



# Scientific Programme

## Advanced Emergency Sports Medicine Course (15<sup>th</sup> - 16<sup>th</sup> March 2011)

TIME	Day 1, 15 <sup>th</sup> March 2011	Day 2, 16 <sup>th</sup> March 2011		
0800 - 0830	<b>Registration</b>	<b>Registration</b>		
0830 - 0900		Wound care, suturing, taping, antibiotics, vaccines <i>Speaker: David McDonagh</i>		
0900 - 0915	<b>Opening by Dr Ali Noor Ghani</b>	<table border="1"> <tr> <td><b>Group 1</b> Workshop - Sudden cardiac arrest, CPR, airways management <i>Speaker: Johan Arnt Hegvik</i></td> <td><b>Group 2</b> Workshop - Neck, spinal, extremity injuries Practical treatment - cervical collars, immobilisation, vacuum splints, backboards, lifting techniques <i>Speaker: David McDonagh</i></td> </tr> </table>	<b>Group 1</b> Workshop - Sudden cardiac arrest, CPR, airways management <i>Speaker: Johan Arnt Hegvik</i>	<b>Group 2</b> Workshop - Neck, spinal, extremity injuries Practical treatment - cervical collars, immobilisation, vacuum splints, backboards, lifting techniques <i>Speaker: David McDonagh</i>
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0915 - 0930	Basics of emergency care <i>Speaker: David McDonagh</i>			
0930 - 1030	Dislocations in Sports Workshop - Diagnosis and management Shoulder, AC joint, elbow, hand, hip, patella, toe injuries <i>Speaker: David McDonagh</i>	<b>Morning coffee break</b>		
1030 - 1045				
1045 - 1100	<b>Morning coffee break</b>	Disaster medicine, stadium disasters, planning, management <i>Speaker: David McDonagh</i>		
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1125 - 1230		Head injuries, concussion, treatment, RTP guidelines <i>Speaker: David McDonagh</i>		
1230 - 1330	<b>Lunch</b>			
1330 - 1430	Injuries and illnesses - Face, nose and eye, throat <i>Speaker: David McDonagh</i>	The collapsed athlete – including diabetes, epilepsy, SAH <i>Speakers: Johan Arnt Hegvik and David McDonagh</i>		
1430 - 1440	Acute muscle, tendon injuries, diagnosis, treatment <i>Speaker: David McDonagh</i>	<b>Break</b>		
1440 - 1445		Control of bleeding, i.v. fluid treatment <i>Speakers: Johan Arnt Hegvik and David McDonagh</i>		
1445 - 1505		Emergency medications in sports <i>Speaker: Johan Arnt Hegvik</i>		
1505 - 1530	<b>Break</b>	Doping control procedure, the list and emergency medicine <i>Speaker: David McDonagh</i>		
1530 - 1545				
1545 - 1600	Ankle, knee and shoulder injuries - Treatment, including taping <i>Speaker: David McDonagh</i>	<b>Afternoon coffee break</b>		
1600 - 1620				
1620 - 1630	<b>Afternoon coffee break</b>	Throat, oral and dental injuries <i>Speaker: David McDonagh</i>		
1630 - 1640				
1640 - 1645	Thorax injuries, abdominal, pelvic diagnosis and treatment <i>Speaker: David McDonagh</i>	Medico-legal issues, the Olympic Movement Medical Code Repatriation - Treating patients from abroad; ethical issues in emergency care <i>Speaker: David McDonagh</i>		
1645 - 1720				
1720 - 1800		Conclusion / Discussion - Presentation of Diploma to the participants <i>Speakers: David McDonagh and Johan Arnt Hegvik</i>		



# Scientific Programme

## Team Physician Course (17<sup>th</sup> - 18<sup>th</sup> March 2011)

TIME	Day 1, 17 <sup>th</sup> March 2011	Day 2, 18 <sup>th</sup> March 2011			
0800 - 0830	<b>Registration &amp; Breakfast</b>	<b>Registration &amp; Breakfast</b>			
0830 - 0845	<b>FIMS Welcome - FIMS Team Physician Courses</b> <i>Speaker: Dr Julia Alleyne</i>	<b>Prevention and Rehabilitation</b> <i>Chairperson: Dr Julia Alleyne</i>			
0845 - 0915	<b>Foundations of Athlete Care</b> <i>Chairperson: Dr Selvaraj Y Subramaniam</i>	Evidence Based Approach to Rehabilitation <i>Speaker: Prof Julia Alleyne</i>			
0915 - 0930	Role of the team physician in sport and health <i>Speaker: Dr Julia Alleyne</i>	The pre-participation screening of the athletes and the prevention of sudden cardiac death <i>Speaker: Prof Fabio Pigozzi</i>			
0930 - 1000	Sports injuries: Classification-treatment-prevention <i>Speaker: Prof Konstantinos Natsis</i>	Sport nutrition and supplements <i>Speaker: Dr Talia Alebani</i>			
1000 - 1015					
1015 - 1030	<b>Morning Coffee Break</b>				
1030 - 1045	Muscle Injuries In Athletes <i>Speaker: Prof Konstantinos Natsis</i>	<b>Morning Coffee Break</b>			
1045 - 1100					
1100 - 1115		Taping, Kinesiotape and Bracing <i>Speaker: Dr Andre Debruyne</i>			
1115 - 1200	Anti-Doping 101: A guide to Fair Play <i>Speaker: Dr Alan Vernec</i>				
1200 - 1300	<b>Lunch</b>				
1300 - 1345	<b>Orthopaedic Conditions</b> <i>Chairperson: Prof Guo-Ping Li</i> Recent Advances & Controversies in Managing Lower Limb Sports Injuries <i>Dr Patrick Yung</i>	<b>Medical Conditions</b> <i>Chairperson: Dr Selvaraj Y Subramaniam</i> Common Medical Conditions of the Athlete <i>Speaker: Prof Joseph Cummiskey</i>			
1345 - 1400	<b>Orthopaedic Workshops - Session 1</b>	<table border="1"> <tr> <td><b>Practical Skills Workshops- Session 1</b> Asthma and the Athlete <i>Speaker: Dr Joseph Cummiskey</i></td> <td><b>Practical Skills Workshops- Session 2</b> Sport Psychology <i>Speaker: Dr Julia Alleyne</i></td> <td><b>Practical Skills Workshops- Session 3</b> Female Athlete Triad <i>Speaker: Dr Talia Alebani</i></td> </tr> </table>	<b>Practical Skills Workshops- Session 1</b> Asthma and the Athlete <i>Speaker: Dr Joseph Cummiskey</i>	<b>Practical Skills Workshops- Session 2</b> Sport Psychology <i>Speaker: Dr Julia Alleyne</i>	<b>Practical Skills Workshops- Session 3</b> Female Athlete Triad <i>Speaker: Dr Talia Alebani</i>
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1400 - 1500	Examination of the Lower Limb <i>Dr Patrick Yung</i>				
1500 - 1515	Examination of the Upper Limb <i>Dr Julia Alleyne</i>				
1515 - 1530	<b>Evening Coffee Break</b>				
1530 - 1545	Young Athletes: Spine Assessment and Treatment <i>Dr Lyle Micheli</i>	<b>Evening Coffee Break</b>			
1545 - 1615	Shoulder Injuries in Athletes: From Throwing to Stroking <i>Dr Patrick Yung</i>	Dealing with Infections in Sport <i>Speaker: Prof Martin Schweltnus</i>			
1615 - 1630					
1630 - 1700		Return to Play Guidelines for the Athlete <i>Panel: Dr Joseph Cummiskey, Dr Andre Debruyne, Prof Konstantinos Natsis</i>			
1700	<b>Closing Remarks and Adjournment</b>				



# Scientific Programme

## SSEMM Congress (19<sup>th</sup> - 20<sup>th</sup> March 2011)

TIME	Day 1, 19 <sup>th</sup> March 2011	Day 2, 20 <sup>th</sup> March 2011
0800 - 0845	<b>Registration</b>	
0845 - 0900	<b>Welcoming remarks</b> <i>Prof Datuk Dr Mohd Mydin, President of SSEMM</i>	<b>Welcoming remarks</b>
	<i>Chairperson: Dr Prakash S Gurusamy</i>	<i>Chairperson: Dr Ong Hin</i>
0900 - 0930	<b>Special Consideration in Sports Medicine</b> Sports cardiology (Sudden death / preparation screening) <i>Speaker: Prof Dr Fabio Pigozzi</i>	<b>Doping, Taping &amp; Rehabilitation Medicine &amp; Healing</b> Doping past, present and future <i>Speaker: Prof Eduardo De Rose</i>
0930 - 1000	Asthma management in sports <i>Speaker: Prof Dr Joseph Cummingskey</i>	Review of taping and bracing in sports <i>Speaker: Dr Andre De Bruyne</i>
1000 - 1030	Military rehabilitation - Prevention and management of foot injuries amongst military personnel <i>Speaker: Dr James Bilzon</i>	Omega 3, Systemic Inflammation and Healing Athlete <i>Speaker: Prof Selvaraj Y Subramaniam</i>
1030 - 1100	<b>Morning Coffee Break</b>	
1100 - 1130	A Toolkit for Paralympic Sport Medical Care <i>Speaker: Dr I. Stuart Miller</i>	<b>Special Consideration in Sports Medicine</b> The Athletes Electrocardiogram – When is it pathological <i>Speaker: Dato Dr Tamil Selvan Muthusamy</i>
1130 - 1200	<b>Technology innovation and controversies in sports medicine</b> Stem cells therapy and sports medicine <i>Speaker: Dr Ali Noor Ghani</i>	Preparation and evaluation of child athletes <i>Speaker: Prof Lyle J. Micheli</i>
1200 - 1230	Platelet rich plasma treatment in sports injuries <i>Speaker: Dr Aaron Lim</i>	<b>Basics of Sports &amp; Exercise Medicine</b> Nutrition in sports <i>Speaker: Prof Dr Fabio Pigozzi</i>
1230 - 1330	<b>Lunch</b>	
1330 - 1400		Health and Physical Activity – Genetic and Epigenetic Influences <i>Speaker: Prof Norbert Bachl</i>
1400 - 1430	Workshops - Field assesment of upper limb injuries <i>Speaker: Dr Amalourde Raj A Arokiasamy</i>	<b>Sports Science</b> Thermodynamics and heat stroke in sports and exercise <i>Speaker: Dr James Bilzon</i>
1430 - 1440		Reducing the Incidence and Severity of Training-Related Injuries in Uniformed Services Personnel <i>Speaker: Dr James Bilzon</i>
1440 - 1500	Workshops - Field assesment of lower limb injuries <i>Speaker: Dr Aaron Lim</i>	
1500 - 1520		Free Paper Presentation (3 papers)
1520 - 1530	Workshops - Field assesment of head, neck & spine <i>Speaker: Dr Ali Noor Ghani</i>	
1530 - 1600		<b>Closing Remarks</b>
1600 - 1630	Free Paper Presentation (3 papers)	
1900	<b>Award Ceremony &amp; Welcome Dinner</b>	