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# SGSM/SSMS NEWSLETTER 2016/2

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## 1. Editorial

Dear SGSM/SSMS members,

Spring has sprung and with it come a cohort of good news and links from Your Society. Thanks to all of you who have provided feedback on the newsletter and journal, we will continue our efforts to improve, and at the bottom of this email, you will find a [short survey](#) to help us with it.

Remember, the newsletter's goal is to make available, at the tip of your finger, relevant links to interesting news, knowledge and ideas from the world of Sports & Exercise Medicine. Please share with us your discoveries and experiences, by sending a quick email.

We hope you enjoy this second newsletter of 2016.

Boris Gojanovic

## 2. SGSM/SSMS events and courses

**Thursday, May 19<sup>th</sup> 2016 – Sportmed Tagung**

Haus des Sports (Swiss Olymoic), Ittigen bei Bern.

The annual meeting of sports federation doctors is coming up, and you are all invited, 4 SGSM credits. Check the [program and information](#). Fill [Registration](#) and send to [info@sgsm.ch](mailto:info@sgsm.ch).

### 3. Conferences and education in Switzerland, abroad & online

In Switzerland (Check out all events on [www.sgsm.ch/agenda](http://www.sgsm.ch/agenda)).

- [Swiss Sports Nutrition Society \(SSNS\)](#) 1<sup>st</sup> annual meeting in Nottwil, June 10<sup>th</sup> 2016. A full day of conferences with international speakers. 8 SGSM credits. [Program](#).
- **SGSM/SSMS annual meeting SAVE THE DATE!** Interlaken, October 27<sup>th</sup> & 28<sup>th</sup>. 20 SGSM credits.

#### Abroad

- [GOTS tri-national congress](#). Munich June 17<sup>th</sup> & 18<sup>th</sup>, preday on 16<sup>th</sup> with Swiss symposium
- [BASEM/FSEM annual meeting](#). British SEM Association, Liverpool (UK) October 13<sup>th</sup> & 14<sup>th</sup>.

#### Online

- [FIFA Diploma in football medicine](#). Online learning material (audio, video, links) free of charge, for all interested in injuries and medical management in football.
- [Doping: sports organizations & science](#). New #MOOC (massive open online course) by University of Lausanne on [www.coursera.org](http://www.coursera.org). In depth look at doping.

### 4. People you may want to follow on Twitter [@SwissSportsMed](#)

There are many people and associations worthwhile following to get access to great information on everything related to sports and exercise medicine:

- [@swissportscare](#), The Sports Doc from England/Germany, Dr Markus Laupheimer.
- [@DrAthletesHlth](#), German Clénin, our Society's vice-president.
- [@Seth0Neill](#), or [www.achillestendonresearch.com](http://www.achillestendonresearch.com). Physio and Achilles tendon expert.
- [@carlespedret](#), orthopaedic sports medicine, high value tweets about MSK & ultrasound.
- [@YLMSportScience](#), Yann Le Meur makes amazing infographics to put studies and key papers in simple format.

### 5. Links for the sports medicine 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](mailto:boris.gojanovic@latour.ch), with subject "newsletter".

- [Guide d'urgences en traumatologie et orthopédie pédiatrique](#). (FR) From HUG University Hospital in Geneva comes this useful booklet for interns.
- Want to check for visual acuity quickly? The old wall chart shall disappear, a study compared and validated a smartphone app to do the same: [article](#) and [Snellen app](#).



### 6. Podcasts that you *must* listen to

Bored of wasting time on your daily commute ? subscribe to these awesome podcasts, full of pearls for clinicians.

- [Physioedge](#). By David Pope, physio in Australia, who interviews top experts skillfully on many different SEM topics.



### 7. Information on the Society

#### SGSMS/SSMS Examination

The annual exam for the SGSM/SSMS diploma took place on February 27<sup>th</sup> 2016 in Lucerne. In the morning, 13 experts examined and passed 23/25 (92%) candidates for the oral in the morning, and 22/26 (85%) passed the afternoon 100 multiple choice questions written exam. The written conceptual design and analysis were performed by the Institut für Medizinische Lehre (IML) of the university of Berne, building on the many years of prior experience with SGSM/SSMS written exams. The candidates who did not succeed will have another chance in 2017.

#### SGSM/SSMS Scientific Research Award

The SGSM/SSMS grants one or more scientific research projects every year with a maximal financial support of 30'000 Swiss Francs. The topic of the research project must be linked to sports medicine. **Deadline is May 31<sup>st</sup> 2016.** Applicants must be member of the SGSM/SSMS society. Applications are evaluated in a peer-review process, details and application forms ([DE](#))([FR](#)). Application for the Scientific Research Award 2016 is now open. The prize is supported by Hirslanden Group.

## 8. Answer the short survey - Let us know what you think!

3 minutes of your time, to help us make the newsletter better suited to your needs/expectations, please answer these questions: [access survey](#).

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