

SOMM FOUNDATION MODULE

Brief Overview

The Society of Musculoskeletal Medicine (SOMM) is an organisation established to promote the theory and practice of musculoskeletal medicine. Courses in musculoskeletal medicine contribute to postgraduate education programmes and are run throughout the year at different venues both nationally and internationally.

The SOMM Foundation in Musculoskeletal Medicine Course comprises of 3 units.

1. Cervical spine & upper limb (Unit 1)
2. Lumbar spine & lower limb (Unit 2)
3. Thoracic spine, sacroiliac joint & advanced techniques (Unit 3)

Units 1 & 2 can be taken in either order but **must** be completed before attending Unit 3. An exam is taken on the last day of Unit 3 and this, with completion of a portfolio reflective essay and professional development plan leads to the SOMM Diploma in Musculoskeletal Medicine.

Membership of the Society of Musculoskeletal Medicine (SOMM) is achieved by completing the Society's Foundation Module (Units 1, 2 and 3) and passing the **practical examination** and **true/false paper** on the last day of Unit 3.

However, the Foundation Module may be extended to achieve **the SOMM Diploma in Musculoskeletal Medicine**.

For the **SOMM Diploma**, in addition to passing the Society's examination described above, students need to submit and pass a portfolio **reflective essay** and **personal development plan**.

The **SOMM Diploma in Musculoskeletal Medicine** has been credit rated by Queen Margaret University, Edinburgh (QMU) and will qualify students for 60 credits at master's level (Level 11), provided that they have successfully completed all of assessment components mentioned above.

The Foundation module provides core training that enables doctors, allied health professionals and nurses to examine, diagnose and treat the common musculoskeletal disorders accurately thereby enhancing patient care and service delivery. As well as being useful clinically, the units provide the starting point for an academic pathway that will help to further develop clinician skills and knowledge.

The Foundation module will benefit clinicians working with musculoskeletal patients in all settings including hospital out-patients, sport, general practice, orthopaedics, armed forces and private practice.

Completion of the Foundation Diploma also signs off Stage 1 of the FCP Roadmap.

The Society works closely with Health Education England, and our Foundation Diploma fulfils all the Stage 1 requirements as per The Knowledge, Skills & Attributes.

Entry Requirements:

Although previous experience in musculoskeletal medicine is not mandatory before attending this unit, it is essential to do some work in preparation.

Students must be post-registration medical practitioners; allied health professionals, sports therapists, osteopaths and rehabilitators or nurses. Must be HCPC registered or equivalent regulatory body.

Overseas Students: Students based within the European Economic Area (EEA) will need to provide evidence of registration with their equivalent home organisation.

International students (i.e. outside the EEA) will need to have a current visa to study in the UK

Insurance requirements: **Professional Indemnity**

The Module aims to:

1. To enhance the student's ability to critically synthesise evidence-based knowledge and develop their in-depth understanding of functional anatomy and physiology of the musculoskeletal system necessary to assess and diagnose musculoskeletal disorders.
2. To develop the student's clinical reasoning to plan, implement and critically evaluate a range of therapeutic interventions, relevant to musculoskeletal medicine, based on current evidence.
3. To enable the student to develop expertise in complex techniques including manipulation and utilisation of injection protocols based on best practice.
4. To foster the student's communication skills for enhancing inter-professional understanding, collaboration and effective working relationships at an advanced level.
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UNIT DETAILS

Unit 1 - Cervical Spine and Upper Limb

Unit 1 is a 4-day course covering the cervical spine, shoulder, elbow and wrist/hand.

This highly practical unit aims to extend knowledge in functional anatomy and develop competence in joint examination, assessment, clinical diagnosis and treatment, including manual and injection techniques.

Unit 2 - Lumbar Spine and Lower Limb

Unit 2 is a 4-day course lumbar spine, hip, knee and ankle/foot.

This highly practical unit aims to extend knowledge in functional anatomy and develop competence in joint examination, assessment, clinical diagnosis and treatment, including manual and injection techniques.

Unit 3 - Thoracic Spine, Sacroiliac Joint & Advanced Techniques

Unit 3 is a 5-day course – with days 1-4 covering the thoracic spine joint, advanced techniques and principles of lumbar injections, plus a review of Units 1 & 2 in preparation for the Society of Musculoskeletal Medicine membership examination on day 5.

Note – An administration fee will be applicable for reassessment of all SOMM modules. Students who fail the practical assessment will be provided retake options at the next available opportunity, which may not be at the same venue as your original course. Consideration for retake assessments are based on resource, existing numbers, parity and other conditions and SOMM are not obliged to offer students a location of their choice.