

Active Duty and Veterans Holistic and Musculoskeletal Management Program (ADVet HOMME) **Invitation to Attend and Participate**

What: A 2-day interactive musculoskeletal training curriculum including hands on submersion into assessment, evaluation, and management of common acute and chronic musculoskeletal disorders taught by an interprofessional team of DoD and VA medical providers.

When: January 23-24th, 2024

Where: Henry M. Jackson Foundation Headquarters
6720A Rockledge Drive
Bethesda, MD 20817

Who Should Attend? DoD and VA General Primary Care or Family Medicine providers – physicians, physician assistants, nurse practitioners, and Enlisted Medical Providers (Corpsmen, Medics, Independent Duty Medical Technicians) – who seek to enhance their health care knowledge and skills, who have not previously received extensive sports medicine or MSK health training. TDY-costs, including travel, lodging, and per diem, will be covered for active-duty or civilian providers and booked through the Defense Travel System or the VA travel system.

What credits are offered? ACCME, ACCME-NP, ANCC and AAPA (Accreditation pending)

About the ADVet HOMME Program:

The Active Duty and Veterans' Holistic Musculoskeletal Management and Enhancement program, or ADVet HOMME, is a partnership between the Consortium for Health and Military Performance at the Uniformed Services University (USU-CHAMP) and the Dayton VA Medical Center. This program combines a successful, existing provider education and training program (Women's Health Musculoskeletal Educational Program (WHMSK), Salt Lake City VA) with supplemental resources from both the VA and CHAMP VA on a virtual platform hosted on HPRC-online.org to deliver a single MSK assessment, diagnosis, and virtual treatment program. Our goal is to introduce efficient, standardized, and innovative training for MSKDs for DoD and VA primary care providers and virtual care delivery practices for referred participants. The ADVet HOMME platform is hosted HPRC's website and features USU-CHAMP's Rehab, Refit, Return to Duty (Rx3) virtual program application which is a self-guided at-home four-phased rehabilitation program aiding in the resolution of common MSKDs. The platform includes CHAMP educational materials and VHA resource tools for overall health and performance. In addition, both the DoD and VA have a team of Health Exercise Coordinators who work with patients by offering support, education, and resources along with setting expectations and goals for each Warfighter.

Invitation for providers to participate:

DoD Providers who completed the WHMSK with the Dayton VA, between 2018-2023 are invited to refer eligible patients to the ADVet HOMME Program run by USU-CHAMP and the Dayton VA. Detailed information about the ADVet HOMME program and how you can participate can be found in the attached materials.

ADVet HOMME

Background

Musculoskeletal disorders (MSKD) are one of the most common reasons for medical visits in the Department of Defense (DoD) and Veterans Affairs (VA) health systems. In 2018, approximately 80% of all injuries to active duty service members (ADSM) were musculoskeletal in nature, accounting for over 1.4 million incident encounters. Once ADSM enter Veteran care, MSKD continue to represent the greatest share of inpatient and outpatient visits to VA medical facilities. As such, both DoD and VA have a vested interest in rapidly and effectively recognizing, assessing, and treating MSKD throughout the full spectrum of ADSM and Veteran care.

Women's Musculoskeletal Health Educational Program (VA)

This three-day, standardized Women's Musculoskeletal Health educational training program was authored by Salt Lake City VAMC Women's Musculoskeletal Health Training Team: Susan Garstang, MD, Jamie Clinton-Lont, NP, Alexandra Gribbin, DPT and Adriana Rojas, MD. It combines didactic and hands-on mentored learning over three days, focusing on history and physical exam skills and how they guide diagnostic reasoning. Primary care providers are trained to perform brief exam sequences, understand how to integrate these exams into clinical care, and learn when to appropriately refer for advanced radiology imaging and specialty care.

Rehab, Refit, and Return to Duty (CHAMP)

Rx3 has been developed by CHAMP Injury Prevention experts including Athletic Trainers and Sports Medicine trained physicians. The materials include easy to use 2-page MSKD assessment guides to facilitate evidence-based decision making by the medical provider. Rx3 also provides a home rehabilitation program for patients if indicated by their medical provider. The Rx3 program is currently available to the public through CHAMP's educational website (Human Performance Resources by CHAMP (HPRC) at HPRC-online.org) and via a recently released web-based app. The new app provides improved exercise prescription and instruction and introduces post-partum, balance and core resources among others which were not previously provided. HPRC is a platform for the promotion of educational resources aligning with DoD's Total Force Fitness framework including nutrition, mental fitness, and physical fitness and injury prevention. Much of this content is also applicable to the veteran population and will be introduced to the providers as a resource for their patients to utilize.

Objectives

1. To deliver a provider-focused MSKD curriculum encompassing standardized MSKD assessment techniques for the back, hip, knee, and shoulder.
2. To provide accompanying virtual patient-focused self-care and complementary integrative health strategies for common MSKD for patients and providers.
3. To improve access to care for ADSM and veterans with musculoskeletal conditions.
4. To increase the number of primary care providers with knowledge of musculoskeletal conditions, including physical exam assessment skills, diagnostic reasoning, and ability to choose appropriate treatments for common musculoskeletal conditions in ADSM and Veterans.

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