Faculty of Sports and Exercise Medicine, RCPI & RCSI

Dámh Leigheas Spóirt agus Aclaíochta

Annual Report
October 2009 to September 2010
I am privileged, as Dean, 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 2009/2010.

**Medical Practitioner Act 2007**


Practitioners on the Specialist and General Divisions of the Register will now be legally obliged to demonstrate that they are maintaining their professional competence from one year later, 1st May 2011.

All registered Medical Practitioners will be required to maintain their professional competence on an ongoing basis and to co-operate with any rules or requirements in relation to a professional competence scheme.

In practice, this means that every doctor is now required to register with a Professional Competence Scheme and to begin a process of engagement in professional competence activities such as continuing professional development (CPD) and clinical audit within 12 months. Practitioners must be registered on a scheme by May 1st 2011.

The Faculty of Sports and Exercise Medicine, RCPI & RCSI will administer the scheme for Sports & Exercise Medicine Practitioners.

Maintaining professional competence ensures that all doctors will maintain their level of knowledge and skills will benefit from the knowledge of other health care professionals and will help ensure that patients are getting the best possible care.

The Medical Council is currently asking doctors to identify which area of medicine or medical specialty they best fit into, to define the requirements for each doctor for ongoing professional competence and development. If you believe that your daily practice is best defined by the specialty of ‘Sports and Exercise Medicine’, you should declare that you believe that the Faculty of Sports and Exercise Medicine, RCPI & RCSI is the training body most appropriate to you.

The Faculty will provide further information on Continuous Professional Development for Sports and Exercise Medicine in the near future. Meanwhile, we would doctors to keep a file of your CPD activities.

**Higher Specialist Training**

The Board of the Faculty and the Higher Specialist Training Committee continue to work on procuring funding for a Higher Specialist Training programme in Sports and Exercise Medicine from the Health Service Executive, Medical Education, Training and Research (HSE METR), which has taken over the funding for training programmes from the PostGraduate Medical and Dental Board.

Dr Pat O’Neill and I met with Professor Gerry Bury, Medical Director of the HSE METR to discuss funding for a programme in March 2010. Professor Bury highlighted at this meeting the financial difficulties the HSE METR Unit were under for training budget and that in the present year we were unlikely to receive funding. We will re-submit our training programme to the Medical Council Training Committee for the approval of the programme.
The Board understands the importance of the Faculty gaining funding for a training programme for the continued development, strengthening and experience of the speciality of Sports & Exercise Medicine.

Part II of the Medical Practitioners Act relating to Professional Competence was commenced on May 1st 2010, so a training programme becomes even more important for developing both the speciality and a continuous professional development 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.

Forum of Postgraduate Training Bodies (PGTB)
The forum of PGTBs that works to achieve funding and deal with all relevant requirements and aspects of training and negotiations with the HSE METR. The Dean represents the Faculty on the Forum of Postgraduate Training Bodies and has attended all four meeting in the past year. We continue to work with the executive of the Forum on reapplying for funding.

National Committee Medical Education and Training (NCMET)
The National Committee Medical Education and Training meets four times a year and the Dean has attended all four meetings. This committee addresses all aspects of both undergraduate and postgraduate training and is drawn from a wide range of interested parties and is an interdepartmental steering group on medical education and training. This committee 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.

Faculty of Sports & Exercise Medicine UK (FSEM UK)
The Dean represents the Faculty at Council meetings of the Faculty of Sports & Exercise Medicine UK. He has attended six meetings in the past year and maintains close working relations with that Faculty. Professor Mark Batt has taken over Professor Charles Galesko as President of FSEM (UK). We continue to work with the Council in the UK to help promote and develop the speciality in the UK and Ireland and in turn gain speciality recognition in Europe.

Due to commitments with the Intercollegiate SEM Examinations, Dr Jumbo Jenner has had to stand down as the FSEM (UK) representative to our board and we look forward to working with his replacement. Professor Batt has indicated that he would like to attend one board meeting per year in his capacity as President of the UK Council.

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 speciality and to reflect the requirements as set out in the higher specialist training programme curriculum which is common to both Faculties. It is hoped that a Part II examination maybe held in Dublin in 2012.

London 2012 Olympics is a very important event for the FSEM UK and they plan to hold a big Sports and Exercise Medicine conference that year and it is hoped that FSEM, RCP&SI will run a scientific section at that conference.

Honorary Fellowship
In 2009 the Faculty conferred Honorary Fellowships on Mr John King, an international figure in Sport & Exercise Medicine, President of ECOSEP and a renowned orthopaedic and sports surgeon from London, and on Professor Barry Bresnihan, retired rheumatologist and international rugby player. These two distinguished doctors made major contributions to medicine and sport, both nationally and internationally, over many decades. Prof Bresnihan was conferred ‘in absentia’ due to illness, and we are sorry to report that he died in July 2010.

We look forward to conferring Honorary Fellowship of the Faculty on Professor Peter J Fowler and Mr John Treacy, during the 2010 Scientific Conference.

Annual Scientific Conference
The Annual Scientific Conference was held in RCSI in September 2009 with great success.

The conference was opened by the European Commissioner, Charlie McGreevy and a summary of the 2009 conference is included later in this report. Each year the conference goes from strength to strength and we continue to attract the best local and international speakers from the field of Sports & Exercise Medicine.

This year, the conference will cover a number of aspects from team physician, lower back pain and posterior thigh pain. The original research section
attracts a good audience and is a forum for trainees and established doctors to present their material.

Last year, we conducted an internet survey of members and fellows to get insight into what they wanted from the conference. This exercise has been very informative and has been beneficial to the committee in planning this conference.

I would like to thank the committee, especially the Chairmen Dr Joe Conway and Dr Martin McNaghy, for their hard work to date.

**Joint Diploma in Musculoskeletal Examination FSEM & ICGP**

The Joint Diploma course with the ICGP commenced last September and was launched by the Dean and Mr Nick Fenlon of ICGP in RCSI immediately following the FSEM Annual Scientific Conference, on 18 September 2009. There were 22 course participants and they completed their final exam in May 2010. They will be conferred with their Joint Diploma in November 2010. Participants are already enrolling for this very popular course. Information and links are on the Faculty website. The committee is looking at increasing the course numbers since last year.

I wish all the participants on the course, the committee and members of the Faculty every success in the coming year and would encourage them to use this course as a platform to submitting material for the Annual Scientific Conference.

**Musculoskeletal Examination DVD Module**

This project continues with further filming and editing planned for the coming months. The Faculty has met with ‘Clinics in Motion CPD’ to coordinate and manage the production of the DVD module. This project is quite time consuming and requires outside project management.

**Elections to the Board**

Following a call for nominations, three new members were nominated and deemed elected to the Faculty Board, to take office from November 2010. Professor Giuseppe DeVito is Professor of Performance Science at the Institute of Sport and Health, University College Dublin; Dr Padraig Sheeran is Consultant in Paediatric Anaesthesia and Paediatric Critical Care at Our Lady’s Hospital for Sick Children, Crumlin, Dublin, and Dr Michael Webb is the sports physician at the Sports Institute of Northern Ireland. We look forward to welcoming them to the first meeting of the new Board in November 2010. Mr James Colville and Dr Michael Griffin will complete their membership of the Faculty Board in November 2010, and I thank them for their hard work and contributions to the Board.
European Federation of Sports Medicine Associations (EFSMA)
I was unable to represent the Faculty, as Dean, at the meeting in Antalya in Turkey in October 2009, and the Faculty was represented by Dr Joseph Cum-miskey. I would like to congratulate Dr Cummiskey on his election to President of EFSMA and wish him every success in his new role. We will continue to work with EFSMA on gaining European Union of Medical Specialties (EUMS) recognition for the speciality.

The Dean and Honorary Secretary will represent the Faculty at the forthcoming EUMS meeting in Brussels in September 2010, to further work towards Europe-wide recognition of Sports and Exercise Medicine.

European College of Sports & Exercise Physicians (ECOSEP)
The European College of Sports & Exercise Physicians have asked the Dean to speak at the ECOSEP Second Annual Conference and the 12th Scientific Conference in SEM, CSEM, Queen Mary University in London. The Board has endorsed his acceptance and he will speak on Speciality Development.

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

I would encourage members and fellows to get actively involved with the Faculty sub-committees. With a greater involvement from all our member and fellows, the Faculty can look forward to the future and to the greater expansion of the Speciality of Sports & Exercise Medicine.

The Faculty needs to promote the skills and expertise of our specialists, as the speciality has a vital role to play in the future healthcare of our population, athletes and sports people. The specialists in Sports & Exercise Medicine need to drive the physical activity prescription model to help combat the major problem of obesity in the developed world. Our colleagues world-wide now talk of the physical inactivity epidemic and the resultant chronic diseases. A fundamental change is required to help promote preventative medicine through activity. The “Exercise is Medicine” model is out there, it is a challenge for doctors to fundamentally change healthcare focused on prevention and treatment of chronic disease through exercise and physical activity. 2010 has been a big year for the Royal College of Surgeons, with it celebrating its 200th year on St Stephen’s Green and the Faculty is delighted to be part of the College’s 200 year celebrations.

In February 2010 Dublin took over the mantle of “European Capital of Sport” and the Faculty is delighted to endorse and support the Dublin City Council’s events and programmes organised for 2010.

It is important that some legacy should follow on from the “European Capital of Sport” and I feel that the Faculty needs to promote the physical activity model and highlight its use in preventing and managing chronic disease.

I take this opportunity to say a special word of thanks to the Faculty Administrator, Ms Olwyn Puirseil, who contributes to our continuing success by her commitment and professionalism.

Philip E Carolan
Dean
Elected Board member

Dr Mary Archer     4
Mr Cliff Beirne     0  (Retired from Board November 2009)
Dr Philip Carolan     4
Dr L Joseph Conway     4
Mr James Colville     1
Dr Joseph Cummiskey     3
Dr Pat Duggan     1
Dr Michael Griffin     2
Prof Michael G Molloy     0  (Joined Board November 2009)
Dr Martin McConaghy     3
Dr Frank McGrath     2
Dr Rod McLoughlin     1  (Retired as elected member 2009)
Prof. John O’Byrne     0  (Retired from Board November 2009)
Dr Pat O’Neill     1  (Retired from Board November 2009)
Dr John O’ Riordan     1

Meetings attended (Sept 09- May ’10)

Officers of the Board 2009/10

Dr Philip E Carolan, Dean
Mr James Colville, Vice-Dean
Dr Martin McConaghy, Honorary Secretary
Dr Frank McGrath Treasurer

Members of the Board of the Faculty of Sports and Exercise Medicine, RCPI & RCSI, pictured in February 2010

(Some Board members are absent from the photo.)

L-R: Front row: Dr Mary Archer, Prof Frank Keane, PRCSI, Dr Philip Carolan, Dean, Dr Martin McConaghy, Honorary Secretary, and Mr Frank McManus, RCSI Council Representative on the Board. Back Row: Dr Frank McGrath, Dr Joe Conway and Dr Joseph Cummiskey.
Ex-officio

Prof Frank Keane, 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 J Jenner has represented the Faculty of Sports and Exercise Medicine (UK) on the Board during the current period.

Prof Michael G Molloy was elected to the Board, to take office in November 2009. Three seats remained vacant.

Under S.O. 7.6, Dr Rod McLoughlin, Director of Medicine, of the Irish Institute of Sport was elected to attend at meetings of the Faculty Board.

Four meetings of the Board were held 3 September, 27 November 2009, and 11 February and 20 May 2010. In addition, many meetings of Working Groups and Committees were held and the final meeting of the present Board is scheduled for 2 September 2010.

Following a Call for Nominations to the Board for 2010 to fill five vacancies, three candidates nominated were deemed elected. The names will be notified to Members and Fellows at the Annual General Meeting in September 2010.

The Standing Committees of the Board are as follows:

Finance and General Purposes Committee
Accreditation Committee
Sports Anti-Doping (formerly Anti-Doping/Drugs in Sport Committee)
Higher Specialist Training and Education and Training Committee
CME/CAS and Audit/Professional Development Committee
General Practitioners Training working Group

Finance and General Purposes Committee

Dr Frank McGrath
Dr Ted Murphy (Faculty Member, seconded to Committee)
Ex Officio Dean, Dr P Carolan and Honorary Secretary, Dr Martin McConaghy

Year to 30th September 2009 - Annual subscriptions

There was a small fall-off in Membership and Fellowship income, down approximately €500 from 2008/9. Subscription rates for Fellows and Members remain as for the previous year, and this funding is essential to the running of the Faculty. Prompt payment is very much appreciated, as collecting and recording of subscriptions without standing-order or on-line payment is very challenging.

Funding and grants:

Grant funding of €88,000 through the HSE/Forum for a Musculoskeletal clinical examining techniques DVD/On-Line project was received in November 2008, and appears in the 2009 Accounts. This funding is ring-fenced for the project as soon as the design is completed.

Postgraduate Medical and Dental Board/HSE - administration/educational grant

A sum of €11,509 was received, being a proportion of claims submitted by the Faculty, and paid through the PgMDB for ‘structural support’ to the Faculty for the year 2008.

For 2009, an allocation of Structural funding of €36,900 was made by the HSE, who took over this function from the PgMDB. This money was received into the Faculty account early in 2010, after this current accounting period, and will appear in the accounts for 2010/11.

The Fifth Annual Scientific Conference of the Faculty was held in September 2009.

The meeting made a small profit, after settling outstanding accounts and expenses. We very much appreciate the continuing support of conference exhibitors, as without them, it would not be possible to run this event.
# Financial Summary – Faculty of Sports and Exercise Medicine

## Income and Expenditure – Year ended 30th September 2009

<table>
<thead>
<tr>
<th>Income</th>
<th>2009</th>
<th>€</th>
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<tbody>
<tr>
<td>Subscriptions Members &amp; Fellows</td>
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<td>78,310</td>
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<td>Scientific Conference 2008</td>
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<td>13,968</td>
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<tr>
<td>PgMDB structural grant &amp; Sundry sales</td>
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<td>13,434</td>
</tr>
<tr>
<td>HSE/Forum/DVD MSK project grant</td>
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<td>88,000</td>
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<tr>
<td><strong>Total income</strong></td>
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<td><strong>193,712</strong></td>
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## Administration Costs

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<tr>
<th>Costs</th>
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<tr>
<td>Salaries and office Rent</td>
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<td>56,469</td>
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<tr>
<td>Printing, general office expenses</td>
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<td>28,246</td>
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<tr>
<td>Travel including Scientific Conference</td>
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<td>1,083</td>
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<tr>
<td>RCSI Central Shared Services and Depreciation</td>
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<td>28,377</td>
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<tr>
<td><strong>Total admin costs</strong></td>
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<td><strong>(102,159)</strong></td>
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## Surplus for y/e 30 September 2009

<table>
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<tr>
<th>Surplus</th>
<th>2009</th>
<th>€</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>91,553</strong></td>
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Frank McGrath  
Treasurer
Committee Meetings were held on 26 August 2009, 11 November 2009, 27 January 2010, 13 May 2010.

Membership and Fellowship of the Faculty
Admission of new entrants to the Faculty continues to be by way of Membership. Eligibility criteria have been reviewed this year to provide greater clarity for prospective applicants and are on the website. Applicants should ascertain that they fulfill these criteria before making application and provide the appropriate documentary proof required. Documentation including checklists have been finalised for the Website for Membership, and for Transition to Fellowship. There have been some minor amendments in the information documents and procedures for application for Membership/Fellowship, including the timeline for closing an application, and to further clarify the application criteria. The criteria are;

Membership:
Applicants must possess one of the following MRCPI, MRCSI MICGP or MRCGP (or equivalent) postgraduate medical qualification, recognised by the Irish Medical Council.
AND
Be in possession of a postgraduate Diploma in Sports and Exercise Medicine
OR
MD/PhD in Exercise Physiology or Sports and Exercise Medicine or equivalent
OR
a postgraduate Diploma in Musculoskeletal Medicine or equivalent relevant qualification
AND
Must submit documented evidence of involvement in Sports and Exercise Medicine

Transition Membership to Fellowship
Applicants will be expected to provide as much of the following evidence as possible:
Evidence that Sports and Exercise Medicine forms a significant part of the applicant’s current clinical practice.
Evidence of continuing Professional Development in the specialty averaging 25 hours per years over the four year period.
Evidence of clinical audit in Sports and Exercise Medicine, research in Sports and Exercise Medicine presentation at Sports and Exercise Medicine conferences, professional attendance at sports events, teaching in Sports and Exercise Medicine, publications in Sports and Exercise Medicine or evidence of a contribution to the development of Sports and Exercise Medicine by involvement in committee work, including national governing body Medical Committees.

Further information on the Website, http://www.rcsi.ie/fsem/fellows_members/index.html

In exceptional cases, the Accreditation Committee may recommend to the Board certain outstanding candidates for ‘Fellowship by Election’.
Specialist Division of the Register – Specialty of Sports & Exercise Medicine

The Accreditation Committee of the Board continues to assess applications for entry onto the Specialist Register in the Division of Sports and Exercise Medicine and, being the recognised training body, the Faculty makes recommendations to the Medical Council.

The FSEM document “Entry to the Specialist Division of the Register of Medical Practitioners – Specialty of SEM” (17-Nov-09) was updated, to align it with the changes in the Medical Council’s Specialist Division criteria. There is a new generic application form and guidelines available on the Medical Council website.

Two documents are published on the Faculty website and applicants are strongly advised to acquaint themselves with these documents prior to applying to the Medical Council for Specialist Registration;

1. Faculty of Sport & Exercise Medicine, RCPI & RCSI, Entry to the Register of Medical Specialists in the Division of Sports and Exercise Medicine

2. Specialist Division of the Registrar – Specialty of Sports & Exercise Medicine, Checklist for applicants.

Being placed on the (Irish) Medical Council Specialist Register does not automatically qualify the applicant for UK Registration as, in order to obtain Certificate of Specialist Doctor (CSD), the major part of the training must be completed in the country where the application is made.

12 July 2010 Post-graduate Conferring

Membership of Faculty of Sports and Exercise Medicine, RCPI & RCSI:
Dr Steven Edumundson,
Dr Francis Lyons,
Dr Alan Rankin.

Fellowship of Faculty of Sports and Exercise Medicine
(Transition under SO 3.1.7)
Dr Susan Oonagh Clarke

Specialist Register
Recommended to the Medical Council, for entry on the Specialist Register 2009-2010
Eanna C Falvey October 2009
Conal Barry Hooper Feb 2010

To date, there are 26 practitioners on the Specialist Division of the Register – Specialty of Sports & Exercise Medicine, and some applications are currently being processed.

Rod McLoughlin
Chairman, FSEM Accreditation Committee
A meeting of the Faculty of Sports and Exercise Medicine on Anti Doping in Sport took place in the Royal College of Surgeons on Saturday the 28th November, 2009.

Present were Dr. Bill Cuddihy, Chairman, Dr. Martin McConaghy; Dr. Pat O’Neill, Dr. Stephen Lane; Dr. Joe Cummiskey and Mr. Gary O’Toole. Apologies were received from the remainder of the committee.

The purpose of the meeting was to discuss the change in the World Anti Doping Agency rules and the change in the prohibited list for 2010.

In relation to asthma the committee noted that Salbutamol and Salmeterol have been taken off the banned list for 2010 but that any athlete who was using them will be required to declare their use at the time of testing. It was noted by the committee that there is no change in the status of other Beta 2 Agonists such as Terbutaline and Formoterol which remain on the banned list and whose use will require a full Therapeutic Use Exemption. In addition it was noted that the stricture in relation to Salbutamol levels above 1,000 nanograms per ml in the urine specimen will remain in place.

There was concern among the committee that this change in the rules in relation to the use of Beta 2 Agonists such as Salbutamol might possibly lead to an over use of Salbutamol and it is recommended that a statement be posted on the web site encouraging doctors to abide by best practice in relation to the accurate diagnosis of asthma with the use of Pulmonary Function Tests and the proper treatment of asthma with the emphasis on preventive treatment in the form of inhaled steroids either alone or in combination with long term Beta 2 Agonists. The point was also made at the committee that there is no guarantee that Beta 2 Agonists such as Salbutamol and Salmeterol will remain off the banned list and that they may be reintroduced on to the banned list at some date in the future.

It is noted also by the committee that the other big change in the rules for 2010 sees the reintroduction of Pseudoephedrine on the list of stimulants which are banned in competition.

Pseudoephedrine was on the banned list up until the end of 2003 and at that time it was prohibited above a level of 25 mcgs. per mml. From 2004 up to and including 2009 it was on a Monitoring Programme and this Monitoring Programme over the past 5 years has shown a sustained increase in samples containing Pseudoephedrine.

For 2010 Pseudoephedrine has been reintroduced to the list and will be prohibited above 150 mcgs per mml. While it is recognised by the committee that somebody taking a therapeutic dose of Pseudoephedrine is unlikely to breach the level set by WADA it is nonetheless advisable that all athletes should avoid the use of Pseudoephedrine for up to 48 hours before competition in order to be certain that they do not exceed the level of 150 mcgs. per mml.
The committee also noted other changes in the prohibited list. In relation to anabolic steroids, oxygen and platelet derived preparations.

In addition to changes in the World Anti Doping Agency prohibited list the committee also discussed the place of Kenalog Injections for treatment of hay fever and took note of the fact that Kenalog will no longer be available on the Irish market in 2010. This was seen as a welcome development as in the view of the committee there are newer and better preparations available for treatment of hay fever.

Finally the committee noted that the rules of the World Anti Doping Agency for 2010 do not appear to make any provision for the granting of a retroactive TUE.

The contents and outcome of the discussions that took place will be posted on the web site of the Faculty in the form of advice for doctors dealing with anti doping issues.

July 2010

Doctors who are involved in Sports and Exercise Medicine are advised that the Irish Sports Council has adopted a new policy in relation to applications for Therapeutic Use Exemptions (TUEs). Doctors are advised to consult the Irish Sports Council website for details about this important change. For convenience, some of the information from the IIS website is reproduced hereunder.

**“PRE-TEST TUE POLICY:”**

For 2010 the following athletes must apply for a TUE prior to using a Prohibited Substance or Prohibited Method;

a) All Athletes in the Irish Sports Council’s Registered Testing Pool (ISC RTP)

b) Athletes who are part of an International Federation’s (IF) Registered Testing Pool and those competing in International Events, as defined by the IF

POST-TEST TUE POLICY:

All other Athletes can apply for a TUE retroactively, i.e. if an athlete is tested and the lab reports an Adverse Analytical Finding (AAF), the Irish Sports Council Anti Doping Unit will contact the athlete and request the athlete to submit his/her medical file to the TUE Committee along with a TUE application. All athletes are urged to ensure that their doctor keeps their medical records up to date at all times.

If the Athlete is unable to prove that he/she was using the Prohibited Substance or Prohibited Method for a legitimate therapeutic purpose the AAF will stand and the National Governing Body will start proceedings for a Disciplinary Hearing. If the TUE Committee reviews the medical file and is happy that the athlete was using the Prohibited Substance or Method for a legitimate purpose, the AAF is not pursued and no action is taken against the athlete. If an athlete is unsure about whether he/she should apply for a TUE in advance, he/she can contact the Irish Sports Council. Athletes to whom the Post-Test TUE Policy applies may still apply to the ISC for a TUE in advance of using the Prohibited Substance or Method.”

A listing of IF contacts is available at www.wada-ama.org/en/Anti-Doping-Community/IFs/List-of-IFs
DECLARATION OF USE POLICY:
The ISC no longer has a Declaration of Use Form. All medications and supplements must be declared by the athlete at the time of a drug test on the Doping Control Form. This is especially important for athletes using Beta2Agonists and Glucocorticosteroids.

EXISTING ABBREVIATED TUE APPLICATIONS:
All previously granted Abbreviated TUEs (ATUEs) have now expired since December 31st, 2009. This has come about with the introduction of the updated WADA International Standard for TUEs. This also applies to TUEs previously granted by International Federations. If you fit the criteria listed above for a Pre-Test TUE you should now follow the steps below and re-apply for a TUE. If you fit the criteria listed above for a Post-Test TUE you should contact your GP/Consultant to ensure that they have an up to date medical file for you.”

Summary advice for doctors in relation to TUEs
Doctors treating athletes who are on a Registered Testing Pool (RTP) – either Irish Sports Council registered testing pool (ISC RTP) or International Federation testing pool (IF RTP) are advised that the athlete must apply for a pre-test TUE. Doctors treating athletes who may be subject to doping control tests but who are not on a Registered Testing Pool are strongly advised to keep up-to-date complete and accurate medical file in relation to the use of a substance or method which may result in an Adverse Analytical Finding (AAF). This file will then be used by the athlete to apply for a post-test TUE.

Dr Bill Cuddihy
Chairman of FSEM Anti-Doping Committee and
Former Faculty Board Member
A Memorandum of Agreement between the ICGP and FSEM was signed by the Dean, on behalf of FSEM, and the ICGP, on 25 March 2010 to formalise the use of funding originally allocated to the FSEM and used for the setting up and running of the Diploma programme. At a subsequent ICGP Management Committee meeting held on 13th May 2010 financial arrangements were agreed. The FSEM Faculty Board noted at its meeting of 20 May 2010 that while this was the first year of the Diploma programme, involving set-up costs, a payment of €6,130 will be allocated to both ICGP and FSEM in 2010, and it is hoped that income will increase in future years.


The ICGP Editorial Committee is pleased to report that the first year of the Joint ICGP/FSEM Diploma is completed. Twenty-one doctors have been involved. The last of four clinical weekends took place on 14th/15th May 2010. The final examination, with an external examiner, took place at ICGP on 29 May 2010, this day included a series of lectures/tutorials on subjects the candidates and tutors wanted covered.

2009/10 was the first time the course has been run, and as such it has been a learning curve for all involved. The Editorial Committee will look at what has been achieved, what has been learnt by the tutors throughout the year and the candidates’ ongoing assessment of the course. Most importantly, we will identify how the Diploma programme can be improved.

All the modules have been written, edited and re-edited. They have been formatted in a particular way to allow the candidates to focus on the most relevant clinical points. Clinical Weekends have been very successful. The importance of the understanding of the concepts became clear to the candidates, including the requirements for a proper full MSK examination. It became clear that treatment and in particular rehabilitation exercises were high on the candidates requirements.

The first weekend was challenging as a number of clinical concepts needed to be understood. It was also difficult as the candidates had to get comfortable with the idea that they needed to remove the patient’s clothes for proper examination. The candidates have been asked to fill reflective portfolios during the course which were submitted 2 weeks after the final clinical exam. The candidates expressed a wish to have the rehabilitation exercises in an easily accessible format for use by themselves and for use in the surgery. This will require the tutors to agree on appropriate exercise for the variety of conditions covered. We would be anxious that these have a standardised appearance and format. There is likely to be an additional cost in the set up for the course to achieve this. The venue for 2010/11 course is currently not confirmed as it is not clear if space will continue to be available at ICGP in Lincoln Place.

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 website at http://www.icgp.ie/go/courses/e_learning/5834F477-19B9-E185-8335BBBEA8EA3383.html

Dr John O’Riordan
Tutor and Chairman of Editorial Committee
The Sixth Annual Scientific Conference

The Sixth Annual Scientific Conference of the Faculty of Sport and Exercise Medicine of the Royal College of Physicians and Royal College of Surgeons in Ireland was held on the 17th and 18th of September 2009, at the Royal College of Surgeons in Ireland, St Stephen’s Green, Dublin 2.

We welcomed European Commissioner, Mr Charlie McCreevy, who performed the Official Opening of the Conference. In his address, he highlighted importance of exercise and sport in our society. He recounted stories of his past sporting experiences (which included honourable mention for a previous Dean of the Faculty, Dr Pat O’Neill) and wished the conference every success.

Professor Moira O’Brien gave an overview of the conference theme, by discussing the benefits and risks of exercise in the younger athlete/person. Her lecture managed to find the difficult balance between giving us this overview of the subject without taking away form any of the other subsequent lectures. This was followed by talks from Dr Giles Warrington, Olympic Council of Ireland (OCI) Sports Physiologist, who described his research into elite jockeys in Ireland and their bone health, with special reference to the apprentices. We were told that while children are getting heavier, the weight requirements for the jockeys have changed to only a small degree during the same time. This is likely to...
result in dietary manipulation, which is associated with poor bone development, consistent with their findings. Dr Nicola Crabtree, lead clinical scientist in the nuclear medicine department of Birmingham Children’s Hospital, described the benefits of weight-bearing activity on the development of bones through childhood and adolescence, as well as the effects when this is prevented by illness.

Dr John O’Riordan, Sports Physician, GP and a member of the National Task Force on Obesity, discussed the place for treatment of obesity in primary care. His sobering message - of the need for legislative intervention, with limited benefits and potential difficulties from simple interventions in primary care - left us all with much to think about. Professor Nicola Maffulli, the Professor of Sports and Exercise Medicine from Barts and London School of Medicine and Dentistry, London, gave a talk about the development of elite sports and exercise medicine care from the epidemiological view through to the surgical care of the athletes. Dr Pat O’Neill, Past-Dean of the Faculty, followed up with a further review of the care of this group in our population, from the Sports Physician’s perspective. The conference was finished off by Dr Phil Glasgow, Head Physiotherapist in the Sports Institute of Northern Ireland (SINI), who discussed the treatment and rehabilitation of three common adolescent injury presentations (apophyitis in the hip, tibial tubercle and calcaneus), using basic principles to look at the multi-faceted treatment and potential prevention plan. Mr John King also gave us a delightful talk about the past and future in Sports Medicine.

The O’Flanagan Prize for the best original Scientific Paper was awarded to Dr Myles Harrison for his paper “Club Physician versus Specialist Centre spiro-metric testing in the diagnosis of Asthma/Exercise induced Bronchoconstriction in a cohort of senior Inter County GAA Players”. Book tokens were also awarded to Mr John Ryan for his Case Presentation “Recurrent Calf Injury in an Adolescent Athlete” and to Ms Suzanne Rath, Physiotherapist, for the best Poster presentation on “Effects of whole body vibration during dynamic squatting on blood lactate clearance kinetics”.

The Faculty conferred Honorary Fellowships on Mr John King, an international figure in Sports and Exercise Medicine world, and a renowned Orthopaedic and Sports Surgeon from London and on Professor Barry Bresnihan, retired Rheumatologist, and international rugby player who was conferred in absentia, due to illness.

Feedback was generally positive form the people who attended the conference. Attendance numbers were about the same as last year, but were however down slightly on previous years for the conference. This may reflect a number of issues; the economic environment, the conference theme, or the fact we changed from having the conference on a Friday and Saturday to Thursday and Friday.
Seventh Annual Scientific Conference

Plans for the 2010 Conference, which is our seventh such event, are well advanced, and we will focus on issues related to posterior thigh pain, including hamstring and lumbar sacral spine pathology, a new focus will include a team-physician update, as well as original research and case presentations. A team of national and international speakers have been invited, which includes Prof Peter Fowler, Canadian Orthopaedic Surgeon. Prof Fowler will be presented with an Honorary Fellowship, along with Mr. John Treacy, CEO Irish Sports Council and Irish Sporting legend. There are additional national and international speakers on the subjects of Team Care (roles and responsibilities of sports physician, nutrition and psychology), lumbar sacral spine problems (including potential underlying injuries, medical problems, their investigation and treatment) as well as acute interventions for hamstring injuries along with rehabilitation and injury prevention of these injuries.

There has already been an improved registration rate for 2010 conference, when compared to 2009.

Dr Joe Conway and Dr Martin McConaghy,
Conference Committee Joint-Chairmen

2010 Conference Organising Committee:
Dr Mary Archer; Dr Philip E Carolan; Dr Martin McConaghy; Dr Pat O’Neill; Dr Frank McGrath (ex-officio FSEM Treasurer)
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.

2011 Conference Diary Date
The Eighth Scientific Conference of the Faculty will take place on the weekend of 9th and 10th September 2011.

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

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