



MALAYSIAN MEDICAL COUNCIL

SPECIALTY-SPECIFIC REQUIREMENTS (SSR)

(SPORTS MEDICINE)

Prepared By:

Specialty Education Subcommittee (SEC)
of the Medical Education Committee (MEC),
Malaysian Medical Council

Approved by the Malaysian Medical Council:

19th November 2024

Preface

1. The Specialty-Specific Requirements (SSR) pertain to requirements within each specialty and specify the minimum requirements pertaining to the training curriculum, trainers, educational resources and head of programme.
2. The Specialty-Specific Requirements (SSR) are intricately linked to the MMC Malaysian Standards for Medical Specialist Training 2019, and the Standards and SSR must be read and applied together.

Specialty-Specific Minimum Requirements for Training Curriculum (Based on Area 1.2.4 of Malaysian Standards for Medical Specialist Training) - Sports Medicine		
Specialty-Specific Requirements (Reference Standard)	Criteria	
1) Minimum entry requirements for postgraduate training (Standard 3.1.)	1. Fully registered with the Malaysian Medical Council with a current annual practicing certificate. 2. Successful entry evaluation into the programme.	
2) Minimum duration of training programme (Standard 1.2.4 - Table 2)	Completion of a minimum of 48 months of specialised training in the specialty programme.	
3) Structure of training (rotation/modules) (Standard 1.2.4 - Table 3 & Table 4)	The programme should have a clear pathway encompassing phases of training which shall include the basic and advanced components in Sports Medicine. Compulsory Rotation Program:	
Training overview <		

	Emergency Medicine	2
	Rehabilitation Medicine	2
	*Duration of training per year is 48 weeks	
4) Assessments (Standard 2.2.1)	Assessments should i. Employ appropriate methods and levels that are well-aligned with learning outcomes. These include a variety of methods and tools such as CBD, Mini-CEX, DOPS, theory examination, clinical examination, logbook, supervisor's report, training and practice diaries. ii. Include methods appropriate to assess communication skills, ethics and professionalism. iii. Include formative and summative assessments throughout each rotation, semester, or year of study. iv. Include clear criteria for progression to next year of study. v. Include an exit evaluation/assessment.	
5) Additional requirements for completion of training (Standard 1.2.4)	i. Completion of graduate-level research or clinical audit project. ii. Satisfactory completion of required courses which includes: a. Research methodology course b. Good clinical practice course	
6) List of competencies to be acquired upon completion of training (Standard 1.1.4)	<u>Generic competencies</u> Upon completion of training, the trainee must be able to 1. Diagnose, investigate and manage common Sports Medicine cases using evidence-based medicine with consideration to patient safety and health economics. 2. Anticipate and manage complications and make timely referrals. 3. To work independently and within teams maintaining ethical conduct and professionalism. 4. Display good communication and counseling skills for effective management of patient care. 5. Perform critical review, plan and conduct of scientific research using effective digital skills. 6. Exemplify self-advancement and improving patient care through participation in continuous academic and professional development activities. 7. Demonstrate exemplary leadership qualities in healthcare. 8. Demonstrate an entrepreneurial mindset and be able to identify problems for improvement in healthcare system.	

	<u>Specialty Specific Competencies</u> 1. Management of Acute and Chronic Musculoskeletal (MSK) injuries. 2. Interpret MSK Radiological imaging. 3. MSK Rehabilitation including pre- and post-Orthopedics surgery and return to sport and physical activities. 4. Sports emergencies management. 5. Prescribe clinical exercise regime including post-operative cases. 6. Provide clinical sports expertise in national/international sports events. 7. Able to perform competently procedures, including but not limited to:<table><tr><td>Joint injection and aspiration</td></tr><tr><td>Soft tissue aspiration and injection</td></tr><tr><td>Diagnostic musculoskeletal ultrasound</td></tr><tr><td>Ultrasound guided musculoskeletal injection</td></tr><tr><td>Application of Orthosis</td></tr><tr><td>Application of Taping</td></tr><tr><td>Biofeedback assessment and evaluation for rehabilitation</td></tr><tr><td>Exercise Stress Testing</td></tr><tr><td>Lung Function Test and interpretation</td></tr><tr><td>Fitness test: - Field test, - flexibility, - balance and - muscle strength </td></tr><tr><td>Cardiopulmonary Exercise Testing (CPET)</td></tr><tr><td>Electrocardiography (ECG) assessment and interpretation</td></tr><tr><td>Anthropometric & Body Composition Assessment and analysis</td></tr><tr><td>Isokinetic Testing</td></tr></table>	Joint injection and aspiration	Soft tissue aspiration and injection	Diagnostic musculoskeletal ultrasound	Ultrasound guided musculoskeletal injection	Application of Orthosis	Application of Taping	Biofeedback assessment and evaluation for rehabilitation	Exercise Stress Testing	Lung Function Test and interpretation	Fitness test: - Field test, - flexibility, - balance and - muscle strength	Cardiopulmonary Exercise Testing (CPET)	Electrocardiography (ECG) assessment and interpretation	Anthropometric & Body Composition Assessment and analysis	Isokinetic Testing
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Note: These criteria represent the minimum standards. Each educational programme provider may exercise their autonomy to state criteria above and beyond these minimum standards.

Specialty-Specific Minimum Requirements for Training Centres and Head Programme (Based on Areas 3-6 of Malaysian Standards for Medical Specialist Training) - Sports Medicine								
Item no	Specialty-Specific Requirements (Reference standard)	Criteria						
4	Trainer-to-trainee ratio. (Standard 3.1.3)	1:4						
5	Minimum qualifications and experience of trainers (Standard 4.1.2)	i. Registered with National Specialist Register. ii. Completed Training-of-Trainer course/equivalent.						
6	Minimum requirements for educational resource (Standard 5.1.1)	The diagnostic facilities and equipment requirement of the programme training centres must collectively be able to accommodate the following minimum requirements: i. Physical Facilities: a. Tutorial rooms for regular scheduled educational activities b. Internet access c. Access to library or electronic resource d. Computer room with internet facility ii. Service area: <table><tr><th>Service Area</th></tr><tr><td>Outpatient clinic</td></tr><tr><td>Inpatient ward</td></tr><tr><td>Gymnasium or Rehabilitation area</td></tr><tr><td>Physiotherapy unit</td></tr><tr><td>Radiological facility</td></tr></table>	Service Area	Outpatient clinic	Inpatient ward	Gymnasium or Rehabilitation area	Physiotherapy unit	Radiological facility
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		Pathology and Microbial laboratory											
		Pharmacy department											
		Other relevant departments: - Cardiology - Accident and Emergency - Orthopedics - Rehabilitation Medicine - Internal Medicine											
		iii. Equipment:											
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iv. Case Mix and Case Load:													
The case load of the programme training centers must collectively be able to accommodate the following minimum requirements for each trainee:													
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7	Minimum qualifications and experience of Head of Programme (Standard 6.2.2)	i. 5 years or more of working experience after national specialist registration ii. Experience in administration and/or academic management														

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ACKNOWLEDGEMENT

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