FACULTY OF SPORTS AND EXERCISE MEDICINE, RCPI & RCSI
EIGHTH ANNUAL SCIENTIFIC CONFERENCE – SUMMARY PROGRAMME

Welcome

On behalf of the Faculty of Sports and Exercise Medicine of RCPI & RCSI, we wish to welcome all our delegates and speakers to the Eighth Annual Conference at the Royal College of Surgeons in Ireland, Stephen’s Green, on 9 and 10 September 2011.

We are privileged that Dr James Reilly, Minister for Health and a Graduate of this College, will give the opening address.

Last year’s “Team Physician” section proved very popular so this year we revisit this theme with some further expert views and advice from home and abroad and we are indebted to Dr. Richard Budgett for his talk on the “London Olympics”.

The Session on Friday afternoon sees the Original Research papers, Case and Poster Presentations – always entertaining and informative, and sometimes controversial. This year authors of Posters have been requested to give a short presentation of their work in coffee and lunch breaks. Hopefully this will also generate some debate and encourage delegates to view the Posters.

We are indebted to our guest lecturers, Prof Håkan Alfredson and Prof Karim Khan, both world-renowned speakers, for the Tendinopathy session on Saturday morning.

The final session on Saturday sees a change in direction, in that the “hot topic” of Concussion will be addressed and discussed by a panel of Medical Officers currently involved with international and national sports and teams.

Maintenance of Professional Competence is now a legal requirement since 1 May 2011, this conference is of great importance to all Physicians involved in Sports and Exercise Medicine. We trust it will hold your attention and that you enjoy your time in education with us over the two days.

Yours in Sport and Medicine,

Dr Mary Archer
Chair of the Organising Committee

Committee Members:
Dr Philip Carolan, Dr L Joe Conway, Dr Martin McConaghy
Dr Nick Mahony, Dr John O’Riordan
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<td>08.00-09.00</td>
<td><strong>Registration</strong> - Examinations Hall (Delegates must register <strong>each day</strong>)</td>
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| 09.00-09.45 | **Opening address**                                                   | **Dr James Reilly, TD**  
Minister for Health                                                           |
| 09.45-10.30 | **Session Chairs:** Dr Mary Archer and Dr John O’Riordan              | **Dr Richard Budgett**  
Chief Medical Officer, London Olympics 2012                                |
| 09.45-10.30 | **Update for Medical Officers**                                       | **Dr Richard Budgett**  
Chief Medical Officer, London Olympics 2012                                |
| 10.30-11.00 | **Preparation of an Irish Team for Olympics and Paralympics**         | **Dr Rod McLoughlin**  
Medical Officer, Olympic Council of Ireland  
**Dr L Joe Conway**  
Paralympics Ireland                                                         |
| 11.00-11.30 | **Coffee and Sponsors Poster Presentations**                          |                                                                        |
| 11.30-12.10 | **Medico-Legal Pitfalls for the Team Doctor**                         | **Dr Lyn Griffiths**  
Medical Protection Society, UK                                               |
| 12.10-12.30 | **Nutrition Update 2011 for Medical Service Providers to Athletes**   | **Dr Nick Mahony**  
Dept of Anatomy, TCD                                                          |
| 12.30-12.50 | **Anti-Doping Update 2011**                                           | **Dr Una May**  
Manager, Anti-doping Unit, ISC                                              |
| 12.50-14.00 | **Lunch & Sponsors Poster Presentations**                             |                                                                        |
| 13.15-14.00 | **Annual General Meeting of Faculty**                                 | Faculty Members and Fellows (only) meeting                               |
| 14.00-16.30 | **Session Chair: Dr Nick Mahony**  
**Scientific Research**  
Oral and Case Study Presentations                                             |                                                                        |
| 16.30      | **Guest Lecture**                                                     | **Prof Karim Khan**  
Honorary Fellow Elect                                                        |
| 17.00      | **Reception Honorary Conferring ceremony**                            | Delegates are cordially invited to attend the reception, Conferring Ceremony and presentation of Prizes for Scientific Research |
| 17.30      |                                                                       |                                                                        |

Delegates should ensure they sign the Register and collect CPD Certificate **each day**
SATURDAY 10 September; - RCSI, 123 St Stephen’s Green

08.00-08.55    Registration, Examinations Hall
                (Delegates must register each day)

09.00 - 09.45    Session Chairs: Dr Martin McConaghy and Dr Philip Carolan
                   Update on Tendinopathy
                   Physiology, Pathology, Therapy and the future of Tendon Pathology in Athletes
                   Prof Karim Khan
                   Author and Editor of BJSM

09.45-10.15    Radiological Investigation of Tendons
                   Dr Brian Hogan
                   Sports Surgery Clinic, Santry

10.15 – 10.45    Coffee and Sponsors

10.45 - 11.30    Achilles Tendinopathy, the Spectrum of Disease and Therapeutic Options of Achilles Tendinopathy in an Athlete
                   Prof Håkan Alfredson
                   Professor of Sports Medicine

11.30 - 12.00    Rehabilitation of Achilles Tendon
                   Dr Phil Glasgow
                   Sports Institute of Northern Ireland

12.00 - 12.45    Lunch & Sponsors

12.45-13.05    Session Chair – Prof Michael G Molloy
                   Concussion
                   Introduction and Background to Zurich Guidelines
                   Prof Michael G Molloy
                   Medical Director of International Rugby Board

13.05 – 13.30    Overview of Zurich Guidelines
                   Dr Sean Moffatt
                   GP and SEM Physician

13.30-14.10    Presentation of Experiences of Medical Officers of four Sporting Bodies
                   Panel of Medical Officers of Irish Sporting Bodies

14.10 - 14.30    Round-Table Discussion with Q & A

14.30    Conference Close
                   Dr Philip Carolan
                   FSEM Dean

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Continuing Professional Development Credits
European Union of Medical Specialists
EACCME Accreditation Reference 6066 – 10 European CME Credits (ECMEC)
FSEM, RCPI & RCSI Credits
Friday 9 September 2011 – 6 Credits
Saturday 10 September 2011 – 5 Credits
ICGP Credits/CAS Credits to apply