

Curriculum  
for  
Post Doctoral Fellowship  
in  
**Advance Arthritis,  
Rheumatism &  
Autoimmunity**



**SRI AUROBINDO UNIVERSITY**

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## **AIMS OF THE POST-GRADUATE TRAINING**

Post graduate training, leading to recognition as a specialist, should furnish the doctor with knowledge and skills which will enable them to become competent in the field of rheumatology. The curriculum will enable trainees the opportunity to be competent in the:

- i. Establishment of a differential diagnosis for patients presenting with clinical features of musculoskeletal conditions by appropriate use of history, clinical examination and investigation
- ii. Performance of the core investigations required for all physicians practicing rheumatology
- iii. Development of management plans for the “whole patient” and have sound knowledge of the appropriate treatments including health promotion, disease prevention and long-term management plans
- iv. Communication of the diagnosis and management options with the patient and other members of the multidisciplinary team.
- v. Application of sufficient knowledge and skill in diagnosis and management to ensure safe independent practice.
- vi. Provision of effective team working and leadership skills
- vii. Application of knowledge of the appropriate basic sciences relevant to rheumatology
- viii. Management of time and other resources to the benefit of their patients and colleagues
- ix. Facilitation of effective learning by other clinical and allied staff.
- x. Maintenance of professional standards through continuing development and learning
- xi. Critical appraisal and analysis of clinical research methodology and result

## **PROGRAMME GOAL:**

The goal of the Fellowship program is to provide advanced training in Clinical Immunology & Rheumatology to produce competent sub-specialists who can provide clinical care of the highest order to patients and serve as future teachers, trainers and researchers in the field.

### **PROGRAMME OBJECTIVES:**

At the end of the course, the student should be able to:

- i. Clinically diagnose, investigate and manage a whole spectrum of non-immune mediated and immune-mediated rheumatologically disorders
- ii. Practically perform and interpret the common laboratory techniques used in a Rheumatology Laboratory
- iii. Plan and undertake research in Rheumatology in the clinic, laboratory and community
- iv. Competent to understand and critically analyze the new literature in the field of Rheumatology
- v. Teach the subject to undergraduates and postgraduates in Medicine and Paediatrics.

### **HIGHLIGHTS of the Certification Course**

1. Supervised training in rheumatology by practising rheumatologists
2. Structured classes on various topics as per the curriculum based on national board courses
3. Postings in Radiology, Orthopaedics(spine specialists), Nephrology, pulmonology, Dermatology, Ophthalmology, Neurology, Gastroenterology, Pathology ,Physiotherapy and Laboratory medicine for the comprehensive training in the subject
4. Hands on Procedural training, EMG training, Musculoskeletal Sonography training and relevant radiological training
5. Access to various standard reference books and journals in rheumatology

### **SCHEDULE OF POSTING AND TRAINING PROGRAMME**

### Fellowship Training Module Details

Sr. No.	Module	Brief Description	Duration
1	Clinical Rheumatology (OPD)	Practice based detailed rheumatology examination including thorough history taking, physical examination, clinical evaluation, evaluation of diagnostic investigations and management.	Entire training and discussions during weekly structured teaching sessions
2	Anatomy	Musculoskeletal system (MSK)-spine & joints, cartilage, motion, surface anatomy	2 months (twice a week)
3	Imaging	Plain Skiagrams, USG, CT scan, Isotope studies, MRI scan, PET; besides MSK, some study of chest, abdomen and CNS.	6 months (twice a week)
4	Laboratory	Routine diagnostic tests, acute phase reactants, RF, anti CCP, ANA, ds DNA and other CTD/ vasculitis autoantibodies, Chikungunya arthritis markers (cytokines etc). Hands on bench practical on Lab techniques such as ELISA, nephelometry/ turbidometry, Immunofluorescence, synovial fluid analysis using polarized microscopy, Molecular biology (DNA extraction, PCR).	6 months (twice a week)
5	Physiotherapy and Life style modifications	Non-pharmacological management such as physiotherapy, diet and lifestyle related training	6 months (twice a week)
6	Emergency care	Focus rheumatology; specially chest, cardiac, neurology and circulatory; general life supportive	Depending on the cases seen during the training
7	Renal	Biopsy and dialysis	
8	Chest	Scans, PFT	
9	Neurology	NCV, EMG	
10	Gastroenterology	Endoscopy	
11	Biological Infusions	Training on administration and monitoring of biologics such as TNF inhibitors, Interleukin inhibitors, B cell depleters/ inhibitors,	18 months (throughout the training period)

#### Additional training

##### 1. First Year:

- a. Besides the above, Synovial aspirations, Intra articular injections, interpretation of X-rays, CT scan, M.R.I, DEXA
- b. Students who are posted outside should attend Theory classes, Journal club and case presentation daily at the Department of Rheumatology in the afternoon.

##### 2. Second Year

- a. Student must attend clinic-pathological meetings in the institution
- b. Musculoskeletal Ultra sonography, Laboratory
- c. Interdepartmental sessions with radiology, pathology, vascular surgery
- d. Publication/ presentation at conferences.