

# SGSM/SSMS NEWSLETTER 2017/3

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## 1. Editorial

Dear SGSM/SSMS members,

Thanks to all the members whom we could greet in Interlaken, we've had a superb annual meeting, and we look forward to next year's joint meeting with Sportfisio, definitely a „Première“.

Our sports medicine certification is also evolving to take a new and very welcome turn: thanks to our interdisciplinarity, our highly qualified curriculum, and our consistent networking, the FMH proposed an upgrade of our Diploma in Sportsmedicine (=Faehigkeitsausweis, *Certificat de formation complémentaire*) to an **Interdisciplinary Core Title** (=Interdisziplinärer Schwerpunkttitle, *Formation approfondie interdisciplinaire*).

All diploma holders of our society will receive their personalized documents confirming this upgraded postgraduate degree by the beginning of 2018. More detailed information, especially in French and Italian, will follow later.

We hope you all get something to satisfy your clinical and scientific appetite in this 3<sup>rd</sup> newsletter of 2017.

*Boris Gojanovic, [@DrSportSante](#)*

## 2. INTERLAKEN 2017

### SGSM/SSMS annual meeting.

What a great meeting we've had! Thank you to all our speakers, partners, sponsors and delegates. A few links relating to the topics discussed.

**Adam Weir** shares his slides : [groin examination workshop](#), [systematic reviews talk](#). Thanks Adam.

### Students Day 17.

Our "Students & Junior Doctors" section organised the second Students Day on October 25<sup>th</sup> in Interlaken. **111 students** from all Swiss medical schools had the opportunity to get familiar with some classical Sports & Exercise Medicine topic, young athlete examination, shoulder & knee examination, and cardiac resuscitation on the field. Our special guest was Dr Steffan Griffin, former UK USEMS (Undergraduate SEM Society) president and associate BJSM editor, who gave tips on "how to get involved in SEM as medical students".

The 3rd edition of the Students Day will take place on November 14<sup>th</sup>, 018 in Bern. **Save the date!**



### 3. SGSM/SSMS events and courses

**Save the date!** SportMed day in Ittigen on **Thursday, May 17<sup>th</sup> 2018** – Program to be announced.

**Save the date!** **2018 Annual Meeting** [www.sportsuisse2018.ch](http://www.sportsuisse2018.ch) will be a very special event as we join forces with [Sportfizio \(SVSP/ASPS\)](#) to bring you a strong international speakers list. Bern expo, November 15<sup>th</sup>-16<sup>th</sup>.



#### **SGSM/SSMS sports medicine curriculum – What's new ?**

##### **Instructor of the Year 2017**

The Award "Instructor of the Year" is dedicated to teachers who showed outstanding performance in the SGSM/SSMS formation for young sports medicine doctors. Election is done by course participants and course organizers. The award "Instructor of the Year 2017" goes to **Jean-Pierre Egger** for his extraordinary instruction of *Strength Training* at the course in Sion. He is very well known for his enthusiastic, motivating and illustrative instruction of strength training and his teaching was highly appreciated through decades of young sports medicine doctors. Bravo Jean-Pierre, et merci !



##### **Revision of SGSM/SSMS Formation**

As announced at the general assembly in Interlaken on Oct 26<sup>th</sup>, we are currently revising our curriculum. A meeting will be held on **January 25<sup>th</sup> at 4pm at Bahnhof Buffet Olten** giving final information and details on the new concept. Following that meeting, everybody will be able to apply as new course organizer (*SGSM Kursleiter, SSMS responsable de cours*). We would like to invite everybody who is interested in the revision of the formation and interested in organizing future courses for the SGSM/SSMS formation to take part at the meeting. For more information and registration for the meeting, please contact our secretary: [info@sgsm.ch](mailto:info@sgsm.ch).

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

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

- [GRIMM – Congrès francophone de médecine de montagne](#), 5 days - January 17th to 21st, Champéry (VS). Samstag auf Deutsch!
- [Preventive Cardiology, Cardiac Rehabilitation & Sports Cardiology](#). From Set-up to New Frontiers. A 4-day course to learn how to set up a modern preventative program with a strong focus on optimal exercise therapy. Organised by European Association of Preventative Cardiology at Inselspital (BE).
- [Spiroergo Akademie](#) with a focus on performance diagnostics in athletes. **Maggingen/Macolin, February 22<sup>nd</sup>**. Organisation by Interdisziplinäres Zentrum für Sportmedizin, Inselspital (BE).

### Abroad

- [Sports Kongres Copenhagen](#). This is the one not to miss in 2018, February 1<sup>st</sup> to 3<sup>rd</sup>. [@sportskongres](#)
- [Science+Triathlon World Conference](#). Not too late to fly to Edmonton, Canada for this great conference on December 5 to 8<sup>th</sup> 2017. It was held in Maggingen a few years ago, world-class speakers.
- [GET.SET - SLSEM2018](#). Want to travel a bit in 2018? Inaugural Sri Lanka sports and exercise medicine conference. Follow updates on twitter [@SLSEM2018](#). Keynotes [Caroline Finch](#), [Peter Brukner](#), [Margo Mountjoy](#).

### Online

- [Concussion in Sport](#). A free online resource on concussion in sport, provided by the Australian Sports Commission. For professionals, athletes, coaches or parents alike.
- [Athlete Learning Gateway](#). A portal from the IOC to help educate athletes and their entourage, share it with them. Knowledge transfer beyond the medical office. In French and English (German yet).

## 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".

- [Diagnosing acute groin injuries in athletes](#), thesis by [Andreas Serner](#), who will present at next year's joint SGSM/SSMS – Sportfizio conference.
- [Aspetar Hamstring Protocol](#). Enjoyed the muscle session at the annual meeting? Here is a good rehab protocol to help your team and athletes.
- **Top paper** – [RTP for football hamstring injuries, a worldwide Delphi procedure](#). How should we decide on the ability to safely return to play? The question was addressed to 58 football medicine experts and here are their conclusion in a free access BJSM paper.
- [Visible Body App](#). Still using a heavy atlas for anatomy to show your patients? Why not try an App that helps in 3D visualization and layering of the information?
- [Scot Morrison's blog and database](#). Scot is a physio and strength coach in Portland, Oregon. He has organized a fantastic list of links for therapeutic exercise. Why search when someone has done it for you? Great resource.

## 6. Information on the Society

### Students & Junior Doctors mentoring program

This is a new mentoring program that aims to connect SEM-interested medical students with SGSM/SSMS members. Mentors are ready to meet their mentee 2-4x a year, to counsel them and to host them for a short discovery internship. By taking part in this program, SGSM/SSMS members will help the next sports doctors generation follow their passion for SEM.

If you are interested in becoming a mentor, e-mail Justin Carrard at [justin.carrard@unil.ch](mailto:justin.carrard@unil.ch)  
Connect on the **facebook** page [@Students.Junior.Doctors.SGSM.SSMS](#)

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