion of examination findings and investigations</li> <li>• Practice injection techniques with capped needles</li> <li>• Discussion of other therapies</li> <li>• Presentation and discussion of other illustrative cases of shoulder complaints focusing on clinical reasoning.</li> </ul> <p>Plenary</p> <ul style="list-style-type: none"> <li>• Summary of key points</li> </ul>	200 minutes (including 150 mins discussion and supervised practice)
MORNING TEA		Takes place mid-way through shoulder pain section	15 minutes

Pain in the elbow	<ul style="list-style-type: none"> <li>• Pathology</li> <li>• History</li> <li>• Physical examination</li> <li>• Appropriate investigations</li> <li>• Diagnosis</li> <li>• Management</li> <li>• Case discussions including clinical reasoning processes</li> </ul>	<ul style="list-style-type: none"> <li>• Questions/issues arising from prereading</li> <li>• Case vignette - discussion on history taking for elbow pain</li> <li>• Demonstration of physical examination of the elbow followed by supervised practice of this.</li> <li>• Resume case vignette – discussion of examination findings and investigations</li> <li>• Discussion of therapies</li> <li>• Presentation and discussion of other illustrative cases of elbow complaints focusing on clinical reasoning.</li> </ul> <p>Plenary</p> <ul style="list-style-type: none"> <li>• Summary of key points</li> </ul>	80 minutes (including 50 mins discussion and supervised practice)
LUNCH		Takes place mid-way through elbow pain section	30 minutes
Pain in the hand and wrist	<ul style="list-style-type: none"> <li>• Pathology</li> <li>• History</li> <li>• Physical examination</li> <li>• Appropriate investigations</li> <li>• Diagnosis</li> <li>• Management</li> <li>• Case discussions including clinical reasoning processes</li> </ul>	<ul style="list-style-type: none"> <li>• Questions/issues arising from prereading</li> <li>• Case vignette - discussion on history taking for hand and wrist pain</li> <li>• Demonstration of physical examination of the hand and wrist followed by supervised practice of this.</li> <li>• Resume case vignette – discussion of examination findings and investigations</li> <li>• Practice injection techniques with capped needles</li> <li>• Discussion of other therapies</li> <li>• Presentation and discussion of other illustrative cases of shoulder complaints focusing on clinical reasoning.</li> </ul> <p>Plenary</p> <ul style="list-style-type: none"> <li>• Summary of key points</li> </ul>	120 minutes (including 90 mins discussion and supervised practice)
AFTERNOON TEA		Takes place mid-way through section on hand and wrist pain	

