

BASEM MSc IN SPORT AND EXERCISE MEDICINE BURSARY



My SEM MSc - James Murphy

I am now a final year medical student at Newcastle University. Last year I intercalated on the University of Nottingham Sports and Exercise Medicine MSc course and was delighted to be awarded an MSc Bursary by BASEM. Here are two highlights from my year:

EMMIITS and pitchside first aid

One of my favourite experiences was taking the Emergency Medical Management in Individual and Team Sports (EMMIITS) course. This was a two-day pitchside trauma course I completed as part of a Pitchside Care of the Injured Athlete module. I really enjoyed both days and found practising pitchside trauma scenarios a great way to learn. I had previously learnt a few things about pitchside care from healthcare professionals I had shadowed at sports events. However, the course really helped me learn how to initially manage injuries and trauma that athletes can sustain during a sporting event.

I was pleased to pass the course early in the year because this meant I could work as a first aider at the University of Nottingham sports pitches and for some of the performance teams throughout the rest of the year. It was a challenge working in these roles because instead of shadowing healthcare professionals at sporting events I was the healthcare professional at the event. This was a big step but I had

lots of support on hand from the course Professors and my student colleagues. Gaining pitchside experience was a big positive of the course, particularly in an environment where there was support on hand if I needed it. I am thankful to the University of Nottingham Men's futsal team who gave me the opportunity to provide them pitchside first aid for the last few games of the season. This was great experience and it was enjoyable to gain insight into this exciting sport.

Dissertation

For my dissertation, under the supervision of Dr Ivan Le Jeune, I carried out a qualitative study exploring whether patients on an acute medical ward (B3) at the Queen's Medical Centre, Nottingham, were willing to receive advice about physical activity during their hospital admission. It was thought that few patients received physical activity advice while admitted on B3, and the project was designed as the first step in investigating how to improve the provision of physical activity advice in this setting. The study was designed from a critical realist worldview, with participants completing two questionnaires and taking part in a semi-structured interview. An inductive thematic analysis was used to produce key themes from the transcribed interview data.

Many of the 11 participants did want to receive physical activity advice during a hospital admission but only if they thought physical activity related to the reason for their admission. Participants wanted healthcare professionals to discuss what physical activity they could do rather than just instructing to do more physical activity. The majority of participants specifically wanted any information provided to be relevant to their condition(s) and perceived barriers to physical activity.

Following on from this work an intervention with the aim of increasing the amount of physical activity patients do following their admission could be trialled. For example, a healthcare professional could approach patients to discuss some activities or exercises the patient could try. The

healthcare professional should consider the patient's pre-existing medical condition(s) and barriers to physical activity when discussing what activities they could try.

An interesting finding was that a few participants wanted to be encouraged to do more physical activity while in hospital. Many patients are inactive in hospital; encouraging patients to do physical activity during an admission, such as walking to the end of the ward, may result in more patients increasing their physical activity level after they are discharged from hospital than advice about physical activity would.

Further research is needed to determine whether interventions designed using the results of this study are effective at increasing the amount of physical activity patients, and what the cost of implementing them into clinical practice is.

Before starting the course I knew little of qualitative research so it was interesting to broaden my skills and immerse myself in this type of methodology. As part of the course I completed modules in Research Methods, and Qualitative Methodology and Analysis that helped me to design and conduct the project and analyse the data. Through planning and conducting the study I learnt about applying for ethical approval, drafting study documents, conducting a study on a hospital ward and writing up a study report.

Thanks

I was fortunate to gain extremely valuable experience alongside the course. Some highlights were shadowing the medical team at the London Marathon, shadowing the Notts County FC medical staff (Dr Dean Chatterjee and Jonny Wilson) and shadowing the medical team at a European Tour golf event (Dr Andrew Murray and Professor Tim Swan). A big thank you to everyone for having me shadow them; I really enjoyed and learnt a lot from these placements.

I would also like to thank Dr Kim Edwards, Dr Mary O'Hanlon, Dr Emma Wilson, Dr Dale Cooper and Dr Ivan Le Jeune for all their teaching and support throughout the year.