

OSCE

Candidate information

Your RMO has been seeing a 28 year old male football player who has presented with an anterior right shoulder dislocation.

The RMO is unsure of how to reduce the shoulder, and has asked you to discuss different methods of relocation with them.

Domain	%
Medical expertise	50
Prioritisation and decision making	
Communication	
Teamwork and collaboration	
Leadership and management	
Health advocacy	
Scholarship and teaching	50
Professionalism	

Shoulder relocation teaching

Actor (RMO) information

You have been seeing a 28 year old male football player with an anterior right shoulder dislocation. There are no concerning features to the dislocation, but you have asked your consultant to explain different techniques of shoulder relocation with you.

Marking:

- Explains at least four different techniques clearly, preferably with names of technique
- Demonstrates technique clearly – preferably by showing RMO using RMO as a model?
- Teaching technique – clear, concise, allows questions etc
- Techniques:
 - Cunningham – abduct and flex – massage biceps, pt shrugs
 - Stimson – prone, with weight in hand for 20 mins
 - Scapula rotation
 - Traction-counter traction
 - Milch – steady downward traction to elbow, then slow, gradual external rotation/abduction
 - Spaso – traction on arm , gently raise straight up to vertical
 - FARES - Flex – abduct – rotate externally – “handshake method”
 - Kocher – 3 steps. Flex elbow, rotate arm out. Lift arm as much as possible, sagittal plane. Adduct/internal rotation.
- Sling for a few days if recurrent dislocation. 3-4 weeks of sling if first dislocation. Broad sling.

	Mark
Explains at least four techniques of shoulder relocation	3
Clear demonstration of techniques	2
Explains need for sling and duration of sling for management	1
Mentions analgesia/procedural sedation	2
Approach to teaching – open, concise	2