



**BUTLER FAMILY
MEDICINE RESIDENCY**

**SPORTS & EXERCISE MEDICINE TRACK
HANDBOOK**



Director: Joseph Dougherty, MD | Butler Family Medicine

INTRODUCTION

Welcome to the Butler Family Medicine Sports Medicine Track. Butler Family Medicine prides itself in being able to mold graduating medical students into attending physicians. We have developed the Sports Medicine Track to address the needs of sports medicine-interested residents. This track is designed for those residents who:

- Desire to pursue sports medicine fellowship training
- Want to gain more in-depth sports medicine knowledge prior to entering practice

SPORTS TRACK RESIDENT RESPONSIBILITIES

BLOCK SCHEDULE DETAILS

The basic sports medicine rotation will include time with Independence Health System Orthopedics, Tri-Rivers Orthopedics (UPMC), and athletic trainers at Karns City and Butler Area High Schools.

LONGITUDINAL EXPERIENCE

The longitudinal experience can/should be used to increase your exposure to sports medicine. Ideally, a resident will spend their elective time during PGY-II and PGY-III for at least 8 weeks with various sports medicine experiences to gain breadth, depth, and continuity of sports medicine cases. These will be set up on an individual basis.

SPORTS COVERAGE

Athletic coverage will be provided in conjunction with Dr. Dougherty (Team Physician, Karns City HS), Dr. Joshua Szabo (Team Physician, Butler Area HS), and Dr. Jared Ramsey (Grove City College). A track resident will be assigned to one of the high schools to work with each of the team physicians. All track residents will work with Dr. Ramsey providing football and training room coverage.

Non-track residents are expected to cover two events during each of the PGY-II and PGY-III years. These events will be coordinated with Dr. Dougherty and not by the sports track residents.

TRAINING ROOM COVERAGE

Sports Track residents will have the opportunity to assist the Karns City and Butler HS training room sessions. Times for these may vary. Training room session at Grove City College are on Mondays at 4:15pm.

PRE-PARTICIPATION PHYSICALS

The sports track residents will organize fall, winter, and spring sports physicals for each school. The sports track residents are expected to distribute the workload for these physicals to non-track PGY-II and PGY-III residents to help fulfill their pre-participation physical requirements (2 in each year).

ATTENDING PHYSICIAN BACK-UP

When a team physician is not physically present, Dr. Dougherty will be available by phone back-up for all sporting events and training room coverage. When Dr. Dougherty is unavailable, other arrangements will be made for physician back-up.

OTHER LONGITUDINAL EXPERIENCES

DIDACTICS

Each resident will be assigned various topics throughout the year. These will be prepared with guidance from Dr. Dougherty. Didactics should generally be in a case presentation format with reliance on group participation.

RESEARCH PROJECT

It is expected that each sports track resident will start a new, or join an existing, research project to fulfill the scholarly activity and/or CQI requirements. These will be done in conjunction with Dr. Dougherty and your faculty advisor/coach. These will be completed during the PGY-II year in anticipation of presenting a poster during the PGY-III year.

CASE POSTER PRESENTATION

For those interested in sports fellowships, it is highly encouraged (if not expected) to present a case poster at the annual AMSSM conference during your PGY-II year. Dr. Dougherty and PGY-III residents can help with this process.

RELATED ITEMS

SPORTS COVERAGE MEDICAL BAG

Two sports medicine bags are maintained and stored in the Butler Family Medicine office. A list of required items to be included is found in each bag. The bags must be stocked, or restocked, prior to each sporting event. A notepad is provided to keep track of used items. Residents should be familiar with the contents and maintain all necessary equipment. Personal stethoscopes should be taken to each event.

PROGRESSIVE INDEPENDENCE

PGY-II and III sports track residents will be considered senior level residents. One or more senior level residents will be present for all mandatory coverage. PGY-I sports track residents will work with Dr. Dougherty and senior level residents in learning how to cover events, perform all aspects of mass pre-participation physicals, and sports medicine diagnostics and therapeutics. At the end of PGY-I year, and/or at the discretion of Dr. Dougherty, a sports track resident will then be allowed to perform independent coverage.

PROFESSIONAL SOCIETY MEMBERSHIP

It is highly recommended that sports track residents become resident-members of the American Medical Society of Sports Medicine (AMSSM). Through AMSSM, members can receive discounts on conferences, have access to sports medicine journals and learning modules, and browse guides for fellowship applications. Other professional organizations you may want to consider joining include: American College of Sports Medicine (ACSM), American Osteopathic Academy of Sports Medicine (AOASM), etc.

CONFERENCE ATTENDANCE

It is required that all **sports track residents** attend the annual AMSSM conference during their PGY-II year. This is a great opportunity to learn from incredible figures in sports medicine and network with numerous fellowships at the fellowship fair. Butler Family Medicine will pay for your conference registration during your PGY-II year only. Membership dues, travel, and hotel will have to come from your CME allowance.

AWAY / AUDITION ROTATIONS

Because of Medicare-funding rules, “electives” in sports medicine outside of the Independence Health System cannot be granted. However, PTO time may be taken (if enough PTO time exists) to spend time at a potential fellowship location. Also, it is recommended that opportunities are sought with sports medicine providers in both the Butler and Latrobe areas, within the Independence Health System or Tri-Rivers orthopedics.

FELLOWSHIP PREPARATION

For sports track residents interested in sports medicine fellowship, the resident must maintain and update his or her Curriculum Vitae, procedure log, event coverage logs, and scholarly activity. Every year, qualified candidates of all backgrounds, nationalities, and residency programs submit applications. Where a particular candidate is ranked can vary year to year, depending on the quality of each applicant class. Making a good impression during the rotations as well as during the application and interview process are paramount to successfully matching.

Due to the competitive nature of the match process, it is recommended (though not required) to apply to 5-10 different programs. Programs do not pay for travel or lodging and thus prudence should be used during the application process. Sports track residents should choose programs based on their curricular needs and desires, locale, and future job prospects.

GOALS & OBJECTIVES BY YEAR

PGY-I:

- Develop core musculoskeletal knowledge, which includes examination of the knee, shoulder, foot/ankle, hip, and spine
- Develop core knowledge on the diagnosis and management of concussions
- Develop core knowledge in the evaluation and management of on-field emergencies
- Develop proficiency in performing the pre-participation physical examination
- Begin to develop the basics of being a team physician

PGY-II:

- Build upon MSK knowledge through 2nd “home” sports medicine rotation
- Experience sports medicine at an “away” sports medicine rotation (optional; see previous section regarding using PTO time)
- Develop proficiency in being a head team physician, through on-field coverage and training room clinics
- Develop proficiency and communicating with musculoskeletal specialists
- Attend AMSSM Annual Conference
- Participate in MSK didactic sessions
- Attend PCSM fellowship didactic sessions / journal clubs when available
- Develop and prepare CV, personal statement, and letters of recommendation for fellowship applications

PGY-III:

- Build core knowledge in MSK radiology through an elective rotation
 - Apply (if applicable) for PCSM fellowships, beginning July 1
 - Interview (if applicable) for PCSM fellowships
 - Present sports medicine scholarly activity at the annual poster day
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AMSSM RECOMMENDED TIMELINE OF EVENTS FOR FELLOWSHIP MATCH PROCESS

Intern Year:

- Meet with Sports Track Director to identify interest
- Event / High School / College Coverage
- Other Volunteer positions – Take part in local conferences, talks, mass participation events, etc.
- Contact local AMSSM Docs, shadowing opportunities/events/research projects

Second Year:

- Meet with Sports Track Director to set up goals for PGY-II
- Set up away elective for Spring
- Event Coverage, Event Coverage, Event Coverage
- Fall/Winter – AMSSM Resident Scholarship Application
- Spring – AMSSM Conference
- Spring – Start on Personal Statement
- Spring – Start on Letters of Recommendation
- Spring – Start on CV
- Spring / Summer – Away Elective / Rotation
- June – REGISTRATION FOR ERAS SYSTEM

Third Year:

- July 1 – Start ERAS application
 - Meet with Sports Track Director to set up goals for PGY-III
 - Summer/Fall – Away Elective/Rotation if not done during PGY-II (If you finish the application for the program before the time of rotation – potential opportunity to interview during the rotation)
 - Interviews – September through December
 - Match Day!!!!!! – Early January
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EXTRACURRICULARS

Each year, the sports track residents and Dr. Dougherty will attend a local sporting event, typically a Pirates or college football/basketball game, to socialize and discuss sports track / career goals and progress.