
SGSM/SSMS NEWSLETTER 2016/1

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1. Editorial

Dear SGSM/SSMS members,

Your newsletter is back and a few novelties with it. The obvious one is that you are reading this in English. How dare we? Switzerland has a long multilingual tradition, which regularly gives us headaches at conferences as well as in our written communication. The newsletter is here to share information and links, most of which tend to be in English, whether scientific papers or websites. We chose to give it a go and spend more time on the content than on translations.

Along those lines, you will notice that our journal's name has changed and will be from now on called **Swiss Sports and Exercise Medicine**, or **SSEM**, but will continue to publish articles in national languages, as well as English. This will give the journal a clearer identity and potentially attract more contributions from our international colleagues.

We hope you enjoy this first newsletter of 2016.

Boris Gojanovic

2. 2015 SGSM/SSMS Congress Tenero

We've enjoyed a great conference in beautiful Ticino at the end of last year and we would like to thank the local organization committee (Daniele Mona, Patrick Vetterli) and the Centro Sportivo Tenero (CST) people for an excellent job. Here are a few highlights and links that were mentioned in the various talks as well as on twitter.

- **Poster prize** to Claudia Diriwächter for her work on the development of [Aktivdispens](#), enabling practitioners to prescribe sensible physical education at school in spite of ongoing medical problems.
- **Concussion** session: links to the [app CARE](#) (concussion assessment and response). 4th [Consensus meeting paper](#) Zurich 2012. SCAT3 card in [DE](#), [FR](#), [EN](#). Respect your head site with documents from Cool and Clean: RTP stages in [FR](#), [DE](#). Information brochure in [FR](#), [DE](#).
- **Young athlete** session: [IOC consensus](#) on athletic development (Richard Budgett). [How many hours](#) are too much? (Stéphane Tercier). Drop out prevention and group [sports psychology interventions](#) (Mattia Piffaretti). [Reactive Energy Deficiency in Sports \(RED-S\)](#) paper (Susi Kriemler).
- **Cryotherapy** (Christophe Hausswirth): an [article in FR](#), one [in EN](#), and a comment [on BJSM blog](#).



RESERVE THE DATE ! The 2016 conference will be in Interlaken on October 27th and 28th.

3. SGSM/SSMS events and courses

1. **Thursday, March 3rd 2016 - Onfield Sportbetreuungskurs**
ALTIUS Swiss Sportmed Center, Rheinfelden.

You look after teams and sporting events? You would like to do a refresh or an update on state-of-the-art techniques of on-field sports medicine? This course is for you. Check the [program and information here](#). Information also at lukas.weisskopf@altius.ag.



2. **March 22nd 2016 – Doping Prevention**
Ittigen bei Bern.

This course is proposed for sports medicine practitioners who are not in regular contact with www.antidoping.ch issues and procedures. [Program](#) and [registration](#).

4. Conferences and education in Switzerland and abroad

In Switzerland

- Check out all events on www.sgsm.ch/agenda.
- [Sport and nutrition](#) in Vevey, March 3rd 2016, organized by the Réseau Romand de Médecine de l'Exercice et du Sport (www.rmes.ch).
- [1st annual congress](#) of the Swiss Sports Nutrition Society [SSNS](#) in Nottwil, June 10, 2016.

Abroad

- [ESSKA 17th congress](#) – European Society for Sports Traumatology, Knee Surgery and Arthroscopy, in Barcelona May 4th to 7th.
- [Football medicine strategies](#). London, April 9th to 11th.
- [ACSM](#) – American College of Sports Medicine 63rd congress, Boston, Massachusetts, May 31st to June 4th.
- [ECSS](#) – European College of Sports Science 21st congress. Vienna, July 6th to 9th.
- [IOC Advanced Team Physician Course](#) - Cape Town, South Africa, November 17th to 19th. 3 days with the world's leading experts on practical sports medicine.



5. People you may want to follow on Twitter

Aside from your Society's twitter account

[@SwissSportsMed](https://twitter.com/SwissSportsMed)

There are many people and associations worthwhile following to get access to great information on everything related to sports and exercise medicine:
[@SportfisioSwiss](#), The Swiss Sports Physiotherapy Association. [@DrDavid_Hughes](#), Australia's AIS head of sports medicine. [@DrPaulDijkstra](#), Medical education director, Aspetar, Qatar. [@BJSMPPlus](#), tweets from BJSME editorial team from conferences and events. [@OSTRC1](#), tweets from Oslo Trauma Research Center. [@afranklynmiller](#), Sports medicine specialist from Dublin/Melbourne.



6. Links for the sports practitioner

A few links that may be useful for your practice. If you find something interesting and would like to share it with our members, please forward directly to boris.gojanovic@latour.ch, with subject "newsletter".

- [Physitrack](#) – Well designed and easy to use website with healthcare provider ([Physitrack](#)) and patient ([PhysiApp](#)) apps. It allows you to assign a few exercises to your patient over a few weeks, comes with explanatory videos and text and you can monitor adherence, pain levels and other PROs (patient reported outcomes).
- New 2016 **performance diagnostics manual** by Swiss Olympic and Magglingen experts in [FR](#) and [DE](#).
- How to GRADE evidence: [Susi Kriemler presents you the 4 levels of evidence](#) as defined by the GRADE Working Group in an article [on our website](#) and [published in the BMJ](#).



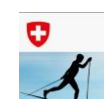


«My grades could be better if the school had a data driven, evidence based curriculum in the classroom.»

7. Apps4U

Votre Smartphone peut vous servir en clinique, voici quelques exemples d'applications utiles, notamment dans la prise en charge des jeunes athlètes en développement.

- [ACL-RSI](#). Anterior cruciate ligament return to sport index allows you to evaluate with the patient his/her psychological readiness to return to play. Here is a [paper](#) that looks at the issue.
- [CPR11 Safe sport](#). 11 steps for cardiopulmonary resuscitation and as many videos to illustrate, from FIFA.
- [HUDL Technique](#). An app to take slow motion videos that can help you in analyzing and comparing your patient's kinematics.
- [Ski de fond – technique](#). Developed in collaboration with Swiss Ski and BASPO, excellent high-definition videos of the master himself, Dario Cologna, to learn perfect cross-country skiing skills.



8. Information on the Society



Honorary members

In Tenero, two new members were presented with an honorary membership: Prof. Charles Gobelet (Sion) and Prof. Daniel Fritschy (Geneva), in recognition of their dedication to the development of sports medicine.



BJSM - As you know from the conference General Assembly, we are finalizing the partnership with the [British Journal of Sports Medicine](#) and you will soon have access to the online content of BJSM at no extra charge through our website. Special thank to Karim Khan [@BJSM_BMJ](#), editor-in-chief at BJSM

9. Let us know what you think!

This is the first newsletter in English, and some may be surprised. We want to bring relevant, timely and interesting information to you directly. Let us know how we can do a better job.

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