

Elective: Pediatric; Rheumatology

OVERVIEW

Pediatric Rheumatology cares for patients with rare and often complicated multi-system diseases. In our outpatient clinics we see mostly patients with juvenile idiopathic arthritis (JIA), systemic lupus erythematosus (SLE), juvenile dermatomyositis (JDM), systemic sclerosis (JSSc), uveitis, and vasculitides. We are often consulted if a diagnosis is completely unclear, which may make this subspecialty a very interesting challenge. Most of our patients need intensive interdisciplinary care, and we work as a team together with other medical subspecialties, physiotherapy, occupational therapy and social work.

INTRODUCTION

Location(s):

Children's Clinic Y

Preceptors:

Dr. Kerstin Gerhold

Dr. Lily Lim

Contact Person:

Chelsea Bowkett

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LEARNING OBJECTIVES (CanMEDS)

Medical Expert

As Medical Experts, physicians integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills and professional attitudes in their provision of patient-centered care.

The student can expect to be actively involved in the service. This will encompass:

- Develop an understanding of the common rheumatic diseases, including:
 - Acute and chronic arthritides
 - Inflammatory diseases of connective tissue
 - Vasculitides
 - Chronic pain syndromes
 - Musculoskeletal manifestations of systemic illness.
- Select time and sequence of laboratory tests
- Be aware of the cost and sensitive to the discomfort to the patient.
- Interpret accurately results of diagnostic investigations
- Helpful in the diagnosis and management of the rheumatic disease.
- Develop the skills necessary to assess the musculoskeletal system.
- Recognize the systemic signs of rheumatic disease.
- Synthesize the history and physical findings to formulate the differential diagnosis of suspected rheumatic disease.

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- Recognize serious musculoskeletal conditions and the serious complications of rheumatic diseases which require urgent assessment and management.
- Understand the indications, contraindications and toxicity of pharmacotherapy for the rheumatic diseases.
- Use appropriate clinical judgment to plan and complete consultations and therapeutic programs.

Communicator

Physicians effectively facilitate the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.

As Communicators, students will facilitate the doctor-patient relationship:

- Develop the ability to communicate effectively and empathetically with parents and children about physician's or families concerns regarding the rheumatic disease and treatment.
- Develop a common understanding on issues, problems and plans with patients and families, colleagues and other professionals to develop a shared plan of care.
- Convey relevant and accurate information to patients, families, colleagues and other professionals, both verbally and written.
- Prepare written documentation that is accurate, organized and done in a timely manner (patient notes, discharge summaries, patient letters).

Collaborator

Physicians effectively work within a healthcare team to achieve optimal patient care.

As Collaborators, students will work effectively within the surgical team to achieve optimal patient care:

- Understand the importance of managing rheumatic diseases in a multi-disciplinary team and to demonstrate the ability to work with this team to provide appropriate support for the child and their family.
- Recognize and respond to issues involving abilities, gender, race and culture when working with other team members.
- Work effectively with other health professionals to prevent, negotiate and resolve inter-professional conflicts. Collaborate constructively with other members of the health care team, respecting their professional roles.
- Delegate tasks/roles appropriately and when indicated.
- Understand the importance of collaboration and building up a network inside and possibly outside the province to improve the care for patients with particularly rare rheumatic diseases.

Leader

Physicians engage with others to contribute to a vision of a high-quality health care system and take responsibility for the delivery of excellent patient care through their activities as clinicians, administrators, scholars, or teachers.

As Leaders, students will participate in the activities of the surgical service, making decisions, allocating resources, and contributing to the effectiveness of the health care team:

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- Use information and technology to effectively optimize patient care; including methods for searching medical databases for patients with rare rheumatic diseases.
- Demonstrate knowledge of the Canadian Health Care System as it relates to child health.
- Demonstrate awareness and make cost-effective use of all forms of pediatric health care resources based on sound judgment and, where possible, evidence-based medicine.
- Involve patients and families in the provision of care. Provide both preventive and therapeutic health care with an awareness of the advantages, disadvantages, and relative costs.
- Become familiar with the role of quality improvement, risk management, incident reporting, and complaint management.
- Recognize the importance of patient flow and increased efficiency.
- Exhibit appropriate time management skills, with ability to prioritize, delegate and manage simultaneous tasks.

Health Advocate

Physicians responsibly use their expertise and influence to advance the health and well-being of individual patients, communities and populations.

As Health Advocates, students will responsibly use their expertise and influence to advance the health and well-being of individual patients, communities and populations:

- Demonstrate an understanding of the specialist's role and responsibilities in advocacy for children under the specific circumstances of child protection.
- Identify biologic, psychosocial and economic factors that may affect a child's health and respond appropriately.
- Understand the importance of active involvement of the family in managing a chronic rheumatic disease including treatment decisions.
- Demonstrate an understanding of the specialist's role to advocate for and to intervene on behalf of patients with developing appropriate preventive care and health surveillance strategies.
- Understand the importance of vaccinations in patients with rheumatic diseases and immunosuppressive therapies and to learn how to explain their relevance to the family.

Scholar

Physicians demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge.

As Scholars, students will demonstrate a lifelong commitment to learning:

- Develop skills to access and critically appraise evidence-based information relevant to patients' rheumatic disease.
- Develop the ability to present various aspects of rheumatology in formal or informal educational settings.
- Facilitate the learning of patients, families, students, residents and, other health professionals.

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- Give constructive feedback to both supervisors and junior learners.
- Seek out and receive feedback well with a goal of incorporating constructive feedback into clinical practice.
- Contribute to the creation, dissemination, application and translation of new medical knowledge and practice.

Professional

As Professionals, physicians are committed to the health and well-being of individuals and society through ethical practice, profession-led regulation, and high personal standards of behaviour.

As Professionals, students are committed to health and well-being of individuals through ethical practice, profession-led regulation and high personal standards of behavior:

- Practice the skills of professional attitudes and behavior in the management of families of different ethnicities and with a wide range of social backgrounds with a child with a chronic rheumatic disease, which is potentially disabling and life-threatening.
- Demonstrate honesty and integrity, being fair, truthful and forthright.
- Demonstrate reliability, responsibility and conscientiousness with meeting deadlines and completing assigned duties, being accountable and willing to accept responsibility for errors.
- Seek advice when necessary and accept advice graciously.
- Recognize personal limitations and act upon them to always optimize patient care and safety.
- Demonstrate personal and professional attitudes consistent with a general consult pediatrician.
- Appreciate the moral and ethical implications of various forms of pediatric patient care, including aspects of palliative care and withdrawal of care.
- Understand the variety of cultural backgrounds and adapt the health care plan, respecting requests from patients and families when possible.

INFORMATION

These are locations, readings, evaluations, call responsibilities, etc.

Evaluations

- The resident should review this curriculum with the supervising faculty on their first day of rotation.
- The resident must review his/her performance with the supervising faculty at the end of their rotation.
- An interim evaluation is mandatory midway through each rotation as per University requirements. A final evaluation is provided at the end of the rotation.
- The resident is evaluated by each service attending with whom he or she has been on-service with.

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Call Responsibilities

On call service during the weekdays between 8am and 4pm.

First Day Instructions

The student is to contact Chelsea, secretary, to arrange an introductory meeting with Dr. Gerhold. We kindly ask you to read this introduction to our section, you will find useful information regarding our clinic, your responsibilities and learning opportunities.

WARD ACTIVITIES

These are examples of schedules, expectations, rotation details, etc. All the details below are subject to change.

Clinic

Clinic Location

Clinic Y – Children’s Hospital

Tuesday, 9am – 12pm

Wednesday, 9am – 12pm

Friday, 9am – 12pm and 1:00 – 4:00pm

Pre-Clinic Meetings

- Please join our pre-clinic meetings on Tuesdays and Fridays at 8.15 am in room 4 of clinic Y. In these meetings we discuss our patients of the day with Colleen, Kendra, Kelly, and Florence.

Clinic Types

- **SAAD Clinic** Systemic Autoimmune Autoinflammatory Disorders

Last Wednesday of each month, 9am – 12pm

In this clinic we see patients with systemic diseases such as systemic lupus erythematosus, juvenile dermatomyositis, systemic sclerosis, or vasculitides

- **Combined Renal-Rheum Clinic**

Last Friday of each month, 9am – 12pm

In this clinic we see patients with systemic diseases and significant kidney involvement.

* We kindly ask you to not be on post-call on our clinic days!

** Please let us know ahead of time if you cannot join a Friday morning clinic since patients will be booked for you!

Clinic Forms and Letters

- Please make sure that all forms are complete at the end of each clinic day
Letters: All letters should be done no later than 14 days after a patient visit!

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- There are various different templates we are currently using; please ask the attending physician which you should use.
- After each visit, each patient needs a letter; this can be short for a follow-up patient or more detailed for a new patient/patient with new problems. Please use the time on non-clinic days to finish your letters.
- We would like to ask you to complete also those letters of patients you saw at your last clinic day of the rotation with us.

Pediatric Day Unit Service

Some of our patients require special medications such as intravenous infusions and intra-articular injections. These are provided in PDU as most patients need them under sedation. Our sedation spot in PDU is Wednesdays after 12:30pm.

Service Rounds

- Prairie Telehealth Rounds – Case presentations and radiology rounds in form of a telehealth conference with centers in Saskatoon, Edmonton and Calgary. **Tuesdays, 1-2pm, Rm CE130** – Feel free to bring your lunch!
- Radiology Rounds – Diagnostic images discussed with radiologists. **Wednesdays, 330-430pm, Radiology reading room.** Feel free to join after your academic half day.
- Rheumatology Rounds – Along with adult rheumatology. **Thursday's, 9-10am, John Buhler Centre, Room 800.**