

IHS7112/7115: Community Medicine Placement Handbook

MSc Physician Associate Studies

2023-24



Table of Contents

Table of Contents

PLACEMENT OVERVIEW	3
COURSE CONTACTS	2
CONSE CONTACTS	
TEACHING STRUCTURE	<u> 4</u>
Supervision within Primary Care	4
Student Surgeries	4
CLINICAL SKILLS	5
CENTIONE SKILLS	<u></u>
	_
TERM 1	
TERM 2	
TERM 1	
Теrм 2	/
ASSESSMENT IN PRIMARY CARE	<u>7</u>
ASSESSMENT OF ATTENDANCE AND PARTICIPATION	9
ASSESSMENT OF PROFESSIONAL ATTITUDE AND CONDUCT	
COMPLETING THE ASSESSMENT	9
WHAT TO DO IF A TUTOR OR STUDENT HAS CONCERNS ABOUT PROGRESSION	9
LEARNING OBJECTIVES	10
LEANING OBJECTIVES	······ 10
PRIMARY CARE	_
CHRONIC DISEASE MANAGEMENT	
EAR, NOSE AND THROAT	
DERMATOLOGY	
Ophthalmology	
Musculoskeletal disease	77



Placement Overview

The aim of this placement is to establish a core understanding of the structure and functions of the primary health care team. The PA student, through this two-year longitudinal placement, will incorporate themselves in their Primary Care team and develop a sense of their potential for future roles in the General Practice setting. Specific focus in the first year will be placed on common chronic disease management, progressing over the two years to the assessment of acutely unwell patients including children and importantly developing strategies to safely manage cases in which there exists some clinical uncertainty.

Students should focus on the skills of a generalist, rather than focussing on the speciality they are studying in the secondary care modules. Students will frequently encounter similar clinical problems and diseases in their secondary care placements. This module aims to build on how this existing knowledge applies in the primary care context, and to deepen their understanding in order to gain confidence in managing the various clinical conditions.

The tutor at the host practice should try to ensure that PA students have a variety of clinical exposure and get as much opportunity to see and learn about the primary care team and the clinical problems seen in general practice as possible. It is likely that some informal preparation for reception staff is required, so that students are allocated patients of increasing complexity and to reflect the diversity of the practice population.

Students should discuss cases they have observed or seen personally with the supervising clinician so that they learn to identify gaps in their knowledge and self- direct their own learning. Teaching will occur through case discussions and observing consultations delivered by their supervisors and primary care team in which they are based. This will occur in a structured manner where tutors will offer specific and descriptive feedback to the student as a formative assessment.

Course Contacts

Programme Administrator:	Janice Rolle j.rolle@qmul.ac.uk
GP placement administrator for PAs	Miss Chloe Millan c.millan@qmul.ac.uk



Teaching structure

Supervision within Primary Care

Students will need direct clinical supervision. All patients that are seen should be discussed and seen by the GP tutor. Your Lead GP tutors will need to be responsible for ensuring that you see patients initially within the bounds of your competence, but you should remain proactive in increasing the challenge of the cases that are booked into your surgery such that you feel a growing confidence in seeing patients in increasing complexity across the breadth of general practice.

Student Surgeries

Student Surgeries Year 1

By the time the students start their GP placements they will have had training in how to take a history and how to do the respiratory, cardiovascular, abdominal and neurological examinations. Additionally, they will have been trained to do urinalysis and assess vital signs.

The beginning of their GP placement will largely consist of active sitting in with professionals, observing consultations and taking part in performing basic measurements such as blood pressure and weight. Students should also spend time observing other members of the practice team such as the reception staff and practice manager to understand how GP surgeries function.

As the placement progresses students should be developing an understanding of chronic disease management and common primary care problems; they can start to see patients in parallel to their supervisor, taking an initial history and examination and starting to formulate a differential diagnosis.

By the end of year 1, the students will be able to see and assess appropriately selected patients independently and then discuss the diagnosis and management needs with the supervising GP tutor.

Student surgeries Year 2

Students should be deepening their understanding of chronic disease management and common primary care problems; they should ideally see patients in parallel to their supervisor, taking an initial history and examination and starting to formulate a differential diagnosis, management plan including appropriate medications. Though the student should be formulating a plan for patient care, the supervisor must remain aware that the student is still in training and the supervising GP maintains responsibility for the patient, hence all patients require review. Students should practice considering appropriate medications and principles of prescribing, but all prescriptions must be issued by the supervising GP.

Student's surgeries form an integral part of their learning in this Community Care Module and should ideally occur on most of the days that they are in the practice.

A suggested model could be students seeing patients for **20 minute** appointments and then presenting and seeing the patient with the supervising clinician. Tutors will need to consider



"blocked slots" in the supervising clinician's own surgery to allow time for supervision, this should be aligned with the student surgery timings.

Reception staff should be guided by the GP tutor on booking suitable patients into student surgeries depending on the competence of the student PA thus far, selecting patients across the demographic range of the practice. Reception staff should advise patients that they will be seen by a student PA but will still have a consultation with a GP.

Clinical skills

As PAs are a newer member of the clinical workforce GP tutors may not be aware of the structure of their training and which knowledge, skills and behaviours they will be able to put into practice during their placements in primary care. For this reason, we have listed below a guide to when the students will be specifically taught certain skills at the University and what we would expect them to be proficient in at the end of each term.

Students will be expected to gain competencies in these clinical skills throughout all of

Students will be expected to gain competencies in these clinical skills throughout all of their placements including hospital placements and GP.

NB.Some procedures/clinical skills will only be performed in hospital placements but GP tutors need to be aware of what is expected of PA students,

Year 1

Term 1

- Introduction to Communication in healthcare
- History taking skills: Introducing yourself, gaining consent, exploring ICE, exploring HPC, drughistory, family & social history
- Cardiovascular examination
- Respiratory examination
- Abdominal examination including PR
- Neurological examination
 - Cranial nerve examination
 - Peripheral nerve Examination
- Basic Life support
- Measure body temperature
- Measure pulse rate
- Measure respiratory rate
- Measure and record blood pressure
- o To take a venous blood sample, using appropriate tubes for required tests
- Perform and interpret a 12 lead ECG
- Perform a urine dipstick test
- Undertake respiratory function test including Peak flows (when to request, explain to the patient the how to perform the test at home or in the clinic and explain the results) (within covid restrictions)
- Spirometry demonstrate a working knowledge of spirometry including interpreting and explaining the procedure and results to a patient) (within covid restrictions)



Term 2

- Ophthalmic examination including assessment of visual acuity, visual fields and fundoscopy
- o Oropharyngeal examination
- Otoscopy
- o How to perform a mental state examination and take a psychiatric history
- Dermatological examination: students should be able to describe lesions/rashes with correctterminology
- Draw up and give intramuscular and subcutaneous injections
- They will also revise examination of the musculoskeletal system:



Examination of the spine

- Lower limb joints: Ankle, knee and hip examination
 Upper limb joints: Hand, wrist and shoulder
 examination
- Demonstrate how to perform a diabetic foot check

Term 3

 the students should be able to give smoking cessation advice and give appropriate dietary and exercise advice to patients with chronic diseases.

Year 2

In year 2 students should become more fluent in all examinations and practical procedures and integrate them with their history taking, investigations and management of patients.

Term 1

- Obstetric history taking and examination of the pregnant woman
- Sexual health history taking, examination and swabs
- Gynaecological history taking and examination including bimanual and speculum examination and obtaining a cervical smear
- Paediatric history and examination
- Falls history and assessment

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Term 2

- Undertaking simple skin suturing
- Breast examination
- Rectal examination

Assessment in Primary Care

Students will be spending the majority of their time in primary care seeing patients in student surgeries and their modes of assessment reflect this. Case based discussion (CbD), Clinical evaluation exercise (mini-CEX) and Direct observation of procedural skills (DOPS) are the formative assessment tools used. An additional break in student surgery and more blocked appointments in GP tutor's surgery is likely to be required when planning to perform a case discussion or observed consultation on some of the student surgeries.

The students will have a logbook with the activities and skills that they need to get signed off by their tutor during their placement. At the end of each term tutors will be required to complete an end of term evaluation of the student's overall competence.



The students' overall assessment will be based on the following:

- 1. Attendance and level of participation and engagement during the placement
- 2. Assessment of professional attitude and conduct
- 3. Completion of required number of CbD, mini-cex and DOPS (See logbook for furtherinformation)



Assessment of attendance and participation

At the end of each term tutors should assess students on their progress and achievement according to the grading criteria set down by the University.

Forms for each student should be completed on the last day of the placement, with the student present. The forms are in the student's personal logbook.

The benefit of the logbook is that both the GP and hospital tutors can monitor students' progress so that gaps in their experience can be addressed.

Assessment of professional attitude and conduct

We want to ensure that our students develop appropriate professional attitudes and behaviour from the very beginning of their training; we recognise that some students may need more help and guidance in their professional development than others and we want to be able to identify them as early as possible so this support can be provided.

GP tutors will be asked to assess students Professionalism, Attendance and Competence at the **end of each year**

Completing the assessment

If as a GP tutor you feel the student is satisfactory you simply need to tick as many of the domains as you feel happy to assess. If you cannot assess a domain, simply tick the 'cannot assess' box.

We also want GP tutors to make a global assessment on each student; again if you feel the student is satisfactory, simply circle satisfactory and sign and date the form).

We do not require you to make any comments about a student unless there are problems. If you feel a student is unsatisfactory in a given domain, please give them some feedback and monitor to see if the situation improves.

What to do if a tutor or student has concerns about progression

Any GP tutor or PA student who has concerns should usually try to discuss these concerns within the placement in the first instance. Local resolution is an important skill to learn and should be role modelled for students if possible.

In the event that the concerns continue or are not resolved, GP tutors or the PA student should contact the module lead; Ms Benice Danquah (b.danquah@qmul.ac.uk)



LEARNING OBJECTIVES

Set out in the following pages are the learning objectives and learning outcomes.

- i) the learning objectives of the module: this is what the student should be able to achieve at the end of the learning period. For example, at the conclusion of the Community Medicine module, you should be able to "Describe the diagnosis and management of pre-diabetes"
- the learning **outcomes** of the module: describes how you, the student, should be able to **demonstrate what you have learnt in a way that can be measured by you or the teaching staff.** For example, at the conclusion of this module, you should be able to:
 - a. Define prediabetes and how it is diagnosed.
 - b. Describe the management of prediabetes

Primary care

Topic	Learning objectives	Learning outcomes
Introduction to	Describe primary care	Describe the concepts of
primary care	and how it functions	 primary care,
		general practice
		family medicine.
		Describe the roles of non-clinical staff in the delivery of efficient, safe primary care.
		Recognise the interface between the hostpractice and other primary care organisations and secondary care.
		Become conversant with the clinical systemused at the practice
		Be able to document appropriately on theelectronic medical record with an understanding of the use of READ coding.
		Learn how to construct and run a search onthe clinical system.
		Understand how disease registers are constructed and maintained.
		Explain how the practice maintains a recallsystem for

chronic disease patients.



Health promotion	Discuss health promotion in primary	Describe the schedules for immunization inadults and children
promotion	care	and children
		Take a smoking history.
		List the options in smoking cessationtherapy.
		Discuss cultural barriers to smokingcessation.
		Describe the dietary and exercise advice that can be offered to patients who are overweight or obese (in line with British Dietetics Association and NICE)
		Describe the community and third sector services that are available to patients referred from primary care for diet and exercise support Practice motivational interviewing.
		Explain social prescribing.
		Theorise how social determinants of healthaffect wellbeing
		Reflect on the impact of social issues on wellbeing and ill health in General Practice

Chronic disease management

Cardiovascular

Essential	Describe how	List risk factors for essential hypertensionand how
Hypertension	hypertension can be prevented	these can be managed
		Outline the long-term consequences of untreated benign essential hypertension
	Describe the	unti-cated benign essential hypertension
	management of hypertension	Demonstrate an awareness of the importance of blood pressure control as apreventive approach to cardiovascular disease.
		Outline the national guidelines (i.e. NICEguideline) for diagnosing, treating and staging hypertension
		Describe the effects of hypertension on end-organs and how to assess a patient forthese



Provide patient education taking into consideration
each patient's psychosocialstatus.

Understand the difficulty, for the patient, of lifestyle modifications that play a key role in the management of hypertension.

Be sensitive to barriers that may prevent successful long-term compliance with drugtherapy in an asymptomatic condition.

Ischaemic Heart Disease

Describe the prevention and treatment of ischaemic heart disease Describe and define the initiation of atherosclerosis.

Describe the underlying pathophysiologyfor angina and the difference between stable and unstable clinical patterns.

Define and describe the terms prevalence, detection and risk in regard to atherosclerosis.

Assign a coronary risk percentage (10 year risk level for event %) using the QRISK3 tooland describe the basic principles underlyingrisk stratification.

Take an accurate and complete history in order to identify a patient's risk profile foratherosclerosis.

Be able to detect findings on clinical examination that may represent risk for the presence of atherosclerosis

Recognize the ECG changes indicative of coronary ischemia both on the resting 12lead ECG and stress test.

Be able to treat active chest pain withsublingual nitroglycerin and aspirin.

Describe the principles of primary and secondary prevention in ischaemic heartdisease.

Demonstrate the ability to discuss lifestyle modification to reduce the risk of ischaemic heart disease



Chronic
respiratory
disease

Describe the general management of chronic respiratory diseases in primary care Obtain, document, and present an ageappropriate medical history, including

- duration and severity of shortness of breath
- sputum production
- cough
- wheezing
- haemoptysis
- fever,
- abnormal nocturnal/diurnal sleep patterns
- patient's occupational history, including current and past exposures, environmental,
- smoking (active and passive).

Perform a physical examination to establish the diagnosis and severity of disease, including

- accurate assessment of the use of accessory muscles for breathing,
- accurate determination of pulsus paradox
- accurate recognition of abnormal breath sounds

Generate a differential diagnosis recognizing specific history and physical exam findings that confirm or refute a diagnosis of asthma, chronic bronchitis or COPD.

Understand when to arrange and how to interpret a chest x-ray, spirometry, sputum culture, and pulse oximetry in the evaluation of patients suffering from obstructive airways disease.

Describe the basic principles of bronchodilator, corticosteroid, oxygen and antibiotic therapy.



		Describe the role of influenza and pneumococcal vaccine in the care of patients with obstructive airways disease. Discuss how poor working, living, and environmental conditions can contribute to respiratory tract disease.
Asthma	Describe the clinical presentation of asthma Describe the management of asthma	Define Asthma Describe the symptoms and clinical features of Asthma. Describe the diagnosis, treatment and management of asthma Describe the management of an acute exacerbation of asthma Outline national guidance (i.e. NICE and BTS Guidance) on Asthma
		Describe the risk factors for asthma and how they can be addressed.
COPD	Describe the clinical presentation of COPD Describe the management of COPD	Define COPD Describe the symptoms and clinical features of COPD. Describe the diagnosis, treatment and management of COPD Describe the management of an acute exacerbation of COPD Outline national guidance (i.e. NICE and BTS Guidance) on COPD Describe the risk factors for COPD and how they can be addressed.



Renal

Chronic kidney	Describe chronic renal	Describe laboratory and clinical findings in
disease	disease and how it is	early renal impairment.
	managed in primary	
	care	Discuss primary care management of renal
		impairment and chronic kidney disease.

		List indications for referral to a renal consultant.
		Describe strategies for co-managing patients with CKD with renal consultants.
(AKI)	Describe Acute kidney injury and how it is managed in primary care	Describe the primary care management of Patients' found to have AKI 1,2,3
	manageu in primary care	Describe the risk factors for AKI in patients with chronic health conditions
		Describe medications that may need to be stopped (if found to have AKI)

Endocrinology

Type 2 Diabetes	Describe the diagnosis and management of pre-diabetes	Define prediabetes and how it is diagnosed.
		Describe the management of prediabetes
	Describe the diagnosis and management of type 2 diabetes in	Discuss criteria for a new diagnosis of type 2 diabetes.
	primary care	Discuss guidelines for step-wise treatment of type 2 diabetes.
		Cite target HBA1c goals in type 2 diabetes.



		List complications of poorly controlled type 2 diabetes and how these are screened for Describe patient and family self- management of type 2 diabetes and prevention of complications. Describe the clinical presentation of diabetic peripheral neuropathy and how it is screened for and managed Be able to perform a diabetic foot examination
		Explain what diabetic retinopathy is and be able to identify findings on ophthalmoscopy
Thyroid disease	Describe the pathophysiology of the thyroid	Describe the function of the thyroid gland Understand thyroid function tests and interpret abnormalities

Hypothyroidism	Describe the diagnosis and management of hypothyroidism	Define hypothyroidism Describe the clinical features of hypothyroidism Describe the management of hypothyroidism
Hyperthyroidism	Describe the diagnosis and management of hyperthyroidism	Define hyperthyroidism and list its clinical features Describe the presentation and treatment of Grave's disease, Hashimoto's thyroiditis and Thyroid storm Describe the clinical features of Thyroid eye disease
Thyroid neoplastic disease	Identify the presentation of possible thyroid neoplastic disease	List the signs and symptoms of thyroid neoplastic disease List the criteria for referral to secondary care for possible thyroid cancer



Neurology

Chronic	Describe how chronic	List services for rehabilitative care in the
neurological	neurological disease is	community.
disease and	managed in the	
disability in the	community	Explain the role of physiotherapy in the
community		management of chronic neurological
		conditions.
		Describe assessment of the home
		environment in the setting of chronic
		neurological conditions and disability.

Cancer in primary care

Red flags	Identify when to refer patients to the 2 -week wait cancer clinic	Understand the symptoms and signs that warrant investigation and referral for suspected cancer
		Outline the national guidance (i.e NICE guidance) for referral for the following suspected cancers:
		Lung and pleural cancers
		Upper GI cancers
		Lower GI cancers
		Breast cancer

		Gynaecological cancers Urological cancers Skin cancers Head and neck cancers Brain and central nervous system cancers Haematological cancers Sarcomas Childhood cancers
End of life care in	Describe palliative and	Describe capacity and consent in end of life
the community	end of life care in the	decision making.
	community	Explain the principles of palliative care.
		Discuss advance directives and engaging patients and families in planning for end of life.
		Describe the role of the multidisciplinary team in palliative care.



Ear, Nose and Throat

ENT clinical skills	Be able to consult a patient presenting with ENT problems	Take a thorough history of a patient presenting with an ENT complaint Perform a competent examination of the ears, nose and throat.
Ear	Describe the presentation and management of common conditions of the ear.	Describe the causes, clinical features and management of the following ear conditions: Acute otitis media Cerumen impaction Labyrinthitis Otitis externa Vertigo Chronic otitis media Mastoiditis Meniere's disease Barotrauma Hearing impairment Tympanic membrane perforation

Nose	Describe the presentation and management of common conditions of	Describe the causes, clinical features and management of the following nose/sinus conditions:
	the nose and sinus	Acute sinusitis Allergic rhinitis Epistaxis Chronic sinusitis Nasal polyps



Throat	Describe the presentation and management of common conditions of the throat.	Describe the causes, clinical features and management of the following mouth/throat conditions: Acute pharyngitis Acute tonsillitis Aphthous ulcer Laryngitis Oral candidiasis Oral herpes simplex Parotitis Quinsy Epiglottitis Oral leukoplakia Sialadenitis Peritonsillar abscess Dental abscess
ENT cancer	Identify the presentation of possible ENT cancers	Recognise the clinical features of the following ENT cancers and their management: Acoustic neuromas Nasopharyngeal and oral cancers

Dermatology

Common skin	Describe the	Describe the causes, clinical features and
conditions	presentation and	management of the following skin
	management of	conditions:
	common Skin	
	and Nail	Atopic dermatitis
	conditions	Contact dermatitis
		Nappy rash
		Peri-oral dermatitis
		Seborrhoeic dermatitis
		Venous stasis dermatitis
		Actinic keratosis
		Tinea versicolor
		Tinea corporis/pedis



Drug eruptions

Pityriasis rosea

Psoriasis

Dermatophyte infections

Lichen planus

Acne vulgaris

Rosacea

Folliculitis

Androgenic alopecia

Onycomycosis

Paronychia

Exanthems

Herpes simplex

Molluscum contagiosum

Verrucae

Varicella-zoster virus infections

Condyloma acuminatum

Cellulitis/vasculitis

Impetigo

Erysiplelas

Lice

Scabies

Insects bites

Animals bites

Human bites

Simple and complex lacerations

Burns

Urticaria

Vitiligo

Hydradenitis suppurativa

Melasma

Lipomas/epidermal inclusion cysts

Decubitus ulcers/leg ulcers

Acanthosis nigricans

Bullous conditions

Stevens-Johnson syndrome

Erythema multiforme

Toxic epidermal necrolysis

Describe the psychosocial impact of skin disease on patients, their families and friends



Skin cancer	Identify the	Recognise the clinical features of the
	presentation of possible	following skin cancers and identify when to
	skin cancers	refer a patient to secondary care:
		Basal cell carcinoma
		Melanoma
		Squamous cell carcinoma



Ophthalmology

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Ophthalmology clinical skills	Be able to consult a patient presenting with eye symptoms	Take a thorough history of a patient presenting with an eye complaint
	-, -, -, -, -, -, -, -, -, -, -, -, -, -	Perform a competent examination of the
		eye including ophthalmoscopy
		, , , , , , , , , , , , , , , , , , ,
Common eye	Describe the	Describe the causes, clinical features and
conditions	presentation and	management of the following eye
	management of	conditions:
	common eye conditions	
		Blepharitis
		Conjunctivitis
		Corneal abrasion
		Keratitis
		Foreign body
		Pteryguim
		Chalazion
		Orbital cellulitis
		Dacryoadenitis
		Strabismus
		Cataracts
		Congenital cataracts
		Macular degeneration
		Ectropion
		Entropion
		Glaucoma Betinel detechment
		Retinal detachment Retinal vascular occlusion
		Optic neuritis
		Optic atrophy
		Blow out fracture
		Horner's
		Third nerve palsy
		Holme-adie syndrome
		The state of the s
		List causes of red eye that should trigger
		referral to an ophthalmologist.



Cancers of the	Identify the	List red flags for eyelid lesions suggestive of
eye	presentation of possible	malignancy.
	cancers of the eye	
		Describe the causes, clinical features and
		management of Retinoblastoma

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MSK clinical skills Musculoskeletal dis	Be able to consult a patient presenting with ease an MSK complaint	Take a thorough history of a patient presenting with joint pain.
		Perform a competent examination of the following: Shoulder Hands Spine Hip Knee Ankle
Orthopaedics	Describe the presentation and management of common orthopaedic conditions	Describe the causes, clinical features and management of the following orthopaedic conditions Rotator cuff disorders
	comandians	Subluxation
		Epicondylitis
		Carpal tunnel syndrome
		De quervain's tenosynovitis Kyphosis/scoliosis
		Herniated disc pulposis
		Spinal stenosis
		Cauda equina
		Ankylosing spondylitis
		Slipped upper femoral epiphysis Osgood-schlatter disease
		Bursitis of the knee
		Meniscal tears
		Chondromalacia
Rheumatology	Describe the	Describe the causes, clinical features and
	presentation and	management of the following
	management of	rheumatological conditions
	common rheumatological	Fibromyalgia
	conditions	Gout
		Pseudogout
		Rheumatoid arthritis
		Reiters syndrome
		Polyarteritis nodosa Scleroderma
		Sjogren's syndrome
		Juvenile rheumatoid arthritis
		Systemic lupus erythematosus

Osteoarthritis	Describe the underlying	Define Osteoarthritis		
	pathophysiology of Osteoarthritis	Describe the causes of OA.		
		Describe the symptoms and clinicalfeatures of OA.		
	Describe the management of OA	Describe the diagnosis, treatment and management of OA.		
		List indications for surgical intervention inosteoarthritis of the hip and knee		
Back pain	Describe the management of back pain	Create a differential diagnosis for acuteonset back pain.		
	,	List red and yellow flags in acute onsetback pain.		
		Discuss appropriate investigations in backpain and when MRI is indicated.		
		Describe management options in acuteonset back pain.		
		Discuss issues that may arise regarding illness and taking time away from work.		
Septic arthritis	Describe the underlying	Define Septic arthritis		
	pathophysiology of Septic arthritis	Describe the causes of Septic arthritis		
		Describe the symptoms and clinicalfeatures of Septic arthritis		
		Describe the diagnosis, treatment and management of Septic arthritis		
	Describe the management of Septic arthritis	Differentiate among septic arthritis, rheumatoid arthritis flare and gout.		
	3. 57710	Create a differential diagnosis for acute erythematous, painful joint.		

Osteomyelitis	Describe the underlying pathophysiology of acute and chronic Osteomyelitis	Define Osteomyelitis Describe the causes of acute and chronic Osteomyelitis	
	Describe the management of Osteomyelitis	Describe the symptoms and clinical features of acute and chronic Osteomyelitis Describe the diagnosis, treatment and management of acute and chronic Osteomyelitis	
Musculoskeletal Neoplastic disease	Identify the presentation of possible musculoskeletal cancer.	Recognise the clinical features of the following orthopaedic cancers and identifywhen to refer a patient to secondary care: Bone cysts/tumour Osteosarcoma	