ST4 Waypoint Checklist For:

Complete by trainee: in Microsoft Word and then print out for ARCP panel

Breadth of experience: Please check (by clicking in box) the sub-specialty areas you have covered in 2y to date
- Spine
- Hands
- Shoulder/Elbow
- Paediatrics
- Hip
- Knee
- Foot & Ankle
- Tumour
- Trauma

Operative Experience:
Number of Emergency/Trauma cases in 2y to date
Number of elective cases in 2y to date

Index Procedures: from e-logbook report
- Carpal tunnel decompression
- Knee arthroscopy and arthroscopic procedures
- DHS
- Hemiarthroplasty
- External fixation
- Weber B ankle
- Tension Band Wiring
- IM nailing
- Tendon repair (all)

Numbers of Work Place Based Assessments in last 2y (ST3/4):
- PBA/DOPS
- CEX
- CBD
- MSF

Critical conditions: Please check (by clicking in box) the critical condition CBDs you have done
1. Compartment syndrome (any site)
2. Neurovascular injuries (any site)
3. Cauda equina syndrome
4. Immediate assessment, care and referral of spinal trauma
5. Spinal infections
6. Complications of inflammatory spinal conditions
7. Metastatic spinal compression
8. The painful spine in the child
9. Physiological response to trauma
10. The painful hip

Audit/Research/Study Leave

How many audit projects (against a clear standard) have you done in last 2y
Name one in which the audit loop closed.
Have you undertaken a GCP course that is current & valid
How many posters and presentations of work in the last 2y
How many research projects have you got underway at moment
ATLS® valid until
How many days of study leave have you taken in the last 2y
How was this used?

Sign off by ARCP panel - using appropriate professional judgement

Breadth of experience:
Covered 3 subspecialty areas

Operative Experience:
Overall volume: averaging 300 cases per year
Index Procedures: ~33% of way to most indicative numbers
[Carpal tunnel decompression (30) knee arthroscopy and arthroscopic procedures (40) TKR (40) 1st ray surgery (20) THR (40) DHS (40) hemiarthroplasty (40) external fixation (5) Weber B ankle (40) Tension Band Wiring (10) IM nailing (30) tendon repair (all) (20)]
Trauma elective split last 2y appropriate for jobs & heading to ~33%:66% split
Logbook shows appropriate proportion of Supervised cases in subspecialty areas
(i.e. – not just assisting)

Work Place Based Assessments:
Using full range of WBAs with appropriate balance (50% procedure based:50% other)
1x MSF/year
Numbers in region of 40/year over last 2 years
Is showing progression in PBAs with most primary PBAs at level 3
Has encouraged formative feedback in all WBAs
Is spreading WBAs over attachments

Critical conditions:
Has recorded CBDs in 75% of the critical conditions

Audit/Research/Study Leave:
Has undertaken 2 audit projects
Has 1 audit project with reasonable prospect of loop closure
Has undertaken a GCP course
1 presentation/Poster
Reasonable prospect of publication in next year
1 other project planned and likely to lead to presentation & publication
ATLS® in date
Good attendance at core curriculum & has otherwise made full use of study leave