

HKIN 471 SCHEDULE OF CLASSES WINTER 2005/2006 (2pm sharp)

Jan 9	Introduction of case studies – Provide Cases	Lloyd-Smith / Khan
Jan 16	Aetiologic and investigation; Benefits of RT; Levels of Evidence	Lloyd-Smith / Khan

Case Studies – Presentations (c=with)

Tutor for cases

Jan 23	4 55-yr old cyclist c chest pain 5 48-yr old runner complains of headache @ routine exam 70 28-yr old v'ball player collapses on court – sudden death	Lloyd-Smith
Jan 30	1 40-yr old triathlete c decreased performance and palpitations 3 50-yr old runner c decreased hill running ability 23 44-yr old runner with red urine	Khan
Feb 6	DRAFT PAPERS DUE 7 26-yr old elite X-country skier with dyspnea 9 17-yo athlete who develops dyspnoea 36 53-yr old basketball player with chest pain and dyspnea	Lloyd-Smith
Feb 13	READING WEEK	
Feb 20	22 23-y.o. varsity hockey player c abdominal pain 33 34-y.o international runner with diarrhea 68 15-y.o long distance runner c fatigue	Lloyd-Smith
Feb 27	PAPERS RETURNED 80 55-yo woman asks for exercise advice after a wrist fracture 81 75-yr old woman presents with recurrent falls 46 39-yr old training for marathon with leg pain and low energy	Khan
Mar 6	17 26-yo pro cyclist develops fatigue during tour of Baja 21 26-yo field hockey player develops wheezing after dinner 29 6-yo child who likes hockey presents with marked fatigue	Khan
Mar 13	FINAL PAPERS DUE 16 16-yo swimmer with poor performance 39 28-yo scuba diver with ear pain and decreased hearing 44 24-yo basketball player with blurred vision	Khan
Mar 20	COLLATED BOOK READY - COST ~ \$15 82 55 y.o. female runner presents for a routine annual check-up 31 28 yo runner develops a dark spot on her shoulder 53 Field hockey playe with recurrent boils	Lloyd-Smith
Mar 27	19 Marathon runner collapses after finish line at major games 20 28 yo mountain climber snowed in during climb - Alaska 26 Mountaineer develops dyspnea climbing in Chile	Lloyd-Smith
Apr 3	83 75-yr old man presents with slightly impaired memory 30 23 yo varsity hockey player light-headed after game 84 Varsity v'ball player c 6 mth history of fatigue and difficulty with concentration	Khan
Apr 7	Last day of classes	
April 11	First day of exams – Examination date not yet available	
Apr 28	Last day of exams	

GRADING

Case Presentation 25%

Joint presentation

Student 1 - responsible for: Abstract

Introduction
Case Study
Investigation
Diagnosis
References

Student 2 - responsible for: Discussion

Prevention
Conclusion

Paper 25%

Final Examination 50%

TUTOR SCHEDULES:

Rob Lloyd-Smith Times to be handed out

Office: 604 822 5439; 822 7011 – SHS (Student Health Service)

Email: rob.lloyd-smith@ubc.ca

Karim Khan

Jan 9 & Jan 16, 4-6 pm (16 slots) (HKIN)

Jan 11; 12-1 pm (4 slots) - University Marketplace, see below

Jan 18; 4-6 pm (8 slots) - University Marketplace, see below

University MarketPlace, Suite 211, above Starbucks

Department of Family Practice Office

Office: 225-2562 – Manager – Margie Bell; Falls Clinic = Ria Hechenova

Email: kkhan@interchange.ubc.ca

A-V Consultant: John McLeod 822-4641

References:

Journals:

Physician and Sportsmedicine (readily accessible but lower level of evidence)
Medicine and Science in Sports and Exercise
Scandinavian Journal of Science and Medicine
British Journal of Sports Medicine
Clinical Journal of Sport Medicine
American Journal of Sport Medicine
Clinics in Sport Medicine
Sports Medicine (Review Journal)

Books:

Clinical Sports Medicine – Brukner and Khan (revised 2nd edition; NB 3rd edition out in July 2006)
Evidence-Based Sports Medicine – Best and MacAuley
ACSM's Guidelines for Exercise Testing and Prescription. Seventh ed. Hagerstown, MD: Lippincott Williams and Wilkins; 2005.

Format for Paper: HKin 461/471

Your paper should look like the sample we have given you.

2 columns per page

Double-sided

There must be a 2.0cm margin on the left and right for binding – so we do not lose any of the text.

Do not forget your Title and Your Name(s)

Please print the final paper on your printer, good quality paper – do not give us a Xerox copy as the quality is important for reproducing for the book.

You can print one page at a time and then reinsert your paper to print on the other side – just make sure the pages are printed in the proper order and not upside down.

Format for easy reading: for example

Differential Diagnosis

1

2

3

Treatment (report highest level of evidence you can find)

1

2

3

Causes

1

2

3

Etc.

Separate sections from:

History

Physical Examination

Differential Diagnosis

Investigation

Diagnosis

Treatment

USE Spell check

USE Grammar check

NO colour

SPECIFY treatment

PROPER REFERENCING – no quotation marks – use format for referencing as in British Medical Journal – this information can be found in the notes to authors – or on their website

TRACK DOWN references that have a high level of evidence (especially for treatment) – internet references from non academic/medical sites are likely to be a low level of evidence

Case 1 40-yr old triathlete c decreased performance and palpitations
Case 3 50 year old distance runner with decreased hill running ability
Case 4 55 year old cyclist with chest pain
Case 5 48 year old runner – at routine examination complains of headaches
Case 7 26-yr old elite X-country skier with dyspnea
Case 9 17 year old athlete who develops dyspnea
Case 16 16 year old middle distance swimmer with poor performance
Case 17 26 year old pro cyclist develops fatigue during tour of Baja
Case 19 24 year old marathon runner collapses after finish line at major Games
Case 20 28 year old mountain climber snowed in during climb in Alaska
Case 21 26 year old field hockey player develops wheezing after dinner
Case 22 23 year old varsity hockey player with abdominal pain
Case 23 44 year old long distance runner with red urine
Case 26 50 year old mountaineer develops shortness of breath climbing in Chile
Case 29 6 year old hockey player presents with marked fatigue
Case 30 23 year varsity hockey player with light headedness after game

Case 31 28 year old runner who develops dark spot on her shoulder
Case 33 34 year old international runner with diarrhea
Case 36 35 year old basketball player with chest pain & shortness of breath
Case 39 28 year old scuba diver with ear pain and decreased hearing
Case 44 24 year old basketball player with blurred vision
Case 46 39 year old training for marathon with pain in iliotibial band and decreased energy
Case 53 Field hockey player with recurrent boils
Case 68 15 year old long distance runner with fatigue
Case 70 28 year old elite female volleyball player collapses
Case 80 55-yo woman asks for exercise advice after a wrist fracture
Case 81 75-yr old woman presents with recurrent falls
Case 82 55 y.o. female runner presents for a routine annual check-up
Case 83 75-yr old man presents with slightly impaired memory
Case 84 Varsity v'ball player c 6 mth history of fatigue and difficulty with concentration