



## **OTRF Athletic Training Residency Program**

### *Description and Curriculum*

The Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF) residency program for athletic trainers is an educational curriculum that prepares athletic trainers for careers in clinical orthopaedic settings. This 13-month program allows certified athletic trainers to expand their education, improve their clinical evaluation skills, increase their knowledge as an allied healthcare professional and interact with orthopaedic surgeons. Other opportunities include assisting in surgery, conducting research, educating patients and leading educational conferences for medical professionals.

### **Program Goals**

- To expose the athletic trainer to a busy orthopaedic sports medicine clinical practice
- To provide the athletic trainer a continuing educational experience that includes hands-on clinical patient interaction under the close supervision of an orthopaedic surgeon board certified in sports medicine
- To broaden the athletic trainer's knowledge base concerning the diagnosis and management of musculoskeletal injuries and conditions
- To provide an opportunity for the athletic trainer to advance his or her clinical skills including: history taking, physical examination, interpretation of radiographic and other ancillary studies, diagnosis, surgical indications, clinical decision making, non-operative management, proper documentation, case presentation, brace application, casting and splinting, wound care, patient education, coding and billing, surgical assisting, etc.
- To foster and strengthen the orthopaedic surgeon-athletic trainer relationship, ultimately providing better care for active members of our communities
- To prepare the athletic trainer for additional career opportunities in a clinical setting

### **Learning Objectives**

- To become proficient at eliciting a proper problem-focused patient history
- To increase skills in performing problem-focused musculoskeletal physical examinations of the entire human anatomy
- To understand the indications for and basic interpretation of radiographs, MRI and CT
- To become proficient at diagnosis and clinical decision-making
- To gain a better understanding of surgical indications, associated complications and postoperative care
- To develop clinical skills including, but not limited to, suture and staple removal, brace application, casting and wound care
- To become proficient in proper documentation and clinical coding
- To become proficient in presenting cases and communicating with physicians to facilitate patient care
- To increase effective patient communication and education skills
- To develop operating room experience and skills necessary to first assist and help facilitate patient care in the operating room



### **Athletic Trainer Requirements and Eligibility**

- A commitment to provide excellent patient care serving as an extension of the physician in the clinical setting
- A strong desire to learn and develop skills within the field of orthopaedic surgery and sports medicine
- An ability to uphold and maintain the highest standards of professionalism
- Capable of maintaining all codes of professional conduct, including protection of patient information
- A strong desire to be a member of multidisciplinary sports medicine team
- Bachelors' degree
- NATA-BOC certification
- Athletic Training Licensure in the state of Illinois
- CPR certification (equivalent to BOC standard)

### **Athletic Trainer Responsibilities and Core Competencies**

Under the direction of the supervising physician, the resident athletic trainer will be held accountable for:

- Maintaining professionalism and the ability to successfully interact with physicians and patients
- Rooming patients
- Taking a thorough patient history
- Physical examination skills to complete musculoskeletal system assessment
- Radiographic interpretation skills to develop a working diagnosis and treatment plan
- Organization of all clinically relevant information such as studies, films, medical records, etc.
- Case presentation skills to succinctly inform the supervising physician about the patient's history, physical exam, pertinent test results, working diagnosis and a suggested treatment plan
- Proper initiation of the final treatment plan determined by the physician
- Ordering of X-rays, MRIs, CT scans and other diagnostic tests or labs
- Removal of sutures and staples and performance of simple wound care
- Fitting casts, braces and other assistive devices
- Instructing patients on gait training or therapeutic exercises
- Providing patients with post-visit educational materials
- Educating/instructing patients
- Management of clinic flow, paperwork and chart management, EMR documentation and coding for patient visits
- Assist in surgery including positioning, prepping and draping patients; retracting tissue; directing the arthroscopic camera; checking setting up, holding instruments; closing wounds; applying post-operative dressings, immobilization and splints; preparing surgical grafts; and other related duties.
- Surgical documentation with video and photographs for teaching and/or research purposes
- Post-operative education and instructions to family members



## Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

- Facilitation of community educational programs (seminars, handouts, newsletters, other outreach programs, etc.)
- Participating in an annual research/educational project to deepen the focus and understanding of evidence-based clinical orthopaedics.
- Preparing presentations and lead weekly Sports Medicine Conferences under the supervision of the program director on topics that include clinical practice cases, current peer-reviewed journals and orthopaedic areas of interest.
- Patient care within the scope of the athletic trainer's credentials
- Attending weekly educational conferences (minimum five hours per week)
- Maintaining satisfactory clinical evaluation scores that measure learning growth, responsibility and professionalism through the duration of the program.
- If applicable, renewal and/or initial memberships in state/national professional associations.

### **Physician Responsibilities**

- Educate and mentor the resident athletic trainer so he or she may master the above skills and competencies
- Uphold and abide by the highest standards of professionalism
- Supervise all actions of the athletic trainer to insure a proper standard of care
- Be receptive to questions from the athletic trainer and be willing to explain the thought process behind diagnosing patients and developing treatment plans
- Teach the athletic trainer how to interpret diagnostic tests and labs
- Communicate on a daily basis with the athletic trainer as to his/her clinic performance
- Complete quarterly evaluation forms and clinical competency checklists
- Communicate weekly with the program director regarding the progress and competency of the resident athletic trainer

### **Residency Retention and Completion Policy**

To receive a certificate of completion for the OTRF Athletic Training Residency Program, residents must participate fully in all clinical and didactic experiences for the 13-month period and maintain satisfactory clinical evaluation scores demonstrating appropriate learning, engagement and professionalism during the program.



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### **Residency Program Features and Benefits**

- A \$32,500 stipend with paid healthcare, dental, vision, life and short-term disability insurance
- Up to ten paid vacation days in addition to paid regular holidays (Thanksgiving, Christmas, New Years, Memorial Day and Fourth of July). Vacation requests must be submitted at least six weeks in advance to allow for clinic and OR schedule coverage.
- Three paid sick days.
- Reimbursement for Illinois State licensure fees, Orthopaedic Technologist Certification exam fee and travel between work sites.
- Musculoskeletal radiology training
- Surgical assist
- Weekly sports medicine, grand rounds, anatomy, basic science, radiology and Journal Club conferences (see list and description on next page)
- Elective exposure to sports teams and clubs, events and athletic training coverage



# Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

## Educational Programs

### **Orthopaedic Sports Medicine Conference**—Westmont office

A weekly Friday morning conference moderated by the program physician. Athletic Training Residents participate by preparing and presenting clinical practice cases, journal review articles, and orthopaedic topics of interest. Athletic training residents also send weekly conference invitations, maintain attendance and award certificates for CEU/CME credits.

### **Orthopaedic Grand Rounds**—Loyola University Medical Center, SSOM 460

Orthopaedic Grand Rounds are held each Thursday morning from 7:30-9 a.m.

### **Basic Science Conference**—Loyola University Medical Center, Maguire 1768

Basic Science Conferences are held the second Thursday of the month from 10-11 a.m. The curriculum for these conferences is based upon the AAOS Orthopaedic Basic Science text.

### **Anatomy**—Loyola University Medical Center, Medical Center Anatomy Laboratory

Eight anatomy sessions are held in July through October each year. These Thursday morning sessions from 9-11:30 a.m. typically begin with a didactic faculty presentation followed by cadaver dissection in the medical school anatomy laboratories.

### **Orthopaedic Journal Club**—Loyola University Medical Center, Maguire 1768

This one-hour monthly conference, held on Thursday morning, focuses discussion on six or seven recent journal articles. The attending responsible for the month's Journal Club selects articles from a recent *Journal of Bone and Joint Surgery* and from a recent specialty journal of their choice. Orthopaedic residents are assigned articles for discussion.

### **Core Knowledge**—Loyola University Medical Center, Maguire 1768

This conference is a two-hour, sub-specialty group discussion led by the faculty. An interactive discussion takes place November—June, two or three times a month. Attendance includes all faculty on service, all residents, students on orthopaedic services and the department chairperson.

### **Visiting Professor Program**—Location varies in SSOM based on availability

Four visiting professorships occur each year. The visiting professor provides didactic presentations and reviews case studies presented by residents. These sessions usually are held from 8 a.m.-12 p.m. Residents, faculty, alumni and community physicians attend the sessions.

### **Annual Research / Education Project**

Each Athletic Training Resident is assigned an annual project at the start of the residency year to deepen his/her focus and understanding of evidence-based clinical orthopaedics. Examples of past projects include creating and maintaining a custom patient education database, and establishing and updating outcomes collection software for post-operative patients.



## Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

### Application Process

- Download, print and complete the Athletic Training Residency Program application available at [otrfund.org/](http://otrfund.org/). Send the completed application along with the following items:
  - Resume/curriculum vitae
  - Official undergraduate transcripts
  - Two letters of recommendation
  - Proof of certification, or BOC scheduling receipt documenting date of test prior to May of the application cycle
  - Proof of Illinois licensure, or copy of completed application forms
  - Proof of CPR certification (equivalent to BOC standard)
- Obtain OTC certification upon acceptance to OTRF Residency Program

Send your completed application, required documents and materials to:

OTRF Athletic Training Residency Program  
c/o Dr. Steven Chudik  
1010 Executive Court, Suite 250  
Westmont, IL 60559

Please direct all questions to our email, [contactus@chudikmd.com](mailto:contactus@chudikmd.com)

**Applications are accepted for the OTRF Athletic Training Residency Program between December 1 and March 15, immediately prior to the July 1 residency start date.**

**All materials must arrive by the due date. Incomplete submissions will be discarded.**