Rotator cuff disorders

VEDA GOWDA¹, SHASHI GODEY²

¹Clinical Fellow, Department of Orthopaedics, New Cross Hospital, Wolverhampton, UK

²SHO, Department of Plastics and Burns, Wythenshawe Hospital, Manchester, UK

Orthopedic Associates of Portland

<http://www.orthoassociates.com/shoulderRCD.htm#surgery>

This is a website of a private healthcare centre in the state of Maine in US (Orthopaedic Associates of Portland). The site gives a clear understanding of related anatomy, pathological changes and investigations of rotator cuff disease. The options of conservative and surgical treatments have been clearly explained. There are also further links to resistance exercises, Arthroscopic techniques for rotator cuff repair and rehabilitation protocols. Although a site of a private healthcare, no particular preference was shown towards surgical management. Initial discussion seems appropriate for the level of patient understanding but more and more technical details combined technical jargon make the later part suitable for medical students and family doctors. Especially, the arthroscopic technique link, with good photographs is useful even for junior orthopaedic trainees.***

Southern California Orthopedic Institute

<http://www.scoi.com/cuffdise.htm#10>

Short and sweet webpage with the popular FAQ format. No further links and no images but just about right amount of information for a busy, yet inquisitive patient. Good discussion of aetiology of disease process. Management options are clearly outlined including topics like what if left untreated? Also tells that surgery is neither panacea nor essential requisite. Clear and mostly non-technical description makes it ideal for patient education.****

Cincinnati Sports Medicine Research Education Foundation

<http://www.cincinnati-sportsmed.com/shoulderb.htm#5>

Another US-based FAQ format website. Although the description of anatomy and pathogenesis is brief, there is detailed description of surgical management including indications for surgery, preparation for it, technical details as well as postoperative recovery and rehabilitation. Very little information on non-operative management, which also suggests that surgery is the only method of treatment (did not take into consideration that most old patients may never require surgical management and could simply be treated with conservative management).**

International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine

<http://www.isakos.com/innovations/shoulder.aspx>

This site is primarily useful for orthopaedic trainees. More of a literature review and evidence-based practice style information, particularly looking at controversies with regards to pathogenesis,

as well as conservative and operative management modalities. Complete with appropriate references at the end for further reading for serious exam goers!***

University of Washington – Orthopedics and Sports Medicine

http://www.orthop.washington.edu/uw/tabID__3407/Default.aspx

This is probably the most informative site of all. Useful for both patient and surgeons alike. There is plenty of information out there, including pathogenesis, pathological basis of clinical signs, detailed surgical techniques of arthroscopic repair as well as shoulder arthroplasty as a treatment for cuff arthropathy. Well recommended for anybody with advanced interest in this condition. Although a bit too much for patients, if they can filter it out properly, most of the description is non-technical. Another negative point is that there are no internal links between the topics, one has to come back to first page to go for another link (which obviously will not greatly help patients).****

American Academy of Family Physicians

<http://www.aafp.org/afp/980215ap/fongemie.html>

This is a good site especially for GPs as well as medical students. Clear and unambiguous description along with diagrams makes it easy to read. Clinical signs section has good photographs, which also divides them along the lines of range of movements, impingement signs and strength testing. However, the description and names given to the tests are a little confusing, not conforming to standard names used in common clinical practice. Not a useful site for patients as well as advanced readers due to the paucity of information on operative management.**

Interview preparation for SpR posts – NHS and Healthcare. What you need to know?

T GUNENDRAN¹, A SINCLAIR²

¹SpR in Urology, Blackburn Royal Infirmary, Blackburn, UK

²SpR in Urology, Bolton Royal Infirmary, Bolton, UK

CORRESPONDENCE TO

Thiru Gunendran, 38 Linen Court, Trinity Riverside, Manchester M3 6JG, UK. E: thirugunendran@hotmail.com

Department of Health (DH)

<http://www.dh.gov.uk>

This is an absolutely essential website detailing information about the NHS plan and the NHS improvement plan, the National Service Framework, National Leadership Network as well as other key documents. The article on National Standards, Local Action: Health and Social Care Standards and Planning Framework 2005–2008 sets out a framework for all National Health Service (NHS) organisations and social service authorities to use in planning over the next financial 3 years. There is also information about Clinical Governance and Risk Management, Patient Choice, NHS complaints procedure, the European Working Time