

KIMSDU/KIMS/CURRICULUM/ARTHROSCOPY FELLOWSHIP/ORTHO

Programme Name :- Fellowship Arthroscopy

Code Number :- 1711

Course Code :-1711-11

➤ **Title of the course : Fellowship Curriculum in Arthroscopy**

➤ **Preamble** : Arthroscopy is a surgical procedure to restore instability of a Knee joint, by ligament reconstruction. It involves reconstruction of ligaments either by repair or reconstruction with other ligaments. By reconstruction of ligaments patients get stability in Knee Joint and help to avoid further complications like Arthritis. With innovative and effective reconstruction of ligaments we can meet both high expectations of today and tomorrow in health care sector.

➤ **Objectives :**

- To develop a systemic approach to the patients problem and making skills in management.
- To develop and sharpen skills in interpretation of musculoskeletal radiological studies.
- To attain basic skills in arthroscopy including knowledge of various specialized instruments and it's maintenance.
- To obtain experience in scientific data collection, analysis interpretation, publication and surgical audits?

➤ **Duration : One Year (12 Months)**

➤ **Annual intake : One Fellow**

➤ **Eligibility : MS (ORTHO)**

➤ **Fee : As per University policy**

➤ **Selection method : Entrance Examination conducted by the University**

Faculty: Arthroscopy surgeon who have undergone their training from the most premier Institute of India

➤ **Infrastructure** : We have 120 bedded Ortho department along with special rooms for ‘ Ortho’ patients. Hospital is equipped with state of the art equipment and highly skilled doctors with staff to deal with problems of the joints. Separate theatres with laminar airflow system exclusively for Arthroscopy available. OT is equipped with all Arthroscopy instrumentation. KIMS family believes in academic excellence and research which is the only means of progression.

➤ **Contributing departments : Department of Orthopaedics**

➤ **Medium of instruction : English**

➤ **Attendance : 80 % attendance is a must for eligibility.**

➤ **Syllabus / course content (semester wise) :**

➤ **Syllabus :- Sports Medicine**

1. Examination of Athlete.
2. Ligament injuries.
3. Principles of sports rehabilitation.
4. Exercise prescription.
5. Sports shoes.
6. Sports nutrition.
7. OPD – Alternate days for a year.
8. Theater posting - Alternate days a year.
9. Peripheral posting - 3 Months.
10. Monthly 4 duties covering urgent care, patient calls and inpatient floor coverage.

➤ **Arthroscopy**

1. Instrumentation
2. Arthroscopy set up & portal placements in Knee.
3. Menisci
4. Cartilage
5. Synovium
6. Patellofemoral Joint
7. ACL
8. PCL
9. MCL
10. LCL
11. Posterolateral Complex
12. Multiligament Injury
13. osteoarthritis

➤ **Fellowship Examination :**

Theory - 100 Marks

Practical - 100 Marks

Viva - 100 Marks

Total - 300 Marks

- **Externship, if applicable :** Yes

➤ **Teaching – learning method :**

- Research work – Data collection, analysis and paper writing.
- More than 1 Publication in an indexed journal.
- One presentation in national level conference.
- Maintenance of log book of clinical and surgical work.
- Securing more than 50% in final examination.

➤ **Log book:** The Fellow should maintain a logbook of clinical and Surgical work.

➤ **Text books :**

- Delee and drez's Orthopaedic sports medicine.
- Manual of Arthroscopic Surgery – Michael Strobel.
- Insall be Scott Surgery of the Knee.
- Noye's Knee disorders – Surgery Rehabilitation, Clinical outcome

➤ **Reference books :**

- 1. Arthroscopy – The Journal of Arthroscopic and velated Surgery

➤ **Additional reading :**

- 1. Journal of American Academy of Orthopedic Surgeons.