Message from the Dean

As Dean, I am privileged to present the Annual Report for the Faculty of Sports & Exercise Medicine, Royal College of Physicians of Ireland and Royal College of Surgeons in Ireland, for the year 2010/2011.

Medical Practitioner Act 2007
As you know, on May 2011, the Medical Practitioners Act 2007, Part 11, related provisions of Maintenance of Professional Competence came into effect. Following an application process, the Medical Council recognised the Faculty of Sports and Exercise Medicine, RCPI & RCSI as the body to “assist the Medical Council in its duty to satisfy itself as to the ongoing maintenance of the professional competence of registered medical practitioners through operation of professional competence scheme established under section 91(2) of the MPA” A full report of the operation of the PCS is contained in this report. Dr L Joe Conway was appointed the Manager of the Professional Competence Scheme (PCS) on behalf of the FSEM, and I wish to acknowledge his contribution to this work.

The Arrangements Documents for Professional Competence Schemes were signed by Dr. Conway and myself on March 18th 2011, at the official launch, in the Medical Council Offices.

These schemes are managed by the Faculty and they are run on a ‘not for profit’ basis.

All doctors should register with an appropriate scheme according to their medical practice.

I encourage all doctors to attend meetings that are organised by the Faculty as they will have CPD approval. We hope to provide a list of approved meetings on our Website on a regular basis.

Accreditation of the Faculty as a Training Body / Higher Specialist Training
The Medical Practitioners Act 2007, Part 10, Education and Training, Section 89 (3)(a) (i)-(iii) covers the Accreditation of Training Bodies and Qualifications for the Purpose of Specialist and the Trainee Specialist Divisions.

The Medical Council launched the Accreditation Process at their offices on January 29th 2011.

The Accreditation Process will involve self assessment by the Faculty first, a review with the Council, which will include external assessment and then a decision will be given to either, (i) Approve the Training Body and programme, (ii) Approve with conditions, (iii) Withdraw approval, (iv) Refuse approval.

The Faculty was grandfathered over as one of the 13 Postgraduate training bodies recognised under the 1978 Medical Practitioners Act. The Medical Council plan to assess all 13 training bodies by the end of 2013. The Faculty of Sports and Exercise Medicine will likely be assessed in 2013.

A major component of the Accreditation process is the Training bodies need to have an approved Training Programme. The Faculty will continue to work with the Forum of Postgraduates Training bodies, and with their continued support, it is hoped to make some progress with the HSE METR.

Professor Michael G Molloy has agreed to chair our subcommittee on Reaccreditation and this will incorporate the Higher Specialist Training issues.
Surgery and Postgraduate Faculties Board, RCSI
As RCSI was granted Degree Awarding Status by the Minister for Education and Science in November 2010, governance structures within the RCSI were changed and two new Boards were developed to look after both undergraduate and postgraduate matters. The Postgraduate Faculties were invited onto the SPGFB and the first meeting took place in February 2011. The Dean has attended the three Board meetings to date and has attended a workshop on Governance and procedures, organised through RCSI and the Board. This Board looks at all major issues and common problems encountered by all surgical disciplines and the Postgraduate Faculties. It offers supports and advice, which includes common approaches that can be used by all going forward.

Forum of Postgraduate Training Bodies (PGTB)
The Forum of PGTBs is a body which works to secure funding and all relevant requirements of training and negotiations with the HSE Medical Education, Training and Research (METR).
The Dean represents the Faculty on the Forum of Postgraduate Training Bodies and has attended 3 meeting in the past year. The Forum is very supportive to the Faculty in achieving our goal and obtaining funding for a Higher Specialist Training Programme. We are working with the executive of the Forum on reapplying to both the Medical Council and HSE METR to approve our programme and in turn receive funding. The Executive of the Forum have offered valuable assistance to the Faculty with our deferral of the Accreditation process until 2013.

National Committee Medical Education and Training (NCMET)
The National Committee for Medical Education and Training meets 4 times a year and the Dean has attended four meetings. This committee is an interdepartmental steering group on medical education and training, which addresses all aspects of both undergraduate and postgraduate training and is drawn from a wide range of interested parties. It was set up to implement the findings of the Buttimer and Fottrell reports on medical training. Budgeting concerns and decrease in the number of training places have been discussed, along with manpower crisis, over the past year. The most recent meeting of this committee was postponed until September as the committee were awaiting a Department of Health review on the Fottrell Report and the HSE were to meet with the Forum on manpower issues, the chair felt it would be better to wait for this information.

Faculty of Sports & Exercise Medicine UK (FSEM UK)
The Dean represents the Faculty at Council meetings of the Faculty of Sports & Exercise Medicine UK, under the Presidency of Professor Mark Batt. I have attended a number of meetings in the past year. The meetings are a valuable opportunity to meet colleagues in the UK and to share experiences on opportunities and challenges in the specialty of Sports and Exercise Medicine. We in Ireland were also pleased to welcome Dr Nick Webborn as UK representative to our February 2011 meeting. We continue to collaborate with the FSEM (UK) on a number of common areas of issue, such as Training, Indemnity and Emergency Care in Sport. The Faculty have endorsed their Professional Code in Sports Medicine document and will be adopting an amended Code in conjunction with IMC guidelines.
The Intercollegiate Examination in Sports and Exercise Medicine, GB & I, is run by FSEM (UK) and has been modified to maintain the highest standards in the specialty and to reflect the standards of participants that may be in Training Programmes.

Honorary Fellowship
During the Annual Scientific Conference in 2010, the Faculty of Sports & Exercise Medicine, RCPI & RCSI conferred Honorary Fellowships on Prof. Peter Fowler, an international figure in Sports and Exercise Medicine world and a renowned Orthopaedic and Sports Surgeon from London, Ontario. The Faculty also conferred Honorary Fellowship on Mr John Treacy, CEO Irish Sports Council and international athlete of renown, in recognition of his contribution to Irish Sport.
As an important part of the 2011 Scientific Conference, we look forward to conferring Honorary Fellowship of the Faculty on Professor Karim Miran Khan and Professor Donal Brendan O’Shea.
Annual Scientific Conference

The Annual Scientific Conference was held in RCSI in September 2010 with great success. The original research section attracts a good audience and is a forum for Postgraduate Trainees and established doctors to present their material.

I wish to thank the committee, especially the Chairmen Dr Joe Conway and Dr Martin McConaghy, for organising a very interesting event.

Dr Mary Archer has agreed to Chair the Organising Committee for 2011, and we look forward to increased participation, especially in light of PCS/CPD requirements.

Joint Diploma in Musculoskeletal Examination FSEM & ICGP

The Joint Diploma Programme with the ICGP commenced in September 2010. A full report on those completing in 2011 is contained in this report.

Musculoskeletal Examination DVD Module

The Musculoskeletal Examination DVD Module is nearing completion and we hope we will be able to show some parts at the AGM/Conference. In the interest of completing this project we acquired the services of “CPD Sessions” to coordinate the project, with filming and producing. The final edits will be approved by the Faculty subcommittee. It is hoped that with completion of these modules we can incorporate them into CPD material which will be beneficial for those on our Professional Competence Scheme and participants on the Joint Diploma programme.

Elections to the Board

Following a call for nominations, six Fellows were nominated and a postal ballot to fill five Board vacancies in under-way. The result of the election will be available for the Annual General Meeting (AGM) of the Faculty, on 9 September 2011. The new members will join the Board from November 2011.

Dr Patrick Duggan, Dr Joseph Cummiskey and Dr Frank McGrath will complete their terms of office on the Faculty Board in November 2011. I would like to thank those members who contribute to the working of the Board for their commitment and time.

European Federation of Sports Medicine Associations (EFSMA)

The 2011 Council of Delegates meeting will take place in Salzburg, Austria, on 28 October 2011. Our board member Dr Joseph Cummiskey is the President of EFSMA and keeps the Faculty board updated on Sports Medicine issues in Europe. The main goal of the EFSMA is the recognition of Sports Medicine as a specialty within the European Union (UEMS).
In September 2010 Dr Martin Mc Conaghy (Honorary Secretary) and myself attended an EFSMA - UEMS update meeting in Brussels on behalf of the Faculty. This meeting was well attended by all National Governing agencies and it was clear that there are a number of challenges for all Sports Medicine organisations in Europe. We will continue to work with EFSMA to achieve common goals.

European College of Sports & Exercise Physicians (ECOSEP)
The European College of Sports & Exercise Physicians plan their third ECOSEP Annual Conference for Frankfurt in 2013.

The Dean was invited to attend and give a lecture on Sports & Exercise Medicine in Ireland last September at the 2nd ECOSEP & 12th QUML Sports Medicine Conference in London in 2010

HSE Tobacco Control Framework Committee.
The Dean was nominated by the President of RCSI to represent RCSI on the HSE Tobacco control framework committee. This committee sits four times a year and on June 12th 2011 launched a new initiative called the ‘Quit campaign’.

Faculty Committees
I would like to thank the Chairpersons and the members of each sub-committee for their work and continuing commitment to the development of the Faculty of Sports and Exercise Medicine in Ireland.

I would encourage members and fellows to get actively involved with the Faculty sub-committees.

I would like to thank all Members and Fellows for their support during my 3 years as Dean of the Faculty. It has been a challenging but a rewarding time. I have achieved some of the goals that I set for myself on taking on the role as Dean. There are many more that I would have liked to have achieved but I hope that I have started the process for some of these goals to be achieved by the incoming Dean.

I would like to thank most sincerely the Faculty Administrator, Olwyn Puirséil, for her invaluable dedicated work in the Faculty office during the past year. Her support and professionalism throughout the year has been outstanding in managing all tasks, big and small, and it has made my term as Dean so much easier.

Philip E Carolan
Dean
The Board – September 2010 to November 2011

<table>
<thead>
<tr>
<th>Elected Board member</th>
<th>4 Meetings held (Sept ‘10-May 2011)</th>
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<tr>
<td><strong>Board Member</strong></td>
<td><strong>Number of meetings Attended</strong></td>
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<tr>
<td>Dr Mary Archer</td>
<td>4</td>
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<td>Dr Philip Carolan</td>
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<td>Dr L Joseph Conway</td>
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<tr>
<td>Mr James Colville</td>
<td>1 (Retired from Board November 2010)</td>
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<td>Dr Joseph Cummiskey</td>
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<tr>
<td>Dr Pat Duggan</td>
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<tr>
<td>Dr Michael Griffin</td>
<td>0 (Retired from Board November 2010)</td>
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<td>Prof Michael G Molloy</td>
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<td>Dr Martin McConaghy</td>
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<td>Dr Frank McGrath</td>
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<tr>
<td>Dr Rod McLoughlin</td>
<td>4 (Representative Irish Institute of Sport)</td>
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<td>Dr John O’Riordan</td>
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<td>Dr Padraig Sheeran</td>
<td>3 (Elected to Board November 2010)</td>
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<tr>
<td>Dr Michael Webb</td>
<td>3 (Elected to Board November 2010)</td>
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Board of the Faculty of Sports and Exercise Medicine, RCPI & RCSI, February 2011

*Front Row L-R: Dr John O’Riordan, Honorary Secretary; Prof. Eilis McGovern, RCSI President; Dr Philip E Carolan, FSEM Dean; Dr John Donohoe, President RCPI and Dr Frank McGrath, Treasurer*

*Back Row L-R: Dr Nick Webborn, FSEM(UK), Dr Rod McLoughlin (Director of Medicine, IIS), Dr Mary Archer, Prof Michael G Molloy, Prof Giuseppe De Vito, Dr Joe Conway, Dr Joseph Cummiskey, Dr Michael Webb and Dr Padraig Sheeran*

*(Members of the Board absent from the photograph are Mr Frank McManus, RCSI Council Representative, Prof N G McElvaney, RCPI Council Representative, Dr Pat Duggan and Dr Martin McConaghy.)*
Officers of the Board 2010/11
Dr Philip E Carolan, Dean
Dr L Joseph Conway, Vice-Dean
Dr John O’Riordan, Honorary Secretary
Dr Frank McGrath Treasurer

Ex-officio
Prof Eilis McGovern, President of the Royal College of Surgeons in Ireland and Dr John Donohoe, President of the Royal College of Physicians of Ireland are ex officio members of the Board, and Mr Frank McManus and Prof N G McElvaney represent the Councils of RCSI and RCPI respectively on the Faculty Board.

Dr Nick Webborn and Prof Mark Batt are alternates to represent the Faculty of Sports and Exercise Medicine (UK) on the Board.

In November 2010, having served five years on the Board, Mr James Colville and Dr Michael Griffin retired from the Board. Prof Guiseppe DeVito, Dr Padraig Sheeran and Dr Michael Webb were elected, to take office from November 2010.

The result of a ballot for election to the board will be notified to Members and Fellows at the Annual General Meeting, scheduled for 9 September 2011.

Meetings of the FSEM Board
Four meetings of the Board were held over the period of this report, on 2 September 2010, 5 January 2011 (postponed from November and December 2010 due to adverse weather conditions), 9 February 2011 and 25 May 2011. The last meeting of the present Board is scheduled for 1 September 2011.

In addition, many meetings of Working Groups and Committees were held during the year under review.

The Standing Committees of the Board are as follows:

Finance and General Purposes Committee
Accreditation Committee (Fellowship/Membership Committee)
Sports Anti-Doping Committee
Higher Specialist Training and Education and Training Committee
Professional Competence Scheme - PCS/CME Committee (CME/Audit/Professional Development Committee)
FSEM Committee for Accreditation of FSEM by Medical Council
General Practitioners Training Committee/working Group

Mr Micheal O Muircheartaigh, who opened the 2010 FSEM annual Conference, chats with Prof Michael G Molloy, FSEM Inaugural Dean, Dr Philip Carolan, Dean and Dr Pat O’Neill Past-Dean.
As expected, the financial year to the end of September 2009 for the FSEM, has been no different than that experienced elsewhere, and unfortunately in the short-term at least, signifies some very challenging times ahead.

There has been a fall-off in Membership and Fellowship income, down approximately €8,000 from the previous year. A small number of Fellows and Members have indicated that they are unable to maintain their subscriptions to both the Irish and UK Faculties. For the coming year, the board of the FSEM has agreed to maintain subscription rates for Fellows and Members at the same level as those set for the previous year. It is planned to continually improve and enhance the resources available to members in good standing, through on-line journal access and CME material etc., and to update the website to ensure that the FSEM benefits its membership and continues to keep abreast of the technology available, and continues to justify the level of the subscription fees into the future. Fees obtained through subscriptions are the primary source of funding, and needless to say are essential to the financial lifeblood of the faculty.

HSE/Forum Grant funding of €88,000 for Musculoskeletal clinical examining techniques DVD/On-Line project appears in the 2009 Accounts. ‘CPD Sessions Ltd’ had been engaged to film and produce the DVD demonstration educational material, and the grant is currently being paid in instalments to CPD Sessions Ltd as the project progresses. At the time of going to print five modules have been completed, and a total of €40,601 has been paid on the project at July 2011.

An allocation of Structural funding for 2009 in the amount of €36,900 was made by the HSE, who took over this function from the Postgraduate and Medical Dental board (PgMDB). This income is shown in the accounts to 30 September 2010. However, in the absence of a training programme, no corresponding funding has been allocated by the HSE to the Faculty for 2010 or 2011. Needless to say, more than ever, it is of the highest priority for the board of the FSEM to get the training programme underway in 2011/2012, to ensure continued funding, and indeed to underline the status and credibility of the faculty into the future.

The Seventh Annual Scientific Conference of the faculty was held in September 2010. The meeting made a small profit, after settling outstanding accounts and expenses. The Conference Organising Committee endeavours to exercise all possible economies in running the meeting, and encourages doctors to attend and support the conference. We very much appreciate the continuing support of conference exhibitors. Without them, it would not be possible to run this event.

It is important to acknowledge the assistance, and to extend my gratitude to my fellow members of the Finance & General Purposes Committee: - Dr. Ted Murphy, Dr. Philip Carolan, Dean, and Dr. Martin McConaghy, Hon Secretary, and to thank Olwyn Puirséil for her tremendous work through my period of office as Honorary Treasurer. Olwyn has indicated that she is to retire at the beginning of 2012. Go raibh maith agat, Olwyn.

Frank McGrath
Treasurer
Committee Meetings were held on Wednesday 24 November 2010, Wednesday 26 January 2011 and 4 May 2011.

Membership and Fellowship of the Faculty
Admission of new entrants to membership of the Faculty continues to be by way of assessment of eligibility criteria. The criteria were reviewed last year to provide greater clarity for prospective applicants, who should ascertain that they fulfill these criteria before commencing the process. Further information is provided at www.rcsi.ie/fsem Members and Fellows.

Specialist Division of the Register — Specialty of Sports & Exercise Medicine
As the Faculty is the recognised body responsible for training in Sports and Exercise Medicine, the Accreditation Committee of the Board continues to assess applications for entry onto the Specialist Division of the Register, Division of Sports and Exercise Medicine and, following approval by the Board, the Faculty makes recommendations to the Medical Council.

Two documents are published on the Faculty website which applicants for entry on the Specialist Division of the Register, Division of SEM, are strongly advised to acquaint themselves with, prior to applying to the Medical Council for Specialist Registration. A generic application form and guidelines are on the Medical Council website.

The Medical Council is to review its assessment method for entry to the Specialist division of the register. The accreditation committee will continue to monitor this and amend its procedures and processes as necessary.

Doctors on the Specialist Division of the Register, Division of Sports and Exercise Medicine (SEM) will need to register with one Professional Competence Scheme (PCS), the one that most appropriately reflects their daily/weekly medical practice. This topic is dealt with in the PCS section of the report.

11 July 2011 Post-graduate Conferring
Membership of Faculty of Sports and Exercise Medicine, RCPI & RCSI: (Conferred in absentia)
Joseph Frederick Baker
Ruth Ann Delaney
Oisín Ciaráin Breathnach

Specialist Division of the Irish Medical Council (IMC) Register, Division of SEM
Recommended to the Medical Council, for entry on the Specialist Register in 2010:
David Hulse

To date, there are 29 practitioners on the Specialist Division of the Register, Specialty of Sports and Exercise Medicine. A small number of applications are currently being processed.

I now stand down as chairman as I have completed my term but will continue to be a member of the committee. I would like to thank all the members of the committee for their hard work, support and sound advice. There have been significant changes made to the accreditation Committee’s procedures and processes which could not have happened without the input and effort of the whole committee. I would also like to add a special note of thanks to Olwyn for all her hard work.

Rod McLoughlin
Chairman, FSEM Accreditation Committee
The Faculty of Sports and Exercise Medicine, RCPI & RCSI, has been accredited by the Irish Medical Council as the body to administer the Professional Competence Scheme to doctors on the Specialist Division of the Register in Sports and Exercise Medicine (SEM), and doctors on the General Division of the Register whose practice is more than 50% Sports and Exercise Medicine or Musculoskeletal Medicine, and who hold a post-graduate diploma or higher in Sports and Exercise Medicine. The PCS will be managed by the PCS Committee and Chair for the Faculty of Sports and Exercise Medicine.

It required that all doctors participate in Continuing Professional Development in line with their daily/weekly practice.

A Doctor on Sports and Exercise Medicine Division of the Medical Council Specialist Division of the Register will need to register with one PCS, the one that most appropriately reflects his/her daily/weekly medical practice. This will be the Faculty of Sports and Exercise Medicine PCS for some, while for others it will be an alternative PCS.

The planning and preparation for the recently released Professional Competence Guidelines and Schemes was the culmination of many meetings, through a sub-committee under the umbrella of the Forum of Post Graduate Training Bodies, over 12-18 month period. This sub-committee, under the chair of initially Dr John McAdoo and later Dr Mary Houlihan, helped pave the way for preparation of the training bodies and at the same time provided the Medical Council with invaluable feedback.

The Faculty of Sports and Exercise Medicine, RCPI & RCSI was accredited by the Irish Medical Council as the body to administer the Professional Competence Scheme following a detailed application process. The present scheme has been viewed as process in evolution with subsequent developments expected over the coming years.

While the Faculty and RCSI are committed to doing everything possible to facilitate the process, it is ultimately each doctor’s responsibility to both enroll under the scheme and to maintain your CPD and audit record therein.

**Requirements**

The Medical Council has decided that the cycle of accreditation will be over a five year period and a minimum of 250 CPD credits will be required over this period. This equates to an average of 50 credits per year along with a yearly clinical audit of their work. The five year cycle will start once an individual registers for the programme. The rules around withdrawal and re-entry from the programme will be set by the IMC. To achieve compliance over a 5 year period and in accordance with the Framework for Professional competence schemes from the IMC in CPD, a doctor is required to earn:

**Category 1 External (Maintenance of Knowledge and Skills)**

100 credits per 5 year cycle – 20 minimum per year

This refers to external activities (i.e. outside the hospital or clinic) and is concerned with the maintenance of knowledge and skills. This would include attendance at international conferences, national conferences as well as college, specialist society or academy meetings. Credits obtained for pursuing a higher degree or diploma or participating in approved online course would also be recorded under this heading.

**Category 2 Internal (Practice Evaluation & Development)**

100 credits per 5 year cycle – 20 minimum per year

This refers to internal activities (within the hospital or clinic) and is concerned with practice evaluation and development. Activities that would come under this heading include participation in Morbidity & mortality meetings, clinical audit meetings, case
presentations, chart reviews, hospital grand rounds, and structured multi-disciplinary meetings. Evidence would usually be in the form of an annual summary of official attendance records which should be scanned and uploaded or kept safely in case it will be required.

Category 3 Personal Learning:
25 credits minimum per 5 year cycle – 5 credits minimum per year

This would include participation in self directed education, training or assessment activities (e.g. journal reading, researching clinical information). It might also include small group activities such as journal clubs and e-learning.

Category 4 Research or Teaching:
25 credits per 5 year cycle – 5 credits minimum per year

This refers to research and teaching activities. This would include teaching on programmes or courses, participation in hospital inspections for Colleges or the Medical Council. Documented time spent mentoring and counseling surgical trainees or acting as an examiner at postgraduate level would also come under this category. Ideally, you should accumulate at last 2 credits per year in this category but most will accumulate considerably more.

Clinical Audit Requirements:
Each doctor is required to participate in at least one audit annually. This would normally be of an aspect of clinical practice such as outcomes from a procedure, compliance with guidelines and evaluation of processes. It is assumed that this would equate to about one hour per month of audit activity but it may not be evenly spread through the year. You will need to specify what the audit was, when it was completed and upload (or keep) a summary – for example an abstract if the audit is presented (either externally or internally) or published.

Clinical audit is recognized as having three elements:
1. Measurement – measuring a specific element of clinical practice
2. Comparison – comparing results with the recognised standard (in circumstances where comparison is possible)
3. Evaluation – reflecting on outcome of audit and changing practice accordingly

Audit systems of the PCS:
There are two Audit processes for each PCS.

1. Medical Council Audit – the Medical Council will undertake an annual audit of random sample of participants.

2. PGTB Verification Audit Process.

Each PGTB will undertake an annual verification of activities recorded by a doctor with the professional competence scheme. Doctors will be selected at random (3%) to participate in the verification process; however, some doctors will be deliberately selected to participate because, for example, they are persistently not meeting minimal targets for accrual of activities.

If selected for this verification, participants will be required to produce their Personal Portfolio as evidence of their professional activities.

If the verification process satisfactorily addresses the issue i.e. the credits claimed are substantiated, then the RMP receives full credit for the Professional Competence Scheme.

The RMP will be informed of the discrepancies identified and will be given the opportunity to address or clarify the issues identified. Claimed credits without appropriate verification evidence will be removed from the Portfolio and an amended certificate issued.

Operation
To ensure that robust, auditable records of CPD activities are maintained for doctors and to reduce the administration workload for doctors, this programme will be supported by an online information system called the Colles Portal. From the Colles portal doctors can

- access their CPD programme requirements
- maintain an accurate record of their CPD activities as they occur
- sign up for CPD activities and access a yearly calendar for all those activities.
- have immediate access to CPD levels achieved versus the programme’s requirements, allowing them to effectively plan their professional development activities to meet requirements
Approval of Category 1 Activities by FSEM

Applications are welcome for approval of Category 1 CPD activities External (Maintenance of Knowledge and Skills) from organisations or individuals conducting educational workshops, courses, scientific meetings or any events. These events should address the educational needs of SEM Physicians and General Practitioners, be free from commercial bias, have SEM doctors participating in the planning process, and have clearly stated learning objectives which indicate the intent of the educational activity in specific, observable and measurable terms. The event must have an evaluation process to determine how well the learning objectives have been met and provides a certificate of attendance. Approved activities generally attract 1 CPD credit per hour.

The Costs for participation of RMPs in FSEMI PCS:

The cost of the scheme has been set in consultation with the Medical Council at €275 per year. A reduced rate of €175 is available to Fellows and Members of the Faculty of Sports and Exercise Medicine, RCPI & RCSI whose fees are Paid-up. You will be required to pay for the scheme online when you enroll or activate your Colles Portal account.

L Joe Conway
Chairman of the FSEM PCS

(Centre) Honorary Fellows of the Faculty of Sports and Exercise Medicine, Mr John Treacy and Prof Peter Fowler, with L-R Dr. Paul Darragh, FRCPI, Dr Carolan, Mr Patrick Broe, Vice-President RCSI and citator Prof Moira O’Brien
Accreditation of the Faculty of Sports and Exercise Medicine, RCPI & RCSI as Training Body

The Medical Practitioner Act 2007, Part 10, Education and Training, Section 89 (3)(a) (i)-(iii) covers the Accreditation of Training Bodies and Qualifications for the Purpose of Specialist and the Trainee Specialist Divisions.

The Medical Council launched the Accreditation Process at their offices in January 2011.

The Accreditation process will involve self assessment by the Faculty first, a review with the Council, which will include external assessment and then a decision will be given to either, Approve the Training Body and programme, Approve with conditions, Withdraw approval, Refuse approval.

The Medical Council plan to assess all 13 training bodies by the end of 2013 and the Faculty of Sports and Exercise Medicine will likely be assessed in 2013.

Professor Michael G Molloy has agreed to chair the FSEM subcommittee on Accreditation.

FSEM Sports Anti-Doping Committee

Committee Members
Dr B Cuddihy, Chairman
Prof Brendan Buckley
Dr Joe Cummiskey
Mr Sean Gaine
Prof John Horgan
Dr Stephen Lane
Dr John O’Riordan
Mr Gary O’Toole

Ex officio: Dean and Honorary Secretary

There were no significant changes on the 2011 list of banned substances. However, the Committee would like to remind doctors who are treating athletes who might be subject to testing that Inhalers such as Salbutamol and Salmeterol can be used in therapeutic doses without a need to apply for a TUE, but Inhalers such as Terbutalene and Fomoterol still require a TUE which should be applied for in advance of any testing.

Doctors are reminded that when prescribing for any athlete who might be subject to testing, that they should refer to resource material such as the information included in MIMS, on the Eirpharm website and the website of the Irish Sports Council. There is now also an iPhone app which can also be used as a resource.

http://www.irishsportscouncil.ie/Anti-Doping/Medicines_TUEs

There will be a review of anti-doping code of WADA which will be published in 2013, and doctors with views on issues such as whereabouts forms, Failure to File and nuts and bolts of drug testing are advised to formulate their thoughts and make their views known to the Anti-doping committee of the Sports Council. It is hoped that a meeting will be set up later in the year to allow for such an exchange of views to take place well in advance of the formulation of the Anti-doping code.

Dr Bill Cuddihy
Chairman, FSEM AntiDoping in Sport Committee
Dr John O’Riordan, FSEM Board Member
General Practice Programme Working Group

Chair: Dr John O’Riordan
Dr L Joseph Conway
Dr Pat Duggan
Dr Michael Griffin
Dr Martin McConaghy
Dr Rod McLoughlin
Ex Officio: Dr P Carolan, Dean

Report on ICGP/FSEM Diploma in Musculoskeletal Medicine

The second year of the Joint Diploma has just been completed. The Diploma was fully subscribed, with 24 doctors on the course. This was very satisfying, especially in view of the fact that training grants had been withdrawn for GP trainees.

All doctors who sat the final exam passes (23), one doctor having been forced to withdraw for personal reasons. The extern, Dr Pat O’Neill, was extremely pleased with the overall standard of examination skills demonstrated by the candidates. The clinical weekends and the final examinations were held in the Aishling Hotel Conference Centre. All involved found this to be a very suitable and accessible venue. It is hoped that this will again be the venue for next year’s diploma.

The clinical weekends are the central teaching platform of the course. The tutors in this second year felt that we had improved the delivery of the weekends. This was reflected in a very high satisfaction rating from the participants. In addition the online discussion board, where the candidates could discuss cases, became a more active and educational tool.

The participants also receive 11 modules during the year. Following discussion with the participants and the extern, the tutors have agreed to review the modules that the students are given. This is being undertaken in order to further increase their relevance in a clinical setting.

The addition of the FSEM Musculoskeletal examinations DVDs to next year’s educational tools for the Diploma will be of considerable benefit to all involved in the Diploma.

Faculty of Sports and Exercise Medicine representatives and representatives of the ICGP have held two meetings to review the Diploma from all aspects, including educational, financial and logistical issues. Both Colleges are very happy with its success to date.

The completion of the rehabilitation exercises booklet is hoped to be achieved before the FSEM AGM.

I would like to formally thank the other two tutors, Dr Joe Conway and Dr Michael Griffin, for their ongoing work and commitment over the year.

There are a number of discounted places set aside for Members and Fellows of the FSEM (who are not MICGP) and full Information on the programme and registration is on the ICGP and FSEM Websites.

GP Exercise Referral Program (GP ERP)

The Faculty has gained the right to have a representative on the National Steering Committee for GPERP. This program is a joint initiative between the HSE and the Dept. of Health, the ICGP and ILAM, the leisure industry body. The program involves individual 12 week exercise programs being given to those referred. There are a wide number of conditions suitable for referral.

The Steering committee has developed a national training programme for those who wish to deliver the program, and has been successful in rolling out the scheme in a northerly direction from its original launch in Cork. The GPERP is now accessible for increasing numbers of GPs and their patients. Further expansion is planned over this year.

The Faculty remains strongly committed to this program and see it as a central plank of “Exercise is Medicine”.

Dr John O’Riordan
FSEM GP Training Committee/Tutor and Chairman of Diploma Editorial Committee
The Seventh Annual Scientific Conference of the Faculty of Sports and Exercise Medicine of the RCPI & RCSI was held on the 17th and 18th of September 2010, at the Royal College of Surgeons in Ireland, St Stephen’s Green, Dublin 2.

We were honoured to welcome Micheál O Muircheartaigh, broadcaster, sporting personality and author, who performed the Official Opening of the Conference. In his address, he highlighted the importance of exercise and sport in our society, describing the evolution of sports and exercise medicine over the many years from the days of the ‘Croke Park Knee’ to present times.

We started on the Friday with a team physician day with talks on a variety of issues.

Dr Gary O’Driscoll, Arsenal Team Doctor, spoke on the roles and responsibilities of the sports physician.

Dr Sharon Madigan, Nutritionist, talked about the place hydration and supplementation in team sports.

Gerry Hussey, Sports Psychologist, discussed the role of the sports psychologist in team sport.

Dr Una May, Manager of the Irish Sports Council (ISC) Anti-Doping Unit, talked on the latest issues in anti-doping.

The Friday afternoon was completed by original research and case presentations of high quality. Ms Ailbhe McMahon was awarded the O’Flanagan Prize for the best original Scientific Paper for her paper “Exercise prescription in an Irish Setting: Preliminary findings from a Irish Cardiovascular Disease Prevention Program”. Book tokens were also awarded to Dr Dara Lundon for “A case of rugby injury to right knee and query of DVT” and Dr Eamon Spillane, for the best Poster presentation entitled ”Effect of General Practitioner-lead Intervention Programme on Cardiovascular Fitness and Health Markers in Overweight Male third-level Students”.

During the Annual Scientific Conference, Dr Bill Cuddihy, Mr Micheal O Muircheartaigh
Dr Philip Carolan and Dr Martin Daly
Prof Peter Fowler, Honorary-Fellow designate, delivered a Guest Lecture about issues relating to Leg Alignment in knee problems and surgical issues related to this. Keynote lectures continued on the Saturday 18th September 2010. Dr Bruce Hamilton, Sports Medicine Physician, spoke on the treatment of acute posterior thigh pain and hamstring injury. Dr Johnson McEvoy, Physiotherapist, spoke on the initial rehabilitation of hamstring injury, and Mr Derek Malone, Strength and Conditioning Coach, talked about the strength and conditioning perspective of prevention and final stage rehabilitation of the hamstring.

Dr Frank McGrath, Consultant Radiologist, gave us a summary of the imaging changes of the hamstring and spine, along with potential therapeutic injections available to us. Prof Gary Allison talked about the findings of his research team in Perth concerning the muscle activation patterns seen in normal people and those with back pain.

Mr Keith Synnott, Orthopaedic Surgeon, talked about the place for surgery in the spine for people presenting.

Mark McCabe, Physiotherapist, gave us examples of function-based rehabilitation of athletes with back pain under his care.

Dr Lorenzo Masci, Sports Physician, talked about Spondylolysis and spondylo-listhesis in athletes. Dr Conor McCarthy talked about issues relating to rheumatology related back problems in an active population. During the conference, the Faculty conferred Honorary Fellowships on Prof Peter Fowler, from London, Ontario, and on Mr John Treacy, CEO Irish Sports Council.

We would like to thank the Conference Organising Committee, comprising Dr Mary Archer, Dr Philip E Carolan (Dean), Dr Nick Mahony, FFSEM and (Dr Frank McGrath, Treasurer, ex officio) for their time and commitment to this committee. We also acknowledge the support of sponsors, who enable us to organize this annual event.

Dr Joe Conway & Dr Martin McConaghy
Conference Committee Co-Chairs
The **2011 Conference**, on 9 and 10 September, under the Chairmanship of Dr Mary Archer, will focus on Team Doctor Update, Tendinopathies and Concussion, with Scientific Research presentations. We look forward to the continued support of Faculty Members and Fellows and General Practitioners and other Physicians engaged in Sports and Exercise Medicine; the conference provides an opportunity to hear lectures from both national and international experts in the field of SEM.

**Dr Mary Archer**, Organising Committee Chair  
*Committee:* Dr Philip E Carolan (Dean), Dr Nick Mahony, Dr L Joe Conway, Dr Martin McConaghy, Dr John O’Riordan (Honorary Secretary)
The Faculty of Sports and Exercise Medicine, RCPI & RCSI, was founded in 2002, and is a joint Faculty of the Royal College of Physicians of Ireland and the Royal College of Surgeons in Ireland, with Fellows and Members in Ireland and overseas.

In 2004, Sports and Exercise Medicine became a Specialty recognised by the Department of Health and Children and the Medical Council. The Faculty is the recognised body with responsibility for training in Sports and Exercise Medicine and in 2011, the Faculty of Sports and Exercise Medicine, RCPI & RCSI was recognized by the Medical Council as the body to assist the Medical Council in its duty to satisfy itself as to the ongoing maintenance of the professional competence of registered medical practitioners, through operation of professional competence scheme (PCS), in Sports and Exercise Medicine, under section 91(2) of the MPA

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2012 Conference Diary Date

The Ninth Scientific Conference of the Faculty is scheduled to take place on the weekend of 21 and 22 September 2012.

Information on the Faculty and its activities is available at www.rcsi.ie/fsem

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