Message from the Dean

I am privileged to present the Annual Report of the Faculty of Sports and Exercise Medicine of Royal College of Physicians of Ireland and Royal College of Surgeons in Ireland for the year 2008-2009. It was a great honour for me to succeed our Past Dean, Dr. Pat O’Neill, and the Inaugural Dean, Dr. Mick Molloy, in November 2008.

The development and activities of the Faculty continued to progress and expand in 2008 and 2009.

Medical Practitioners Act 2007

Since the Faculty was inaugurated a lot of hard work has been done by Boards past and present in getting Sports and Exercise Medicine recognised as a Medical Speciality by our peers and the Medical Council.

Since Part I of the Medical Practitioners Act 2007 was commenced on 16 March 2009, the new Register of Medical Specialties includes Sports and Exercise Medicine as a recognised Specialty. The new register has 4 divisions:

- a Specialist Division;
- General Division;
- Trainee Specialist Division and
- Visiting EEA practitioner Division.

To date we have 22 medical practitioners on the Specialist Division of the Register of the Medical Council. Fellows who wish to apply for registration on the Register of Medical Specialists in the Division of Sports & Exercise Medicine should check criteria outlined on the Faculty website. All applications should be forwarded to the Medical Council.

The assessment of these applications, for recommendation to the Medical Council, is a time-consuming task for the Faculty’s Accreditation Committee.

We will face further challenges when the Part II of the Medical Practitioners Act comes into force. With this, Professional Competence Assurance will be a mandatory statutory requirement for registered medical practitioners included in 3 of the 4 registration categories maintained by the Irish Medical Council. It is imperative that Competence Assurance Schemes meet the expectations of the Legislature, the public and medical practitioners.

The area of competence assurance is dealt with in more detail below, but I do feel the Faculty needs to address this very important area as a matter of urgency.

Higher Specialist Training

In the current economic climate, the Higher Specialist Training Programme has not received any funding. The committee has met to discuss aspects of the training scheme that may be developed or altered in order to allow for a training scheme to commence.

The Health Service Executive Medical Education Training and Research (HSE-METR) Committee has assumed the functions of the former...
Postgraduate Medical and Dental Board (PgMDB) and of restructuring medical education, training and research.

The Forum of Irish Postgraduate Medical Training Bodies, of which the Faculty of Sports and Exercise Medicine is a member, is advising and assisting the Health Service Executive with the transition of functions to the new body.

The Faculty understands that the area of Higher Specialist Training is very important for the continued development, strengthening and expansion of the Medical Speciality of Sports and Exercise Medicine in Ireland and Europe. We require an appropriate recognised training scheme to improve the status of the speciality, but most importantly, to provide the highest standard of care to our patients.

We continue to work with the Forum of Postgraduate Training Bodies and the National Committee on Medical Education and Training in achieving the funding for a Training Programme in Sports and Exercise Medicine.

**Forum of Postgraduate Training Bodies**

The Faculty is represented on the Forum of Postgraduate Training Bodies by the Dean. This Forum meets four times a year and deals with issues of training, funding and support for all postgraduate training bodies. There are a number of subcommittees within the forum which deal with various agencies such as HSE-METR, Medical Council, and NCMET to name a few.

With no increase in the training funding budget this year, the Faculty will have to submit a revised programme for training in the hope of being successful in the next year. The Faculty was also unsuccessful in securing funding for our project to develop a Curriculum in Emergency Care in Sports and Exercise Medicine.

The Forum subcommittee on Competence Assurance had a meeting on 10 June, which both the Dean and Dr. Joseph Conway attended. The objective of this committee is to ensure that Competence Assurance is given urgent attention by all involved, and they hope that the section of the Medical Practitioners Act which covers Competence Assurance will be enacted within the year.

**National Committee on Medical Education & Training (NCMET)**

This committee was established in 2007 arising from recommendations of both the Fottrell and Buttimer Reports that an Inter-departmental Policy Steering Group on Medical Education and Training be established. The committee is jointly chaired by senior officials from Department of Health and Children and the Department of Education and Science. The membership of the committee is drawn from a wide range of interested parties.

This committee meets four times a year and the Faculty is represented by the Dean. It addresses aspects of both undergraduate and postgraduate training. This body has quite a bit of overlap with Forum and has raised the same concerns with regard to postgraduate training in the future.

The new Chairman of the HSE-METR committee, Professor Gerry Bury, plans to meet with training bodies to assess the individual requirements for the future.

**The Faculty of Sports & Exercise Medicine (UK)**

The Dean of Faculty, Dr. Philip Carolan, was nominated to represent the Faculty of Sports and Exercise Medicine RCPI & RCSI by the parent Colleges.

The Faculty has continued to promote collaboration and develop links with the Faculty of Sports and Exercise Medicine (UK). The Standing Orders of the Faculty have been amended to allow for the FSEM, RCPI & RCSI and FSEM (UK) to have one representative on their respective Boards and Councils.

The Intercollegiate Examination in Sports and Exercise Medicine which is run by the Faculty of Sports and Exercise Medicine (UK) has changed significantly with a new style Part II examination. This examination has been modified to reach a standard that will be in line with the curriculum of their Higher Specialist Training programme. It will continue as a Diploma examination in Sports and Exercise Medicine and candidates will be awarded the Diploma of Sports and Exercise Medicine of Great Britain and Ireland.

We continue to have discussions with regard to joint organising of a scientific session at their conference during the London 2012 Olympic Games.
Annual Scientific Conferences

The Annual Scientific Conference was held in Croke Park in September 2008 with great success. This was our first meeting to be held outside of the Colleges. We were honoured to have this meeting opened by President Mary McAleese.

A summary of the 2008 conference is included later in the report. This year’s conference covers the area of childhood and adolescent problems in sports and exercise medicine, and will be chaired by Dr. Joe Conway. It is a very topical area and should be of interest to all doctors with an interest in Sports and Exercise Medicine. We hope that we will have another large attendance at this meeting. This meeting has CME/CPD credits awarded from FSEM, ICGP & European Union CME Scheme.

Joint Diploma in Musculoskeletal Examination FSEM & ICGP

Over the past year a lot of work has gone into finalising the modules of our Joint Diploma course with the Irish College of General Practitioners (ICGP) in Musculoskeletal Examination. This course will commence in September 2009 on the weekend of our Annual Scientific Conference. The first Module will be held in the Royal College of Surgeons in Ireland. The course is open to application from all doctors with an interest in Sports and Exercise Medicine. Further information is on the Faculty website.

The Dean has met with the ICGP and signed a Memorandum of Agreement between both parties. I wish all participants of the course, the committee and members of Faculty every success with this course in the year ahead.

Musculoskeletal Examination DVD-Moodle Production

The Faculty has completed filming of one Module of the Musculoskeletal Examination techniques DVD-Moodle production, at Cappagh Hospital. The footage is currently being edited. We hope to do a number of video shoots over the next few weeks to compliment the modules of the Joint Diploma Course.
When completed, this production will be available to all healthcare professionals via the HSE website.

**Governance**

The RCSI Governance Committee, chaired by Professor Freddie Woods, requested a meeting with the Faculty Dean, Dr. Philip Carolan to discuss the position of Postgraduate Faculties in the Governance Structure of the College. The Dean, together with Dr Pat O’Neill, met with Professor Freddie Woods and Dr. Terry Mc Wade, Assistant CEO of RCSI. The Board will be updated on Governance structures being considered by the Governance Committee and the College.

**Emergency Care in Sport**

The Faculty communicated with all sporting governing bodies and organisations over the past year with a view to developing a curriculum encompassing the core competencies in Emergency Care for all doctors involved in Sports & Exercise Medicine.

The Faculty’s efforts to secure project funding from the HSE to develop this curriculum were unsuccessful.

We intend to continue with this project and perhaps approach the Sporting bodies for a grant for this project. We would appreciate any input from Fellows or members.

**Honorary Conferring**

The Faculty conferred Honorary Fellowships on Professor Per Renström and Dr. Kieran Cuddihy at its Annual Scientific Conference in September 2008. These two doctors have each made a major contribution to Sport and Exercise Medicine both nationally and internationally.

**Faculty Committees**

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

The Faculty looks forward to the future and to the greater expansion and recognition of the speciality of Sports and Exercise Medicine, which needs to be recognised by all medical institutions and organisations as an essential Speciality in Medicine.

The vital role the Speciality will play in the future healthcare of our population, athletes and sports people is enormous. We need to promote the skills that our specialists can offer the general population in disease prevention and disease control. Unfortunately, doctors and specialists with an interest in Sports and Exercise Medicine are seen as doctors who treat athletes with injuries and the exercise component of our work does not get the attention it deserves.

As a Faculty, we must actively promote physical activity and highlight its use in managing chronic disease. Our speciality has a lot to offer, from the prescription of exercise or physical activity to helping combat chronic diseases and rehabilitate the increasing numbers in our population who suffer from them. We are falling behind our colleagues in the UK and Europe by not addressing the nation’s physical activity. We need to drive the physical activity prescription model for all population groups and promote the ‘Exercise is Medicine’ model.

I take this opportunity to say a special word of thanks to Ms Olwyn Puirseil, Faculty Secretary/Administrator, who contributes to our continuing success by her commitment and professionalism. We are indebted to her for her diligence and advice throughout the year.

The Faculty cannot survive without the involvement of all its members and fellows in achieving its objectives. We encourage our members and fellows to become more involved in our working committees.

**Philip E Carolan**

Dean, Faculty of Sports and Exercise Medicine, RCPI & RCSI

July 2009
The Board – November 2008/09

Board member | Meetings attended (Sept 08- May ’09)
---|---
Dr Mary Archer | 4
Mr Cliff Beirne | 2
Dr Philip Carolan | 4
Dr L Joseph Conway | 3 (Joined Board November 2008)
Mr James Colville | 1
Dr Joseph Cummiskey | 2
Dr Pat Duggan | 1
Dr Michael Griffin | 3
Dr Martin McConaghy | 4
Dr Frank McGrath | 4
Dr Rod McLoughlin | 4
Prof. John O’Byrne | 2
Dr Pat O’Neill | 3
Dr John O’Riordan | 4

Four meetings of the Board were held between September 2008 and August 2009, on 4 September, 12 November 2008, and 5 February and 21 May 2009.

In addition, many meetings of Working Groups and Committees were held and the final meeting of the present Board is scheduled for 3 September 2009.

Following a Call for Nominations to the Board for 2009, the results will be notified to Members and Fellows at the Annual General meeting in September 2009.

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

Officers of the Board 2008/09
Dr Philip E Carolan, Dean
Mr James Colville, Vice-Dean
Dr Martin McConaghy, Honorary Secretary
Dr Frank McGrath Treasurer

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.

Following a postal call for Nominations to the Board from Members and Fellows, Dr L Joseph Conway was nominated and deemed elected. Dr Conway took office at the November 2008 meeting, and two seats on the Board remained vacant for 2008/9.

Finance and General Purposes Committee

Dr Frank McGrath (Treasurer from May 2008)
Dr Martin McConaghy
Dr Ted Murphy (Faculty Member, seconded to Committee)
Ex Officio Dean and Honorary Secretary

Report for Year to 30th September 2009

Income and Expenditure statement year to September 2008

Annual subscriptions: As in previous years, the subscriptions continue to fund the administration of the faculty. Efforts to institute an on-line or direct debit payment system have not been successful to date as the RSCI administration does not operate such a system of payment at this time. Further efforts are to be made to resolve this situation with Finance Department at the RCSI.

As reported in 2008, the Board approved the first increase in Fellows and Members Subscriptions since the foundation of the Faculty in 2002. The increases came into effect from January 2009.
The total received in subscriptions for 2008 was approximately €72,300. This figure has increased since 2007 (€69,953), however, with the downturn in the economy it is likely that this figure will decrease in 2009. Despite two e-mails and a further letter of reminder, some unpaid members are still in three years arrears.

**Funding and grants:**
Following an application from the Board for funding to produce DVD/Moodle education on Musculoskeletal clinical examining techniques, HSE/Forum Grant funding of €88,000 was received in November 2008. This grant will appear in the 2009 Accounts. The project commenced in March 2009, and the funds are currently held by the Faculty to cover the costs.

A grant application for €25,000, to develop a Curriculum in “Emergency care in Sport” programmes was made via the Medical Education, Training and Research (METR). However, this application was not successful, due to funding restrictions.

**PgMDB administration/educational grant**
While €41,000 was allocated to the faculty for 2008, this fund is paid out only on submission of expenses deemed to be eligible by the PgMDB.

The allocation was not fully utilised due to more stringent expenses qualification process, which saw a number of expenses which had been claimed successfully in the past being declined in this financial period.

The PgMDB has been disbanded and replaced by a new agency within the HSE which now oversees “Structural funding” for training groups including the Postgraduate Faculties. The exact nature of appropriate expenses permitted to qualify for reimbursement through the HSE system has not yet been made clear to the Faculty at the time of writing (July 2009).

**The Fifth Annual Scientific Conference** of the faculty took place in Croke Park Stadium, Dublin, in September 2008. The meeting was very successful and a profit of €4,300 was made, which will be shown in the 2009 accounts. As the income from the Scientific conference is always received after the end of the financial year, the 2008 accounts include the profit of €12,275 made in 2007. Our gratitude and appreciation to the Conference sponsors has been conveyed to all the companies involved, and we acknowledge the value of their continuing support.

Frank McGrath
Treasurer

**Financial Summary – Faculty of Sports and Exercise Medicine**

**Income and Expenditure – Year ended 30th September 2008**

<table>
<thead>
<tr>
<th>Income</th>
<th>€</th>
<th>€</th>
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<tr>
<td>Subscriptions Members &amp; Fellows</td>
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<td>Scientific Conference 2007</td>
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<td>Grants Income &amp; Sundry sales</td>
<td>46,026</td>
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<tr>
<td><strong>Total income</strong></td>
<td><strong>130,601</strong></td>
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<tr>
<td><strong>Administration Costs</strong></td>
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<td><strong>(107,839)</strong></td>
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<tr>
<td>Salaries</td>
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<td>Rent, printing, general office expenses and travel including Scientific Conference</td>
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<tr>
<td>RCSI Central Shared Services and Depreciation</td>
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<tr>
<td><strong>Total admin costs</strong></td>
<td><strong>(107,839)</strong></td>
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</tr>
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<td>Surplus for y/e 30 September 2008</td>
<td>22,762</td>
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<td>Surplus retained at start of year</td>
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<tr>
<td><strong>Retained at end of year /Reserves</strong></td>
<td><strong>112,724</strong></td>
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</table>
Accreditation Committee

(Committee Meetings held 4 September, 12 November 2008, 14 January, 7 February, and 21 May 2009.)

Accreditation Committee

(Committee Meetings held on 12 November 2008, (Special Committee) 14 January 2009, 5 February 2009, 21 May 2009, and 26 August 2009)

Chairman: Dr Rod McLoughlin
Dr Philip Carolan
Mr James Colville
Dr Bill Cuddihy (part year)
Dr Pat O'Neill
Prof W A Tanner

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 fulfil these criteria before making application and provide the appropriate documentary proof required.

Since 2005, Members may apply for transition from Membership to Fellowship. The applicant must have been a Member ‘in good standing’ (with no arrears) for four or more years, and must demonstrate that he/she has made a significant contribution to development of Sports and Exercise Medicine. While there is no examination for Fellowship of the FSEM, RCPI & RCSI, and in order to keep in alignment with the UK Faculty criteria for Fellowship, it is necessary for an applicant under 3.1.7 to prove and document a high level of involvement in Sports and Exercise Medicine. Applicants will be expected to provide as much of the following evidence as possible:

1. Evidence that Sports and Exercise medicine forms a significant part of the applicant’s current clinical practice.
2. Evidence of a contribution to the development of Sports and Exercise Medicine by involvement in committee work, including national governing body Medical Committees,
3. Evidence of continuing Professional Development in the specialty averaging 25 hours per years over the four year period.
4. Evidence of clinical audit, research or presentation at Sports and Exercise Medicine conferences, professional attendance at sports events, teaching, research and publications.

Further information is available on the Website.

In exceptional cases, the Accreditation Committee may recommend to the Board certain outstanding candidates for ‘Fellowship by Election’.

Specialist Registration in Sports and Exercise Medicine

The Specialist Register in the Division of Sports & Exercise Medicine is now called 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.
There has been a complete review of the Criteria used by the Faculty Accreditation Committee this year to have this process aligned with that in other Colleges.

The following 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.

The ‘Grandfather Clause’ for entry onto the Specialist registers no longer applies.
The Faculty has been advised by the Medical Council that, where additional information is requested from an applicant and, after two written requests to the doctor for the outstanding documentation/information, it has not been forthcoming, the applicant should be advised that the file will be closed if no response is received within four weeks, following the second notice.

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.

Three new members were conferred in 2009 July conferring, two members transitioned from membership to fellowship and two applicants were added to the Specialist Division of the Register – Speciality of Sports & Exercise Medicine.

Conferred with Membership 2009: Dr David Matson, Dr Paul Murphy, Dr Bryan Whelan
Transition from Member to Fellow: Dr Eanna Falvey, Dr Gerard Flaherty

To date, there are 24 practitioners on the Specialist Division of the Register – Specialty of Sports & Exercise Medicine, and some applications are currently being processed.

Recommended to the Medical Council, for entry on the Specialist Register September 2008 – 25 August 2009:
Dr Declan Bowler, Dr Noel McCaffrey.

Dr Rod McLoughlin
Chairman, FSEM Accreditation Committee

**Sports Anti-Doping Committee**

**Committee Members**
Chairman: Dr B Cuddihy
Prof Brendan Buckley
Dr Joe Cummiskey
Mr Sean Gaine
Prof John Horgan
Dr Stephen Lane
Dr Pat O’Neill (Dean)
Dr John O’Riordian
Mr Gary O’Toole
Dr Philip Carolan
Ex officio: Dean and Honorary Secretary

The Faculty of Sports and Exercise Medicine Anti-Doping in Sport Committee had a number of meetings during the year, mainly dealing with the changes in the anti-doping rules of the Irish Sports Council and changes in World Anti-Doping Agency (WADA) rules.

This culminated in a well attended public information meeting for doctors involved in sport, which took place at the Royal College of Surgeons in Ireland on 7 February 2009. The speakers included Prof Brendan Buckley, Chairman of the Anti-doping Committee of the Irish Sports Council, Dr Una May of the Anti-doping Unit of the Irish Sports Council, Prof Gerry McElvaney, Consultant Respiratory Physician and Dublin Football team Doctor, and Dr Sean Gaine, Consultant Respiratory Physician and Chief Medical Officer of the Olympic Council of Ireland.

The meeting covered the rules changes for 2009 with particular emphasis on Asthma treatment. Following on from the meeting the general consensus and advice* (See page 9) can be summed up in the report which follows in this Faculty Annual Report.

Looking to 2010 and beyond, the Anti-doping Committee of the Faculty notes that the proposed reintroduction of Pseudoephedrine onto the WADA banned list may well lead to complications and problems for doctors dealing with athletes in the testing pool and the committee looks forward to the day when inhaled Beta-2 agonists are finally removed from the WADA list of banned substances.

Dr Bill Cuddihy
Chairman of FSEM Anti-Doping Committee
Former Faculty Board Member
The information required for a Medical File to prove the existence of asthma must contain the following information

**Medical file:**

1. **Complete medical history:**
   a. Age of onset of symptoms
   b. Response to alternative treatments
   c. Details of provocative and trigger factors
   d. Past history of allergic disorders.

2. **Comprehensive clinical examination:**
   a. Focus on respiratory system
   b. Peak flow diary, (chart progress of athlete over time).

3. **Spirometry report:**
   a. With the measure of the forced expiratory volume in one second (FEV1).
   b. If airway obstruction is present or absent on spirometry, repeat spirometry should be performed after the inhalation of a short acting Beta-2 agonist to demonstrate reversibility of Airflow
   c. A 12% increase in FEV1 post Beta-2 agonist is diagnostic of asthma.

4. In the absence of reversible airway obstruction on spirometry and bronchial provocation test is required, **common provocation tests** include
   a. Exercise challenge test
   b. Methacholine aerosol challenge
   c. Mannitol inhalation
   d. Eucapnic voluntary hyperpnoea (EVH) test
   e. Hypertonic saline aerosol challenge

A positive response to any one of the above provocation tests is required to confirm bronchial hyper-responsiveness. If not, a review of the medical file will be required. The medical file should be updated and relevant test results should not be older than three months at the time of application.

5. Exact name, speciality, address (including telephone, e-mail, fax) of examining physician.
Both the TUE (Therapeutic Use Exemption) application and the medical file will be assessed by the TUE sub-committee of the Irish Sports Council and one of the three assessors would be a respiratory physician.

The TUE sub-committee in accordance with international TUE standards, valid from 1 January 2009 and with current best medical practice, the medical file required to support an application for a therapeutic use exemption in the case of an athlete with asthma or any of its clinical variants must include the above details.

In this context it would be timely to re-assess the role of the team doctor in caring for asthmatic players/athletes under his/her care.

The Faculty would recommend that team doctors/prescribing doctor should initially correctly confirm the diagnosis of asthma in players/athletes under their care and then follow best practice guidelines in the treatment of asthma, with an increased emphasis on preventive treatment to reduce inflammation and increase usage of inhaled Glucocorticoids, and the use of Leucotrein receptor antagonists. This would lead to a reduction in the need for Beta 2 Agonists and much better control of asthma in the athlete/player, with beneficial effects for the athletic performance of the individual concerned.

Remember that all other Beta-2 Agonists and Glucocorticosteroids by systemic routes require a TUE. It should be emphasized that other Beta-2-agonists than formoterol, salbutamol, salmeterol and terbutaline should be avoided.

A declaration of use must be completed by the Athlete for the administration of glucocorticosteroids by intraarticular, periarticular, perintendinous, epidural, intradermal and inhalation routes. Abbreviated TUEs have been removed for glucocorticosteroids.


If you wish to order further education materials from the Anti-Doping Unit, you may do so, by emailing akeaveney@irishsportscouncil.ie or phoning Ailish on 01 8608801, with your name, delivery address, and number of education packs required.

Kenalog is a potent steroid with very serious potential side effects. Outside of Ireland, Depot Kenalog has all but disappeared from the management of seasonal allergic rhinitis and would be seen as an unusual treatment internationally.

Notwithstanding the above, it continues to be prescribed on a widespread basis in Ireland. Alternatives are topical nasal steroids in the main, anti-histamines, anti-leukotrienes, Grazax immunotherapy.

If a Doctor is considering treatment with Kenalog for Hay Fever/seasonal rhinitis, a TUE should be applied for well in advance of planned use. There is no certainty that a TUE will be granted.

Other sources of information are:-
www.eirpharm.com (Republic of Ireland)
www.uksport.gov.uk (Northern Ireland/UK)
MIMS Ireland (Republic of Ireland)
Irish Sports Council website
www.athleticsireland.ie/content/?p=5211

Dr Bill Cuddihy
Chairman, FSEM Anti-Doping Committee
Higher Specialist Training Committee (Incorporating ‘Education & Training)

Chair: Prof John O’Byrne
Dr P E Carolan, Honorary Secretary
Dr Joe Conway
Dr Michael Griffin
Dr Noel McCaffrey
Dr Conor McCarthy
Dr Rod McLoughlin
Prof Michael G Molloy
Mr Ray Moran
Dr Conor O’Brien
Dr Pat O’Neill, Dean
Prof W A Tanner

As referred to in the Dean’s address earlier in this report, ongoing efforts are being made to develop specific training at a Higher Specialist Training level in Sports and Exercise Medicine, despite the current budgetary and financial constraints.

Prof. John O’Byrne
Higher Specialist Training Programme Committee Chairman

Annual Scientific Conference 2008

The Fifth 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 12 and 13 September 2008, at the Croke Park Conference Centre, Jones’s Road, Dublin 3.

We were honoured to welcome President Mary McAleese, who performed the official opening of the conference. In her address, she highlighted importance of medicine in sport including first-aid, medical screening, advice on sudden cardiac death in sport and anti-doping in sport. She hoped that delegates would leave the conference ‘with the excitement of fresh insights, new networks and friendships made or renewed’.

The keynote lecture, delivered by Professor Per Renström, focussed on Groin and Hip Injury in the Athlete. Lectures on Hip and Groin Injuries from the Imaging and Surgical aspects were given by Dr Eoin Kavanagh and Mr Kevin Mulhall respectively.

Professor Cyril Smith gave a talk on Infectious Diseases in Sport, and Dr Barry White spoke on Blood Profiling and Haematological conditions in Sport. The second Keynote speaker, Mr Michael J Allen, delivered a lecture on Exercise Induced Pain in the lower Limb in Sport. Workshops on Compartment Pressure Measurement, and Examination of the Hip were led by Professor Stephen Eustace and Mr Alan Walsh respectively.

Mr Tom Humphries and Mr Seán Moran, journalists at the Irish Times, were guest participants at a workshop on Media Handling and Sport.

The O’Flanagan Prize for the best original Scientific Paper was awarded to Dr Micheáel Newell for his paper “Fluid Electrolyte Balance in Elite Gaelic Football Players”. Book tokens were also awarded to Dr Alan Rankin for his Case Presentation “Collapse in a Marathon Runner – Myocardial Infarction or Not?” and to Dr Joseph Baker for the best Poster presentation on “Management and Outcome of Snowboarder’s Ankle”.

The Faculty conferred Honorary Fellowships on Professor Per Renström, an international figure in Sports and Exercise Medicine and world, and a renowned Orthopaedic and Sports Surgeon from the famous Karolinska Institute in Sweden; and Dr Kieran Cuddihy, retired Pathologist and County Coroner, and Kilkenny Hurling Team Doctor for many interesting and successful decades. These two distinguished doctors have made major contributions to medicine and sport and the development and standing of Sports and Exercise Medicine, both nationally and internationally over many decades.

Delegates, guests, speakers and the Organising Committee enjoyed the impressive and very efficient facilities and services provided by the Croke Park Stadium Venue.

While the financial report awaits completion, it is expected that the Conference will show a small profit to the Faculty.

It is planned that the Conference will return to the Royal College of Surgeons at St Stephen’s Green in 2009.

Dr Pat O’Neill, Dean (2006-2009) and Conference Committee Chairman
Conference Organising Committee:
Dr Philip E Carolan; Dr Martin McConaghy; Dr Joe Conway; Dr Frank McGrath (Treasurer, Ex-Officio Member)
The 2009 conference will focus on issues relating to sport and exercise involving children and adolescents. Speakers will discuss the significant health benefits of an active lifestyle with a focus on bone health, childhood obesity, common muscular-skeletal injuries and their risk factors and treatment.

Presentations of original research in the fields of sports and medical science along with case presentations/discussions of interesting clinical cases will complete the programme.

Dr Joe Conway
2009 Conference Chairman

Dr John Donohoe, President
RCPI, Prof Frank Keane,
President, RCPI, Dr Philip
Carolan, Vice-Dean of the
Faculty of Sports and Exercise
Medicine; President Mary
McAleese, and Dr Pat O’Neill,
Dean of the Faculty.

CME/CAS/Audit/Professional Development Committee

Chairman: Prof John O’Byrne
Dr Mary Archer
Mr J Cliff Beirne
Dr Pat Duggan
Dr Joe Conway
Dr Frank McGrath
Dr Rod McLoughlin
Ex Officio: Dean and Honorary Secretary

Competence Assurance


Once the relevant section of the Medical Practitioner Act is enacted, which we expect within the next year, it will be mandatory for all medical practitioners to be enrolled with their relevant Postgraduate Training Body for the purposes of Competence Assurance.

All doctors on the Specialist Division of the Register will be required to register with a nominated training body which will provide those registered with the means to meet the requirements of competence assurance and the nominated body for Sports and Exercise Medicine will be the Faculty of Sports and Exercise Medicine RCPI & RCSI.
The Faculty of Sports and Exercise Medicine (FSEM) RCPI & RCSI is developing a system to assist Fellows on the Register of Medical Specialists in meeting the Medical Council requirements. The Faculty of Sports & Exercise Medicine supports the concept of Competence Assurance and is informing you of your statutory obligations when the Act is enacted. We encourage all concerned to become involved with the process as it evolves. We would advise doctors to look at the requirements and principles a Competence Assurance scheme incorporates. We recommend that all Specialists in Sports & Exercise Medicine endorse the principles underlying competence assurance and professional development and this Part of the Medical Practitioners Act 2007, now presents an opportunity to put the process on a more structured footing.

The elements of the Competence Assurance process will include the following:

• CME
• Personal portfolio
• Clinical Audit
• Peer Review/Appraisal
• Multi-source feedback (360 degree)

Over the coming months, we will keep you informed about the specific elements that will be required for Competence Assurance and about how the Faculty will help with data collection. We will have more details as they evolve on the Faculty of Sports & Exercise Medicine website.

General Practice Programme
Working Group

Chair: Dr John O’Riordan
Dr Joe Conway
Dr Pat Duggan
Dr Michael Griffin
Dr Martin McConaghy
Dr Rod McLoughlin
Dr Pat O’Neill

Ex Officio: Dean and Honorary Secretary

The course is to consist of twelve modules with four clinical weekends. In addition, a number of agreed topics are to be researched by the students, and explored in small group format at the weekends. Dr. Joe Conway was added to the committee following his election to the Faculty board, and he has been an excellent resource and addition to the work of the Committee.

The majority of modules for the course were produced by members of the committee. These modules were circulated to the Board. These modules have since been edited and re-edited by the committee.

The additional topics have been agreed. A number of these have been piloted by Dr. Michael Griffin with the Midwestern GP Training Programme over the year, with very good feedback.

Initial discussions were held with Mr. Kevin Mulhall, Consultant Orthopaedic Surgeon, regarding the amalgamation of the ICGP/FSEM and his planned UCD MSK Diploma. However, the Committee subsequently decided to proceed on their own with their work for the ICGP/FSEM Diploma.

The aims and syllabus for the diploma were presented to the ICGP Educational Sub-committee. Their recommendation was for the inclusion of the Diploma in this year’s ICGP Programme.

Subsequent to this, a number of meetings have taken place with Mr. Nick Fenlon, the ICGP Programme director. Resulting from these, the format of the course has been finalized and the materials for the first part of the diploma completed.

In order to maximize publicity for the Diploma, the committee agreed to present at the ICGP Summer School in June. A shortened version of the clinical examination of the shoulder joint was presented in one hour sessions, to two different groups.

The committee have continued to work on the materials and with the ICGP since then. We are pleased to be able to announce that the ICGP/FSEM Diploma will be launched at the Faculty of Sports and Exercise Medicine Scientific Conference, and that the first clinical weekend will commence in RCSI at the close of the conference, on Friday 18 September 2009.

Dr John O’Riordan
Chairman, FSEM GP Training Committee
Board of the Faculty of Sports and Exercise Medicine, RCPI & RCSI, November 2008-2009.

Front Row L-R: Dr Frank McGrath, Treasurer; Mr Frank McManus, RCSI Council Representative; Dr Philip Carolan, Dean; Prof Frank Keane, President of RCSI; Dr Martin McConaghy, Honorary Secretary and Dr Pat O’Neill, Outgoing Dean.

Back Row L-R: Dr John O’Riordan; Mr Cliff Beirne; Dr Michael Griffin; Mr James Calville; Dr J J Jenner, FSEM(UK) Representative; Dr Joe Cummiskey; Dr Mary Archer; Prof John O’Byrne; Dr Rod McLoughlin; Dr Joe Cummiskey.

Absent from the photo are Dr J Donohoe, President RCPI, and Prof N G McElvaney, RCPI Representative.