

DATE: December 12-14, 2019

TIME: 11:00am Thurs - 6:30pm Sat

LOCATION: OLC

COURSE 915: Foundations in Arthroscopy

You are encouraged to have breakfast prior to arriving to the course.

Refreshment breaks will be provided with coffee and snacks.

***Please Bring: Writing Materials/Laptop/iPad**

Thursday, December 12th		
Time	Lab/Lecture Description	Location
	Motor Skills	
10:30-11:00 AM	Registration/Sign-In; Marketing Welcome	Lobby
11:00-12:00 PM	Brunch/Lunch; Welcome and Course Overview with Motor Skill Faculty Introduction	Auditorium A
12:00-1:50 PM	Group A- FAST Basic Motor Skills	Cadaver Lab
12:00-12:55 PM	Group B1- Virtual Reality Simulation Group B2 – Roundtables/didactic challenges	Sim Room Aud A
12:55-1:50 PM	Group B1 – Roundtables/didactic challenges Group B2- Virtual Reality Simulation	Aud A Sim Room
12:00-1:50 PM	Group C- FAST Knot Tying	Auditorium B
2:00-2:55 PM	Group A1- Virtual Reality Simulation Group A2 – Roundtables/didactic challenges	Sim Room Aud A
2:55-3:50 PM	Group A1 – Roundtables/didactic challenges Group A2- Virtual Reality Simulation	Aud A Sim Room
2:55-3:50 PM	Group B- FAST Knot Tying	Aud B
2:55-3:50 PM	Group C – FAST Basic Motor Skills	Cadaver Lab
4:00-5:50 PM	Group A- FAST Knot Tying	Aud B
4:00-5:50 PM	Group B- FAST Basic Motor Skills	Cadaver Lab
4:00-4:55 PM	Group C1 – Virtual Reality Simulation Group C2 - Roundtables/didactic challenges	Sim Room Aud A
4:55-5:50 PM	Group C1 - Roundtables/didactic challenges Group C2 – Virtual Reality Simulation	Aud A Sim Room
6:00-7:00 PM	Dinner/Lecture (Panel: How I Became a Better Arthroscopist)	Auditorium A
7:00-8:00 PM	<i>Optional Remediation Opportunity for Students Who Did Not Pass Any Section Above. Students Will Be Required to Pass Performance Based Metrics for Knot Tying, Motor Skills, and Simulator Before Advancing to Cadaveric Specimens.</i>	
8:00 PM	Session Ends	

Friday, December 13th

Time	Lab/Lecture Description	Location
	Knee	
6:45-8:00 AM	Coffee	Lobby
7:00-7:15 AM	Introduction to the Lab (OSHA Safety, Course Goals/Agenda, Proficiency-based Advancement)	Auditorium A
7:15-8:00 AM	Basics of How to do Knee Arthroscopy and Meniscus Surgery	
8:00-12:00 PM	<p>Participants move to lab, draw anatomic landmarks, choose portal sites but wait for faculty to confirm portal sites. Brief faculty meeting to review consensus goals, mission, and focus of course.</p> <p>Lab Procedures: Portals, Diagnostic Scope, Gillquist Maneuvers, Accessory Portals, Loose Body Removal, Partial Synovectomy, Meniscectomy and Meniscus Repairs. Each participant will perform each of the above procedures, in sequence, focusing on the motor skill emphasis of the prior day. Faculty will provide dynamic feedback throughout the lab session.</p> <p><i>Proficiency based HARD STOP (ASSET) must occur prior to meniscus repair. If student does not achieve a baseline level of proficiency as assessed by their faculty, they will be asked to repeat the previous step and retest. It is possible that station partners will be changed if both partners are not at similar levels. Fast paced students may return to sim lab or, under the guidance of their faculty, perform microfracture, OATS, or arthroscopic medial capsular reefing. DO NOT advance to graft harvest or ACL reconstructions until didactic presentations are provided.</i></p>	Cadaver Lab
10:20-10:40 AM	OPTIONAL LAB LECTURE: Graft Harvest/Graft Preparation, Notchplasty	Cadaver Lab
10:40-11:55 AM	Participants in the Lab Will Perform Graft Harvest, Graft Preparation and Notchplasty. Faculty will Provide Dynamic Feedback Regarding Motor Skills and Technique Throughout Lab Session. Optional: Fast Paced Students May, Under the Guidance of Their Faculty, Perform Microfracture, OATS, Root Repairs, or Arthroscopic Medial Capsular Reefing Procedures but Should Not Advance to ACL Reconstruction Until Didactic Presentations are Provided. <i>Technique Handouts Available at Back of Room Should Be Reviewed Prior to Performing Alternative Techniques.</i>	
11:55-12:05 PM	STOP for ASSET Testing: Formal proficiency-based feedback (weaknesses, strengths & areas to improve) regarding morning tasks should be provided in preparation of afternoon tasks	
12:05-1:30 PM	Lunch and Lectures	Lobby/Aud A
12:30-1:05 PM	How to Do an Anterior Cruciate Ligament Reconstruction	
1:05-1:30 PM	Q&A	
1:30-4:30 PM	<p>Move to Lab: Participants to perform ACL reconstructions including tunnel placement, graft passage, fixation; perform hamstring reconstruction before BTB due to fluid extravasation. After BTB and quad tendon harvest, close capsule tightly to allow for adequate visualization.</p> <p>Formal proficiency-based feedback regarding afternoon tasks should be provided to each student immediately after ACL reconstruction. If student demonstrates weaknesses in motor skills or arthroscope manipulation, they may be asked to return to previous interventional procedures or practice on simulator. Fast paced, proficient students may return to sims for practice or, under the guidance of their associate faculty, proceed to arthroscopic posterior cruciate ligament reconstruction. If time allows, consider LCL, PLC reconstruction or MPFL reconstruction. Prior to proceeding with PCL reconstruction, the student must review the Powerpoint video available on the AANA Mobile App.</p>	Cadaver Lab
4:00-4:15 PM	Lecture & DEMO: Guided surgical dissection (anterior approach and anatomy, lateral approach and anatomy, posterior approach and anatomy, and medial approach and anatomy)	
4:40-5:20 PM	All residents should perform knee dissection to evaluate anatomy of each surgical approach as well as their meniscal repair, ligament tunnel placement, collateral ligament anatomy, and relevant neurovascular anatomy.	
5:30-6:30 PM	Dinner and Panel Discussion on Challenging Cases/Current Controversies	Auditorium A
6:30 PM	Session Ends	
6:45 PM	Faculty Dinner	

Saturday, December 14th

Time	Lab/Lecture Description	Location
	Shoulder	
6:45-8:00 AM	Coffee	Lobby
7:00-7:05 AM	Welcome to Shoulder Day: Review Goals and Agenda	Auditorium A
7:05-7:25 AM	How To: Setup, Portals, Anatomy, Risks, Complete Diagnostic Arthroscopy, Removal Loose Bodies	
7:25-8:00 AM	How to: Arthroscopic Labral, SLAP, and Instability Repairs, Capsular Plication. <i>Knot Tying Stations Will Be Available for Optional Review and Practice Prior to Proceeding to Cadaver Lab.</i>	
8:00-11:30 AM	Move to Lab: Participants in the Laboratory for Glenohumeral Arthroscopy for Portal Placement, Diagnostic Glenohumeral Arthroscopy, Loose Body, Bankart Repair and SLAP Repair. Faculty Will Provide Dynamic Feedback Throughout the Lab Session. Proficiency based STOP (ASSET) will occur immediately after diagnostic arthroscopy and loose bodies. If student demonstrates weaknesses in motor skills or arthroscope manipulation, they may be asked to return to previous interventional procedures or practice on simulator or models prior to retesting. It is possible that station partners will be changed if both partners are not at similar levels.	Cadaver Lab
11:30-1:00 PM	Lunch and Lectures	Lobby/ Aud A
11:30-12:00 PM	How To: Subacromial Arthroscopy: Bursectomy, Acromioplasty, Distal Clavicle Excision, Prepare for Cuff	
12:00-12:45 PM	How To: Arthroscopic Rotator Cuff Repair: FAST Model Puck How to: Arthroscopic rotator cuff repair cadaver including how to make a tear How to: Convert to mini open	
12:45-1:00 PM	Q&A	
1:00-2:15 PM	Rotator Cuff Repair on FAST Work Stations	Auditorium B
2:15-6:00 PM	Move to Lab: <i>Participants in the Laboratory for Subacromial Arthroscopy Bursectomy, Subacromial Decompression, and AC Joint Resection. Formal proficiency-based feedback (weaknesses, strengths & areas to improve) regarding shoulder arthroscopy tasks should be discussed. If student demonstrates weaknesses in motor skills or arthroscope manipulation, they may be asked to return to previous interventional procedures or practice on simulator or models.</i> Assuming Cadaveric Specimen Has Intact Rotator Cuff, Student May Proceed to Preparing Cuff Tear and Arthroscopic Rotator Cuff Repair. If Tissue Quality is Poor or Student Has Not Attained Proficiency Level Commensurate with Arthroscopic Repair, Student May Progress to Mini-Open or Repeat the Procedure on the FAST Workstation. <i>Accelerated Students May Return to GH Joint to Perform Capsular Release, Microfracture, Biceps Tenotomy, Arthroscopic Biceps Tenodesis</i>	Cadaver Lab
5:10-5:30 PM	Lecture & Demo: Guided surgical dissection (anterior approach and anatomy, lateral approach and anatomy, posterior approach and anatomy with careful evaluation of NV risk of portals.	
6:30 PM	Course Adjourns	
	Summary of Proficiencies and Formal Feedbacks will be provided to all participants	