



OTRF Athletic Training Residency Program

Description and Curriculum

The mission of the OTRF Athletic Training Residency Program is to provide specialized post-professional training to certified athletic trainers in clinical and surgical orthopaedics, develop the ability to evaluate and apply evidence-based practice techniques, and to promote efficiency and value in the orthopaedic health care setting. This 13-month program allows certified athletic trainers to expand their education, improve their clinical evaluation skills, increase their knowledge as allied healthcare professionals and interact with orthopaedic surgeons. Other opportunities include assisting in surgery, conducting research, educating patients and leading educational conferences for medical professionals.

Program Goals

- Promote the Resident's depth of clinical knowledge within the orthopaedic specialty.
- Develop the Resident's clinical and surgical skills within the physician practice setting.
- Increase the Resident's ability to critically appraise, apply, and teach evidence-based concepts.
- Involve the Resident in ongoing interdisciplinary collaboration and quality improvement efforts.

Learning Objectives

- Demonstrate increased depth of knowledge in orthopaedics through advanced and flexible educational programming
- Improve clinical and surgical skills via structured and supervised skill proficiency training and practice.
- Appraise, apply, and teach evidence-based concepts through study and presentation of peer-reviewed literature.
- Participate in ongoing interdisciplinary collaboration and quality improvement efforts through professional teaching opportunities and collection of patient-reported outcomes.

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 member of multidisciplinary sports medicine team
- Bachelors' degree
- BOC certification



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- 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 patient 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 setup, 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
- 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 leading 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



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Physician Responsibilities

- Educate and mentor the resident athletic trainer so they may master the above skills and competencies
- Uphold and abide by the highest standards of professionalism
- Supervise all actions of the athletic trainer to ensure 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 daily with 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.

Residency Program Features and Benefits

- A \$35,500 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, Fourth of July, Labor Day). Vacation requests must be submitted at least six weeks in advance to allow for clinic and OR schedule coverage.
- 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



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Educational Programs

Weekly 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. This is streamed for MDs, DOs, PTs, PAs, nurses, and more. Athletic training residents also send weekly conference invitations, maintain attendance and award certificates for CEU/CME credits.

Weekly Inservices- Westmont office

Weekly inservices exclusively for the AT residents will be led by the AT residency Program Director. This will occur on Friday afternoons between 1:30-2:30 PM. Topics and skills related to orthopaedic and sports medicine conditions will be instructed, allowing opportunity for skills practice and further questions in a more intimate setting.

Weekly Orthopaedic Sports Medicine Fellowship Education Lectures- Webinar

Webinars are held for medical residents and fellows, free of charge to OTRF AT residents. These are viewed weekly during Friday lunch. These lectures are ensured to provide educational topic required within the ACGME curriculum.

Weekly Loyola Orthopaedic Grand Rounds- Loyola University Medical Center SSOM 460

Orthopaedic grand rounds are held each Thursday morning from 7:30-9:00am

Basic Science Conference- Loyola University Medical Center, Maguire 1768

Basic science conferences are held the second Thursday of the month from 10:00-11:00am. The basic curriculum for these conferences is based upon the AAOS orthopaedic basic science text.

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 months' journal club selects articles from a recent *Journal of Bone and Joint Surgery* publication and from a recent specialty journal of their choice. Orthopaedic residents are assigned articles for discussion.

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.



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Application Process

- Download, print and complete the Athletic Training Residency Program application available at otrfund.org/athletic-trainer-residency-program/. Send the completed application along with the following items:
 - Resume/curriculum vitae
 - Official Athletic Training Program 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 completion of the 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

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

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