

Dear ISSP Members,

We are writing to inform you that the IAPM Exit Exam will include USG Guided procedures from August 2023. This is a new addition to the exam that aims to assess the skills and knowledge in performing ultrasound-guided interventions.

USG Guided procedures are an important part of modern pain management practice, as they offer several advantages over conventional techniques, such as improved accuracy, safety, and efficacy. They also allow for better visualization of the target structures and surrounding anatomy, as well as real-time feedback and adjustment.

To prepare for this change, we recommend that all IAPM Examinees should familiarize with the basic principles and applications of USG Guided procedures, as well as the relevant equipment and protocols.

The additions are as follows

USG Additions for theory exam from Aug 23 Exam

BASICS OF USG

- Physics of USG
- Knobology
- Echotexture of
 - Muscle
 - Nerves
 - Ligaments
 - Nerve
 - Blood Vessel
 - Bone

Lumbar Spine

- Sonoanatomy of Lumbar spine and Facet Joint
- USG Guided Caudal Epidural and SI joint Injection
- Sympathetic System
- USG Guided Stellate Ganglion Block Celiac Plexus, Superior Hypogastric Plexus Block

SHOULDER JOINT

- Sono-anatomy and how to perform ultrasound-guided intervention of the following conditions
- Biceps, Supraspinatus and Subscapularis tendinitis.
 - Subacromial Impingement
 - Acromioclavicular Joint Arthritis
 - Glenohumeral Joint Arthritis(Posterior Approach)
 - Suprascapular Nerve Entrapment

ELBOW JOINT and Hand

- Sono-anatomy and how to perform ultrasound-guided intervention of the following conditions:
- Elbow Joint Arthritis
 - Golfer's Elbow
 - Tennis Elbow
 - Trigger Finger
 - DQ Tenosynovitis
 - Carpal Tunnel syndrome

KNEE AND ANKLE JOINT

- Sono-anatomy and how to perform ultrasound-guided intervention of the following conditions
- OA Knee

- Patellar Tendinopathy
- Plantar Fasciitis,
- Achilles Tendinopathy,
- Retrocalcaneal Bursitis
- Anterior talofibular ligament tear
- Nerves around Ankle Joint, Tibial Nerve, Superficial Peroneal, Sural Nerve, Deep Peroneal, Saphenous Nerve

USG additions for Practical Examination

To Be Demonstrated on volunteer only 1 procedure from the list below. Mark 10

1. Caudal Epidural
2. SI joint Injection
3. Location of Stellate Ganglion
4. Long Head of Biceps at Shoulder
5. Suprascapular Nerve at Suprascapular Notch
6. Acromioclavicular Joint
7. Glenohumeral Joint (Posterior Approach)
8. Common Extensor Tendon
9. Median Nerve at Wrist
10. 1st Dorsal Compartment at Wrist
11. Suprapatellar Recess with Quadriceps Tendon
12. Patellar Tendon
13. Plantar Fascia
14. Achilles Tendon & Retrocalcaneal Bursae
15. Tarsal tunnel
16. Piriformis muscle
17. Supraorbital Nerve
18. Greater Occipital Nerve

If you have any questions or concerns, please feel free to contact us at registrar.iapm@gmail.com

Sincerely,

Registrar IAPM