

Rotation Specific Goals and Objectives

Foot & Ankle

The following document is intended to guide you in some of the specific knowledge and skills you should develop on this rotation. This document is intended to augment but not replace the “Objectives of Training and Specialty Training Requirements in Orthopedic Surgery” and the “Specific Standards of Accreditation for Residency Programs in Orthopedic Surgery”. A copy of these documents is supplied on the orthopedic residency training website and is also available on the Royal College website.

The resident is expected to be able to describe the rotation specific objectives prior to or at the commencement of the rotation.

It is understood that a residency in Orthopedics is a continuum. Senior residents will be able to meet the same objectives as junior residents as well as the senior objectives.

1. MEDICAL EXPERT

• Cognitive & Diagnostic

o Junior Resident

- Understanding of normal and abnormal gait.
- Understanding and assessment of deformities of forefoot, midfoot, hindfoot and ankle
- Understanding and recognition of feet at high risk for ulceration, and the presence of ulcers
- Understand appropriate use of diagnostic imaging and tests for assessment of foot and ankle pain and deformity
- Understand non-operative management of common foot and ankle pathology
Understand the assessment and diagnosis of soft tissue and bony injuries to the foot and ankle

o Senior Resident

- Understand, assess, provide a differential diagnosis and management of common foot and ankle pathologies
- Understand and prescribe appropriate rehabilitation and non-operative management of common foot and ankle pathologies

- **Technical**

- o **Junior Resident**

- Performance of local anesthetic blocks for foot and ankle surgery
 - Describe common surgical approaches for hindfoot, midfoot, forefoot and ankle.
 - Perform diagnostic and therapeutic injections of foot and ankle joints
 - Initial management of diabetic/Charcot foot
 - Initial management of ischemic/gangrenous foot
 - Performance of:
 - Simple forefoot reconstruction
 - Simple foot and ankle fractures

- o **Senior Resident**

- The understanding, assessment and treatment of arthritis involving ankle, subtalar, midfoot and forefoot joints
 - The understanding, assessment and treatment of:
 - Foot and ankle tendinopathies
 - Complex foot and ankle fractures
 - Complex forefoot reconstruction
 - Diagnostic and operative ankle arthroscopy
 - Complications of foot and ankle surgery
 - Definitive management of ischemic/gangrenous foot
 - Definitive management of diabetic/Charcot foot

2. COMMUNICATOR

- The ability to manage and to communicate with non-compliant and difficult patients.
- To effectively and compassionately convey bad news to patients.
- The ability to obtain an appropriate informed consent for patients undergoing interventions.

3. COLLABORATOR

- Consult effectively with other physicians and health care professionals.
- Contribute effectively to other interdisciplinary team activities.
- Share knowledge effectively to formulate a health care plan.

4. MANAGER

- Coordinating the use of medical devices such as, orthotics and braces, in a fiscally responsible manner.

5. HEALTH ADVOCATE

- Identify risk factors that can lead to nonunion, foot ulceration, amputation, and Charcot foot, and advise patients on lifestyle modifications to improve outcomes.
- Outline community resources available to patients/families dealing with orthopedic foot/ankle disease and injury:
 - Social work
 - Physiotherapy
 - Occupational therapy
 - Dietary/nutritional services
 - Prosthetic support services
 - Chiropodists, podiatrists
 - Pain management services

6. SCHOLAR

- To formulate a clinically relevant learning question, conduct a literature search, and present findings.

7. PROFESSIONAL

- Deliver the highest quality care with integrity, honesty and compassion respecting confidentiality
- Understand that professionalism requires ongoing Continuing Professional Development
- Sympathize with the needs of the patient even when they conflict with medical advice
- Respond to conflict constructively and with compassion