

Dear GP registrar,

Musculoskeletal medicine is the second most common system on presentation to a GP in Australia.

In the most rigorous study of general practice activity in Australia known as BEACH (Bettering the Evaluation and Care of Health)- it was demonstrated that in work related health problems- the most common problems managed were musculoskeletal problems (58%). And almost half of these are back related complaints

And yet clinical aspects of musculoskeletal system are often poorly taught in the undergraduate and hospital residency settings. In addition the practical procedures associated with musculoskeletal medicine – joint injections, strapping, and mobilization are being less used by GPs

The aim of the GPTT Musculoskeletal Workshop is to increase GP registrar's confidence and competence to manage common presentations in the knee, lumbar spine and shoulder in the primary care setting. Specific aims include:

1. Understand the anatomy (including surface anatomy) of 3 musculoskeletal regions (shoulder, lumbar spine, & knee).
2. Be able to systematically examine each region within the limits of a GP consultation.
3. Have a diagnostic approach to determining the cause of pain and other common symptoms in each region.
4. Be able to perform a small number of practical skills in relation to the treatment of common conditions in each region.
5. Be aware of where to refer patients with problems in these joints

Before you undertake the Workshop you would benefit from doing some pre-reading which is on this CD. Take some time to skim through the articles which have been selected for their particular relevance to this workshop. There are also 3 video clips worth viewing- one for each region. Finally there is a MCQ quiz to prime you for the workshop. The answers to the MCQ are found on the last link on the CD (Answers to the Quiz). Good luck.