JSS College of Physiotherapy
Department of Musculoskeletal and Sports Physiotherapy

Ref: JSSCPT/ MSK / AR /2018-19 Dated: 27th Sept, 2019

Annual Report

Department of Musculo Skeletal and Sports Physiotherapy comprises of following staff

- **Dr Kavitha Raja**
- **Mr Vijay Samuel Raj V** (Team Lead)
- Mr. Nityal Kumar. (till Jan 28th , 2019) – Resigned
- **Mr Kundan Das** (From April 2019)

  Mr Inam Ur Rehman Khan (From March 2019)
- **Ms Pallabi** (From March 2019)

Faculty role and responsibilities assigned: (2018-19)

1. **TEACHING** (including didactic, practical and clinical)

   October to January 2019
   - Mr. Nityal Kumar
   - Mr, Vijay Samuel

   February 2019 - Mr. Vijay Samuel and Dr Kavitha Raja

   Since March 2019 – Mr. Inam Ur Rehman Khan & Mr.Vijay Samuel

   Ms Pallabhi (Clinical Teaching – IP ortho) & OPD– Mr. Kundan Das (Clinical teaching)

2. **PATIENT CARE (CLINICAL)**

   October to January 2019

   IP Ortho – Mr.Nityal Kumar

   OPD – MSk &Sports – Mr. Vijay Samuel

   Since March 2019

   IP Ortho – Ms Pallabhi (Clinical Teaching)

   OPD – MSk &Sports – Mr. Kundan Das

I. ACADEMIC:

GOALS for the year 2018-19

1. **Incorporate self-learning**
2. **Apply the best evidence based teaching methods**
3. **Improve the competency of the students**
    a. Through participation in conference, conference presentation, academic presentations and research publication
    b. Performance in Internal assessment and university exams – measured through results
4. **Act as leaders and guide in incorporating Evidence Based Practice (EBP).**
5. **Apply Evidence based practice and recent advances in patient care.**
6. **Evaluation and revision of musculoskeletal curriculum in theory, practical**

ACTIVITIES:

1. **Self- Directed learning (SDL)** was introduced in the third year subject, which included topic like fractures. Analysis of SDL was done through assignment evaluation through written assessment and Google class room.
2. **Evidence based Teaching methods**: The following methods were incorporated
    i. SDL
    ii. Audio Visual – PPT and Video recorded Practical skills

3. Improve competency of students :

a. **Conference Participation:** Students were encouraged to participate and present paper in the 57th IAP conference and presented posters and Pain conference, 4 students presented on Ortho topic

b. **Academic Presentation :** Students of third year BPT actively participated in the academic presentations on Ortho topic (5 groups) and in academic week presentations in paper/poster and model making competitions

c. **Seminars** : Topics in the were incorporated in the Lesson Plan (LP) and allotted to students.

d. **OSPE** was introduced in the first internal exam

CURRICULUM DELIVERY

2018-19 – LESSON PLAN: 2017-18 feedback from the students and faculty was taken and analysed, based on that the LP was reviewed with the following additions

- References reviewed and added
- Assignments added
- Topics were categorised , SDC and seminars were added

ACTION PLAN implementation 2018-19 for the short falls of 2017-18:

1. The delivery of the MSK and Sports PT topics will be based on Region wise.
2. Region wise unit plan was delivered to students and was found to be feasible
3. Practical manual to be completed in the first quarter before going to the clinics.
4. LCS – of classes

PRACTICAL MANUAL and SCALB:

1. PM and SCALB reviewed and revised with additions

ACTION PLAN implementation 2018-19 for the short falls of 2017-18:

It was reported that SCALB did not have CLINICAL REASONING (CR) component. CR was added and implemented:

Short falls during 2018-19: Students found difficulty in documenting the CR component in the SCALB.

Remedial Measures taken:

- Orientation to clinical evaluation was organised.
- Supervised clinical teaching with emphasis on CR and evaluation was incorporated
- Dr. Kavitha Raja took initiatives to evaluate the SCALB on day-to-day basis and guided students on the CR evaluation and on documentation process.

HOSPITAL POSTINGS (clinics)

- Objectives for each postings were implemented and attained
- Case presentation and discussion was conducted as an on-going process every week under the guidance of the faculty.
- Group discussion on patient condition and rare case discussion were guided and supervised by the faculty.

Short falls during 2018-19:

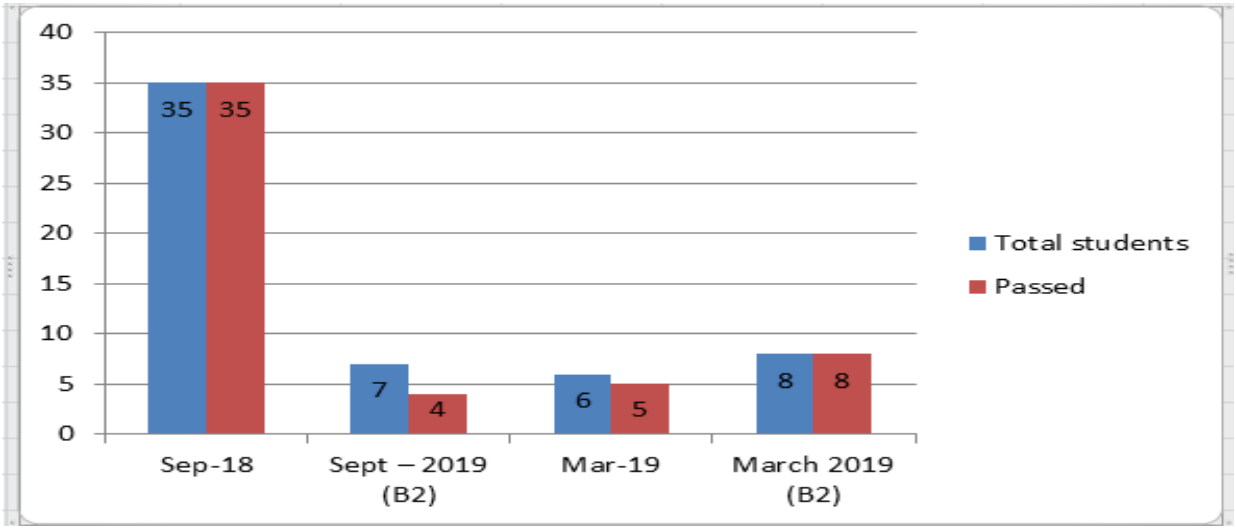
- Faculty resignations and new staff appointments (accommodate changes took time)
- Student direct evaluation and treatment planning on patients was delayed due to faculty change.

Remedial Measures: New faculty were oriented and individual mentoring of staff were carried out by the senior staff and by the principal.

OUTCOME: Result Analysis

BPT - Third year Musculo Skeletal and Sports Physiotherapy

Month /Year	Total students	Passed	Percentage
Sept 2018	35	35	100%
Sept – 2019 (B2)	7	4	57%
March 2019	6	5	83%
March 2019 (B2)	8	8	100%
TOTAL	42	39	93%



MPT (MSK & Sports)

Month /Year	Total students	Passed	Percentage
Sept 2018	3	3	100%

II. RESEARCH

Goals:

- Research Publications in the area of musculoskeletal and sports (2 from each faculty in an indexed journal)
- Improve care and teaching through continuous research based information.
- Encourage research activities among faculty and students – conference participation and presentations (2 per faculty).
- Research interest groups (2 groups, consisting of faculty, PG /UG student)

RESEARCH OUTPUT

Year 2018 -19	PG Dissertations	Staff Publications	Grants	Student presentation
Completed	3	2	1 (on-going)	6
Ongoing	3		2 (Students)	
Applied / Press			3 (RGUHS)	
TOTAL	6	2	6	6

Conference and training

Name	Conference	Workshop / Training
Kundan Das	1	2
Pallabi	1	2
Inam Ur Khan	-	1
Vijay Samuel	2	1

Short Falls:

- Faculty publications not achieved as planned
- Research interest group – Ortho was not active during the year 2018-19

III. CLINICAL

Goals

- Provide optimal quality care for the clients
- Physiotherapy service that is based on high standards of care and practice which are evidence based.
- Comprehensive range of specialized service that is accessible and aligned with the patients' goal.
- Patient care with compassion

2018-19 ACTIVITIES

1. Sop REVIEWED
2. Patient care pathway reviewed and printed
3. ACL rehabilitation referrals increased
4. Ortho OPD extension service started
5. Patients in OPD increased number and revenue
6. Case conference
7. Low Back Pain clinic – Proposal discussion along with Pain clinic is in preliminary stage will be functional from November 2019.
8. Sports rehabilitation / On-field evaluation and treatment – Extension service to Mysore University – Sports and DYSS is initiated in discussion with the authorities. The activities will be functional from 2019-20
9. Quality Advocacy : Clinical Audit was carried out by the faculty and clinical staff

Short falls:

1. Dedicated workshops on clinical skills was not organised as planned
2. Review and training of documentation format in IP and OP was not carried out.

IV. EXTENSION SERVICE / SPORTS POSTINGS

PG Students and Staff were posted for Dasara sports meet, held at DYSS from 10th to 16th October 2018. PGs had opportunity to explore on the on-field events and conducted video analysis of hockey men and women events.

Faculty	PG students
1. Vijay Samuel Raj (Asst. Prof) 2. Nityal Kumar (Lecturer) 3. Rahul Ahluwalia (Sports PT, Pune) Guest Faculty (on-field assessment & treatment)	1. Rahiba 2. Jeslin 3. Mukunda

Name	Signature
1 Dr Kavitha Raja	
2 Mr. Vijay Samuel Raj V	
3 Mr. Kundan Das	
4 Mr Inam-ur-Rahman Khan	
5 Ms Pallabi Nandi	