

# POSM Patient Referral Guide

Version 3.4 – updated March 2020

All referrals are actively managed through the **Centralized Referral Intake and Triage System**. The system ensures that your patient receives the most timely and appropriate musculoskeletal care. The standardized **Referral Form** facilitates the transfer of required information and improves the efficiency of the triage process.

***\*Please Complete All Fields on the Referral Form\****

## X-ray Requirement

Please attach the report of x-rays obtained within the past 6 months. Whenever possible, all lower extremity imaging should be performed in a standing position (weight bearing).

RECOMMENDED X-RAY VIEWS	
<b>Hip (for arthritis)</b> – standing AP pelvis, AP and true lateral of hip including proximal third femur	<b>Shoulder</b> – AP glenohumeral joint, lateral, axillary
<b>Hip, under age 45 (non-arthritic)</b> – standing AP pelvis, true lateral of hip, Dunn view, false profile view	<b>Elbow</b> – AP, lateral
<b>Knee</b> – standing AP, lateral, notch, skyline	<b>Wrist</b> – AP, lateral
<b>Ankle</b> – standing AP, lateral, mortise	<b>Foot</b> – standing AP, lateral, oblique

***\*An MRI should NOT be ordered in place of an x-ray. MRIs have limited usefulness in the diagnosis and management of degenerative knee conditions and should not be ordered on patients over age 45 unless they have persistent joint line pain or mechanical symptoms (locking, instability) and a recent x-ray demonstrating minimal arthritic changes.***

## Physicians and Specialty Interests

ORTHOPEDIC SURGEONS – all the surgeons also manage acute orthopedic trauma and sequelae	
<b>Dr. Alan Baggio</b> – knee arthroscopy & reconstruction, foot/ankle trauma	<b>Dr. Kostas Panagiotopoulos</b> – hip/knee reconstruction, knee arthroscopy
<b>Dr. Peter Zarkadas</b> – shoulder/elbow/knee sports medicine & arthroscopy, shoulder/elbow arthroplasty	<b>Dr. Shannon Samler</b> – shoulder/elbow/knee sports medicine & arthroscopy, shoulder arthroplasty
<b>Dr. Mark McConkey</b> – shoulder/hip/knee sports medicine, arthroscopy & joint preservation	<b>Dr. Rick Nadeau</b> – hip/knee reconstruction, knee arthroscopy
<b>Dr. Victor Jando</b> – hip/knee reconstruction, knee arthroscopy	<b>Dr. Adam Sidky</b> – hip/knee reconstruction, knee arthroscopy
NON-SURGICAL SPECIALISTS – provide comprehensive musculoskeletal assessments and treatment	
<b>Dr. Michelle Brousson</b> – foot/ankle	<b>Dr. Jason Crookham</b> – sports medicine

## Triage Process

All referrals are reviewed and triaged within 5 days. Receipt of referrals will be confirmed via fax. Incomplete referrals will be returned and the patient will not be added to our wait list. Prioritization will be based on the relative urgency of the condition, date of receipt of the referral, and resource availability. Patients who are appropriate for non-surgical management are preferentially directed to the ROCC (Regional Orthopedic Consultation Clinic) for a complete musculoskeletal assessment, treatment, and follow-up. If a specific surgeon is requested, or a surgical opinion is warranted, patients will be directed to the surgeon with the most appropriate specialty interest and with the shortest wait time. We will contact the patient directly to schedule a visit once appointment times become available.