



Australian Association of Musculoskeletal Medicine
CERTIFICATE IN MUSCULOSKELETAL MEDICINE
MODULE 3
ASSESSMENT AND MANAGEMENT OF UPPER LIMB
PAIN

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
- to teach the clinical features that offer the best route to a specific diagnosis, highlighting key elements of history taking, examination, investigation and current management options through case based discussions and supervised practice of hands-on skills
- to teach movement assessment, palpation of key surface anatomy landmarks and special tests to make an accurate diagnosis
- to discuss the benefits and limitations of upper limb investigations
- to demonstrate and practice general and condition-specific management strategies for use in general practice
- to use small group case discussions and personal feedback on the approach to history, examination, investigation and management techniques to enhance learning

Learning Outcomes

1. Implement a systems based approach to assessment of upper limb complaints, minimise misdiagnosis and unnecessary investigations and improve management
2. Apply evidence-informed history taking methods for patients with upper limb complaints
3. Apply reliable and valid physical examination tests in patients with upper limb complaints
4. Defend the choice of investigations for upper limb pain and interpret the results in light of existing evidence about them
5. Explain clinical reasoning skills utilised in the diagnosis of upper limb complaints
6. Implement effective and appropriate management strategies in patients with upper limb complaints, including the provision of evidence based advice.

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

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

TOPIC	ELEMENTS	ACTIVITIES	TIME ALLOCATION
AFTERNOON TEA		Takes place mid-way through section on hand and wrist pain	
Review of the workshop and next steps	<ul style="list-style-type: none"> • Outline of post workshop activities and ALM and certificate requirements • Future modules and learning opportunities • Discussion on AAMM and membership • Completion of evaluation forms 	Presentation by convenor to whole group Completion of evaluation forms by participants	30 minutes including 10 minutes completion of evaluation forms

Timing

Proposed timeframe – 8.30 am to 5 pm (8 ½ hours) comprised of

- Teaching/learning time - 7 hours and 30 mins
- Meal breaks
 - 15 minutes for morning tea occurring within the section on shoulder
 - 30 minutes for lunch occurring after the section on shoulder and before the session on elbow
 - 15 minutes for afternoon tea occurring during the session on hand and wrist

Total time in hands-on, discussion and participation activities for participants – 6 hours 40 minutes

Assessment of Competency

- 15 MCQs based on the prereading to be performed as part of the predisposing activity and submitted before the workshop
- Adequate participation in small group work
- Adequate physical examination skills assessed at the workshop