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Thank You!

- ◆ A special thank you to the Thelma B. and Thomas P. Hart Foundation for their generous donation to our program.

Additional Resources:

1. University of Nevada School of Medicine
www.medicine.nevada.edu/
2. Nevada Sports Medicine
www.nevadawolfpack.com
 - ◆ Select Inside Athletics
 - ◆ Select Sports Medicine
3. Wolf Pack Athletics
www.nevadawolfpack.com
4. UNSOM Sports Medicine Fellowship
<http://www.medicine.nevada.edu/residency/reno/familymedicine/>

Prepared for the UNSOM Sports Fellowship Faculty November 2009

“Halftime Report”

Teaching Tips, Updates and Information for Sports Medicine Faculty

New Activities

- ◆ We have become the Medical Directors for the Tahoe Rim Trail Endurance Runs which will be held in July 2010. Any interested volunteers should contact Dr. Carol Scott.

Tahoe Rim Trail Endurance Runs website:

<http://www.tahoemtnmilers.org/trt50/>

- ◆ Sierra Pulmonary and Sleep Institute rotation with Dr. Michael Lucia.

Will cover many aspects of the diagnosis and management of exercise and sport related pulmonary disorders and pulmonary testing.

We are very excited to offer these opportunities to our fellow!

Faculty Development

Do you need CME Credit?

In conjunction with the Nevada Athletic Training Department we are exploring the possibility of a Sports Medicine Symposium in May 2010.

Please contact Dr. Carol Scott if you are interested in doing a lecture for the Sports Medicine symposium or attending for CME credit.

News

Dr. Todd Lorenc, our first Sports Medicine Fellow, passed his Sports Medicine CAQ with flying colors. Thanks to everyone for helping prepare him!

November Home Games

Volleyball

Thu 11/5 at 7:00p.m.
Thu 11/12 at 7:00p.m.
Sat 11/14 at 7:00p.m.

Soccer

Sun 11/1 at 1:00p.m.

Football

Sat 11/14 at 1:05p.m.

Men's Basketball

Tue 11/10 at 7:05p.m.
Sat 11/14 at 7:05p.m.
Sat 11/21 at 8:05p.m.

Women's Basketball

Sun 11/1 at 2:00p.m.
Fri 11/13 at 7:00p.m.
Mon 11/16 at 7:00p.m.
Mon 11/23 at 7:00p.m.
Fri 11/27 at TBA
Sat 11/28 at 5:00 & 7:00p.m.

Come out and watch the Wolf Pack!

PREPARATION OF EFFECTIVE SPORTS MEDICINE LECTURES

The following points can help prepare an effective lecture.

1. Know the audience: Understand the general knowledge base of your audience.

2. Know the setting: Presentation settings range from a noisy gym, a team room, or a quiet conference room.

3. Practice, practice, practice: Audibly rehearse your presentation in the mirror or to a colleague.

Present a case scenario: Start with a case to grab the audience's attention. Return to aspects of the case through-

out your presentation to provide teaching points and to break up the presentation.

Define your terms and clarify anatomy: Understanding the knowledge base of the audience.

Prepare for questions throughout your presentation: Physical examination techniques can be unfamiliar to most of your audience, and listeners may require clarification.

Follow a logical pattern: Demonstrate a logical flow through physical examinations from range of motion to

palpation to special maneuvers.

Carefully select illustrations: Too much information on an anatomy slide can become confusing and distracting.

K.I.S.S. (Keep It Simple, Stupid): Limit presentation slides to 7 lines of words each.

End with Take-Home Points: Provide your audience with only three take-home points.

By George Pujalte, MD and Kelsey Logan, MD