

Spine & Musculoskeletal Pain Medicine Fellowship

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Dear Fellowship Applicant,

Thank you for your interest in the MossRehab Spine & Musculoskeletal Pain Medicine Fellowship at Einstein Healthcare Network. The fellowship is twelve months long and includes clinical care, interventional care, teaching, and research experiences. By design, it is not an ACGME accredited program which allows more autonomy and curriculum flexibility to provide intensive experiences in the area of interest for the fellow whether it be more interventional spine, EMG, or musculoskeletal and sports medicine.

Requirements for consideration for the Fellowship include:

1. Completion of an accredited North American Physical Medicine & Rehabilitation residency
2. Personal Statement
3. Curriculum vitae
4. Three letters of recommendation, with at least two being from your academic institution

Elective rotations are not required to be considered for the fellowship but can be arranged if desired.

Applications will be reviewed as they are received and completed. Submit Application Materials via email to Christopher Plastaras at plastarc@einstein.edu

Interviews may be invited after review of application materials.

Curriculum of the fellow education: Our curriculum follows the North American Spine Society Sponsored Interventional Spine Fellowship.

You may contact myself or my administrative assistant, Brittany Betancourt, at BetancoB@einstein.edu or at (215) 663-6856 if you have any questions. Once again, thank you for your interest in the program. I hope that the following outline provides you some details of the curriculum.

Christopher T. Plastaras, MD

MossRehab

Clinical Director, Musculoskeletal Spine & Sports Rehabilitation Medicine

Einstein Spine Institute Co-Chair

Clinical Associate Professor, Rehabilitation Medicine, Jefferson University

Fellowship Director, MossRehab Interventional Spine & Musculoskeletal Pain Fellowship

Board Certified, ABPM&R, Sports Medicine & Electrodiagnostic Medicine

(215) 663-6856 Appointments

(312) 933-5197 Cell

plastarc@einstein.edu

MISSION

To provide spine and musculoskeletal medicine education to academically inclined physiatrists who wish to develop clinical excellence to improve patient care.

FELLOW CURRICULUM & EXPECTATIONS

EDUCATION

- Will follow education curriculum as outlined in North American Spine Society Sponsored Interventional Spine Fellowship.
- Exposure to acute, subacute, and chronic musculoskeletal & spine pathology.
- Exposure to shadowing musculoskeletal physical therapists at scheduled clinics.
- **Ultrasound guided** peripheral joint injections and
- **Fluoroscopically guided** spinal injections
 - under direct attending supervision at scheduled clinics. Depending on the skill progress and interest of each fellow, opportunity to do more complex procedures as appropriate:
 - Cervical, Thoracic, Lumbar epidural injections
 - Cervical, Thoracic, Lumbar selective nerve root injections
 - Cervical, Thoracic, Lumbar zygapophysial joint injections
 - Cervical, Lumbar Medial branch blocks
 - Sacroiliac joint injections
 - Intraarticular hip, knee, and shoulder injections
 - Radiofrequency procedures (spine, hip, knee)
 - Lumbar Discography
 - Lumbar intradiscal therapeutic procedures
 - Vertebral Augmentation
 - Ultrasound guided peripheral joint injections
 - Peripheral nerve stimulation
 - Intra-thecal management
 - Spinal stimulation
- **EMG/NCS's:** Maintain and sharpen electrodiagnostic evaluation skills
 - Structural EMG evaluations of radiculopathy, peripheral nerve pathology, plexopathy, etc.
 - Potential opportunity to enhance or learn skills with electrodiagnostic specialist
- **Sports Coverage**
 - Opportunity for on-field medical coverage of local high school and college athletics and more as tailored to the individual's educational goals
- **Medical Marijuana Evaluations**
- **Radiology**
 - Enhance proficiency reading musculoskeletal X-rays, Ultrasound, CT scans and MRI's.
- Supervise medical students and PM&R residents clinically and didactically.
 - Opportunity to set up clinic experiences with orthopedic surgeons, neurosurgeons, sports medicine physicians.

RESEARCH

- Adopt and work on a significant musculoskeletal research project through collaboration with MossRehab staff and if appropriate with Moss Rehabilitation Research Institute.
- Prepare for and give Grand Rounds style presentation
- Interact with other specialists involved in spine care
- Write a publishable chapter or article

TEACHING

Each fellow is expected to:

- Organize presentations for monthly Interdisciplinary Spine Rounds Conference
- Teach and supervise Temple University/ Jefferson / MossRehab PM&R residents and medical students on rotation

PATIENT CARE

Each fellow is required to participate in:

- MossRehab outpatient clinics directly and indirectly supervised by attending.
- MossRehab procedure clinics directly supervised by attending.
- Electrodiagnostic examinations both independently and directly supervised by attending.
- Checking test results, electronic messages / mail on a regular basis. All patient care related phone calls should be returned within one working day.
- Weekend inpatient calls ~9 times per year; including possible holiday weekends.

SAMPLE WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday		Friday	
AM	Elkins Park Clinic Dr. North	Elkins Park Short Procedure Unit Procedures Drs. Saulino, North, Plataras	Elkins Park Multi-Specialty Suite Clinic Dr. Plataras	Elkins Park Clinic Dr. North	Tabor Road Procedures Dr. Plataras	Collegeville Clinic Dr. North	Elkins Park Clinic Dr. North
PM						Montgomery EMGs Dr. North	Elkins Park EMGs Dr. Castillo

● Procedures with Attending

● Clinic with Attending

PRIMARY FACULTY

- [Christopher Plataras, M.D.](#)
- [Jeffrey North, M.D.](#)
- [Michael Saulino, M.D.](#)
- [Brenda Castillo, M.D.](#)

Exposure to other MossRehab and Einstein staff

BENEFITS

- Medical, Dental, Vision, Life, Short Term Disability, Retirement plans provided through Einstein Healthcare Network.
- Malpractice with tail
- Paid Time Off: 10 days to be used for vacation, conference, or job interview; up to 5 sick days
- Salary commensurate with PGY-5 annual salary; \$1,000 for CME activities.

LEARNING OBJECTIVES

Medical Knowledge - *Relating to the patient with regional musculoskeletal pain complaints:*

- Enhance knowledge of Anatomy as it pertains to the patient with regional musculoskeletal complaint
- Formulate differential diagnosis for patients with regional pain complaints
- Identify indications, advantages, and limitations for electrodiagnostic studies and radiographic imaging modalities (x-ray, bone scan, MRI, Diagnostic ultrasound, CT, discography, etc)
- Identify indications for percutaneous interventional (spinal/joint injections, radiofrequency ablation, etc) treatment
- Understand risks of injection treatments
- Identify conditions that require urgent surgical referral
- Demonstrate proficiency in reading x-rays of major joints and spine
- Demonstrate proficiency in identifying structures on spine MRI's
- Understand current exercise guidelines of the American College of Sports Medicine
- Understand clinically relevant anatomy and biomechanics
- Understand physiologic effect of exercise on soft tissues
- Understand physiologic effect of therapeutic modalities on soft tissues
- Understand the degenerative cascade of the spine
- Understand mechanical diagnosis/treatment (McKenzie assessment), manual and functional rehabilitation approaches

Patient Care - Exposure to treatment of common musculoskeletal complaints

- Understanding of ethical use of interventional procedures
- Demonstrate proficiency in gathering essential information and accurate patient information
- Develop and implement patient management plans
- Formulate reasons and thought process behind making decisions about diagnostic and therapeutic interventions
- Compose exercise/therapy prescription with specific diagnosis and recommended emphasis of treatment
- Synthesize an appropriate medical and rehabilitation problem list and care plan for a patient in the outpatient setting
- Experience with performing peripheral joint injection under sterile technique safely
- Experience with performing spinal injection procedures under sterile technique safely
- Experience with using fluoroscopy in a safe manner

- Experience with performing electrodiagnostic tests, interpreting data, and formulating electrodiagnostic impression
- Understand the role for complementary/alternative medicine

Interpersonal & Communication Skills

- Communicate effectively and demonstrate caring/respectful behaviors with patients and staff
- Demonstrate appropriate positioning in relation to the patient in the exam room to facilitate good rapport with patients
- Demonstrate ability to articulate the risks and benefits of different treatment options to patients
- Present information to patients, family members, caregivers & other health care providers in an effective manner.
- Establish trust and maintain positive rapport with patients
- Demonstrate effective listening skills.
- Promote teamwork in the clinical setting.
- Complete documentation and chart notes in a legible & timely manner.
- Ability to read spine & sports journal club article, assimilate content and communicate its meaning to staff and colleagues.

Professionalism

- Understand ethics involved in treating patients with acute and sub-acute pain.
- Demonstrate sensitivity and responsiveness to age, culture, disability and gender of patients and colleagues
- Consider effects of personal, social and cultural factors in the disease process and patient management
- Demonstrate reliability, punctuality, integrity and honesty in all interactions with patients and colleagues.
- Accept personal responsibility for own actions & decisions
- Apply sound ethical principles in practice (e.g., informed consent, confidentiality, veracity, provision or withholding of care)
- Prepare for, and have prompt attendance, and be appropriately dressed for regularly scheduled clinics, spine and sports journal clubs and didactic sessions.

Practice-Based Learning & Improvement

- Compare use of surgical, percutaneous interventional procedures, and other non-operative treatment methods in the context of patient satisfaction, efficacy, and cost-benefit.
- Demonstrate skill in supervising junior trainees in information gathering, decision-making, and patient management.
- Evaluate and/or modify own practice based on feedback from others
- Use information technology to appraise & assimilate evidence from scientific studies to enhance patient care outcomes
- Use information technology to collect patient care information and perform patient care documentation
- Identify appropriate assessment & measurement tools to evaluate functional status or outcomes of interventions
- Participate in regularly scheduled spine and sports journal clubs including article review, presentation, and discussion in the context of clinical practice

Systems-Based Practice

- Appreciate care provided to the person with musculoskeletal pain related complaints in context of larger health care system
- Understand financial and quality of life implications for the patient and society
- Advocating quality patient care and assisting patients in dealing with system complexities
- Partner with health care managers as appropriate to assess, coordinate, and improve health care and how these activities impact system performance
- Demonstrate the role of the physiatrist and concept of team approach to care, working effectively/collaboratively as leader of the team
- Summarize the physician's role in advocating for patient care needs
- Summarize the physician's role in disease management across the various levels of care in the health system in a cost-effective manner.
- Demonstrate how to access various community resources on behalf of the patient
- Demonstrate integrity and responsibility in interactions with insurance and/or disability-oriented agencies

FELLOWS TRAINED with Dr. Plastaras

[Paul Lento, MD](#) – RIC; Temple; Sarasota Orthopedic Associates

[Ed Hanada, MD](#) – Dalhousie University

Jennifer Reed, MD – Portsmouth, Virginia

[Lee Wolfer, MD](#) – California

[Brad Sorosky, MD](#) – Desert Spine & Sports, Phoenix, AZ

[Wesley Smeal, MD](#) – Alegent Health Sports and Spine, Nebraska

[Gary P. Chimes, MD, PhD](#) – University of Pittsburgh; Lake Washington Sports and Spine

[Paula Dawson, MD](#) – [Rehab.Institute of the Caribbean](#); [Univ. Hosp. of the West Indies](#), Jamaica

[Shana Margolis, MD](#) – Rehabilitation Institute of Chicago / Shirley Ryan AbilityLab

[D.J. Kennedy, MD](#) – Stanford University; Department Chair, Vanderbilt University

[Christopher Visco, MD](#) – Columbia University

[Anand Joshi, MD, MHA](#) – Duke University

[Donald Macron, MD](#) – Stonybrook Neurosciences Institute

[Seth Schran, MD](#) – Synergy Spine Care, NJ

[Natacha Falcon, DO](#) – Rothman Institute

[Mathew Abraham, MD](#) – Pennsylvania

[Jeffrey Lee, DO](#) – Roswell Pain Specialists, GA

[Akhil Chhatre, MD](#) – Johns Hopkins

[Malathy Srinivasan, MD](#) – Rothman Institute

[Alyson Axelrod, DO](#) – Rothman Institute

[Ashot Kotcharian, MD](#) – Johns Hopkins, Sarasota Orthopedics

[Matt Hahn, MD](#) – Omaha, Nebraska

[Reza Taher, MD](#) – Kaiser Permanente, California

[Ibrahim Usman Oyowe, MD](#) – Valdosta, Georgia

[Edward Wei, MD](#) – Harvard, Massachusetts

[David Surrey, MD](#) – Rothman Institute

[Ilya Igolnikov, MD](#) – University of Pennsylvania