

BASEM External Meeting Sponsorship Award 2016 - Dr Guy Evans

IOC Advanced Team Physician Course - Cape Town Nov' 2016

Article by **Dr Guy Evans**



Dr Guy Evans and Dr Ritan Mehta (UK) at the IOC Advanced Team Physician Course

The IOC Advanced Team Physician Course has been on my professional 'bucket list' for a number of years and fortunately this November I was lucky enough to be able to attend as a result of a BASEM External Meeting Sponsorship Award.

The course was held at Spier Wine Farm in Stellenbosch, South Africa on 17th-19th November 2016. As you can imagine, the location

certainly was a bonus and on arrival it certainly lived up to expectations! Delegates were greeted at the Winery with an open air BBQ and chance to mingle with Team Physicians from around the globe. Clearly there was also a chance to sample some of the local produce too!

The course started promptly on Thursday morning kicking off with an introduction highlighting some of the challenges team

physicians face delivered by Professor Lars Engebretsen and Professor Roald Bahr. This was followed by a session on the optimal treatment of hamstring injuries in a case-based discussion format. This was a great opportunity to discuss optimal hamstring management with other physicians working in sport from around the world and challenged my current practice and the rationale behind my decision-making.

The afternoon session consisted of a mixture of lectures and case-based discussion. The first was on the topic of infective illnesses in athletes followed by a session on concussion management. Hearing the thoughts of a variety of experienced clinicians such as Paul McCorry (Aus), Jon Patricios (SA), Nick Webbhorn (UK) and Karim Khan (Can) served as an excellent platform for debate around this contentious area of SEM.

That evening delegates were treated to a traditional African dinner, complete with African entertainment and face paint in the centre of Cape Town! This was a great opportunity to meet more of the delegates while experiencing some of the local culture!

Day 2 kicked off with a session on 'medical issues related to travelling with athletes' delivered by Martin Schwellnus (SA) and Yorck Olaf Schumacher (Qa). The session focused on minimising the negative affects of travel on the athlete. The late morning session was on 'the acutely injured knee' chaired by Per Holmich (Den). After lunch a session on 'medical considerations for athletes with impairment' was delivered in part by Cheri Blauwet (USA). I particularly enjoyed this session as Cheri gave a unique insight in to the issues faced by para-athletes as both a clinician and also as an athlete having represented USA at three Paralympics Games winning seven medals in total.

The evening session changed the focus of attention to 'novel approaches for the treatment of tendinopathy'. For me this was an excellent opportunity



Dr Guy Evans and Dr Tim Barbour (Aus) modeling some traditional African face paint in Cape Town

to hear Jill Cook (Aus) speak on the topic - a clinician whose research I have followed with interest. I was able to have an informal chat with her later after the session, which I found extremely valuable.

After a long day of lectures and discussion, delegates were treated to a wine tasting programme at Spier followed by an evening meal in the beautiful grounds of the winery. Having a meal under the stars in the beautiful surroundings of the Stellenbosch winelands certainly was a very memorable experience!

The third and final day started with a session on 'the role of pharmacology in the treatment of sports injuries'. This highlighted the considerable variation in practices amongst clinicians around the globe. The late morning session covered hip/groin injuries in athletes and I particularly enjoyed hearing from Adam Weir (Qa) on the development of the Doha consensus and his approach to diagnosis and management of groin injuries.

After lunch we heard from a variety of speakers on the approach to making return to sport decisions as well as risk management and models in sport - something I have already

applied in my clinical practice since returning to the UK.

After the course had finished, I headed in to Cape Town to stay the night before catching my flight back to the UK the following evening. I anticipated this to be a quiet evening on my own however having met so many great people on the course I ended up sampling

one of Camps Bay's seafood restaurants with colleagues from Australia and Canada. I think for me this highlights one of the real values of the course - not only was it tremendously helpful in terms of clinical knowledge but I was also able to build strong links with other team physicians across the world. I have already utilised

these connections and I'm sure will continue to do so for years to come.

My flight home the following day was not until 8pm so I used the opportunity to make the most of the beautiful weather and glorious setting and hired a road bike for the day ticking off some famous passes in the Cape Peninsula - not a bad way to kill some time!

On reflection three months on, I found the course hugely valuable and would encourage anyone working as a Team Physician to consider joining the next edition to be held in Antalya, Turkey (27-29 November 2017).

Finally, I would like to say a huge thank you to both BASEM for the External Meeting Sponsorship Award and to the Great Britain Rowing Team for their support and assistance in allowing me to attend the course.

Dr Guy Evans

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Cycling around Cape Peninsula

