

British Indian Orthopaedic Society

Medical Student MSK Tutorial Series



Background

A tutorial series of 6 sessions covering high-yield topics in orthopaedics will be delivered online, aimed at medical students nationwide in the UK.

The aims of this project are to help students prepare for their upcoming exams.

Content

The undergraduate orthopaedics curriculum has 6 domains, all 6 of which we plan to cover over the tutorial series. The 6 domains are listed below, along with the topics to be covered in each domain.

Orthopaedic emergencies

- Spinal cord compression/ cauda equine syndrome
- Compartment syndrome
- Critical ischaemia
- Compound/ open fracture
- Nerve injury
- Septic arthritis (native joint and prosthetic joints)
- Cellulitis/necrotizing fasciitis

Upper limb elective

- Osteoarthritis of shoulder, elbow, wrist and hand
- Frozen shoulder
- Shoulder impingement syndrome
- Rotator cuff disorders of shoulder
- Carpal tunnel syndrome

Lower limb elective

- osteoarthritis of hip and total hip replacement
- osteoarthritis of knee and total knee replacement
- ankle osteoarthritis
- hallux valgus

Paediatrics

- Developmental dysplasia of the hip
- Slipped capital femoral epiphysis
- Perthe's disease
- Transient synovitis

- Paediatric fractures
- Non-accidental injury in children

Spine and tumour

- Osteosarcoma
- Multiple myeloma
- Bony mets
- Degenerative disc disease
- Spinal stenosis
- Spondylolysis/lithesis
- Discitis/Pyogenic Vertebral Osteomyelitis
- Mechanical back pain

Trauma

- Describing a radiograph
- Fractures assessment and treatment
(hip, wrist, ankle, proximal, forearm, scaphoid, femur, tibia, 5th metatarsal)
- Shoulder dislocation
- Tendon injuries
- Nerve injuries

Delivery

Each domain will be covered on a **Tuesday evening 6pm** and will be delivered over 1 hour. Tutorials are planned to begin on the 6th of April and then on consecutive Tuesdays as per the timetable below. Tutorials will be delivered by undergraduate students, aided by BIOS faculty. The content will be delivered using the BIOS Zoom account in form of webinar.

Date	Topic	Med Student faculty	BIOS Faculty	Admin
6 th April	Orthopaedic emergencies	Viswan Thigarajah	Nikhil Shah & Ravi Koka	Sunil Garg
13 th April	Upper limb elective	Shashwat Singh	Amit Sinha & Sunil Garg	Sunil Garg
20 th April	Lower limb elective	Rishi Banerjee	Vikas Khanduja & Bijay Singh	Bijay Singh
27 th April	Paediatrics	Viswan Thigarajah	Rahul Kotwal & Raju Ahluwalia	Sanjeev Anand
4 th May	Spine and tumour	Shashwat Singh	Inder Gill	Amit Tolat
11 th May	Trauma	Rishi Banerjee	Kartik Iyengar & Aravind Desai	Bijay Singh
Sessions will be recorded and uploaded on BIOS You tube channel				

Zoom Meeting Link Passcode: BIOS2021

<https://us05web.zoom.us/j/88139228599?pwd=QzBiUUZ3SENHN1RadlQrODVoUXJvZz09>