MUSCULOSKELETAL MEDICINE

Synopsis
This course aims to provide a range of skills that will enhance the GP’s role in whole person care of patients with musculoskeletal pain. It places considerable emphasis on management techniques and treatment modalities such as physical, chemical and behavioural. It deals with the epidemiology of musculoskeletal disease, diagnostic processes and developing a framework for rational diagnosis. It also covers practical issues of diagnosis and management and addresses problems both holistically and regionally.

Objectives
On completion of this unit students should be able to:

1. Describe the epidemiology and cost of musculoskeletal disease from population and general practice perspectives, as well as appreciating the epidemiology within your own practice.
2. Appraise the diagnostic processes used to accurately define musculoskeletal syndromes, and a rational plan of management for these syndromes.
3. Outline the pathophysiological basis of pain and the rational basis for treating a variety of pain syndromes.
4. Apply knowledge and skills in a variety of therapeutic modalities routinely used in the treatment of musculoskeletal disorders, including physical, pharmacological and behavioural.
5. Acquire a range of skills used in the physical treatment of musculoskeletal disorders with particular emphasis on the cervical and lumbar spine.
6. Incorporate the information gained in this unit to review your current management of musculoskeletal disorders with a view of introducing changes to your practice in this area.

Assessment
Clinical Audit (50%)
Journal activities (50%)