

## Exam Resources – Musculoskeletal & Rheumatology

### Murtagh

Don't forget to read all the chapters relating to Musculoskeletal & Rheumatology. This is always the first place to start when studying each system for the exam. Ideal for the approach to the case and diagnostic options, look elsewhere for up to date management guidelines.

### NPS Medicinewise News/ NPS News

These are probably the best summaries on this website

[http://www.nps.org.au/health\\_professionals/publications/nps\\_news](http://www.nps.org.au/health_professionals/publications/nps_news)

<http://www.nps.org.au/publications/health-professional/medicinewise-news>

NPS clinical tool for back pain

[http://www.nps.org.au/back-pain-choices/back\\_pain\\_table](http://www.nps.org.au/back-pain-choices/back_pain_table)

MRI <http://www.nps.org.au/publications/health-professional/medicinewise-news/2012/MRI-in-primary-care>

Reducing fracture risk in osteoporosis -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0014/126401/News73\\_osteoporosis\\_0511.pdf](http://www.nps.org.au/_data/assets/pdf_file/0014/126401/News73_osteoporosis_0511.pdf)

Vitamin D -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0020/122447/News72\\_vitamin\\_D\\_0411.pdf](http://www.nps.org.au/_data/assets/pdf_file/0020/122447/News72_vitamin_D_0411.pdf)

Prescribing opioids for pain relief -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/88302/News69\\_prescribing\\_opioids\\_0610.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/88302/News69_prescribing_opioids_0610.pdf)

Bone health to prevent osteoporosis -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/23862/news53\\_osteoporosis\\_0807.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/23862/news53_osteoporosis_0807.pdf)

Remission in rheumatoid arthritis -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0020/23834/news48\\_rheumatoid\\_arthritis\\_1006.pdf](http://www.nps.org.au/_data/assets/pdf_file/0020/23834/news48_rheumatoid_arthritis_1006.pdf)

Analgesic options for pain relief -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0017/23822/news47\\_pain\\_relief\\_0806.pdf](http://www.nps.org.au/_data/assets/pdf_file/0017/23822/news47_pain_relief_0806.pdf)

### How to treat – Australian Doctor

The weekly Australian Doctor magazines inside section “How To Treat” have great summaries. Not all the articles are online, some are available through their iphone/ipad app or in their annual yearbooks available to purchase

<http://www.australiandoctor.com.au/education/how-to-treat>

You must be logged on and registered to be able to access the articles. It is free to register online with Australian doctor. There are lots of articles, but the main ones to focus are on some of the common or important conditions

Musculoskeletal –

Elbow Pain <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=d586a180-64cd-46c8-a9f9-200453f3c796>

The limping child <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=bc4ce50a-eea8-466d-9cda-265f2b76d01e>

Rheumatoid arthritis <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=396f8bc8-cb7e-46c0-a600-9783d4ef832e>

Fibromyalgia <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=25b7357c-1945-4709-903a-3621ea6bfa16>

Lumbar disc prolapse <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=07e4d9a8-7530-4698-8193-976b46e0465a>

Knee disorders in adults

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=99f77d05-fcde-4c36-a0f4-63b279f48eea>

Shoulder disorders <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=fb6d1bc5-c177-47d8-8295-9dcb1d430e68>

Fractures and OA of the hip

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=58bc033c-d7f2-4e93-aec9-b238843486c0>

Non arthritic hip conditions

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=b8bdec1c-6cdf-407e-9379-78ddde358f79>

Hand and wrist disorders

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=fa1b7a1e-4329-4513-a3c5-f32993f526e0>

Hind foot and ankle pain

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=f50efeca-02bd-44fc-801f-b556f3f670d8>

Spinal canal stenosis and spondylolisthesis

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=3dbf0903-d84e-4299-8fd8-9d1b9691dfeb>

Gout <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=ac690eb4-13e5-46f4-8d3b-46b6db380288> ; <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=8df77996-bc13-400c-8a36-cbe8a717823e>

Osteoarthritis <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=796606f8-014a-457f-9765-0d8fd9dd0cde>

Acquired flat foot deformity

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=aea88080-3297-4d64-b8da-d135f79916a5>

Exercise related lower limb pain

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=edcb657c-078d-46f0-946e-f85a0e4e022a>

Forefoot pain <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7aa4c6a3-42c0-44f6-ba21-1adc7cc271f9>

Paediatric limb fractures and dislocations

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=2d33bca8-2f00-4ca8-a343-5ff28c45b178>

Muscular dystrophies <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=b04cd768-cfa7-406d-93c6-5cebb7a680e7>

Surgery for low back pain

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=4da43421-8cd1-402e-9f19-36907c09a991>

Tendinopathy <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=f9db432f-8225-4366-b406-32d521c8e6cd>

Ankle sprains <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=32840adc-7281-49f0-8654-1d55594146b7>

Musculoskeletal – Rheumatic disorders –

SLE <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=05e0cd94-9cce-448f-909d-c089e40bf42>

Polymyalgia rheumatic <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7df2ac91-263c-49ac-8452-58c8193cf0fa>

Sports medicine –

Sports injuries in children

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=ff6a543b-94c7-43b4-9ca1-ee58045a02a1>

## Australian Family Physician

Hopefully you are already receiving this. The GP specific medical journal, they have great quizzes linked to them as well including check <http://www.racgp.org.au/afp>

Search by topic – Rheumatology & musculoskeletal –

<http://www.racgp.org.au/afp/topics/Rheumatology%20%26%20musculoskeletal%20medicine>

Acupuncture and low back pain - <http://www.racgp.org.au/afp/2014/may/acupuncture/>

Chronic low back pain - <http://www.racgp.org.au/afp/2014/may/i-can-sit-and-talk-to-her/>

Osteopathy and low back pain - <http://www.racgp.org.au/afp/2014/april/osteopathy/>

Hip pain in young adults - <http://www.racgp.org.au/afp/2014/april/hip-pain-in-young-adults/>

Physiotherapy and low back pain - <http://www.racgp.org.au/afp/2014/march/physiotherapy/>

Chiropractor and low back pain - <http://www.racgp.org.au/afp/2014/januaryfebruary/chiropractic/>

Rheumatology issue - <http://www.racgp.org.au/afp/2013/november/>

Knee OA - <http://www.racgp.org.au/afp/2013/october/taping-for-knee-osteoarthritis/>

Osteoporosis - <http://www.racgp.org.au/afp/2013/june/osteoporotic-patients/>

Chronic non cancer pain - <http://www.racgp.org.au/afp/2013/march/opioid-use-part-1/> ;

<http://www.racgp.org.au/afp/2013/march/opioid-use-part-2/>

MRI of the knee - <http://www.racgp.org.au/afp/2012/november/mri-of-the-knee/>

MRI of lumbar spine - <http://www.racgp.org.au/afp/2012/november/making-sense-of-mri-of-the-lumbar-spine/>

Back pain with lower limb paresis - <http://www.racgp.org.au/afp/2012/october/back-pain-with-lower-limb-paresis/>

Bone scans - <http://www.racgp.org.au/afp/2012/september/bone-scans/>

Entire journal on injuries - <http://www.racgp.org.au/afp/2012/april/>

Entire issue on bones – <http://www.racgp.org.au/afp/2012/march/>

Fibromyalgia and vitamin D -

<http://www.racgp.org.au/download/documents/AFP/2011/September/201109daniel.pdf>

Bennett fracture dislocation management -

<http://www.racgp.org.au/afp/201106/201106brownlie.pdf>

Polymyalgia rheumatic –

[http://www.racgp.org.au/download/documents/AFP/2011/May/201105van\\_hecke.pdf](http://www.racgp.org.au/download/documents/AFP/2011/May/201105van_hecke.pdf)

Opioid substitution therapy -

<http://www.racgp.org.au/download/documents/AFP/2011/April/201104scarborough.pdf>

Mallet finger -

<http://www.racgp.org.au/download/documents/AFP/2011/JanFeb/201101anderson.pdf>

Bone density testing -

<http://www.racgp.org.au/download/documents/AFP/2011/JanFeb/201101winzenberg.pdf>

Osteoporosis - <http://www.racgp.org.au/afp/201010/201010inderjeeth.pdf>

August 2010 journal focuses on joint pain covering OA and RA -

<http://www.racgp.org.au/afp/201009>

Musculoskeletal pain presentations to GP -

<http://www.racgp.org.au/afp/201006/201006masters.pdf>

Slipped upper femoral epiphysis - <http://www.racgp.org.au/afp/201003/201003weigall.pdf>

January/February 2010 journal focuses on sports injuries - <http://www.racgp.org.au/afp/201001>

Carpal tunnel syndrome - <http://www.racgp.org.au/afp/200909/200909beach.pdf>

<http://www.racgp.org.au/afp/200909/200909conolly.pdf>

Persistent foot pain - <http://www.racgp.org.au/afp/200909/200909baquie.pdf>

Osteomyelitis - <http://www.racgp.org.au/afp/200907/200907puthiyaveatil.pdf>

Upper cervical spine injuries in the elderly - <http://www.racgp.org.au/afp/200901/200901walid.pdf>

Vitamin D a review - <http://www.racgp.org.au/afp/200812/200812stroud.pdf>

Aches pains and osteoarthritis - <http://www.racgp.org.au/afp/200811/200811stone.pdf>

Vitamin D and people with intellectual disability -

<http://www.racgp.org.au/afp/200805/200805vanlint.pdf>

Managing shoulder pain in GP - <http://www.racgp.org.au/afp/200804/200804johal.pdf>

Contracted fingers - <http://www.racgp.org.au/afp/200803/200803loh.pdf>

Oral corticosteroids in adhesive capsulitis -

<http://www.racgp.org.au/afp/200711/200711Walters.pdf>

Osteoarthritis and management of the knee -

<http://www.racgp.org.au/afp/200709/200709gartlan.pdf>

Colchicine and use in gout management -

<http://www.racgp.org.au/afp/200707/200707wizenberg.pdf>

Entire journal on musculoskeletal medicine, lots of good articles June 2007-

<http://www.racgp.org.au/afp/backissues/2007/>

Vitamin D deficiency in refugees - <http://www.racgp.org.au/afp/200705/200705benson.pdf>

### **Radiology resource**

They have cases of the week, based on systems they have lectures, notes, images and flashcards.

Excellent for review of x-rays

<http://www.learningradiology.com/>

### **GP learning – includes check and multiple choice questions**

Since it's up date, only has small number of questions available. Your best options are to search for multiple choice questions, or clinical challenge.

Check GP learning closer to the exams as this is where they will give you some practice papers prior to the exam, and they give you feedback on how you went.

<http://gplearning.racgp.org.au/Home/Home.aspx?ReturnUrl=%2f>

### **Think GP**

You can subscribe to this for free; it has some great information and takes you through a wide range of topics with questions attached.

<http://thinkgp.com.au>

### **Text books and other resources**

Murtagh –is essential reading but its greatest use is for his diagnostic framework, diagnostic triads and red flags

Medicine Today is a journal you can get for free – too much detail for the exams, but good articles

Australian Medicine Handbook – introductory pages in each section are a great way to revise management.