

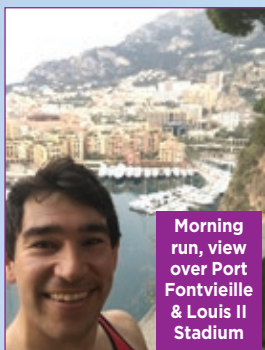
The IOC World Conference on Prevention of Injury and Illness in Sport is arguably the highest profile Sports and Exercise Medicine event in the world, and I had been hoping to attend since reading about the previous conference 3 years ago.

The conference had its beginnings in Oslo in 2005 as the 1st World Congress on Sports Injury Prevention, organised by the Oslo Sports Trauma Research Centre. The 2nd congress took place in Tromsø in 2008 and by 2011, the IOC Medical Committee was invited to organise the event. The IOC has staged the 3rd and 4th conferences in Monaco to great success in 2011 and 14.

I was thrilled to have my research project poster accepted, and thanks to BASEM's External Meeting Sponsorship Award, I was able to attend the conference and rub shoulders with the best and brightest in the Sports Medicine world. There were over 12000 like-minded participants at the meeting this year with a huge variety of educational sessions, ranging from new cutting edge research to others evaluating the past 20 years of progress. I knew it was going to be an intense but fascinating 3 days.

I travelled to Monaco from Nice, and as the train weaved close to the shoreline of the French Riviera, I was pouring over my conference program trying to weigh up which sessions to attend.

The conference was opened by speakers of immense esteem, Head of the IOC Medical Committee Lars Engebretsen, a video from the President of the Olympic



BASEM External Meeting Sponsorship Award 2017 - FULL MEMBER WINNER

DR Chris Bosshardt - Doctor at Sutton Utd FC
The IOC World Conference on Prevention of Injury and Illness in Sport - Monaco
"Does Education Have an Impact on Concussion Behaviours Amongst School-Age Rugby Players?"
16th - 18th March 2017

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movement Thomas Bach before a welcome from HSH Prince Albert II.

Royal dignitaries handed over to Sports Medicine royalty, as the scientific sessions

opened with a keynote from Prof Willem Van Mechelen, whose model of sports injury prevention has been the template for programs and interventions around the world. He reviewed his original model, discussing the importance and need for randomised controlled trials after stage 4, (fig A). He went through the origins of his research, before a moving tribute to his colleagues no longer with us, and left the stage with a standing ovation. It was thrilling to listen to him speak and give insight into the model that has been used by myself and nearly every Sports Medicine practitioner dealing in injury prevention.

So much to choose from!

I spent the first day mainly attending symposiums, 1 hour seminars on a variety of topics. At any one time there were between 7 and 10 different

Conference venue at Grimaldi Forum



educational sessions to choose from, and with high calibre speakers all around, a lot of careful planning was needed! I attended a symposium on ECG changes in the athlete, a detailed and practical session relating to the new Seattle International Guidelines, as well as sessions on Emergency Action Plans and assessing athletes during preseason. I've already used the information from these talks to help update practice at my club.

My morning commute was a stroll through the wonderfully named Beausoleil downhill to the Grimaldi Forum on the seafront, and the educational sessions began on day 2 with a fantastic keynote by Ronald Bahr. He discussed the fallacy

of screening tests as predictive measures using illustrative statistics, and finished by emphasising their importance in identifying and treating problems. There were superb symposiums highlighting recent research on tendinopathy and injury surveillance, as well as a detailed session on concussion. Concussion was a hot topic at the conference, as it is everywhere in the Sports world, and the Berlin Consensus Statement is eagerly anticipated.

Presentation time

During the afternoon session I was able to present my poster *"Does Education Have an Impact on Concussion Behaviours Amongst School-Age Rugby Players?"* to



Opening keynote



Casino de Monte-Carlo

1. Establishing the extent of the injury problem:

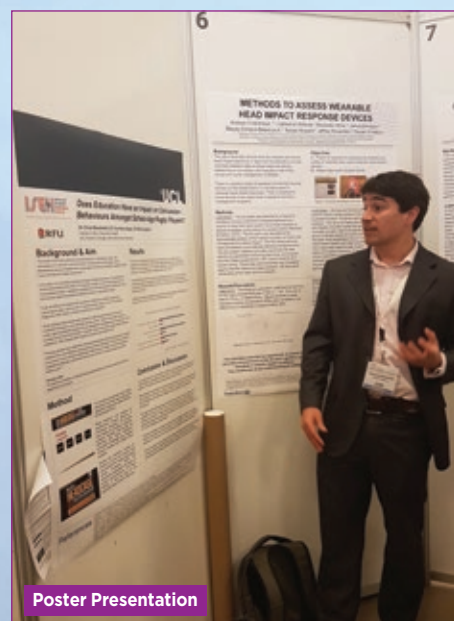
- Incidence
- Severity

2. Establishing the aetiology and mechanisms of sports injuries

Figure A: van Mechelen W, Hlobil H, Kemper HC (1992) Incidence, severity, aetiology and prevention of sports injuries. A review of concepts. Department of Health Science, Faculty of Human Movement Sciences, Vrije Universiteit, University of Amsterdam, The Netherlands. Sports Med. 1992 Aug;14(2):82-99.

4. Assessing its effectiveness by repeating step 1

3. Introducing a preventive measure



Poster Presentation

experts from around the world, including many whom I'd referenced in my project. Discussing concussion and the importance of education with these academics was fascinating and a definite personal highlight of the conference.

The final day had a cardiac flair to it, with the final keynote addressing sudden cardiac death and a symposium discussing the pros and cons of ECG screening. I attended football specific seminars focusing on the FIFA 11+, implementing strategies and injury surveillance.

I learned so much on so many different topics during the 3 days in Monaco, and have already begun to adapt my management and planning at my club level to benefit the athletes I look after. The conference reflected the organising committee and was a truly global affair, attracting professionals from around the world.

On my last morning I was able to get up early for a run along the seafront and the coastal path, managing to run across almost the entire length of the country, but with only around 3 1/2 km of coastline

that isn't that much to boast about. The run took in the main sights such as the Casino, La Condamine, the cathedral, the Louis II stadium and part of the F1 Grand Prix route, and was a lovely way to see the principality and a chance to reflect on what had been an inspiring few days.

Conclusion

I would like to thank UCL and the RFU for helping with my research project, and I would like to express my deepest and sincerest thanks to BASEM for the funding they provided to help me attend this conference, and for the support they provide for practitioners with Sport and Exercise Medicine interests. I would encourage any member with a conference in mind to apply for this award.