

# Australian Orthopaedic Association Undergraduate Guide



AOA

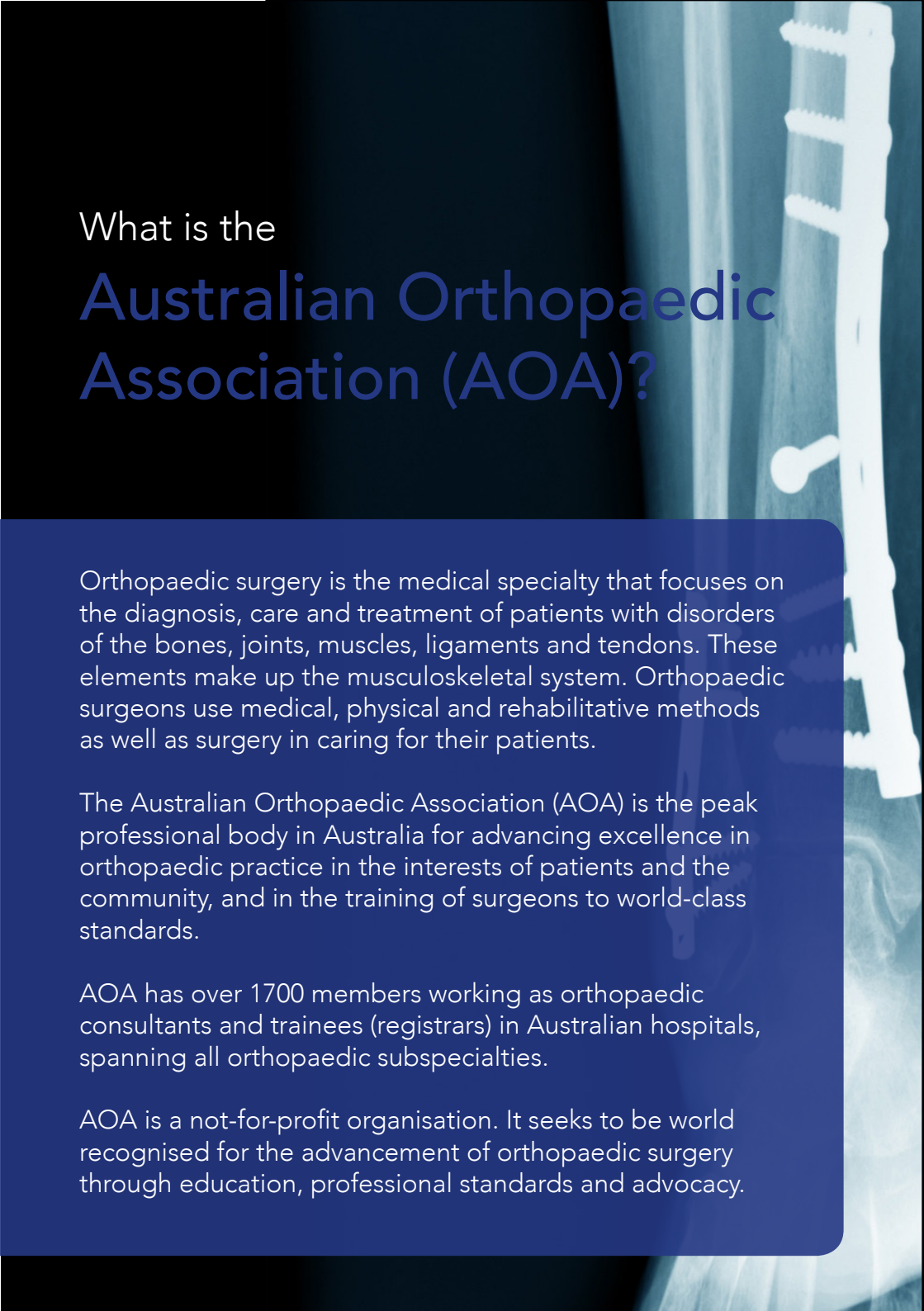
AUSTRALIAN  
ORTHOPAEDIC  
ASSOCIATION

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This booklet provides a general overview of the  
AOA 21 Training Program.

The best source of comprehensive and up to date information including  
entry requirements can be found on the AOA website at  
[www.aoa.org.au](http://www.aoa.org.au)

An X-ray image of a human spine, showing several vertebrae. A surgical instrument, likely a pedicle screw driver, is visible on the right side, with its tip positioned near a vertebra. The image is in grayscale, typical of medical X-rays.

# What is the Australian Orthopaedic Association (AOA)?

Orthopaedic surgery is the medical specialty that focuses on the diagnosis, care and treatment of patients with disorders of the bones, joints, muscles, ligaments and tendons. These elements make up the musculoskeletal system. Orthopaedic surgeons use medical, physical and rehabilitative methods as well as surgery in caring for their patients.

The Australian Orthopaedic Association (AOA) is the peak professional body in Australia for advancing excellence in orthopaedic practice in the interests of patients and the community, and in the training of surgeons to world-class standards.

AOA has over 1700 members working as orthopaedic consultants and trainees (registrars) in Australian hospitals, spanning all orthopaedic subspecialties.

AOA is a not-for-profit organisation. It seeks to be world recognised for the advancement of orthopaedic surgery through education, professional standards and advocacy.

## Becoming an AOA Trainee:

# Beginning your career in Orthopaedic Surgery

The AOA 21 Training Program in Orthopaedic Surgery provides trainees with education in foundation skills, clinical assessment and training in operative techniques related to the discipline.

The program is competency-based and consists of work-place based learning and assessment.


There are three Stages of Training:

- Introduction to Orthopaedics
- Core Orthopaedics
- Transition to Practice

Completion of the AOA 21 Training Program qualifies trainees for independent specialty orthopaedic practice.

AOA Training Program									
Stage	PGY 1-3	SELECTION	Introduction to Orthopaedics	REVIEW BY PROGRESSION PANEL	Core Orthopaedics	REVIEW BY PROGRESSION PANEL	Transition to Consultant Practice	REVIEW BY PROGRESSION PANEL	Fellowship
Approx. time frame	36 months		Usually 12 - 18 months MIN – 12 MONTHS MAX – 2 YEARS		Usually 3 years MIN – 2 YEARS MAX – 7 YEARS (INTRO+ CORE)		Usually 12 months MIN – 12 MONTHS MAX – 2 YEARS		Career

MAXIMUM DURATION OF TRAINING FROM SELECTION TO COMPLETION - 9 YEARS



During the AOA 21 Training Program, trainees rotate to accredited hospital training posts every six months to gain a broad experience of orthopaedic surgery. Every individual trainee is assigned a Trainee Supervisor for each rotation. Introductory Trainees are usually assigned to a post which offers trauma experience, for 12 months.

Applicants for selection to orthopaedic training must hold a general medical registration in Australia and have some relevant post-graduate medical experience; specific requirements can be found on the AOA website. The application requirements can change annually. It is imperative that applicants carefully read the Selection Regulations and their supporting documentation.

Please go to: [www.aoa.org.au/orthopaedic-training/becoming-an-aoa-trainee](http://www.aoa.org.au/orthopaedic-training/becoming-an-aoa-trainee)

# The AOA 21 Training Program & Areas of Study

The AOA 21 Training Program is designed to develop the surgical trainee in orthopaedic surgery to achieve competency in:

## Foundation Competencies

- Communication
- Teamwork and Conflict Management
- Professionalism
- Leadership & Organisational Skills
- Advocacy
- Education & Research

## Medical & Surgical Expertise

- Orthopaedic Principles & Basic Sciences
- Medical Expertise
- Surgical Expertise

## Applied Medical & Surgical Expertise in Orthopaedics

- Trauma & Injury
- Shoulder
- Elbow
- Hand & Wrist
- Hip
- Knee
- Foot and Ankle
- Spine
- Tumour & Tumour-like Conditions
- Paediatrics
- Systemic Medical Conditions



# Assessment



Trainees are assessed using a suite of purpose-built Workplace-Based Assessments (WBAs), including:

- Surgical Skills Assessments
- Patient Consultation Assessments
- Management Plan Assessments
- Case-based Discussion Assessments

Feedback Entries submitted via the AOA Training App, or online, also provide regular feedback to trainees on their performance.

Examinations are completed during both the Introduction to Orthopaedics and the Core stages.

Performance Appraisals are completed with the Trainee Supervisor every 3 months to review performance, provide feedback and identify any areas where additional support may be required.

Progress Reviews with the Director of Training every 6 months confirm progression towards the completion of the requirements for each stage of training.

Experiencing orthopaedics:

# AOA Undergraduate Workshop

AOA offers a national opportunity for outstanding final year medical students to apply to attend a week-long undergraduate workshop in December each year.

AOA invites all university medical schools to nominate a scholar, typically with a particular interest in orthopaedics, to represent their university at the workshop.

All travel and accommodation costs for this workshop are covered by AOA.

## Contact Information

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[www.aoa.org.au](http://www.aoa.org.au)

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