

Medical Student Rotation Guide Foot & Ankle Service

Overview

Welcome to the medical student rotation on the Foot & Ankle service in the Department of Orthopaedic Surgery at Rush University Medical Center! We are excited to have you on service and hope you enjoy the rotation. Our goal is for you to learn more about our program and orthopaedics. On your rotation you will spend time in our ambulatory clinics, the operating room, as well as on call. You will work with our residents, fellows, and faculty all of whom are available to answer any questions or address any concerns you may have.

Faculty, Residents, & Fellows

During your rotation on the Foot & Ankle service, you will work with the following faculty, fellows, and residents:

Faculty

George Holmes, M.D.
Simon Lee, M.D.
Johnny Lin, M.D.
Kamran Hamid, M.D..

Rotation Schedule

Each day, you will be assigned to work with an attending in either the operating room or the ambulatory clinic. On the Foot & Ankle rotation, ambulatory clinics that you will be covering are located in the Midwest Orthopaedics (MOR) building at Rush University Medical Center (RUMC) or at Prarie Medical Center of Westchester (PMC). The Foot & Ankle faculty operate at the Rush ambulatory surgery center (RSC) as well as in the main operating rooms of Rush University Medical Center (RUMC) on the 7th floor of the tower

Midwest Orthopaedics Building (MOR) - The MOR building is directly across the street from RUMC. You can access the building via the 4th floor of the parking garage.

Prarie Medical Center of Westchester (PMC) – 2450 S. Wolf Road, Suite F, 2nd Floor, Westchester, IL 60154. Free parking is available in the lot right in front of the building or you may ride with a resident on service.

Rush ambulatory surgery center (RSC) – 5th floor of the professional building. Starting at Au Bon Pan (Facing the parking garage), walk to the right along the glass windows. Take a left at the fork to continue along the glass windows. Continue along this path towards the professional building. Once you get to the fourth floor of the professional building at the top of the ramp, take a left to go to elevator bank #3. Take this to the fifth floor.

Below is your typical weekly schedule barring any adjustments for vacations or other obligations.

Rotation Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Dr. Lee Clinic MOR	Dr. Lin OR RUMC	Dr. Lee Clinic PMC	Dr. Lee Clinic MOR	Dr. Lee OR RSC

Each week, your senior resident will confirm your daily schedule. You will typically begin your day rounding with the residents on all foot and ankle inpatients prior to our intake. All residents and medical students attend intake each morning on the 13th floor to review the call cases that came in the day prior. Intake starts between 6:15a – 6:45a each morning, depending on the day of the week. After intake, residents and medical students then work with our faculty in the operating rooms and clinics. More details about your schedule will be provided upon arrival.

Responsibilities & Expectations

Operating Room

To prepare for the operating room, students should know what cases they will be assisting in each week. Residents will typically tell you what your cases are, however, students should not hesitate to ask what the cases are for the coming week. In the operating room, we expect students to understand the relevant anatomy for each case and the indication for surgery. We do not expect students to know the steps of the case or how to do the case. If something is unclear, please feel free to ask questions. To assist in the OR, pay particular attention to draping and the workflow so that you can help after observing the first few cases. Please introduce yourself to the OR staff and be respectful of them at all times. Write your name on the white board so the circulator knows who you are. The OR staff can be your biggest advocates and will provide us feedback on how you are doing throughout the rotation. We expect that you assist with all scheduled cases each day. You will be excused from the operating room for required conferences, but please always check that the OR is adequately covered prior to leaving the hospital.

Clinic

In the clinic, we expect all students to dress appropriately and assist when asked. For men, please wear a clean pressed shirt and tie with a clean white coat. For females, please wear business casual attire with a clean white coat. Please do not wear any low cut shirts or skirts above the knee. Please introduce yourself to all support staff including PAs, NPs, nurses, and administrative assistants. Our support staff will be extremely helpful and will also provide us feedback on your performance.

We hope that through your experience in our ambulatory clinics you will be able to perform a detailed history and physical examination for a patient presenting to an orthopaedic foot and ankle clinic. Each physician will have different responsibilities for you in the clinic. Some faculty will allow you to see patients independently, perform a detailed history and physical, present the patient, and dictate the note. Other physicians will ask that you work with a resident or fellow while in clinic. Please ask your attending physician at the start of clinic what his or her expectations are for you. If you are not given the opportunity to see patients independently or

dictate you can still help with workflow and learn a significant amount about the clinical exam and indications for surgery.

Conferences & Presentations

In addition to resident didactic conference on Monday evening, medical student conference on Tuesday evening, and Grand Rounds on Wednesday morning, the Foot & Ankle service has conference on Tuesday morning in the 3rd Floor Conference Room of the MOR building at 6:30AM. At conference, the residents and fellow rotate giving a case presentation on a core foot and ankle orthopaedic topic followed by a short review of the topic. Presentations last typically 30 – 45 minutes. As part of your rotation, you will be expected to give one of these presentations. Your Chief Resident on service will assist you in selecting a topic and all of the residents and the fellow on service would be happy to assist you in preparing the presentation.

Recommended Readings

As part of your rotation we strongly recommend you refer to Netter's Concise Orthopaedic Anatomy as a reference for anatomy. In addition, we recommend you read the articles on fundamental foot and ankle topics in the *Journal of American Academy of Orthopaedic Surgeons*. Below is a list of topics and articles we recommend you read. If you have any difficulty accessing these articles, please feel free to ask any resident to assist you.

- Achilles ruptures
- Ankle arthritis
- Ankle fractures from rotational injuries
- Calcaneus fractures: minimally invasive treatment option – *JBJS*
- Foot and ankle infections
- Fracture of the proximal 5th metatarsal
- High ankle sprain and syndesmotic injury
- Lesser toe deformities
- Lisfranc injury
- Peroneal tendon injuries
- Posterior tibial tendon dysfunction
- Sports Injuries to Foot and Ankle

Chief Residents & Program Director

Once again welcome to the Foot & Ankle service! If you have any additional questions or concerns throughout your rotation please do not hesitate to reach out to our Chief residents or our Program Director, Dr. Monica Kogan.

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