

1st Announcement

FIMS-ICSEM2011

INTERNATIONAL CONGRESS IN SPORTS & EXERCISE MEDICINE

In conjunction with
FIMS EXECUTIVE COMMITTEE MEETING

15th – 20th March 2011 • The Royale Chulan Kuala Lumpur, Malaysia

Organised by



Society of Sports and Exercise
Medicine Malaysia (SSEMM)

Endorsed and affiliated to



International Federation of
Sports Medicine

Supported by



UNIVERSITY OF
BATH



Welcome Message from the Organising Chairman



President, Society of Sports & Exercise Medicine Malaysia (SSEMM)

It gives me great pleasure in highlighting the latest happenings in the field of Sports & Exercise Medicine in Malaysia. The emergence of the Society of Sports & Exercise Medicine Malaysia (SSEMM) is set to change the direction and momentum of sports & exercise, not only locally but, Internationally too.

SSEMM made a quantum leap after having been landed with the great task of organising the International Congress in Sports & Exercise Medicine, under the Patronage of Federation Internationale de Medecine du Sports (FIMS).

SSEMM had embarked on an ambitious task of restructuring and upgrading sports medicine knowledge to a higher level of excellence by introducing the Masters Programs in Sports and Exercise Medicine with University of Bath, UK through a Memorandum of Agreement, signed in UK in May this year. The first batch of 10 specialists started their programs in September.

Following the beacon call from our Prime Minister YAB Dato Seri Mohd Najib Tun Abd Razak to bring in world class sports and other conventions into the country to turn around our domestic economy, 5 dedicated SSEMM Executive Council members made a bold bid to host the 2014 FIMS WORLD CONGRESS at PUERTO RICO in May this year.

Three countries, Canada, Turkey and Malaysia were short listed. We cleared the first round and went to the next level before a 57 member countries. Turkey threw in the towels and pledged their support to Canada. Canada won by 32 votes while Malaysia, being totally a new kid in the block, garnered the confidence of 24 countries supporting our bid.

This led to the confidence of FIMS to sanction the International Congress in Sports & Exercise Medicine (FIMS-ICSEM2011) to be held from 15th to 20th March 2011, at the Royale Chulan Hotel KL, and in conjunction with the FIMS Executive Committee Meeting. Already, we have over 30 countries being represented before launching of the event. Probably, more countries will be joining soon.

We have the pleasure of bringing in the FIMS Advanced Emergency Sports Medicine course at a subsidised rate. This is a high end course geared for the specialists and is in great demand. Also, FIMS Team Physicians Development Course which is a must for all sports medicine physicians and doctors. Other para medical professionals like physiotherapists, nurses, sports science graduates, trainers and the community in general are welcome to join in for the general knowledge and for the healthy wellbeing of the community at large. Only the specialists and Doctors will be awarded FIMS Certification on completion of the course.

A wide range of sports & exercise medicine topics, abstract and poster presentation, exhibition booths highlighting sports equipments, paraphernalia, and other programs are available on our website with links to the events.

This FIMS-ICSEM 2011 comes in the wake of the Sports Year 2011 celebration. You can never ask for more. SSEMM provides you the impetus to learn more on sports & exercise medicine, the intricacies of biomechanics and the role of exercise, which optimises the human and genetic potentials into maximum endurance and strength in an individual.

Special topics for the uniformed personnel like the Armed and Police forces in prevention of injuries in their training programs should attract the armed forces.

I welcome every sports-minded doctors and the community at large to take advantage of this congress and be the early birds to register and gain great inputs in the field of sports & exercise medicine. Don't forget that sports is emerging as the fastest growing industry in the world, bringing about unity as well as healthy well being.

Prof Datuk Dr Mohamed Mydin Bin Mohd Musa
PJN,DSPN, KMN,
MBBS(AP), PG DIP SPORTS MED(AUS), FSSEMM, FFIMS
PRESIDENT, SSEMM
ORGANISING CHAIRMAN, FIMS-ICSEM2011.

Organising Committee

Organising Chairman

Professor Datuk Dr Mohd Mydin Mohd Musa

Secretary

Professor Dr Selvaraj Y Subramaniam

Treasurer

Dr Prakash S Gurusamy

Joint Scientific Committee:

Chairman:

Tan Sri Dato' Seri Dr Haji Mohd Ismail bin Merican

FIMS:

Professor Dr Fabio Pigozzi
(FIMS President- Ex-Officio)
Professor Dr Walter R. Frontera
Professor Dr Eduardo H De Rose
Professor Dr Norbert Bachl
Dr Abdelmalek Sentissi
Professor Dr Guo-Ping Li
Dr Milton Pinedo
Professor Dr Lyle J Micheli
Dr Andre Debruyne

SSEMM:

Professor Datuk Dr Mohd Mydin Mohd Musa
(SSEMM President- Ex -officio)
Professor Dr Ali Noor Ghani
Professor Dr Selvaraj Y Subramaniam
Associate Professor Dr Amarlourde A Arokiasamy
Dr Aaron Lim Boon Keng
Dr Prakash S Gurusamy
Dr Ismail Ahmad
Dr Ong Hin
Dr Fateh Mohamed Mohd Ismail
Dato Dr Noor Khizan

Team Physician Course:

Chairman: Professor Dr Selvaraj Y Subramaniam
Moderators: Professor Dr Ali Noor Ghani
Professor Datuk Dr Mohd Mydin Mohd Musa
Dr Prakash S Gurusamy
Dr David McDonagh
Dr Johan Hegvik

Advanced Sports Medicine Course:

Chairman: Professor Dr Ali Noor Ghani
Moderators: Professor Dr Selvaraj Y Subramaniam
Dr Prakash S Gurusamy
Professor Dr Lyle J Micheli
Dr Andre Debruyne

Subcommittee Chairman

Souvenir Programme:

Major Dr Jayaratnam Ratnavale

Public Relations:

Dr Farrah-Hani Imran /
Dr Rajeswaran Paramjothy
Dr Farrah Sofiah

Media:

Professor Datuk Dr Mohd Mydin Mohd Musa
Professor Dr Selvaraj Y Subramaniam
Dr Prakash S Gurusamy

Transport:

Dr Pavandeep Singh Dhillon
Dr Sukhvinder Singh Ajit Singh
Dr Rajesh Paramjothy
Dr Sharmila Ramasamy
Dr Gopi Nath Sivasubramaniam

Medical facilities:

Dato' Dr Jekinder Singh Gendeh
Dr Ismail Ahmad

Tour:

Dr Tan Cheong How
Dr Muhd Ilyas
Mr Muhamad Izanee
Dr Vijayan Munasamy
Dr Nagarajan Soo Moo



FIMS – Advance / Emergency Sports Medicine Course (15th & 16th March 2011)

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

This course has been designed to complement the existing Team Physician Courses offering the sports physician an intensive 19 hour practical course on how to diagnose and treat emergency illnesses and injuries at a sports venue. The course focuses on lifesaving diagnosis and treatment as well as important Return to Play decisions.

The course is FIMS approved and participants will receive an official FIMS Certificate of Attendance.

Speakers:

Dr. David McDonagh, Asst. Prof., National University, Trondheim, Norway

David is a consultant at the Accident and Emergency Dept., University Hospital Trondheim. David has established the Emergency Sports Medicine Research Centre at the NTNU University in Trondheim. He is Chair of the FIBT Medical Committee and is the Winter Olympic Federations representative to FIMS.

He is main author of the FIMS Event Physician Manual (Emergency Sports Medicine).

He has been team physician for the Norwegian Boxing team, Nordic Combined team, Bobsled and Luge team as well as an member of the Norwegian Rugby Union medical committee. He is physician for the Olympic Centre in central Norway. He is head of the Scientific and Education Committee in the European Federation of Sports Medical Associations. He is a member of the Norwegian Anti-doping Tribunal and the International Cricket Council Anti-doping Tribunal. David was Deputy Chief Medical Officer at the Lillehammer 1994 Olympic Winter Games, as well as CMO for 10 major World Championships in various sports. He has been an advisor to 7 Olympic Games organization committees.

Dr. Johan Hegvik, Asst. Prof., National University, Trondheim, Norway

Beside his university position, Johan is a consultant at the Anesthetics Dept., at the University Hospital Trondheim. Johan also works on the Norwegian Helicopter Rescue Service which covers the central region of Norway. He has been a rescue physician at several major World Championships including the Lillehammer Olympic Winter Games. He is an advisor to the Emergency Sports Medicine Research Centre at the NTNU University in Trondheim and has held many courses internationally, including Asia, most recently with Dr.McDonagh in Delhi in 2009.

FIMS – Team Physician Course (17th & 18th March 2011)

TIME	Day 1, 17 th March 2011	Day 2, 18 th March 2011
0730 - 0800	Registration	
0800 - 0815	Welcoming remark	
0815 - 0900	Team physician roles, responsibilities and required qualifications	Drug testing, doping and sports
0900 - 0945	Principles of exercise physiology	Fieldside Assessment
0945 - 1030	The pre-participation examination	Special considerations in child and adolescent athletes
1030 - 1100	Morning coffee break	
1100 - 1145	Sports nutrition	Taping and bracing in sports
1145 - 1230	Orofacial injuries in sports	Medical conditions affecting sports participation
1230 - 1400	Lunch	
1400 - 1445	Special consideration in female athletes	The psychology of sports injury and recovery
1445 - 1530	Muscular skeletal injuries: Diagnosis, treatment and rehabilitation	Preventing injuries in sports
1530 - 1615	Workshops - Muscular skeletal injuries/ Diagnosis, treatment and rehabilitation/Head and neck/Shoulder, elbow, wrist and hand Ankle and foot/Knee	Rehabilitation and return to sports
1615 - 1645	Evening coffee break and end of Day 1	Evening coffee break and end of Day 2

Internationals Speakers

Professor Dr Fabio Pigozzi, *University of Rome, Italy*
 Professor Dr Walter R. Frontera, *University of Puerto Rico, USA*
 Professor Dr Eduardo H De Rose, *FIMS, Brazil*
 Professor Dr Norbert Bachl, *Institute of Sports Science, Austria*
 Dr Abdelmalek Sentissi, *Polyclinique Notre Dame, Morocco*

Professor Dr Guo-Ping Li, *China National Institute of Sports Medicine, China*
 Dr Milton Pinedo, *Olympic Committee of the Dominican Republic, Dominican Republic*
 Professor Dr Lyle J Micheli, *Children's Hospital, USA*
 Dr Andre Debruyne, *FIMS, Belgium*

Opening Ceremony and Welcome Dinner

Date: 19th March 2011

Time: 1700 - 2130

The FIMS – ICSEM 2011 officially opens with a warm welcome from its host country Malaysia. A radiant display of local culture will be presented with the lithe grace of traditional dance. The Opening Ceremony brings together fellow delegates and exhibitors for a chance to fraternize and form invaluable bonds. Honorary Fellowship will be awarded at this Opening Ceremony. This will be followed by a Welcome Dinner.

FIMS – SSEMM Congress Programme (19th & 20th March 2011)

TIME	Day 1, 19 th March 2011	Day 2, 20 th March 2011
0800 - 0845	Registration	
0845 - 0900	Welcoming remarks - Prof Datuk Dr Mohd Mydin, President of SSEMM	Welcoming remarks
0900 - 0930	Sports Science Thermodynamics and heat stroke in sports and exercise - Dr James Bilzon	Doping, Taping & Rehabilitation Medicine & Healing Doping past, present and future - Prof Eduardo De Rose
0930 - 1000	Hydration strategies for sports performance in hot environment - TBA	Review of taping and bracing in sports - Dr Andre De Bruyne
1000 - 1030	Influence of intensified training on muscular adaptations and endurance performance - Dr Nikolai Nordsborg	Rehabilitation medicine - Prof Dr Walter Frontera
1030 - 1100	Morning coffee break	
1100 - 1130	Special Consideration in Sports Medicine Sports cardiology (Sudden death / preparation screening) - Prof Dr Fabio Pigozzi	Usage of Omega 3 in sports injury healing - Prof Selvaraj Y Subramaniam
1130 - 1200	Asthma management in sports - Prof Dr Joe Cummingskey	Workshops - Physical examination of shoulder Physical examination of knee Physical examination of ankle
1200 - 1230	Preparation and evaluation of child athletes - Prof Micheli	Basics of Sports & Exercise Medicine Nutrition in sports - TBA
1230 - 1300	Lunch	
1300 - 1330	Military rehabilitation – Prevention and management of foot injuries amongst military personnel - Dr James Bilzon	Imaging in sports - TBA
1330 - 1400	Technology innovation and controversies in sports medicine Stem cells therapy and sports medicine - TBA	Obesity & fitness - TBA
1400 - 1430	Stem cell therapy in treatment of knee injury - TBA	Practical Biomechanics in Athletics - Dr Paul Brice
1430 - 1500	Platelet rich plasma treatment in sports injuries - Dr Aaron Lim	Fear Factor & Sports Medicine Finger & Fears: Injuries in rock climbing - TBA
1530 - 1600	Evening coffee break	
1600 - 1630	Fear Factor & Sports Medicine Fear Factor in performing athletes in international meets - TBA	Biomechanics: fatigue and injury -TBA
1630 - 1700	Undiagnosed compression fracture of lumbar spine: parachutists - TBA	Closing remarks
1700 - 1730	Knee injuries in street futsal games: wrong fit of shoes on a wrong flooring - TBA	

Congress Information



Date : 15th – 20th March 2011
Congress Venue : Royale Chulan Kuala Lumpur,
Malaysia
Congress Website : www.ssemm.org

Important Dates :

Abstract Submission Deadline : **31st January 2011**
Early Registration Deadline : **31st December 2010**
Hotel Reservation Deadline : **7th February 2011**
Paper acceptance Notification : **15th February 2011**
Registration Close : **7th March 2011**

Certificate of Attendance :

Certificate of Attendance will be given to all registered delegates during registration from the Registration Counter.

Liability

The Organising Committee will not assume any responsibility for accidents, losses or damages, as well as for delays or

modifications in the programme. Please refer to the Congress Website at www.ssemm.org for latest updates.

Language

The official language of the Congress is English.

CME Accreditation

All Malaysian registered delegates will be eligible for CME point.

Opening Ceremony and Welcome Reception (included in the registration fee) on 19th March 2011

The FIMS – ICSEM 2011 officially opens with a warm welcome from its host country Malaysia. A radiant display of local culture will be presented with the lithe grace of traditional dance. The Opening Ceremony brings together fellow delegates and exhibitors for a chance to fraternize and form invaluable bonds. Awards will be presented to the honourable Fellows. The Ceremony will be followed by a Gala Dinner.

Congress Secretariat

c/o Console Communications Sdn Bhd

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Tel : +603 2162 0566 Fax : +603 2161 6560 Email : fims_icsem2011@console.com.my

Call for Papers - Guidelines for Submission



- All abstracts must be written in English. Should your abstract be accepted for an oral presentation you must be able to give your presentation in English.
- Abstracts will be reviewed and selected by the Scientific Committee for oral or poster presentations. A preference for poster presentation may be indicated. However, the Scientific Committee will make the final decision as to how the abstract is to be presented. Abstract acceptance or rejection is based on the average mark awarded by the reviewers.
- The Authors of accepted papers are responsible for the financial resources to pay all personal expenses incurred including Conference registration, production of their presentation, travel and accommodation during the Congress.
- Confirmation of acceptance notification is required together with the Congress registration fee payment at a requested date to have the abstract published in the Congress Abstract Book. Should the author not follow either of these, the organiser reserves the right not to include the author's work in the printed book. Abstracts received after the deadline cannot be accepted and therefore will not be considered for the programme or publication.
- All Presenters must register for the Congress. Please complete the Abstract Submission Form with all the required details and submit the completed form together with your abstract(s) to fims_icsem2011@console.com.my.
- Oral Presentation will be 7 Minutes, with Q&A 3 Minutes
- The space available for each poster is 3 ft x 4ft (portrait).
- Abstracts should be prepared in MS Word Format.
- The abstract (less than/equal to 250 words, excluding the title) should be divided into: Purpose, Materials & Methods, Results and Conclusions.
- Use single line spacing, with no headings or paragraph breaks, no bold, italics, underlining or capitalised text.
- Include only text; do not include images, figures or graphs.
- The name(s) of the Author(s) should appear, Presenter's name first, as surname(s), initials without punctuation, and without titles or degrees (e.g. Smith, AB)
- Abstracts must be submitted in duplicate:
One copy to include the name(s) of the author(s) and the Institution(s) and One copy without the name(s) of the author(s) and Institution(s).
- All abstracts will be marked blind
- Abstracts must be presented in accordance with the above guidelines; otherwise they will be returned, and will not be considered for presentation
- Please indicate if you wish to submit your abstract for Oral or Poster presentation

Submission Deadline: 31st January 2011

Registration Guidelines



A Registered Delegate is entitled to:

- Participate in all Scientific Sessions of the Congress
- Receive the Congress Bag, Proceedings and other Congress Documents
- Admission to the Trade Exhibition
- Attend the Opening Ceremony and Welcome Reception
- Refreshments at Tea Break and Congress Lunch

Registration Rate

Registration type	Before or on 31 st December 2010	After 31 st December 2010 and before or on 5 th March 2011	After 5 th March 2011
FIMS - ICSEM 2011 (15 th – 20 th March) - Member	USD250 / RM850	USD300 / RM1,050	USD350 / RM1,225
FIMS - ICSEM 2011 (15 th – 20 th March) - Non-member	USD300 / RM1,050	USD350 / RM1,225	USD400 / RM1,400
Pre-congress course: Advanced Emergency Sports Medicine Course (15 th & 16 th March) - Member	USD600 / RM2,000	USD650 / RM2,275	USD700 / RM2,450
Pre-congress course: Advanced Emergency Sports Medicine Course (15 th & 16 th March) - Non-member	USD650 / RM2,275	USD700 / RM2,450	USD750 / RM2,625
Pre-congress course: Team Physician Course (17 th & 18 th March) - Member	USD550 / RM1,800	USD600 / RM2,000	USD650 / RM2,275
Pre-congress course: Team Physician Course (17 th & 18 th March) - Non-member	USD600 / RM2,000	USD650 / RM2,275	USD700 / RM2,450
Physiotherapist, nurses and paramedics (15 th - 20 th March 2011) *Lunch not included		USD60 / RM200	
Students of University and College (15 th - 20 th March 2011) *Lunch not included		USD15 / RM50	
General Public (15 th - 20 th March 2011) *Lunch not included		USD60 / RM200	

For individual FIMS membership please contact: Dr Prakash drgprax5@gmail.com

For MSC membership please contact: Dr Selvaraj doc.selvaraj@gmail.com

Payment

All payment will be charged in Ringgit Malaysia (RM). Payment can be made by local cheque or bank draft (for Malaysian only), telegraphic transfer or credit card (for overseas delegates). All payment are to be made payable to “**Society of Sports and Exercise Medicine Malaysia**”.

Lost Badges

All registered delegates are requested to wear the delegate badges at all times during the Congress. A service fee of **RM100** will be charged to re-issue any lost badges.

Confirmation

Confirmation of registration will be sent to all delegates upon receipt of payment.

Official Receipt

Official Receipts will only be issued upon request.

Cancellation Policy

Cancellation of registration must be made in writing to the Congress Secretariat. Refunds will only be made after the Congress.

Cancellation received on or before **15th January 2011**: 100% refund (minus an administration fee of RM200)

Cancellation received between **15th January 2011 and 15th February 2011**: 50% refund

Cancellation received on or after **15th February 2011**: No refund

Account Name : SOCIETY OF SPORTS AND EXERCISE MEDICINE MALAYSIA
Bank Account : 1253-0015443-05-1
Swift Code : CIBBMYKL
Bank Name : CIMB BANK
Bank address : 23, JALAN MEMANDA 7 / 1, WISMA AMPANG TRIANGLE II, JALAN AMPANG, 68000, AMPANG, SELANGOR, MALAYSIA.
Bank tel no : 603-42701858
Bank fax no : 603-42701776

Hotel Accommodation



A number of hotel rooms have been provisionally reserved for Congress delegates. It is advisable to book as early as possible to ensure reservation. Please complete the attached Hotel Booking Form and fax or email to the contact information stated on the form. Please obtain confirmation for your hotel booking DIRECT from the hotel.

Booking deadline is 7th February 2011. Booking Confirmation is based on first-come first-served basis.

No	Room type	Room rate (RM)
1	Superior	347.83++
2	Deluxe	450++
3	Premier	520++
4	Royale Club	600++
5	Executive Suite	750++
6	Premier Suite	900++