



Clinical Examination Station 2

9 minutes with up to 1 minute for feedback

You are an orthopaedic SHO in outpatients and your consultant has asked you to perform a knee examination on this returning patient and present your findings. You will then be asked some questions regarding the management.

Knee Examination

Performs an appropriate examination of the knee, with the patient both standing and lying, following a 'look, feel, move' approach, including examination for integrity of ligamentous structures (or offering and describing technique if appropriate)

Presents findings coherently and succinctly, including comment on extent of flexion/extension

What are the radiographic changes of osteoarthritis?

- loss of joint space
- osteophyte formation
- subchondral sclerosis
- subchondral cysts

Describe the management options for osteoarthritis?

- Non operative
 - Lifestyle modification – weight loss
 - Physiotherapy – strengthening quadriceps
 - Occupational therapy – mobility aids
 - Analgesia – following the WHO analgesia ladder, beginning with simple analgesics
 - Intra-articular steroid or hyaluronic acid injection
- Operative
 - Arthroscopic debridement and washout
 - Realignment osteotomy
 - Unicompartmental knee replacement
 - Total knee replacement
 - Arthrodesis

What are the complications of total knee replacement?

- Immediate: intra-operative fracture, adverse anaesthetic reaction, bleeding
- Early: deep vein thrombosis, pulmonary emboli, infection,
- Late: infection, aseptic loosening, peri-prosthetic fractures, stiffness

What methods can be employed to reduce the risk of the development of deep vein thrombosis after knee replacement surgery?

- Early mobilisation
- Thombo-Emboloc Deterrant stockings (TED stockings)
- Intermittent pneumatic compression devices
- Prophylactic low molecular weight heparin

Overall impression of the candidate Please encircle your mark

FAIL

BORDERLINE FAIL

BORDERLINE PASS

PASS

If you have any specific comments about this candidate please write them in the box.