Who is comfortable performing a Musculoskeletal exam??
Musculoskeletal Exam

- Knowing the Anatomy
  - Essential for Diagnoses
    - Mechanism of Action
    - Severity
  - Management
    - Rehabilitation
- Anybody involved in MSK medicine needs Anatomical Knowledge
Importance of MSK exam

- MSK Complaints in children and adolescents 30% percent of visits
- National Ambulatory Survey MSK complaints 2nd to cough
- **Deficiencies in MSK medicine at resident and student level**
- **2000-2010 WHO Bone and Joint Decade**
Confidence in pMSKE

- Evaluated amongst Medical Schools and Hospitals in UK
- Most involved expressed some confidence
Survey Question:
In your opinion how adequate is the amount of training pediatric residents receive in musculoskeletal medicine?

89.1% believed that MSK training was not adequate and only 48.5% stated previous formal MSK training
Survey Question:
How confident are you in making a diagnosis of musculoskeletal conditions?

69.3% of the residents expressed a lack of confidence in making diagnoses for patients with MSK complaints.
MSK Exam

- Fifty-seven (56.4%) of the residents expressed discomfort with MSK exam.
- Educators have ongoing homework
  - Videos
  - Modules
  - Simulation
  - Rotations
- **Bottom line is practice makes perfect!**
pGALS

- Screening tool
- Designed by expert panel
  - 23 Pediatric MSK experts in the UK
- Questionnaire
- Pictorials
- Video
- Takes 3-4 minutes

http://www.arthritisresearchuk.org/
Bibliography

Jandial S, Myers A, Wise E, Foster HE, **Doctors likely to encounter children with musculoskeletal complaints have low confidence in their clinical skills.** J Pediatr. 2009 Feb;154(2):267-71. Epub 2008 Sep 27.

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