Degenerative Disc Disease

Instructor Lesson Plan

Time Required: 0.5 Hours

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| Lesson Description | |
| The information below provides the instructor with an overview of the lesson and the materials that are required to effectively present this instruction. | |
| TMS # | 4185175 |
| Prerequisites | Prior to this lesson, the Rating Veteran Service Representatives (RVSRs) should have completed the Musculoskeletal MTPSS and the Musculotskeletal & Spine IWT sessions. |
| target audience | The target audience for Degenerative Disc Disease is RVSR, Entry Level.  Although this lesson is targeted to teach the RVSR, Entry Level employee, it may be taught to other VA personnel as mandatory or refresher type training. |
| Time Required | 0.5 hours |
| Materials/ TRAINING AIDS | Lesson materials:   * Degenerative Disc Disease PowerPoint Presentation |
| Training Area/Tools | The following are required to ensure the trainees are able to meet the lesson objectives:   * Classroom or private area suitable for participatory discussions * Seating, writing materials, and writing surfaces for trainee note taking and participation * Handouts, which include a practical exercise * Large writing surface (easel pad, chalkboard, dry erase board, overhead projector, etc.) with appropriate writing materials * Computer with PowerPoint software to present the lesson material   Trainees require access to the following tools:   * VA TMS to complete the assessment |
| Pre-Planning | * Become familiar with all training materials by reading the Instructor Lesson Plan while simultaneously reviewing the corresponding PowerPoint slides. This will provide you the opportunity to see the connection between the Lesson Plan and the slides, which will allow for a more structured presentation during the training session. * Become familiar with the content of the trainee handouts and their association to the Lesson Plan. * Practice is the best guarantee of providing a quality presentation. At a minimum, do a complete walkthrough of the presentation to practice coordination between this Lesson Plan, the trainee handouts, and the PowerPoint slides and ensure your timing is on track with the length of the lesson. * Ensure that there are copies of all handouts before the training session. * When required, reserve the training room. * Arrange for equipment such as flip charts, an overhead projector, and any other equipment (as needed). * Talk to people in your office who are most familiar with this topic to collect experiences that you can include as examples in the lesson. * This lesson plan belongs to you. Feel free to highlight headings, key phrases, or other information to help the instruction flow smoothly. Feel free to add any notes or information that you need in the margins. |
| Training Day | * Arrive as early as possible to ensure access to the facility and computers. * Become familiar with the location of restrooms and other facilities that the trainees will require. * Test the computer and projector to ensure they are working properly. * Before class begins, open the PowerPoint presentation to the first slide. This will help to ensure the presentation is functioning properly. * Make sure that a whiteboard or flip chart and the associated markers are available. * The instructor completes a roll call attendance sheet or provides a sign-in sheet to the students. The attendance records are forwarded to the Regional Office Training Managers. |

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| Introduction to Degenerative Disc Disease | | |
| INSTRUCTOR INTRODUCTION | | Complete the following:   * Introduce yourself * Orient learners to the facilities * Ensure that all learners have the required handouts |
| time required | | 10 minutes |
| Purpose of Lesson  Slide 2 | | This lesson is intended to refresh a trainee’s understanding of DC 5242 and DC 5243. This lesson will contain discussions and exercises that will allow you to gain a better understanding of when it is appropriate to rate using the diagnostic criteria for intervertebral disc disease versus degenerative arthritis of the spine. |
| Lesson Objectives  Discuss the following:  Slide 3 | In order to accomplish the purpose of this lesson, the RVSR will be required to accomplish the following lesson objectives.  With this lesson and the available references and resources the trainee should be able to, with 98% accuracy:   * Select the appropriate diagnostic code for the disability of spine being rated | |
| Explain the following: | Each learning objective is covered in the associated topic. At the conclusion of the lesson, the learning objectives will be reviewed. | |
| Motivation | By using the correct diagnostic code the Veteran is provided with the evaluation that most accurately reflects the level of disability. | |
| STAR Error code(s) | J1e | |
| References  Slide 4 | Explain where these references are located in the workplace.  All M21-1 references are found in the [Live Manual Website](https://vaww.compensation.pension.km.va.gov/).   * [**38 CFR 4.71a,**](http://vbaw.vba.va.gov/bl/21/Publicat/Regs/Part4/4_71a.htm)Schedule of Ratings-Musculoskeletal System * [**M21-1, Part III, Subpart iv,4.A**](https://vaww.compensation.pension.km.va.gov/system/templates/selfservice/va_ka/portal.html?encodedHash=) Musculoskeletal Conditions * [***VAOPGCPREC* 36-1997**](http://vbaw.vba.va.gov/bl/21/advisory/PRECOP/97op/Prc36_97.doc) * [**Medical EPSS**](http://cptraining.vba.va.gov/C&P_Training/Job_Aids/Medical_EPSS.htm) | |

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| Topic: DC 5242 or DC 5243 | |
| Introduction | This topic will allow the trainee to gain a better understanding of when it is appropriate to rate using the diagnostic criteria for intervertebral disc disease versus degenerative arthritis of the spine. |
| Time Required | 10 minutes |
| OBJECTIVES/ Teaching Points | Topic objectives:   * Select the appropriate diagnostic code for the disability of spine being rated The following topic teaching points support the topic objectives: |
| Our Original Question:  Slide 5 | ASK the trainees to select the correct diagnostic code. |
| Correct Answer  Slide 6 | PROVIDE the correct diagnostic code to the trainees. |
| DC 5242 – DC 5243  Slide 7 | EXPLAIN the rating criteria for DC 5242 and DC 5243 and the differences between the two. Arthritis (DC 5242) involves the cartilage and bone; IVDS/DDD (DC 5243) involves the disc or disc fragments.  Remind trainees that if rated under old law prior to September 23, 2002, DC 5293 IVDS rated mild 10%, moderate 20%, severe with recurrent attacks with intermittent relief 40%, and pronounced IVDS with persistent symptoms compatible with sciatic neuropathy with characteristic pain and demonostrable muscle spasm , absent ankle jerk or neurological findiding appropriate to site of diseased disc little intermittentn relief , was to be rate 60 percentdisabling. 38 CFR 4.71a VAOPGCPREC 36-97, 63 FED.REG. 31262 (1998). |
| Why DC 5243?  Slide 8 | EXPLAIN:  **Normal discs** are soft, compressible discs that separate the interlocking bones (vertebrae) that make up the spine  **Degenerated discs** break down due to changes including loss of fluid in the discs or tiny tears or cracks in the outer layer of the disc  **Bulging discs** bulge outside the space it normally occupies between the vertebrae, but it doesn't rupture  **Herniated disc** has cracks occurring in the outer layer of the disc, called the annulus  **Osteophytes** are bone spurs |
| Signs and Symptoms  Slide 9 | REVIEW the signs and symptoms of DDD with the trainees as noted on the slide. Remind trainees that a Veteran is competent to report signs and/or symptoms. |
| Questions?  Slide 10 | ASK the trainees if there any questions with the material in the lesson. |

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| Lesson Review, Assessment, and Wrap-up | |
| Introduction  Discuss the following: | The Degenerative Disc Disease lesson is complete.  Review each lesson objective and ask the trainees for any questions or comments. |
| Time Required | 10 minutes |
| Lesson Objectives | You have completed the Degenerative Disc Disease lesson.  The trainee should be able to:   * Select the appropriate diagnostic code for the disability of spine being rated |
| Assessment | Remind the trainees to complete the on-line assessment in TMS to receive credit for completion of the course.  The assessment will allow the participants to demonstrate their understanding of the information presented in this lesson. |