

## **RHEUMATOLOGY – GUIDELINES & OBJECTIVES**

At the end of the appointment, the student should be able to

### **Prerequisites**

1. Take a complete and relevant history from a patient with a rheumatological complaint
2. Examine the musculo-skeletal system, elicit physical signs and interpret the findings

### **Specific objectives**

3. Recognize and diagnose common and important rheumatological diseases (Rheumatoid arthritis, osteoarthritis, spondyloarthropathies, collagen vascular diseases, gout and soft tissue rheumatism)
4. Discuss the drug treatment of common and important rheumatological diseases and recognize the adverse effects of such treatment
5. Explain the aetiology, pathology, clinical features, management, and prevention of common and important rheumatological diseases
6. List the indications for special investigations in rheumatological practice (viz.), describe the procedure (including the collection of test material where relevant), and interpret the results
7. Describe special treatment procedures in rheumatological practice (viz, infrared, microwave, short wave, ultrasound, physiotherapy, nerve-muscle stimulation, traction, appliances) and the indications for such procedures
8. Recognize, understand and appreciate social, psychological and related problems affecting rheumatological patients and their families
9. Understand the organization and functioning of the rheumatological services in the hospital and understand the indications and the mode of referral of patients for rheumatological opinion
10. Understand the principles of rehabilitation (physiotherapy, occupational therapy and rehabilitation of a disabled patient)

### **The above objectives are achieved by**

- a. Seeing patients and maintaining case records
- b. Attending clinical classes and discussions
- c. Observing physiotherapeutic and rehabilitation procedures
- d. Reading lecture notes and textbooks on clinical methods and general medicine (understand immuno-pathogenesis of rheumatoid disorders)

### **Rheumatology Objectives – Kandy**

1. To learn clinical history taking and examination of the locomotor system.
2. To improve the examination skills and to improve the interpretation skills of clinical signs.
3. To learn and interpret investigation techniques in rheumatology.
4. To learn common rheumatological disorders; rheumatoid arthritis, Ankylosing spondylitis, osteoarthritis, gout, systemic connective tissue disorders and soft tissue rheumatism.
5. To be exposed to physiotherapy, occupational therapy and rehabilitation aspects of management of disabled patients.
6. To be exposed to and to understand the wide spectrum of disorders, including clinical rheumatology and to learn the immuno-pathogenesis of rheumatological disorders.

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