

## SPECIALITY TRAINING PROGRAM FOR SPORT MEDICINE

Title of the residency study program	State code
Sports Medicine	733A30087

Academic awarding institution	Language
Institute of sports, Faculty of Nursing, Medical Academy, Lithuanian University of Health Sciences, Kalnieciu 231, LT- 50108 Kaunas, Lithuania	Lithuanian

Kind of studies	Cycle of studies	Level of qualification according to Lithuanian Qualification Structure (LKS)
University studies	Non-degree studies	7 <sup>th</sup> level

Mode of the studies and length in years	Volume of the program in ECTS credits	Total amount of student work	Formal teaching and practice hours	Independent self-direct learning hours
Full-time studies, 3 years	198	5280	4586	694

Area of studies	Main field of the study program	Parallel study program (if available)
Biomedical sciences	Medicine	-

Professional qualification awarded
Sports medicine

Study program director	Director's contact information
Prof. habil. dr. Rimtautas Gudas	Phone no.: <a href="tel:+37068675478">+370 68675478</a> E-mail: <a href="mailto:rिमताutas.gudas@kaunoklinikos.lt">rimtautas.gudas@kaunoklinikos.lt</a>

Institution of accreditation	Accreditation until
Centre for Quality Assessment in Higher Education	Year 2014

Aim of the residency study program
The main aim is to prepare a qualified doctor, with professional qualification in sports medicine, who is interested in scientific innovations and reaching for a higher scientific qualification studies in PhD.

Program profile		
Disciplines/subject areas	Orientation of the program	Distinctive features of the residency study program
Program consists of obligatory and elective cycles including theory, practice and individual work. Obligatory cycles are oriented on expanding the knowledge as well as improving skills and abilities in functional and clinical studies, sports injury prevention, clinical control, orthopaedics and traumatology patient's treatment and rehabilitation in sports medicine. Elective cycles are meant to acquire knowledge and abilities in	Applied program, orientated to practical activity and developing abilities for scientific research work, granting sports medicine professional qualification.	The program is designed according to the legislation of the Republic of Lithuania, the European Parliament and Council Directive 2005/36/EC, the European Medicine specialists Union requirements for sports medicine speciality training (European Union of Medical Specialists. Chapter 6, Charter on Training of Medical Specialists in the EU. Requirements for the Speciality of Sports Medicine, amended October 2007). Available at: <a href="http://www.efsm.net/uems.html">http://www.efsm.net/uems.html</a> White Book on Physical and Rehabilitation Medicine in Europe. Produced by the Section of Physical and

<p>particular sports medicine field (i.e. sport nutrition).</p>		<p>Rehabilitation Medicine, European Board of Physical and Rehabilitation Medicine in conjunction with European Society for Physical and Rehabilitation Medicine, September 2006.</p> <p>Cumming AD, Ross MT. The Tuning Project (medicine) – learning outcomes / competences for undergraduate medical education in Europe. Edinburgh: The University of Edinburgh, 2008. Available at: <a href="http://www.tuning-medicine.com">http://www.tuning-medicine.com</a></p> <p>Bulajeva T., Lepaitė D., Šileikaitė-Kaishauri D. Curriculum Guide. Vilnius, 40 p., 2012 (prepared by the project „European Credit Transfer and Accumulation System (ECTS) National Level: Development and implementation of the program methodology that is based on study achievements and credit harmonization. (Nr. VP1-2.2-ŠMM-08-V-01-001).</p> <p>The program is based on the theoretical studies and practical integration from the first year of study. Practical skills are learned and theoretical course is mastered with the help of university academics - residency base professionals.</p> <p>University hospital „Kaunas Clinics“ is the main Sports medicine residency base. Residency base is selected according to University Medicine residency Regulation procedures. Scientific work skills are developed and improved by doing scientific work in University Sports Institute. There is an opportunity of doing residency (up to one year) in selected foreign clinic.</p>
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<b>Admission requirements</b>	<b>Recognition of previous learning</b>
<p>Master degree in medicine and medical doctor professional qualification are obligatory. Admission by the way of general competition. Competitive score structure is given in the conditions for entrance to the LUHS residency programs. The main components of competitive score is the average assessment of all subjects, studied during integral studies, final exam assessment, clinical medicine practice assessment, student's scientific activities assessment (appointed by Student Science Association (SMD)), motivational interview assessment. Motivational interview takes place according to the schedule set in advance. A cover letter should be addressed to the commission a day before the scheduled motivational interview. Competition is public and takes place separately to every residential study program in two stages (main and additional). Second or additional stage can be organised if after the main admission free places are still available.</p>	<p>Results of previous studies are accepted individually, taking into account the developed competencies and goals of program that correspond to „Sports medicine“ residency study program, with the guidance of procedures set by LUHS Senate.</p>

<b>Access to further education</b>
<p>Degree providing third cycle doctoral studies.</p>

**Access to professional activities (employability)**

Sports medicine physician may work in both public and private health care institutions with a license to provide sports medicine services. Sports medicine physician licence is given by the State Health Care Accreditation Agency under the Ministry of Health of the Republic of Lithuania, after submitting a medical degree diploma, internship certificate and residency graduation diploma. Sports medicine physician is eligible to work on scientific-research and teaching activities in higher education institutions. Residency graduation diploma and granted professional qualification are recognized within the European Union countries. All graduates of Sports medicine residency program get employed.

<b>Learning and teaching approaches</b>	<b>Methods of assessment (of learning achievements)</b>
<p>Various teaching and studying methods are applied: lectures, seminars, consultations, group discussions together with doctors-residents, daily activity journal writing, presentations at the morning doctors meetings, studying educational videos as well as development and execution of personal development plan.</p>	<p>Lecture attendance, activity during seminars, consultations and group discussions are being recorded in a separate logbook. There is a minimum requirement of 75% out of all covered theoretical subjects throughout the course. Residents are allowed for equalization with the previous year residents or by individual schedule.</p> <p>Assesment of knoladge in oral or writing form is taken place at the end of every cycle. During the test, residents will be presented with closed or opened questions/tasks, clinical situations. Results are assessed in ten-point grading system.</p>
<p>Abilities and skills are acquired through the assessment of patients functional and physical condition through organizing treatment and rehabilitation plan and assessing the effectiveness at the accredited sports medicine residency bases. This also includes participation in daily and weekly clinics, practice under supervision of resident manager.</p>	<p>Correct execution and/or interpretation of regular clinical work is evaluated every week, by reviewing the daily activities journal and task completion confirmation from residency manager by seal of approval.</p> <p>Evaluation of individual clinical case studies and presentation during the weekly visitations should also be confirmed in the daily activities journal by residency manager seal of approval.</p> <p>Residency base staff (doctors and junior medical staff, other employees) reviews (written in free form or questionnaire-based) of the activities of a resident physician at the end of each cycle. Reviews are registered as an addition to the daily activity journal.</p> <p>Practical skills and abilities acquired during the cycle are assessed in ten-point grading system and recorded in the daily activity journal and residents credit booklet.</p> <p>Scientific literature review and clinical case study examination and presentation at the morning doctors conference by individual schedule. This work presentation will be registered in the daily activity journal and approved by resident manager once every six months.</p> <p>Scientific-research work subject can be offered by resident physician himself or by the resident manager. Preliminary scientific subject, research matter and methods are discussed and approved during the meeting at the Sports Institute. Scientific-research work results are presented at the Sports Institute organized meeting before the final exam.</p> <p>Residency program concludes with the practical and theoretical examinations. The practical test includes investigation of sportsman patient and theoretical examination is taken in written form by answering ten</p>

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General competencies (knowledge, abilities, values and attitudes)		Outcomes (results) of residency study program	
1.	Professional attributes	1.1	Be honest and honourable with patients, follow medicine ethics norms and requirements for good medicine practice, be critical toward others and himself/herself, be able to feel compassion for the patient, be creative and initiative.
2.	Professional activity	2.1	To be able to assess the limits of their competence in sports medicine as well as in adjacent specialties and, if necessary, seek help, act in urgent situations and adapt to the conditions, independently take actions, solve problems and make decisions, communicate and work as a team with other specialists neurologist, neurosurgeon, traumatologist, etc., be able to organize and plan, including working hours.
3.	Doctor as an expert	3.1	To be able to analyse sportsmen health problems, continuously improve in the field of sports medicine for lifelong learning, potency of applying theoretical knowledge in practice, to pass own knowledge and abilities to colleges that have less practice, capability to plan and do scientific research.
Subject-specific competences (knowledge, abilities, values and attitudes)		Aims (results) of residency study program	
4.	Sportsmen medical care	4.1	Assess health condition of the sportsmen. To compose individual diagnosis, treatment, rehabilitation and prevention programs for sportsmen patients. To choose sports medicine offered tools and methods considering an individual sportsmen programs or medical conditions. Independently apply diagnostic tools for sportsmen, assign proper treatment, correction tools, conservative treatment (physiotherapy, sports technical means, orthopaedics equipment). Evaluate athletes functional disorders diagnosis, treatment, rehabilitation and prevention effectiveness, to recognize the symptoms of a patient showing a limited ability to train or a risk of sudden death during the exercise, to evaluate adverse factors of training environment and to create a plan for preventive measures, provide clear and safe exercise guidelines.
		4.2	Ability to explain a patient and his/her relatives an aim and purpose of diagnostic and therapeutic procedures used, to inform the patient of his condition and discuss the next steps; to appease and motivate the patient.
		4.3	Ability to communicate with patient and his/her relatives in case of critical condition; to gain confidence and written agreement from informed person, communicate in writing form (filling up medical documents), communicate with aggressive patient.
		4.4	Compose a sports medicine team, to determine its goals, objectives and to coordinate its activities.

5.	Emergency medical assistance	5.1	Be able to recognise conditions that need emergency medical treatment in sports, provide first aid, provide intensive care according to the valid recommendations and provide aid in case of severe trauma.
6.	Participation in preserving the health of those engaged in sports, promotion of healthy lifestyle and encouragement	6.1	To be able to assess the risks for athlete's health and apply appropriate and rational measures to mitigate these risks, to apply preventive measures, to assess the different sports health risk factors and to take measures to avoid the risk.
		6.2	Participate in wellness programs, on population and individual level, explain the athletes of the doping damage to health.