Faculty of Sports and Exercise Medicine
RCPI & RCSI

Dámh Leigheas Spóirt agus Aclaíochta

Annual Report
October 2011 to September 2012
Message from the Dean

Sport and exercise medicine is important to a country. There is a strong relationship between exercise and health. Physical activity is essential to good health and quality of life. Physical activity and exercise exerts a positive influence on muscular-skeletal, cardiovascular, respiratory, hormonal-immunological, haematological, neuro-sensory and gastrointestinal systems. Physical activity levels are declining in most developed countries and in all age categories.

Regular physical activity and sport, especially during childhood and adolescence, promotes proper growth and development, maintains health and counteracts negative risk factors such as cigarette smoking, obesity, type 2 diabetes, osteoporosis, hypertension, coronary heart disease and other ailments. Risk factor profiles for many ailments limiting the quality of life are beneficially affected by physical activity and exercise.

The Sports Medicine specialist and other parties involved in this work may have a substantial impact on all the above points raised including reduction of health care costs.

Sports medicine is a multidisciplinary clinical and academic speciality of medicine dealing with health promotion for the general population, by stimulating a physically active lifestyle and diagnosis, treatment, prevention and rehabilitation following injuries or illnesses from participation to physical activities, exercises and sport at all levels. Sports medicine is globally defined and recognised not solely for taking care of the sporting elite athletes.

It is mainly focused on:

1. Prevention of chronic diseases caused by sedentary lifestyle as a major area of increasing interest which can partially be served by expertise in sports medicine.
2. Pre-participation clinical screening and examination before exercise and competition as well as medical assistance to the athletes engaged in all sports.
3. The use of supplements, pharmacological agents, doping control and gender verification and its complex moral, legal and health-related difficulties.
4. Special medical issues associated with International sporting events of athletes, including disabled athletes, such as the effects of travel and acclimatization.
5. Research in basic science and extensive clinical undertaken in the sports medicine domains within a great variety of specialities.
Message from the Dean

“It has been a pleasure to take on the role of Dean of the Faculty of Sports and Exercise Medicine. There is a great desire from all the people I had the pleasure to work with to see the Faculty be a success. There are many challenges facing the Faculty but with a concerted effort, and with the assistance of both Colleges, all can be overcome and we can set real and sustainable goals for the Faculty of Sport and Exercise Medicine, RCPI & RCSI”

Administration

The Faculty of Sport and Exercise Medicine (FSEM) priorities remain:

1. A Four year SpR Training Programme for which we have made great progress through the person of Professor Arthur Tanner over the past 12 months. Our planned start date is 2013-14.

2. The Re-accreditation of the Faculty with the Irish Medical Council through the Chairman of the Re-accreditation working group, Professor Michael Molloy, and the newly appointed Administrator of the Faculty Ms Stephanie Billault, following the retirement of Ms Olwyn Puirseil in March 2012.

   Stephanie previously worked in the Irish Medical Council’s Registration Section between 2000 and 2007, and most recently, in the RCSI Department of Surgical Affairs between 2007 and 2012. The Faculty is due to be assessed by the Medical Council in March 2013.

We have an ambition to increase the numbers of our Members and Fellows. This is being done through the Forum of Post Graduate Training Bodies in the RCPI and the Surgery and Postgraduate Faculties Board in RCSI.

We have a healthy interest in people participating in the FSEM with up to 10 people wishing to join our Faculty and / or move from Member to Fellow, or from Fellow to our Board for our next year commencing November 2012.

Our objective is to have as widely a representative group of Physicians, Surgeons, Anaesthetists, Dentists, Accident and Emergency Medicine doctors, General Practitioners, Obstetricians & Gynaecologists, Occupational Medicine Specialists, Ophthalmologists, Pathologists, Paediatricians, Public Health Medicine Specialists, Psychiatrists and Radiologists interested in Sport and Exercise Medicine to join our ranks. We already have Sports Medicine Doctors, Physicians, General Practitioners, Emergency Medicine Specialists, Anaesthetists, and Surgeons on our Faculty board.
**Education**

Our **Annual Scientific Conference** was held in RCSI on 9th and 10th September 2011, and it was once again a success, with more delegates attending every year. This is the biggest event for the Faculty each year, and I would like to thank our Organising Committee, especially our Chairman Dr Mary Archer, for organising a very interesting meeting. Honorary Fellowships were awarded to Prof Karim Miran-Khan (Canada), and Prof Donal Brendan O’Shea (Ireland).

We have participated in **RCPI Master Class** on 27th June 2012, lead by Prof Diarmuid O’Shea of the RCPI and chaired by Professor Michael Molloy and FSEM Dean Joseph Cummiskey. It included talks on:

- **Exercise Prescription** – Dr John O’Riordan
- **Sudden Cardiac Death** – Dr Deirdre Ward
- **What we learn from our Elite Athlete Patients** – Prof Sean Gaine
- **Concussion in sport** – Prof Tim Lynch

We were active in the **RCPI Heritage day** where we assisted with the “**Doctors on the Ball – Medicine and Sports in Ireland**” exhibition. Our Colleges have many memorabilia of sport and medicine in Ireland. Too many of our doctors played sport at the ultimate level to mention but we highlighted those who participated in sport at the highest level and then returned to sport their administrative skills long after their playing days. Our Dublin Hospitals Cup is the oldest rugby tournament in the world. The trophy is a Paul Storr, George IIIrd silver and is only allowed travel with two bodyguards.

**Community Care**

The World has seen the rebranding of Exercise as Health Prescription. We are actively participating in this initiative through our European colleagues. We hope to work more closely with sporting and community bodies on this initiative.

**Clinical Service**

We have many of our Board Members serving on International Sport Federations as Clinical Doctors. Dr Alan Byrne was Chief Medical Officer for the FAI in Poland / Ukraine, Dr Eanna Falvey was with the IRFU in New Zealand, Prof Arthur Tanner was the Leinster Rugby Chief Medical Officer, Dr L. Joe Conway was with the Irish team at the London Paralympic Games, and many of our Board and Members, past and present served the GAA at major events, and Dr Rod McLoughlin was involved with the Olympic Council of Ireland preparations for London 2012.

We have opened up channels of communication and cooperation with our colleagues in the RCSI School of Physiotherapy and the ISCP. We would like to see this relationship, especially in the fields of clinical service and research grow and evolve over the coming years.

**Research**

Finally, but not last on our agenda, Research is being highlighted where we are requesting all papers written by our Board members and eventually our Members and Fellows to be brought together as a brochure of our current research interests. We took this initiative from our colleagues in the RCSI Faculty of Nursing and Midwifery’s excellent publication on this front. Again this may be an area for cooperation with our other hospital colleagues.
Our connections with Sports Medicine International bodies are very strong with our Dean serving as President of the EFSMA, our Dean as a Member of the European Specialty Board for Sport Medicine (UEMS, MJC Sport Medicine), the International Sports Medicine Federation, International Olympic Committee, Medical Commission, sub-commission on Medicine and Science in Sport and many International Sport Federations Medical Commissions.

Sports medicine is a multidisciplinary clinical and academic speciality of medicine dealing with health promotion for the general population, by stimulating a physically active lifestyle and diagnosis, treatment, prevention and rehabilitation following injuries or illnesses from participation in physical activities, exercises and sport at all levels. Sports medicine is globally defined and recognised not solely for taking care of the sporting elite athletes.

The increased attention from media and significant financial and political interactions in international sports events creates an atmosphere where business and sports meet, not always for the benefit of involved athletes. Consequently, sports medicine can encompass an array of areas including internal medicine, exercise physiology, cardiology, orthopaedics and traumatology, physical and rehabilitation medicine etc.

Sports medicine is a multidisciplinary specialty, integrating teams with physicians, athletic trainers, physical therapists, coaches, sport scientists, nutritionists, psychologists, athletes and other related specialties. Besides his clinical expertise, the sports medicine specialist should be considered as Head of the multidisciplinary sports medicine team, coordinating the direct planning of the athlete's sport activities, related to his health.

I would like to thank the Chairpersons and the members of each 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 committees.

I would also like to thank our past Faculty Administrator, Ms Olwyn Puirseil, for the invaluable work she has done for the Faculty over the last 10 years, and would like to wish her the very best on her retirement.

Dr Joseph Cummiskey
FSEM Dean
The Board – November 2011 to September 2012

Elected Board Member 4 Meetings held (Nov. 2011 to May 2012)

<table>
<thead>
<tr>
<th>Board Member</th>
<th>Number of meetings attended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Mary Archer</td>
<td>2 (Resigned – March 2012)</td>
</tr>
<tr>
<td>Dr. Alan Byrne</td>
<td>3</td>
</tr>
<tr>
<td>Dr. Philip Carolan</td>
<td>3</td>
</tr>
<tr>
<td>Dr. L. Joe Conway</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Bill Cuddihy</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Joseph Cummiskey</td>
<td>4</td>
</tr>
<tr>
<td>Prof. Giuseppe De Vito</td>
<td>0 (Resigned – November 2011)</td>
</tr>
<tr>
<td>Dr. Eanna Falvey</td>
<td>3</td>
</tr>
<tr>
<td>Dr. Nick Mahony</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Martin McConaghy</td>
<td>1 (Resigned – April 2012)</td>
</tr>
<tr>
<td>Prof. Michael Molloy</td>
<td>3</td>
</tr>
<tr>
<td>Dr. John O’Riordan</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Padraig Sheeran</td>
<td>3</td>
</tr>
<tr>
<td>Prof. W. Arthur Tanner</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Michael Webb</td>
<td>1</td>
</tr>
</tbody>
</table>

Representative of Irish Institute of Sport
Dr. Rod McLoughlin 1

FSEM - Officers of the Board 2011 / 2012:

Dean
Dr Joe Cummiskey
Vice-Dean
Dr L. Joe Conway
Honorary Secretary
Dr John O’Riordan
Treasurer
Dr Padraig Sheeran

FSEM – Office Administrators:

Past FSEM Administrator
Ms Olwyn Puirseil
New FSEM Administrator
Ms Stephanie Billault
Front row, left to right:
Dr L. Joe Conway, Vice-Dean, Dr Philip Carolan, Dr Martin McConaghy, Treasurer, Dr Joe Cummiskey, Dean, Prof Eilis McGovern, RCSI President, Dr John O’Riordan, Honorary Secretary, Dr Mary Archer, and Dr Alan Byrne.

Back row, left to right:
Dr Rod McLoughlin, IIS Representative, Dr Padraig Sheeran, Dr Bill Cuddihy, Prof Michael Molloy, Prof W. Arthur Tanner, Dr Nick Mahony, Dr Nick Webborn (FSEM UK Representative), and Dr Eanna Falvey.

(Members of the Board absent from the Photograph are: Prof John Crowe, RCPI President, Prof. N. G. McElvaney, RCPI Council Representative, Mr Frank McManus, RCSI Council Representative, and Dr Michael Webb).

Ex-officio

Prof Eilis McGovern, President of the Royal College of Surgeons in Ireland, and Prof John Crowe, 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. Following the September 2011 elections to the Board, 5 vacancies were filled by Dr Alan Byrne, Dr Bill Cuddihy, Dr Eanna Falvey, Dr Nick Mahony, and Prof W. Arthur Tanner. They took office in November 2011.
Meetings of the FSEM Board

Four meetings of the Board were held over the period of this report, on 23rd November 2011, 8th February 2012, 21st March 2012 and 16th May 2012.

The last meeting of the Board took place on 5th September 2012 and the following one is due to take place on 12th December 2012.

In addition, many meetings of the Committees and Working Groups 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)
- Anti-Doping Committee
- Higher Specialist Training and Education & Training Committee
- Professional Competence Scheme – PCS / CME Committee (CME/Audit/Professional Development Committee)
- GP Training Committee

The Immediate Medical Care Committee has also been set up, under the Chairmanship of Dr Padraig Sheeran. This new Committee is currently preparing for its inaugural “Standard Principles of Resuscitation and Trauma in Sports” (SPoRTS) Immediate Care Course which will take place in RCSI in October 2012.

The Faculty also has a working group dedicated to the Medical Council Re-accreditation.
FSEM Finance Report
Year end September 2011

The Faculty of Sports & Exercise Medicine is, in financial terms, treated like any other department of the RCSI. It receives a budget allocation each year, which is dependant on the previous years’ activity. The income into the faculty is from subscriptions, conference income, sundry sales/income (MSK course), SPoRTS Immediate Care Course, and any potential grants received.

Over the last 4 years there has been a fall in income from subscriptions, something that has been highlighted in the previous treasurer’s report. In 2008, we generated €79,854 and at year-end 2012 we generated €61,650 (-18,204). Since this is the most important income generator for the Faculty, this is of particular concern. With the Conference steadily providing €20 – 25,000 per annum (€27,510 in 2012), the MSK generating €7-9,000, and the first SPoRTS generating €6,000 after its first course, and projected to clear €18,000 after its second and third course combined, this is a clear indicator as to where the faculty should be focusing its financial efforts.

Our costs can be divided into pay costs and non-pay costs. Pay costs to the faculty administrator have been fairly static, but with increasing workload (as determined by overtime) there is a proposal for an extra half an administrator. Non-pay costs include rental (to RCSI which remains static at 12,000), CSS (Central Shared Service - to RSCI for costs such as lighting, heating and other costs shared amongst other departments in the building). This remains static at approximately €22,000 (€22,780 for 2012).

Costs such as expenses, and conferring expenses need to be closely monitored, and costs for books, course materials and publications (which have risen hugely) need to be closely watched, and maybe alternate sources of funding could be sought for this. This might indicate a degree of micromanagement, but this is a critical time for the faculty.

Grants for the development of the MSK course in 2009 of €88,000, and an income from the HSE to set up the training scheme of €11,509 in 2009 and €36,900 in 2010 really made the Faculty figures look healthy for 2009 and 2010. In 2011 and 2012 however, as these monies were being spent, the accounts started looking particularly unfavourable, taken in addition with falling subscriptions (deficit 2011 - €46,004; deficit 2012 - €37,400).

A review of membership is required, with a real position with regard to paying fellows and members as distinct from fellows and members who have never paid, and are a number of years in arrears.

To address this situation, and to also give value for money to paid up fellows and members, we feel we need to reduce fellow and member subscriptions and put in place an offer for those fellows and members in arrears, to part paying their arrears and their annual membership, so they may return to be in good standing. Failure of fellows and members in arrears to not address their unpaid subscriptions will result in erasure from the Faculty (details to follow).

To summarise, the goals moving forward have to be to widen the membership base, and there seems to be an acceptance for an associate membership category. We want more value for our money, so we need to focus more on what we offer our membership. And finally, it seems there is an appetite for focused, one or two-day courses delivered by our experts. It is at these courses we should be encouraging membership involvement.

Dr Padraig Sheeran
Treasurer
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 2 years ago 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 in the Members and Fellows section.

Specialist Division of the Register – Specialty of Sports and 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 in the Division of Sports and Exercise Medicine and, following approval by the Board, the Faculty makes recommendations to the Medical Council.

The criteria is published on the Faculty’s website which applicants for entry on the Specialist Division of the Register, Division of Sports and Exercise Medicine, 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: www.medicalcouncil.ie

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.

2nd July 2012 Post Graduate Conferring Ceremony

Membership of the Faculty of Sports and Exercise Medicine, RCPI & RCSI were conferred to:

- Dr Ronan Dardis
- Dr Michael Finnerty
- Dr Brian Hogan
- Dr Garrett Leonard
- Dr Patrick Adrian McGoldrick
- Dr Brian Patterson
- And Dr Eamon Spillane
Fellowship of the Faculty of Sports and Exercise Medicine, RCPI & RCSI were conferred to:

- Dr John Paul Donohoe
- Mr Paul O’Grady
- Dr Timothy Thaddeus (Tadgh) O’Sullivan

Specialist Division of the Irish Medical Council Register, Division of Sports and Exercise Medicine

Recommended to the Medical Council, for entry on the Specialist Register in 2011:

- Brian Devitt
- Susan Oonagh Clarke
- Richard James

There are a small number of applications for specialist registration processed by the Faculty through the Accreditation Committee every year.

I would like to thank all the Committee Members of this Committee for their hard work and expertise in the assessment of all applications received by the Accreditation committee. I would like to thank Olwyn Puirseil and Stephanie Billault, Faculty Administrator’s for all their help over the past year.

Dr Philip Carolan
Chair of the Accreditation Committee
FSEM Professional Competence Scheme (PCS) and Continuing Professional Development (CPD) Committee

Chairman: Dr L. Joe Conway

Committee Members:
Dr Philip Carolan
Dr Eanna Falvey
Dr Alan Byrne
Prof Sean Tierney
Dr Nick Mahony
Dr John O’Riordan
Dr Joe Cummiskey
Prof W. Arthur Tanner

As chairman of the PCS committee, I have continued to attend RCSI and Forum subcommittee meetings. We have had 2 meetings of our new sub-committee.

We have completed reports (quantitative and qualitative) to the medical council as provided for under Section 91(4) of the Medical Practitioners Act 2007. The Medical Council formally recognised thirteen postgraduate training bodies to provide Professional Competence Schemes for the purposes of assisting the Medical Council with duties set out in Part 11 of the Medical Practitioners Act 2007. We have registered 25 practitioners on our PCS. There are 9 doctors on the general division and 16 on the specialist division of the register.

We have continually attempted to remind all our Faculty Members and Fellows, by email and through the website, of the requirement for doctors registered with the Irish Medical Council to fulfil their requirements and join a Professional Competence Scheme (while at same time notifying them of fact that our Faculty runs a PCS for the IMC).

We are developing robust terms of reference for our PCS committee to further define systems of governance in FSEM PCS.

We are in the process of developing systems to deal with complaints and appeals of decisions and system of verification in line with other Professional Competence Schemes. There have been a number of new educational events / meetings (which qualify for internal and external credits) that have become available to SEM doctors over the last 12 months (with links to practitioners within the FSEM). These events / meetings are in Dublin and Cork. There is a further expansion of educational opportunities for doctors in SEM planned for the coming year. The FSEM are exploring ways that our PCS members may avail of opportunities through other PGTBs to gain educational opportunities across all the domains of professional practice.

FSEM are working with the RCSI, who have developed an online web based IT System (Colles Portal) to support RMPs (Registered Medical Practitioners) to maintain their Professional Competence.

There is ongoing development required to complete this IT system:
• Verification Process
• Recording the Eight Domains of Good Professional Development
• Reporting
• Certificates
• Annual Payments
With the help of the RCSI and Forum sub-committee for PCS, there is on-going development of guides in the following areas to enable RMPs achieve their credits:

- RMPs in sole practice
- Clinical Audit and
- Participation in National Clinical Audit Programmes
- Retired Medical Practitioners
- System of Internal credit event management for Institutions
- Notification to registrants of events and encouragement of Institutions to allow registrants to attend internal events
- External event assessment that is consistent across all the PGTB/Forum

We have sent feedback to registrants who are deficient relative to the Medical requirements of where they are deficient and how they can meet these requirements for this coming year.

We are developing ways to help FSEM PCS members become more aware of educational opportunities provided by other PGTBs that allow them meet all the 8 domains of good professional practice.

We will continue to review and develop PCS and establish a programme of continuous evaluation with stakeholder feedback enrolled through a regular survey from the Professional Competence, and implement the protocols and processes outlined by the Medical Council.

Dr L. Joe Conway
Chair of the PCS / CPD Committee
FSEM Re-accreditation Working Group

Chairman: Prof Michael Molloy

Committee Members:
Dr Joe Cummiskey
Dr Philip Carolan
Dr Padraig Sheeran
Dr John O’Riordan
Dr Pat O’Neill
Prof W. Arthur Tanner
Ms Stephanie Billault

The Medical Council launched an Accreditation process for all Post-Gladeate Training Bodies in Ireland 2 years ago. The Faculty of Sports and Exercise Medicine’s visit to the Medical Council is due in March 2013; I would like to thank all the Board & Committee Members who have contributed so far to this very important project, as well as both RCPI & RCSI for their input and support.

The Re-accreditation Working Group met on a number of occasions over the past year, and we started the drafting of a very comprehensive and robust submission last June, outlining the Faculty of Sports and Exercise Medicine’s role, and its proposed Higher Specialist Training Programme in Sports and Exercise Medicine.

Prof Michael Molloy
Chair of the FSEM Re-accreditation Working Group
FSEM Anti-Doping Committee

Chairman: Dr Bill Cuddihy

Committee Members:
- Dr Joe Cummiskey
- Dr Philip Carolan
- Dr Martin McConaghy
- Dr Pat O’Neill
- Dr John O’Riordan
- Prof Brendan Buckley
- Dr John Horgan
- Dr Stephen Lane
- Prof Sean Gaine
- Dr Conor O’Brien

The Faculty of Sports and Exercise Medicine is committed to supporting National and International efforts to protect athlete’s fundamental right to participate in doping-free sport and thus promote health, fairness and equality for athletes worldwide.

The Faculty fully supports the work of WADA at an International level and also the work of the anti-doping unit of the Irish Sports Council in the Republic of Ireland and the UK anti-doping agency (UKAD) in Northern Ireland and will work with these agencies to provide information to practitioners dealing with athletes to keep them up to date with the latest regulations.

This has been a very busy year for the anti-doping committee as WADA are currently engaged in a periodic review of the anti-doping programme.

The Committee met in February and will organise a public meeting in November to coincide with the publication of the banned list for 2013.

The anti-doping committee of the Irish Sports Council continue to do approximately 1,000 tests per year which is approximately twice the number per head of population compared to the United Kingdom. A review of the reports of the anti-doping programme for the Irish Sports Council from 2007 to 2010 reveals that almost 50% of anti-doping violations (6 out of 13) relate to the presence of cannabinoids in the urine of athletes being tested.

This reflects the use of cannabis in this age group tested, but should alert Doctors involved in sport to the hazards of cannabis use in young people.

Doctors have an educational role in advising athletes and young people under their care that the use of cannabis can lead to:

1. The presence of a banned substance in the urine, leading to a ban from sport
2. A hazard in itself in sports such as motor sport
3. A portal of entry to other more serious drug use
4. Habitual use leading to addiction
5. Very serious psychiatric consequences
The level of THC in cannabis is much higher than it was some twenty to thirty years ago, with the result that the drug is more potent than it used to be. The result is that more people are becoming more habitual users / addicts and there is a higher incidence of psychotic illness and depression associated with long term use of cannabis.

**Best practice policy in relation to use of injections in sport**

The Faculty of Sports and Exercise Medicine recommend the best practice policy that would prohibit or sanction the use of injections or other substances without the clear medical indication.

This would include injections as vitamins, glucose, enzymes, amino acids and antioxidants that would purport to artificially improve performance or recovery but represent an open door to doping.

By adopting this policy, the Faculty of Sports and Exercise Medicine would encourage natural physical recovery by rejecting the principles of automatic recourse to injections and would provide doctors with the means to resist the pressure from athletes or the entourage who seek unjustified treatment. This best practice policy would be in keeping the WADA policy.

The anti-doping committee of the Faculty of Sports and Exercise Medicine will continue to review anti-doping policies and standards at National and International levels to provide information to practitioners dealing with athletes to help keep up to date with the latest regulations. The remit and terms of reference for the anti-doping committee are outlined as follows:

1. Advise on any changes to the list of banned substances.
2. Provide information to Doctors who are treating athletes subject to testing in conjunction with the Irish Sports Council.
3. Liaise with the Irish Sports Council and WADA regularly on various issues linked to anti-doping.
4. Work with WADA towards the review of the anti-doping code at international level.
5. Carry out such tasks as may be required by the Faculty of Sports and Exercise Medicine Board or the Surgery and Postgraduate Faculty Board (SPFB).
6. To carry out research in the field of anti-doping.

**Dr Bill Cuddihy**
Chair of the FSEM Anti-Doping Committee
FSEM GP Education Committee

Chairman: Dr John O’Riordan

Committee Members:
Dr L. Joe Conway
Dr Michael Griffin

Report on FSEM/ICGP Diploma in Musculoskeletal Medicine

The fourth year of the Joint Diploma is currently underway. The Diploma maintains a high number of registrations, at a time when a number of other diploma/certificate courses run by the ICGP have not taken place due to lack of enrolments. This is partly due to training grants having been withdrawn for GP trainees.

The tutors have endeavoured to improve the course over the last few years. This was based on feedback from students, our extern examiner’s feedback and external evaluation of the diploma course. This was undertaken by Professor Anthea Lints, BSc, MB.ChB, FRCGP, FRCP, MClSci, Director Postgraduate General Practice Education in South East Scotland and Co-Director MSc in Clinical Education at University of Edinburgh. A full report is awaited from Prof Lints, but she has verbally expressed satisfaction with the Diploma in MSK, and rated it highest of the four Diplomas she examined.

The tutors remain committed to continuing to improve the Diploma. I would like to formally thank the other two tutors, Dr L. 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: www.icgp.ie and www.rcsi.ie/fsem

Masterclass in Musculoskeletal Medicine

The GP Education committee decided to run a Masterclass in MSK for graduates of the first three years of the diploma. This took place at the ICGP Summer School in June.

The Masterclass covered the Shoulder, Myofascial tissues, an introduction to dry needling and the Sacroiliac joint. Additional tutors were invited including Dr Eamon Spillane and Mary Gleasure, Specialist Sports Medicine Chartered Physiotherapist.

A further Masterclass is planned for ICGP summer school June 2013.
Physical Activity Training – E Learning Modular Programme

The HSE Physical Activity Coordinators received funding from the Obesity Task Force Implementation Group for the development of an education module on Physical Activity and it’s prescription by health professionals. The Faculty GP committee were approached to assist in the development of this program. Other parties involved were the ICGP and Irish Practice Nurses Association. The ISCP and IDNA were also approached and are supportive of the project.

The program is due to be launched in January 2013, initially on the ICGP Educational Website. There are 7 Modules developed. It is hoped additional funding can be procured to develop disease specific modules.

The FSEM plans to have a platform for accessing this and the MSK Examination series in 2013.

GP Exercise Referral Programme (GP ERP)

The Faculty is represented on the National Steering Committee for GPERP. This programme is a joint initiative between the HSE and the Dept. of Health, the ICGP and ILAM, the leisure industry body. The programme involved 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 took place this year. Subject to funding a prospective study of the scheme will commence in 2013.

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
FSEM Annual Scientific Conference 2011

Chairman: Dr Mary Archer

Committee Members:
Dr Philip Carolan
Dr Martin McConaghy
Dr John O’Riordan
Dr L. Joe Conway
Dr Nick Mahony

The Eighth Annual Scientific Conference was successfully held over the 9th and 10th September 2011, at Royal College of Surgeons in Ireland, 123 St Stephen’s Green, Dublin 2.

The opening address was given by Prof. Donal O’Shea, Consultant Endocrinologist, who spoke about the ever-increasing problem of obesity in Ireland, and in particular in the young.

In the first session of the conference ‘Update for Medical Officers’, Dr Richard Budgett, Chief Medical Officer for London Olympics, advised us of the medical preparation involved for that event, and this was followed by the Irish preparation for Olympics and Paralympics, by Dr Rod McLoughlin and Dr Joe Conway. Dr Lyn Griffiths covered the Medico-Legal pitfalls for the Team Doctor, and we also had updates on Nutrition and Anti-doping in Sport.

As has now become customary, the Friday afternoon session was a showcase for Research (presentations and posters) and for case presentations, which were of a very high standard. The winners of the Prizes for best presentations were: Oral Presentation, Dr Marta Oliveira, Case Study, Dr Victoria Meighan, and Poster presentation Dr Eamonn Delahunt.

To complete this session, Prof Karim Khan gave an exhilarating talk on ‘Exercise is Medicine’, reminding us that we need at least one hour of exercise every day, thus leaving 23 hours not exercising! Friday evening concluded with presentation of Honorary Fellowships to Prof Karim Khan and Prof Donal O’Shea.

The opening session on Saturday was given over to ‘update on tendenopathies’, where physiology, pathology, radiology and radiological investigations, surgical treatments and rehabilitation of tendons were covered; this session included talks by visiting speakers, Prof Karim Khan and Prof Hakan Alfredson.

The Final session dealt with the “hot topic” of concussion, where Medical Officers from GAA, Rugby, Soccer and Horseracing gave their experiences, and discussed the Zurich Guidelines. The conference Organising Committee hopes to finalise the outcome with a consensus statement.

This year’s conference was a resounding success, with 140 delegates in attendance, and very large numbers through to the final session. Thanks are due to the organising Committee for their sustained dedication to the completion of the conference Programme, and for a successful financial outcome. We thank our sponsors whose support permits us to organise this annual event. In no small way, thanks to our Secretary in the Faculty, Ms Olwyn Puirséil. We look forward to continued support from all physicians interested and involved in Sports and Exercise Medicine.

Dr Mary Archer
Chair of the Conference Organising Committee, 2011
In April 2012, the FSEM office decided to re-affirm its engagement with its Fellows and Members by consulting with them. We conducted an on-line survey between May and August 2012 in order to gather some feedback from all Fellows and Members, and we would like to thank everyone who took the time to answer the survey.

In November 2012, the Faculty Board plans to review the results of the survey; those results and our proposals will be outlined in our FSEM Spring 2013 Newsletter for information.

This is a first step towards offering our Fellows and Members additional benefits and services, please rest assured that the FSEM Board and Administrator are hard at work developing additional CME activities such as courses, professional meetings, journal clubs etc. at the minute.

We also plan to give our website a little make-over in the near future, and increase the information available to you on the website and through circular e-mails.

Important:

If you have not received any e-mail correspondence in recent months from the office, it may be because we still have your old e-mail address on records.

Please contact Stephanie in writing to inform the FSEM of any changes in your contact details (postal address, mobile number, work number, and e-mail addresses). You can do so by e-mailing:

stephbillault@rcsi.ie or sportsfac@rcsi.ie

Alternatively, you can send a letter by post to the FSEM Office with the relevant information.
**Dates for your diary – what’s coming up in 2013**

- **30th January 2013**
  RCSi Mini-Med School Lectures (FSEM & RCSi School of Physiotherapy)
  We have teamed up with the RCSi School of Physiotherapy to deliver 2 lectures that evening, between 7pm and 9pm:
  Dr L. Joe Conway - “Benefits of a Healthy Lifestyle with Exercise”
  Dr Helen French – “From Aquajogging to Yoga - getting to the ‘core’ of the myriad of exercise types”
  **Venue:** RCSi
  **Check the RCSi website for registration:** [www.rcsi.ie](http://www.rcsi.ie)

- **23rd April 2013**
  RCPI Clinical Updates – Exercise as a Health Prescription
  **Venue:** RCPI, 6 Kildare Street, Dublin 2
  **Check the RCPI website for information:** [www.rcpi.ie](http://www.rcpi.ie)

- **26th/27th/28th April 2013**
  FSEM Standard Principles of Resuscitation and Trauma in Sports (SPoRTS) Immediate Care Course
  **Venue:** Cork
  **Check the FSEM website for application packs:** [www.rcsi.ie/fsem](http://www.rcsi.ie/fsem)
  CPD Points: 14

- **20th & 21st September 2013**
  FSEM 10th Annual Scientific Conference
  **Venue:** RCSi
  **Check the FSEM website for further information:** [www.rcsi.ie/fsem](http://www.rcsi.ie/fsem)
  **Please note:** Call for abstracts will go out in April & On-line registration will be available around the same time – remember to register early to avail of the early bird registration fee **
  CPD Points: 12

- **18th/19th/20th October 2013**
  FSEM Standard Principles of Resuscitation and Trauma in Sports (SPoRTS) Immediate Care Course
  **Venue:** Dublin
  **Check the FSEM website for application packs:** [www.rcsi.ie/fsem](http://www.rcsi.ie/fsem)
  CPD Points: 14

We also run an excellent joint **Diploma in Musculoskeletal Examination and Injury Management** in collaboration with the ICGP. If you would like to know more about it, check our website: [www.rcsi.ie/fsem](http://www.rcsi.ie/fsem) (please note that this course is administered by the ICGP – [www.icgp.ie](http://www.icgp.ie)).
Photo Gallery 2011 - 2012

September 2011 – Annual Scientific Conference

Honorary Fellows Conferring Ceremony
Left to right: Dr Philip Carolan, Past Dean, Prof Eilis McGovern, Past RCSI President, Prof Karim Khan, Prof Donal O’Shea, Dr Mary Archer, Dr John Donohoe, Past RCPI President, and Dr L. Joe Conway, Vice-Dean.

Left to right: Prof W.A. Tanner, RCSI Council Member and FSEM Board Member, and Dr Philip Carolan, Past Dean.

Left to right: Dr Mary Archer, ASC Chairman, Dr Rod McLoughlin, FSEM Board Member, Dr Richard Budgett, and Dr L. Joe Conway, Vice-Dean.
Photo Gallery 2011 - 2012

July 2012 Postgraduate Conferring Ceremony (New Fellows and Members)

Back Row, Left to Right
Dr Tadgh O’Sullivan (FFSEM), Dr John Paul Donohoe (FFSEM), RCPI Mace Bearer, RCSI Mace Bearer, Dr Garrett Leonard (MFSEM), and Dr Adrian McGoldrick (MFSEM)

Front Row, Left to Right
Dr Padraig Sheeran (FSEM Treasurer), Mr David Moore (RCSI Council Member), Prof Conor O’Keane (RCPI Treasurer / Pro President), Prof Paddy Broe (RCSI President), Mr Cathal Kelly (RCSI CEO / Registrar), Dr Joseph Cummiskey (FSEM Dean), and Mr Eunan Friel (Managing Director of the RCSI Department of Surgical Affairs)

Left to Right
Dr Tadgh O’Sullivan (FFSEM), Dr Padraig Sheeran (FSEM Treasurer), and Dr Adrian McGoldrick (MFSEM)
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.

---

**2013 Annual Scientific Conference Diary Date**

The Tenth Scientific Conference of the Faculty
Is scheduled to take place on Friday 20th and Saturday 21st September 2013

---

Information on the Faculty and its activities is available on our website:

[www.rcsi.ie/fsem](http://www.rcsi.ie/fsem)

Faculty of Sports and Exercise Medicine, RCPI & RCSI
RCSI House
121 St Stephen’s Green
Dublin 2

Phone: +353 1 402 2780
Fax: +353 1 402 2781
E-mail: stephbillault@rcsi.ie or sportsfac@rcsi.ie

---

[Logo of the Royal College of Physicians of Ireland and RCSI]