Rotator cuff disorders

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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?

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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

Directive and other important interview topics. Read about the Priorities and Planning Framework 2003–2006 (PPF). The key targets for 2004–2005 are: increase the level of choice in each year, offering routine choice of hospital provider at point of booking for all patients by December 2005 with 100% booking of day-cases and two-thirds of all first out-patient and in-patient elective admissions being pre-booked by March 2004.

National Institute for Health and Clinical Excellence (NICE)

<http://www.nice.org.uk>

NICE is the independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health. On 1 April 2005, NICE joined with the Health Development Agency to become the new National Institute for Health and Clinical Excellence (also to be known as NICE). The homepage is divided into 2 sections:

Clinical excellence

Currently, NICE produces three kinds of guidance: technology appraisals, clinical guidelines and interventional procedures. NICE has established a number of National Collaborating Centres (7 at present) to harness the expertise of the Royal medical colleges, professional bodies and patient/carer organisations when developing clinical guidelines.

Public health excellence

The Centre for Public Health Excellence at NICE commissions research to support evidence on how to improve the public's health. It draws together data from a range of sources, maintains an up-to-date map of the evidence base and disseminates examples of good practice.

Consider reading the role of NICE and NICE guidance for your chosen specialty.

Specialist Training Authority (STA)

<http://www.sta-mrc.org.uk>

The Specialist Training Authority of the Royal medical colleges is the competent authority for postgraduate medical training in the UK and has responsibility for all specialties except General Practice. It awards Certificates of Completion of Specialist Training (CCSTs) and approves doctors for entry to the Specialist Register held by the General Medical Council. However, with the Modernising Medical Careers in progress, CCSTs will no longer be issued and anyone completing training from October 2005 will be awarded a Certificate for Completion of Training (CCT).

Postgraduate Medical Education Training Board (PMETB)

www.pmetb.org.uk

The PMETB was established in 2003 as an independent body to supervise and develop a single, unifying framework for postgraduate medical education (PGME) and training across the UK. The PMETB is due to take over the functions of the STA and the JCPTGP in assessing training qualifications and experience

for the purposes of gaining entry to the Specialist Register or getting a JCPTGP certificate to work in general practice. It will become the competent authority for approving the specialist training of doctors and certifying that doctors have reached a level of competence to be included in the Specialist Register and (future) Register of General Practitioners maintained by the General Medical Council. The Board's remit covers basic and higher specialist training but does not cover: undergraduate medical education, nor that of pre-registration doctors, which remains the responsibility of the General Medical Council and universities, or undergraduate and postgraduate dental education and training, which remains the responsibility of the General Dental Council.

General Medical Council (GMC)

<http://www.gmc-uk.org>

The GMC was established under the Medical Act of 1858. It is not here to protect the medical profession but to protect patients. Their legal authority is the Medical Act, which gives them powers to protect, promote and maintain the health and safety of the public. It is a registered charity, whose governing body, the Council, has 35 members: 19 doctors elected by the doctors on the register; 14 members of the public appointed by the Privy Council; and 2 academics appointed by educational bodies (universities and Royal medical colleges). It also produced the booklet *Good Medical Practice* (first published in 1995, currently 3rd edition published in May 2001) and information about licensing and revalidation (read article entitled 'Postponement of Licensing and Revalidation' dated 4 March 2005).

Modernising Medical Careers (MMC)

<http://www.mmc.nhs.uk>

The MMC was introduced to change postgraduate education in the UK. It is sponsored by the Department of Health. It will pilot in urology from 2005. All 8 other surgical specialties will commence the postgraduate agenda in August 2007. This gives information about seamless training and entry into Foundation years 1 and 2. Post-Foundation Programme, specialty training will be streamlined to deliver consultants who will be 'Core Specialists'. Streamlined training will also afford further opportunities for supra-specialisation that are flexible enough to allow doctors to adapt their training to accommodate changes in medical technology and that can provide the right numbers of doctors to meet changing service needs.

Joint Committee on Higher Surgical Training (JCSHT)

<http://www.jchst.org>

This website is designed specifically for those individuals who either wish to undertake higher surgical training in the UK or Ireland, apply for entry to the Specialist Register in the UK or are involved with higher surgical training either at national or regional level. The website also contains a section detailing information on the visits of inspection process run by the JCSHT (by the

*****CONSIDER BUYING SHARES *****TELL YOUR FRIENDS
***MAY BE USEFUL **LOOK IF YOU'VE GOT NOTHING TO DO
*BEST AVOIDED

SELECTED INTERNET VIEWING

Specialist Advisory Committee). The JCSHT has produced a Manual of Higher Surgical Training in the UK and Ireland (pink book). This site also has specialty specific information for trainees.

Specialist Advisory Committee (SAC)

http://www.jchst.org/sac_members

A Specialist Advisory Committee (SAC) ensures that a training post's educational facilities and training environment are of a sufficiently high standard to allow trainees to achieve their educational goals and successfully complete a period of higher specialist training. An SAC also monitors the training and education of every trainee in its specialty. Only when it is felt that an individual trainee has received sufficient training can an SAC recommend that he or she be awarded a Certificate of Completion of Specialist Training (CCST).

Conference of Postgraduate Medical Deans of the United Kingdom (CoPMeD)

<http://www.copmed.org.uk>

Postgraduate Deans work in close association with College Regional Specialty Advisers. They contract with Trusts and others and ensure that Trusts, GP Training practices and Health Authorities provide suitable learning environment to meet the expectations of specialist and generalist medical and dental training, as defined by the requirements and standards of Royal medical colleges, faculties and universities. COPMeD provides a forum in which members can meet to discuss current issues, share best practice and agree a consistent and equitable approach to training in all deaneries. It acts as a focal point for contact between the Postgraduate Medical Deans and other organisations, e.g. Royal medical colleges, GMC, BMA, MRC, AMRC and NHS Executive.

Healthcare Commission (previously Commission for Health Improvement or CHI)

<http://www.chai.org.uk>

The Healthcare Commission is an independent body, set up to promote and drive improvement in the quality of healthcare and public health. It has a statutory duty to assess the performance of healthcare organisations, award annual performance ratings for the NHS and co-ordinate reviews of healthcare by others.

NHS Gateway

www.nhs.uk

This site gives you all you need to know about the NHS. Not really worth looking at unless you are searching for a specific topic as there is too much information. Worth a browse if you have time on your hands and perhaps to familiarise yourself with various on-going issues within the NHS. The section on performance indicators and star ratings is relevant. Look under performance ratings for Acute and Specialist Trusts and it gives various indicators. There are four indicators: key targets, patient focus, clinical focus and capacity and capability focus

Statistics on the web

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www.members.aol.com/johnp71/javasta6.html

Called statpages.net, this site is maintained by John Pezzullo with world-wide contributions and the stated mission of free dissemination of statistical knowledge. It is truly a mammoth compendium of statistical resources with over 600 links of which it is claimed that there are about 380 pages which support calculations. There are separate sections devoted to statistical tests, random number generators, range of calculators, plotters, software packages and texts. It was not practically possible to check every link, but a random check of 40 links proved the listings to be valid, robust and extremely useful. A must-visit gateway site for anyone looking for statistical resources on the web and worth book marking.*****

www.my.execpc.com/~helberg/statistics.html

Maintained by Clay Helberg, this is another almost encyclopaedic resource of statistics available online. It provides a list of, and links to, a range of statistical educational resources, statistics courses and textbooks, publications, software, professional organisations, institutes and consulting groups. The lists are arranged in thematic groups within which they are listed alphabetically. A short summary follows each link helping the user to navigate based on the content.*****

www.stat.sc.edu/rsrch/gasp/

Also called the globally accessible statistical procedures page (G.A.S.P), it was an initiative to make statistical procedures available online but does not match the preceding two sites. Two categories of resources are available – data analysis resources and educational resources. Data analysis procedures are available through links and include free downloadable and web-based software. The educational section seeks to explain selected statistical concepts in an interactive style with examples or graphs. Applets used to explain the central limit theorem, confidence intervals and regression are particularly useful. The downside is that: (i) it is not exhaustive; and (ii) some of the links may need updating or need special plug-ins for access.**

www.faculty.vassar.edu/lowry/VassarStats.html

Maintained by Vassar College, USA and authored by Richard Lowry, this site is a veritable source of statistical utilities such as statistical tables, randomiser, graph maker and sampling distribution generator. In addition, a wide range of statistical tests can be performed and are grouped under different data categories. Data may be manually entered or imported from another application of the user. It has a link to a companion site which hosts an online text resource called 'concepts and applications of inferential statistics'. The topics are