
SGSM/SSMS NEWSLETTER 2017/2

In this newsletter

1. Editorial – Tarmed sports medicine
2. SGSM/SSMS events and courses
3. Conferences and education (Switzerland, abroad & online)
4. Links for the sports practitioner
5. Information on the Society

1. Editorial

Dear SGSM/SSMS members,

Just before the summer, it is time to plan for the second part of the year and we are happy to announce the [SGSM/SSMS conference program](#) in Interlaken, along with some other key events, like [YAF2017](#). We look forward to seeing you soon.

On the political side, the committee has been active with regards to the **Tarmed revision / TARCO** discussions: the [SGSM has been working](#) together with the outpatient tariff group from FMH since early 2015, with the aim to develop specific sports medicine positions. These have been integrated in the revision catalogue. The intervention of the Federal Council in the Tarmed revision leaves the matter open, as to which proposed points will eventually be integrated in a new tarification tool. Our working group has renewed its effort to collaborate with the FMH group to strengthen our desired tarification positions, so that they are now in the follow-up project TARCO as well. In addition, Drs Clénin and Weisskopf have addressed on June 16th our position and a request to the Federal Council, through the Federal Office of Public Health (BAG/OFSP). This letter stresses out the necessity of a tarification development in sports medicine, along with some concrete propositions. In order to further support our claims, we will possibly contact some of you personally for your input.

We hope everyone gets something for their taste and curious mind in this second newsletter of 2017.

Boris Gojanovic, [@DrSportSante](#)

2. SGSM/SSMS events and courses

SGSM/SSMS annual meeting. Interlaken, October 26-27th 2017. 20 SGSM credits. Abstract-Deadline has been extended to July 16, 2017. Submit your abstract [here](#).

This year's main topics:

- **Sports related fatigue**, with [Prof. Romain Meeusen](#) (Brussels, BEL), expert on overtraining and links between exercise and the brain. Romain is the lead author of the [ACSM/ECSS consensus papers](#) on the topic.
- [Prof. Michael Kellmann](#) (Ruhr Universität – Bochum, GER; University of Queensland, AUS), sports psychologist who developed the [REST-Q evaluation](#).
- Can we trust systematic reviews? Or when is the evidence really good evidence? An

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important topic on how we interpret the literature, and we are honored to welcome [Dr Adam Weir](#) (Doha, QAT; Amsterdam, NL) to present on this. Adam was also the lead author on the [Doha agreement paper on groin pain](#), he will hold a workshop on groin examination.

- **Antidoping** : **chain of evidence in doping cases**. Experts from the lab and from the legal domain will present on the antidoping problems.
- **Muscular injuries**. From evaluation to management.
- **Hot topics**, workshops, poster presentation and more !

Thursday, June 8th 2017 – SSNS sports nutrition for medical practitioners at 10.00
Schweizer Paraplegiker Zentrum (SPZ), Nottwil.

The first course "**Sporternährung für die Praxis der Sportmedizin**" attracted great interest with nearly 50 participants. The 6h course was originally planned for SGSM members only, but after a modest response it was opened to all people with good knowledge in human nutrition. 12 out of the nearly 50 people were SGSM members.

The SSNS will integrate the course as one of the two annual courses. It will be offered again in spring 2018. The second course will be about supplements, on September 7th, 2017 in Bern. Detailed infos about all future SSNS courses [here](#).

3. Conferences and education in Switzerland, abroad & online

In Switzerland (Check out all events on www.sgsm.ch/agenda).

- **YAF2017 – Young Athletes Forum**. 2m2c, Montreux (VD) September 21st & 22nd. A unique inaugural conference dedicated to health and performance of young athletes, www.yaf2017.org. 10 SGSM credits. [@YAFfoundation](#).
- **Zürich Forum for Applied Sport Sciences**. Sport science meets technology and medicine for the 8th time. ETH Zürich, September 14th. 8.00 to 17.00. 6 SGSM credits. Workshops the evening before.
- **Sports Nutrition CAS** (certificate of advanced studies). Bern University of Applied Sciences and Swiss Federal Institute of Sport Magglingen (BASPO/OFSP) offer a new certificate course starting in November 2017. Also for medical practitioners interested in sports nutrition.
- **GOTS Summer Meeting** „Ball sports“. August 25th & 26th, 2017, Seehotel Waldstätterhof, Brunnen. 12 SGSM credits.



Abroad

- **Sportmediterran**. **Sportmedizinische Fortbildung unter südlicher Sonne** on Cyprus, November 5th to 12th, organized by Austrian colleagues - German speaking.
- **Optimal loading in sport**. **2nd World congress on sports physical therapy**, October 6th & 7th. Belfast (Northern IRL). Excellent program on injuries and loading in training & rehab, [@upload 2017](#)

Online

- **Doping: Sports, Organizations and Sciences**. A free online MOOC (massive open online course) provided by University of Lausanne to get a critical understanding of doping.

4. 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, with subject "newsletter".

- [HopHopHypertension](#). **SGSM/SSMS supports this program** to encourage doctors and their patients with hypertension to participate in running events throughout Switzerland for free.
- [AO Surgery Reference App](#). A great app from the Swiss based foundation, to help clinicians manage fractures. Highly recommended and free. Read the [#BJSM app review](#).
- [Activdispens App](#). The Swiss project recipient of the best poster award in 2015 at SGSM/SSMS conference is now an app, get it and share it! The [article in SSEM](#).
- [Monaco IOC conference on illness and injury prevention](#), March 15th to 18th 2017. Relive the presentations, and check the blog from [@Isi69Schneider](#) for [summary of the conference](#).
- [Altitude training innovation – ReflexionSport](#), the INSEP journal for free, **en français**. Great resource.

5. Information on the Society

SGSM/SSMS & Swiss Olympic collaborate on new sports medicine concept

A partnership agreement was signed by both parties in order to develop the collaboration further. Kerstin Warnke and German Clénin work together with a team from Swiss Olympic, to make sure the sporting federations can benefit from optimal support. A new sports medicine concept is expected from this working group.

Student Day at SGSM/SSMS Annual conference

Following the success of last year's inaugural Student Day led by Dr André Leumann, we will bring sports and exercise medicine to students for free once again. Dr Justin Carrard, who is leading the Students & Junior Doctors SGSM/SSMS will be in charge of this exciting event on Wednesday Oct 25th.

Connect on the **facebook** page [@Students.Junior.Doctors.SGSM.SSMS](#)

Scientific Prize SGSM/SSMS 2017

The deadline for project submissions has been extended to July 31st 2017. See [here](#).

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