



COR-skills Newsletter

Elaboration of COR-skills standard guidelines for orthopedics and rehabilitation

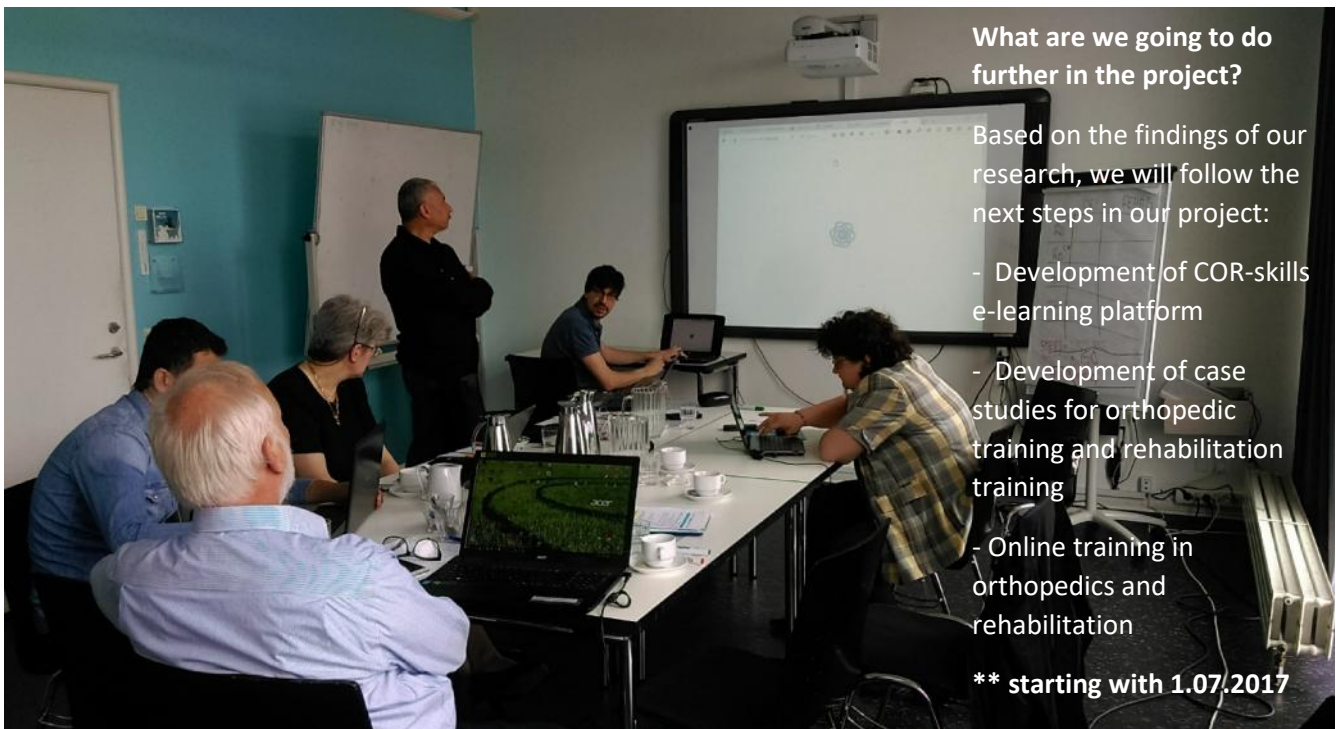
All Efforts Shall Come Together into one eLearning Programme

It is always a surprise how much work it takes to produce the single texts, photos, videos, quizzes, QA, etc. and make it all into a usable web site and an effective eLearning platform. Even we know it is like that from experiences.

The COR-skills project is at this stage in these months and have had good use of the two partner meetings in Athens and Copenhagen to ensure all partners are at the same page when the project enters the crucial phase where all the activities shall come together in one eLearning platform for orthopedic surgical procedures and rehabilitation procedures after surgery.

This Newsletter No 3 informs about the activities related to this process and the result/output O2: *Guidelines of operational standards in lower limb orthopedic surgery and rehabilitation*, and will also tell about the case materials to be used. Additionally, the Newsletter will inform about the Quality Assurance activities done as part of the project development.

All the information and materials will be available at the www.cor-skills.org which is updated at a regular basis. *PLEASE, do not hesitate to sign up at register on the web site and get access to the materials and results of the project.*



What are we going to do further in the project?

Based on the findings of our research, we will follow the next steps in our project:

- Development of COR-skills e-learning platform
- Development of case studies for orthopedic training and rehabilitation training
- Online training in orthopedics and rehabilitation

**** starting with 1.07.2017**

From the Copenhagen meeting 2nd June 2017: Putting the puzzle COR-skills together with all IT channels in use



The Guides Are Ready

During the last 6 months, the COR-skills partnership made important steps in order to develop common references for VET in orthopedics and rehabilitation. The main outcomes of this period are 2 Guidelines that function as an online information resource providing up-to-date treatment guidelines to orthopedic and rehabilitation professionals.

The Bucharest (RO) team together with the Turkish team have elaborated the *Guidelines of Operational Standard Procedures in Lower Limb Orthopedic Surgery*. And the Craiova team (RO) together with the Bulgarian team have worked out the *Guidelines of Operational Standard Procedures Rehabilitation Lower Limb Orthopedic Surgery*. The two teams have coordinated their work on their respective reports on the current state of the art in each their fields.

The guidelines introduce a brief depiction of selected standard procedures and protocols aiming at developing basic skills for medical specialists in the two areas: Orthopedic surgery and Rehabilitation after Orthopedic surgery (theoretical and practical skills for assessment, decision, treatment in different pathologies).

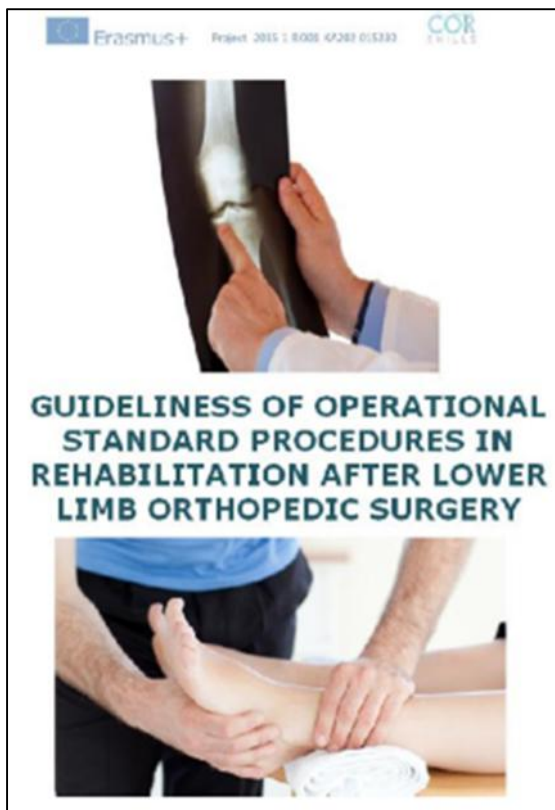
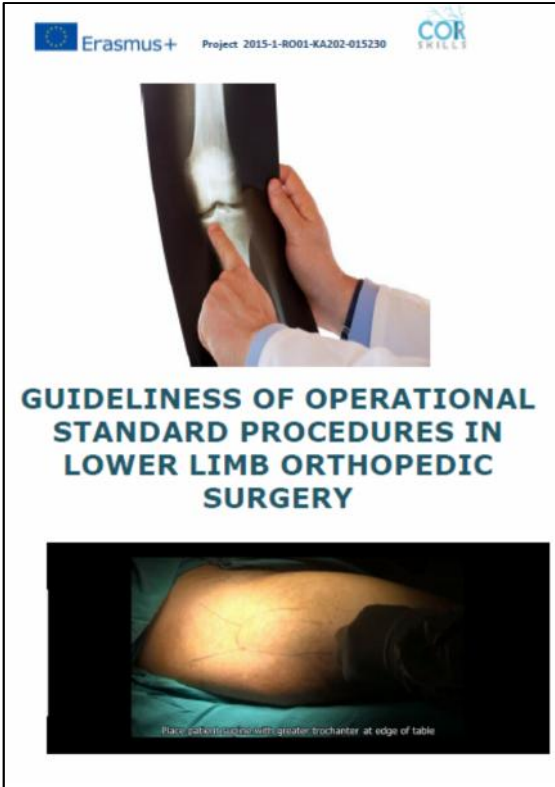
The Guidelines are available at the COR-skills web site: www.cor-skills.org/outputs.

Each guideline contains 12 standard procedures for hip, knee and ankle surgery and correspondent rehabilitation procedures. For each procedure, there are correspondent videos in English. The text is in form of a book, in which the recommendations associated with each procedural step are aligned to the existent medical evidence.

So, in simple words, what are our outputs until now?

O1. REPORTS AND RESEARCH STUDIES

- > Report for the current state of art in the field of protocols for orthopedic surgical procedures and rehabilitation protocols after surgery
- > National reports in participant countries
- > Transnational report
 - > **GUIDELINESS OF OPERATIONAL STANDARD PROCEDURES IN LOWER LIMB ORTHOPEDIC**
 - > **GUIDELINESS OF OPERATIONAL STANDARD PROCEDURES IN REHABILITATION AFTER LOWER LIMB ORTHOPEDIC SURGERY**
 - > **SURGERY**





The present clinical guideline was developed by a Work Group within the COR-skills partnership and is provided as an educational tool based on an assessment of the current scientific and clinical information and accepted approaches to orthopaedic surgery. It is not intended to be a fixed protocol as some patients may require more or less treatment. Patient care and treatment should always be based on a clinician’s independent medical judgment given the individual clinical circumstances.

The present material represents the best practice of experts within The Clinical Emergency Hospital Bucharest, Romania, University of Medicine and Pharmacy Carol Davila Bucharest and Mersin University from Turkey, one of the best known and most respected orthopaedic units in the correspondent countries.

The didactic team began working on this guideline by constructing a set of preliminary recommendations. These recommendations were based on a previous Research and Reporting for the Current State of Art in Orthopedic Surgical Procedures and Highlighted Needs in Medical Education.

Videos for each procedure

For each procedure, there are correspondent videos, capturing in real practice the manoeuvres presented in the guide, enabling the user to watch the procedure that is presented in the text and ensuring a better connection between knowledge and skills development. Also, the video material will create support for autonomous leaning practical skills for the trainees. The videos are available on the COR-skills e-learning platform where access is restricted by password.



. The Guidelines of operational standards in lower limb orthopedic surgery - videos

The easy to follow guidelines enable practitioners to look up a pathology and quickly see the recommended orthopaedic or rehabilitation strategy. Phases of treatment are defined to clearly show goals, precautions, treatment strategies and criteria for surgery or rehabilitation.

For the ORTHO guide, each presented procedure includes:

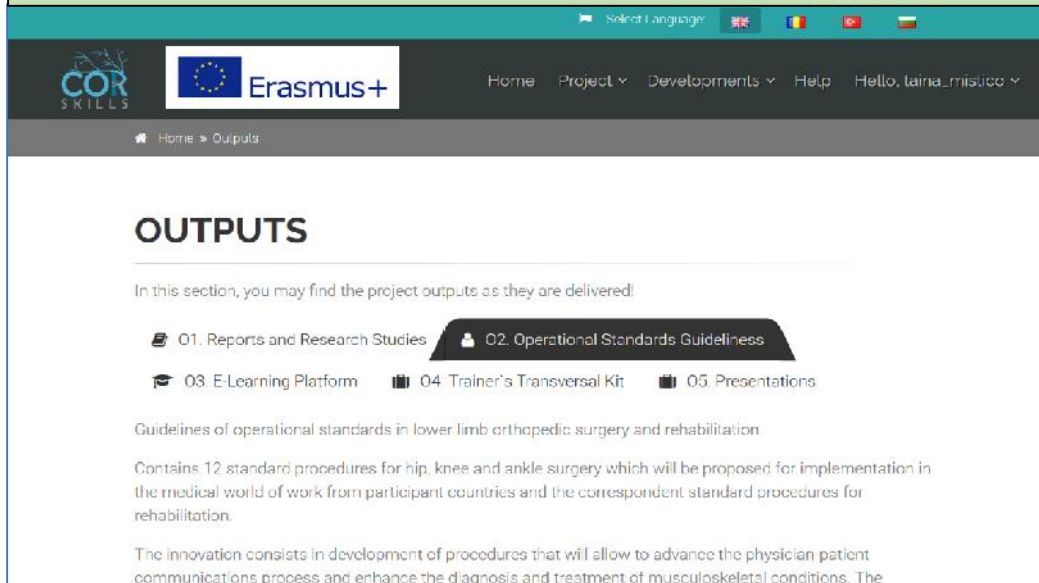
- the rationale for the procedure
- role of diagnosis - advanced imaging and assessment
- treatment algorithm and alternatives
- preliminary recommendations, indications and contraindications for surgery; risk and harms
- preoperative planning and the preparation of the patients for surgery
- surgical procedure - step by step description (video)
- early postoperative care
- potential short-term complications
- communication with patients (pre- and post-surgery).

For the REHAB guide, each presented procedure includes:

- the rationale for the procedure
- role of diagnosis
- preliminary recommendations
- rehabilitation timing and methodology (steps)
- Early Postoperative Exercises and Profilaxy of complications,
- Intermediate Exercise Program
- Advanced Exercises and Activities
- Communication with patients



All materials are free of charge. Everybody can consult the materials for free. Just register on the website



PROJECT PARTNERS

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NCSR "DEMOKRITOS"
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How can you reach us?

- If you want to participate to our multiplier event please consult COR skills website and find out all the event details.
- If you want to participate as trainees in our project please consult our website. You will find practical information about registration and its requirements.
- If you are interested in our developed materials and oncoming events please consult our website. We will permanently inform you with 1 month prior to the start-up of the multiplication events, registration and requirements for participation.



KA2 - Cooperation for Innovation and the Exchange of Good Practices Strategic Partnerships for vocational education and training.

This document reflects only the author's view and the NA and the Commission are not responsible for any use that may be of the information it contains.

Project Implementation Stage

- ❖ The 3rd COR-skills meeting was held on 2 May 2017 in Copenhagen, Denmark
- ❖ The next COR-skills multiplier event will take place in Turkey 17 June 2017

For any question please contact by the e-mail address Cor-skills@iit.demokritos.gr



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