

## **FOOT and ANKLE ROTATION-SPECIFIC OBJECTIVES**

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*American Orthopaedic Foot & Ankle Society*

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### **INTERPERSONAL AND COMMUNICATION SKILLS**

Resident will at all times demonstrate behavior that is beyond reproach. Residents must be able to demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, their patients families, and professional associates. Residents are expected to:

- Demonstrate honest, open, civil, and effective communication with patients, staff, and colleagues (medical students, residents, attendings).
- Create and sustain a therapeutic and ethically sound relationship with patients
- Use effective listening skills.
- Elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills.
- Work effectively with others as a member or leader of a health care team or other professional group

### **PRACTICE-BASED LEARNING AND IMPROVEMENT**

Residents must be able to investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their patient care practices. Residents are expected to:

- Analyze practice experience and perform practice-based improvement activities using a systematic methodology.
- Locate, appraise, and assimilate evidence from scientific studies related to their patients' health problems.
- Apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness.
- Use information technology to manage information, access on-line medical information, and support their own education.
- Facilitate the learning of students and other health care professionals

## **PROFESSIONALISM**

Residents must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population. Residents are expected to:

- Demonstrate respect, compassion, and integrity
- A responsiveness to the needs of patients and society that supercedes self-interest
- Accountability to patients, society, and the profession
- Commitment to excellence and on-going professional development
- Demonstrate a commitment to ethical principles pertaining to:
  - provision or withholding of clinical care
  - confidentiality of patient information
  - informed consent
  - business practices
- Demonstrate sensitivity and responsiveness to patients' culture, age, gender, and disabilities

## **SYSTEMS-BASED PRACTICE**

Residents must demonstrate an awareness of and responsiveness to the larger context and system of health care and the ability to effectively call on system resources to provide care that is of optimal value. Residents are expected to:

- Understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice.
- Know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources.
- Practice cost-effective health care and resource allocation that does not compromise quality of care.
- Advocate for quality patient care and assist patients in dealing with system complexities
- Know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance.

## **MEDICAL KNOWLEDGE**

Residents must demonstrate knowledge about established and evolving biomedical, clinical, and cognate (e.g. epidemiological) sciences and the application of this knowledge to patient care. Residents are expected to:

- Demonstrate an investigatory and analytic thinking approach to clinical situations.

- Know and apply the basic and clinically supportive sciences which are appropriate to foot and ankle surgery.

## **PATIENT CARE**

Residents must be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health. Residents are expected to:

- Communicate effectively and demonstrate caring and respectful behaviors when interacting with patients and their families.
- Gather essential and accurate information about patient.
- Make informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence, and clinical judgment.
- Develop and carry out patient management plans, counsel and educate patients and their families.
- Use information technology to support patient care decisions and patient education.
- Perform competently all invasive procedures considered essential in foot and ankle practice.
- Provide health care services aimed at preventing health problems or maintaining health work with health care professionals, including those from other disciplines, to provide patient-focused care

## **General Patient Assessment Skills**

In a patient presenting with a complaint related to the foot or ankle the resident will demonstrate competency in the following skills:

- OOO Obtaining a focused Patient History
- OOO Performing an appropriate Physical Examination
- OOO Demonstrate an understanding of basic gait assessment

Order and appropriately interpret relevant x-rays that may include:

- OOO AP Ankle
- OOO Ankle Mortise
- OOO Lateral Ankle
- OOO AP Foot
- OOO Lateral Foot
- OOO Oblique Foot
- OOO Axial Heel

Know the indications and basic interpretation of the following imaging studies:

- OOO CT Scan
- OOO MRI
- OOO Bone Scan

## Assessment and Treatment of Specific Conditions

For the specific foot and ankle conditions listed below the resident will:

- Make an accurate **diagnosis**
- Competently perform any relevant condition-specific **physical examination**
- Identify appropriate radiographic **imaging studies**
- Outline the **etiology**, or possible etiologies, of the specific condition
- Outline the **natural history** of the specific condition
- Describe appropriate **non-operative treatment options** (if they exist)
- Describe appropriate **operative treatment options** (if they exist)
- Describe possible **complications** of non-operative and operative treatment
- Outline the **prognosis** of non-operative and operative treatment

### Specific Foot and Ankle Conditions

#### (Chronic):

- OOO Ankle Osteoarthritis
- OOO Osteochondral Lesion of the Talus
- OOO Chronic Ankle Instability
- OOO Achilles Tendonitis
- OOO Retrocalcaneal Bursitis /  
Haglund deformity
- OOO Subtalar Arthritis
- OOO Tarsal Coalition
- OOO Peroneal Tendonitis
- OOO Drop Foot
- OOO Plantar Fasciitis
- OOO Symptomatic Adult Flatfoot  
(Posterior Tibial Tendonitis)
- OOO Cavovarus Foot
- OOO Tarsometatarsal Arthritis
- OOO Hallux Valgus
- OOO Hallux Rigidus
- OOO Metatarsalgia
- OOO Morton's Neuroma
- OOO Claw / Hammer Toes
- OOO Bunionette
- OOO Ingrown Toenail
- OOO Diabetic Foot Ulcer

### Specific Foot and Ankle Conditions

#### (Acute):

- OOO Achilles Tendon Rupture
- OOO Ankle fracture
- OOO Ankle Sprain
- OOO Talar Body fracture
- OOO Talar Neck fracture
- OOO Calcaneal fracture
- OOO Navicular Stress fracture
- OOO Nutcracker Fracture
- OOO Lisfranc Fracture / Dislocation
- OOO Base of 5<sup>th</sup> MT fracture
- OOO Metatarsal fracture
- OOO Phalangeal fractures
- OOO Subungual Hematoma

## **Principles of Assessing and Treating General Foot and Ankle Problems**

For the general or systemic problems listed below the resident will:

- Demonstrate an understanding of the pathophysiology
- Identify how this condition may affect management of specific foot problems
- Demonstrate an understanding of appropriate treatment principles
- Recommend appropriate patient referral when indicated

### **General Foot and Ankle Problems**

- OOO Diabetes
- OOO Charcot-Marie-Tooth
- OOO Cerebral Palsy
- OOO Rheumatoid Arthritis / Inflammatory Arthritis
- OOO Spinal Cord Injuries
- OOO Peripheral Neuropathies
- OOO Fungal Infections
- OOO Chronic Pain Syndrome
- OOO Reflex Sympathetic Dystrophy
- OOO Osteoporosis
- OOO Cigarette Smoking
- OOO Worker's Compensation Issues

## **Surgical Skills**

For the basic surgical skills listed below the resident will

- Demonstrate competence in performing the described task.
  - Appreciate the pitfalls and possible complications
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- OOO Surgical Planning
  - OOO Prepping and Draping
  - OOO Use of a Tourniquet
  - OOO Choice of suture material
  - OOO Suture tying
  - OOO Regional Anaesthetic blocks
  - OOO Local Anaesthetic blocks
  - OOO Application of Short Leg Splint /cast
  - OOO Application of an Unna Boot

For the specific surgical procedures listed below the resident will:

- Identify the appropriate surgical approach
- Describe potential pitfalls
- Outline the operative procedure
- Identify required equipment
- Perform the Procedure

<u>Cognitive</u>	<u>Psychomotor</u>	
000	000	Ankle Arthroscopy
000	000	Ankle Cheilectomy
000	000	Ankle Arthrodesis
000	000	Ankle Arthroplasty
000	000	Lateral Ankle Ligament reconstruction
000	000	Haglund / retrocalcaneal resection
000	000	Gastrocnemius Slide
000	000	Tendoachilles Lengthening
000	000	Calcaneal Osteotomy
000	000	Subtalar Arthrodesis
000	000	Triple Arthrodesis
000	000	Naviculocuneiform Arthrodesis
000	000	1 <sup>st</sup> Tarsometatarsal Arthrodesis
000	000	Lateral Column Lengthening
000	000	Lapidus Procedure for hallux valgus
000	000	Proximal metatarsal osteotomy for hallux valgus
000	000	Chevron Osteotomy for hallux valgus
000	000	Medial capsulorrhaphy (1 <sup>st</sup> TMT)
000	000	1 <sup>st</sup> MTP cheilectomy
000	000	2 <sup>nd</sup> metatarsal shortening osteotomy
000	000	5 <sup>th</sup> metatarsal rotational osteotomy for bunionette
		<u>Tendon transfers:</u>
000	000	FDL to Posterior Tibial tendon
000	000	Posterior Tibial tendon to dorsum
000	000	Peroneus Longus to Peroneus Brevis
000	000	FHL to Peroneus Brevis
000	000	Peroneus Longus to Achilles
000	000	FHL to Achilles
000	000	Extensor Substitutions
000	000	Girdlestone-Taylor transfers (FDL to Dorsal Hood)
000	000	FHL to proximal phalanx of great toe