



## Manage the care and rehabilitation of patients presenting with overuse and chronic injuries

### DESCRIPTION

The Registrar can integrate findings from the assessment to formulate a management plan for patients presenting with overuse and chronic musculoskeletal injuries, overseeing their progress to recovery.

The Registrar can perform this activity independently and demonstrates the following competencies:

- Apply knowledge of the pathophysiology of overuse injuries and injuries which have become chronic.
- Integrate information from the patient's assessments together with knowledge of a patient's cultural and religious background, values/attitudes and beliefs when developing a management plan with them.
- Foster discussion to encourage shared decision-making with the patient.
- Effectively manage overuse or chronic injuries listed in the *Assessment and Management of Sport and Exercise Related Injuries domain*.
- Identify patients with poor biomechanics, both structural and mechanical/poor sporting technique/equipment and explain how this contributes to injury and suggest how these predisposing factors can be managed, where possible.
- Incorporate evidence-based methods to augment the recovery process (including types of activity, therapies, nutrition, and psychological strategies).
- Prescribe graduated rehabilitation programs to regain aerobic fitness, muscle strength, power and endurance for a variety of injuries to enable the patient to progressively meet the physiological and skill demands of their chosen activity.
- Oversee comprehensive rehabilitation programs for patients suffering from any of the injuries listed in the *Assessment and Management of Sport and Exercise Related Injuries domain*.
- Negotiate overlapping and shared responsibilities with inter-and intra- professional health care providers for episodic or ongoing patient care.
- Re-evaluate patients to determine when they can return to training and full involvement in their activity or competition.
- Maintain clear, accurate and appropriate written or electronic records of clinical consultations, encounters and plans.
- Counsel patients when they may need to consider sporting career termination due to injury or illness and refer as appropriate.



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## WORKPLACE-BASED ASSESSMENTS

### MMA

- Minimum of 2 management plans for chronic injury – i.e. the wrist, elbow, forearm, shoulder, pelvis, hip/groin, knee, thigh, leg.

### DOPS

Minimum of 1 each of the following:

- Subacromial space
- Acromioclavicular
- Knee joint
- Ankle joint

### CbD

Minimum of 1 each of the following:

- Lower back pain, dancer, gymnast, fast bowler
- Non-surgical management of chronic ankle pain

### TOTAL MINIMUM - 8

Must include different body areas and a maximum of 50% completed by any one assessor.

## EPA COMPLETION

### Registrar name:

Has the Registrar requested completion of this EPA previously?

If yes, please check prior EPA Completion form/s to review feedback provided and previous WBA completed.

Registrar must log relevant WBA forms and provide them when presenting for sign off.

Date	Assessment Type	Case Description	Assessor



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☐ The Registrar's logbook indicates sufficient exposure to relevant cases to develop competence.

**Recommendation (select one)**

Evidence from workplace-based assessments indicates that <b>the Registrar is competent</b> to manage the care and rehabilitation of patients with overuse injuries.	
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The Registrar needs to continue learning and completing workplace-based assessment and re-present for assessment of completion of this EPA (provide comment below).	
<i>The Registrar should complete the following before re-presenting for EPA sign off:</i>	

<b>Clinical Training Supervisor:</b>	<b>Signature:</b>
<b>Date:</b>	
<b>Zone Training Coordinator:</b>	<b>Signature:</b>
<b>Date:</b>	