

Faculty of Sport and Exercise Medicine UK
Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care



Paper 1

Unconfirmed Minutes from FSEM UK Council held on Thursday 4 June 2020 by video conference/teleconference

PRESENT:

Dr John Etherington
Dr Mike Rossiter
Dr Chris Tomlinson
Dr Sivanadian Mani-Babu
Mr Jim Foster
Dr Stephen Chew
Dr Geoffrey Davies
Dr Niall Elliott
Dr Courtney Kipps
Dr Jo Larkin
Dr Julia Newton
Dr David Pugh
Dr Patrick Wheeler
Dr Graeme Wilkes
Dr Tim Swan
Dr Natasha Jones
Dr Ralph Smith
Dr Dan Brooke
Col. Alastair Nicol
Dr Nigel Jones
Dr Philip Carolan
Dr Victoria Tzortziou-Brown
Dr Daniel Morris
Professor Paul Dimitri
Dr Jonathan Houghton
Dr Victoria Pegna
Mr Jason Feavers
Mrs Claire Walmsley

PRESIDENT

VICE-PRESIDENT

VICE-PRESIDENT

HON. SECRETARY

HON. TREASURER

Elected Member
Chair Examinations Committee
Moving Medicine Clinical Lead
SEM New Consultants Representative
SEM Registrar Representative
Armed Forces
Chair, BASEM
Dean, FSEM in Ireland
Royal College of General Practitioners
Royal College of Ophthalmologists
Royal College of Paediatrics & Child Health
Royal College of Physicians
Royal College of Surgeons of England
Lay Adviser
Lay Adviser

APOLOGIES:

Dr Glen Rae
Dr John MacLean

Mr Pala Rajesh
Mrs Yvonne Gilbert
Mrs Shona Cunningham

Elected Member
Royal College of Physicians & Surgeons of
Glasgow
RCSEd Hill Square Educational Trust
Head of Faculty of Sport and Exercise Medicine
Senior Administrator

IN ATTENDANCE:

Dr Kay Brennan
Mr Ian Williamson
Mrs Siobhán Watts
Mrs Lacey Anning

Education, BASEM
PR & Communications Officer
Senior Administrator
Project Administrator

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Patron: HRH The Princess Royal

Faculty of Sport and Exercise Medicine (UK) an intercollegiate faculty of the Royal College of Surgeons of Edinburgh and the Royal College of Physicians London, under the auspices of Hill Square Educational Trust Registered Charity No SC028302.

The President welcomed everyone into this new world of virtual conferencing.

1. CONFLICTS OF INTEREST

The President asked Council if there were any conflicts of interest. None were declared.

2. APPROVAL OF MINUTES

2.1 The President asked if there were any comments or amendments to the Minutes of the meeting held on 4 March 2020. There were amendments to be made to Item 6.5 SAC Report; Item 7.1 BASEM and Item 7.3 discussion on Covid-19 which Dr Etherington will review and amend before issuing to the speakers for confirmation that it reflects their understanding of the meeting before having the Minutes distributed for final approval by Council.

ACTION: Dr Etherington

3. FOR INFORMATION

3.1 Covid-19

Dr Etherington advised that following the discussion in March, led by Mrs Walmsley, it was agreed that the Covid crisis brought with it, considerable challenges but that it was an opportunity to express the benefits of physical activity for the Nation. Mr Williamson had drafted a statement to that effect. However, Dr Etherington explained that the statement was not released because of objections raised by Public Health England (PHE).

Nevertheless, there has been considerable online and videoconference activity by the executive and members of council since the last council meeting in response to Covid.

A summary of the activities that we have been involved with are:

- i. working with NHS England and other stakeholders, including Imperial College and BMF, on a digital application for people who are returning to physical activity after Covid. Dr Etherington added this has the advantage of being in collaboration with a commercial organisation and one of their director's is Bear Grylls, which might in turn lead to better publicity of the Moving Medicine programme
- ii. endeavouring to increase the SEM agenda by liaising with NHS England to be explicit about their plans for rehabilitation and recovery
- iii. liaising with Professor Sheona MacLeod who is interested in weight lost and physical activity being delivered in a more structured way at primary care level. Dr Etherington is drafting a paper that will go to Health Education England (HEE) around our standard offer of SEM, public health and clinical lead with exercise professionals and others

Dr Natasha Jones also updated Council that MM are working towards resources not provided by other organisations and it was agreed to focus on patient facing resources, which may then lead to clinician-based resources but will depend on how the evidence develops.

MM has focussed its headline messages on enablement and empowerment with an emphasis on positivity, which can be downloaded as pdfs or though a QR code and will be on the new website. These are aimed at patients who

have had a significant Covid illness and to accompany these headline messages, there is a 2-minute video which will form part of the social media launch week commencing 15 June 2020. We have support from the Royal College of Physicians (RCP), who have agreed to endorse it along with the Royal College of General Practitioners (RCGP) and Sport England who have a huge twitter following. This will be on the MM website and will be signposted with links to other resources and organisations. Dr Etherington said that the MM resources has been positively received by the Academy of Medical Royal Colleges (AoMRC) which links across the four nations

Dr Elliott then spoke to his paper and updated the Council on the progress made, with contribution from a group of colleagues from each of the home countries, who have worked on a document entitled 'COVID-19 Graduated Return to Play for Performance Athletes' and having looked at the current guidelines and evidence; they have also produced an infographic.

This has been accepted for publication by the British Journal of Sports Medicine (BJSM). Dr Elliott advised that there has been interest from both BASEM and BASES to put together a consensus statement. Dr Elliott sought Council's consent to host this information on the Faculty's website, with links which will be updated as evidence evolves.

Following a brief discussion, Council approved this being hosted on the Faculty website.

ACTION: Dr Elliott and Mr Williamson

3.2 Moving Medicine Project

Dr Natasha Jones updated Council as follows:-

- i. Despite Covid, none of the staff have been furloughed although Dr Lester has reduced her hours
- ii. There are currently seven ongoing activities which are:
 - a. MM's new website will be launched next week. This will allow us to offer more accessibility to the 19 resources now available and to offer bespoke sites for both national and international interest
 - b. There is a new paediatric resource and Dr Jones thanks Dr Joshi for leading on this which included SEM Registrars, medical students and Professor Dimitri who did an immense amount of work. This piece of work has been funded by Sports Scotland and NHS Health Scotland and they get their own bespoke site. This would have been launched at the RCP's conference in April
 - c. Covid issues, which has been covered in Item 3.1 above
 - d. New resources have been developed over the last six months i.e. the amputee module led by Dr Baldock; a stroke module led by Dr Collins and a pregnancy module led by Dr Smith. We have a post-partum module about to be released on Return to Work after pregnancy which has been funded by HEE and will be on their website as part of their supported return to training resources
 - e. The MM website is going international after we have entered into a major relationship with the Australasian College of Sport and Exercise Physicians (ACSEP). For their investment of £60,000 they also get their own bespoke site
 - f. We are about to launch our next Active Conversations course and there has been a good response including 13 candidates signing up

from America which may lead to more American business. This has been led by the former President of the American College of Sport Medicine (ACSM), Dr Catherine Schmitz

- g. MM are halfway through developing the consensus statement pertaining to risk of physical activity for people with chronic disease which was delayed due to Covid. It is hoped to publish that in the British Medical Journal (BMJ)

Dr Jones informed Council that MM won RCP's Excellence in Patient Care award which is a significant achievement. The Active Hospital project was a finalist which was also a wonderful achievement. Dr Jones hopes that the money received from this award from RCP can be used to thank all those who contributed their time to these resources.

Professor Dimitri added that they have a publication in the Archives in Childhood Diseases which is a publication sent to all members of the Royal College of Paediatrics & Child Health (RCPCH) and asked if the Faculty would like a link to the article. Dr Etherington asked Prof. Dimitri to forward that for circulation to Council and hosted on the website. Dr Etherington then thanked Dr Jones and her team for the work that has gone on with MM.

ACTION: Prof. Dimitri, Mr Williamson

3.3 2019 Accounts

Mr Foster referred to his paper and said that it was pleasing we were in surplus for the financial year to December 2019 by £14,000 but advised Council that the accounts have still not been audited. Mr Foster then asked for a show of hands from Council for approval to present these to the AGM in September. Mr Foster added that he has included a projection for 2020 which shows an anticipated surplus of £45,000 and this is mainly due to cancelled events due to Covid. Council approved the accounts to be presented at the AGM.

3.4 Honorary Treasurer

Mr Foster took the opportunity to advise Council that Dr Patrick Wheeler has agreed to become the next Honorary Treasurer, which is a Council appointment and asked the President if he would ask Council members to show their support of this appointment. This was unanimously agreed by Council.

3.5 New Consultants Initiative

Dr Smith confirmed that the scheme is now live on the website whereupon we have 10 SEM Consultants who have offered to be mentors with two requests received to date. The opportunity to speak to the trainees at the scheduled conference in May was cancelled because of Covid. This led to Dr Smith looking at support offered to those trainees in the last six months of training into the first five years as a Consultant comparable to what other Royal Colleges offered. He would like comments from Council. After a good discussion, Council supported the initiative and agreed to the following proposals:

- The Faculty will communicate this to the trainees and those who are within the first five years of being a Consultant
- Ask for nominations to fill three places on this Committee

- Two senior Council members are to be involved : Dr Wheeler and Dr Natasha Jones agreed to be part of this Committee

Dr Brennan informed Council that BASEM at their recent educational committee meeting were proposing a similar scheme as they have no current mentorship programme in place and following discussion on the merits of the Faculty's scheme, it was agreed that Dr Smith and Dr Brennan would liaise about this. Dr Ralph thanked both Dr Wheeler and Dr Jones for their support.

ACTION: Dr Smith, Mr Williamson

3.6 BASEM

Dr Etherington raised the question of our relationship with BASEM. After discussion the Council agreed that it wishes to engage with BASEM again more formally about the pros and cons of a potential merger with a view to ultimately forming a Royal College.

ACTION: Dr Etherington

4. FOR DISCUSSION

4.1 Honorary Fellows 2020/2021

Dr Etherington updated Council on the background for this year's Honorary Fellowships and because of Covid, one of the consequences has been the decision to cancel this year's Diploma ceremony and dinner. Dr Etherington also mentioned that as a result of Covid we had furloughed Yvonne and Shona.

4.2 2020 Council Elections

Dr Mani-Babu informed Council that there are five vacancies on Council and following nominations we had thirteen candidates which was good to see. Following our first online voting process, this produced a high return of votes and there were four clear leaders however we have had a tie for fifth place. There is no guidance in the Standing Orders what to do in this situation; it was therefore agreed to present the two candidates to Council today and conduct an online vote to decide. Following this the outcome was confirmed and Mr Williamson on behalf of the President will write out to all candidates and welcome the newly elected members to join Council at the next meeting in September.

ACTION: Mr Williamson

4.3 Registrar Representative on Council and SAC Representative

Dr Mani-Babu advised Council that both Dr Daniel Brooke (FSEM UK Registrar Representative) and Dr James Baldock (SAC Registrar Representative) step down this year. Nominations have already taken place amongst the current cohort of Registrars and Dr Amit Verma will succeed Dr Baldock. The FSEM UK Registrar Representative will be shared between Dr Dionisio Izquierdo and Dr Craig Rosenbloom. All three candidates will start their term of office in August.

4.4 College representation on Council

Dr Etherington updated Council that letters had been drafted but due to Covid they have been delayed. As a reminder, Dr Etherington said that it was to ensure that there was a high level of representation of elected members on Council and to clarify if Colleges – with frequent non-attenders – really wanted to continue the relationship.

5. REPORTS FROM MEETINGS

5.1 Academy of Medical Royal Colleges (AoMRC)

Dr Etherington informed Council that AoMRC has been incredibly busy over the last few weeks – much of which has been focussed on Covid. We have had input into all the discussions and have had the good fortune to be able to be represented at the Chief Medical Officer's weekly briefing which has been invaluable.

5.2 Diversity and Inclusion

It was agreed at the last meeting to send out a poll to all Members and Fellows asking them for demographic information. We were in the process of taking advice from a Diversity & Inclusion expert on how to prepare the poll and once that has been set up, it will be sent out to Members and Fellows.

5.3 Arthritis & Musculoskeletal Alliance (ARMA)

Dr Chew referred to his paper and advised that the members meeting in May has turned into a weekly meeting for all ARMA members. They have released a lot of useful information and Dr Chew stated that the Faculty website was flagging this up. We were party to a joint select committee submission which I have asked to be distributed but mainly all ARMA's work has been on Covid as well.

6. REPORTS FROM COMMITTEES

6.1 Appraisal & Revalidation

Unfortunately, Dr Pugh had to leave but Dr Etherington referred to his paper which was very helpful and noted that there has been a reduction in appraisal activity because of Covid. However, if appraisees due appraisals wish to go ahead, this can be done by videoconferencing. The main challenge will be CPD but there are flexible guidelines from the Colleges and ourselves on this. Dr Larkin asked about PDP with regards to not achieving it due to Covid. It was agreed that exceptional circumstances would mean that not all PDPs would be achieved, and this was for discussion at individual appraisals and would be dealt with sympathetically. It shouldn't delay the appraisal process. It will be raised at the next Appraisers' meeting and guidance issued to Faculty's appraisees.

6.2 Clinical advisory Group (CAG)

Dr Etherington deferred to Dr Rae's paper.

6.3 Education

Dr Larkin advised Council of a couple of highlights to add to her paper being:

- The joint conference with the National Centre of SEM scheduled in Sheffield has been deferred to April 2021 with the same agenda and speakers
- BASEM Education sub-committee is now in full swing and both Dr Larkin and Dr Kipps have been involved. One outcome was the request by BASEM that the Faculty was happy for them to book venues for the annual joint conference in 2022. Council gave its approval. Dr Wheeler asked if the date could be clarified and it was confirmed that the pre-conference workshop would be on Wednesday 10 November 2021 with the two-day conference following thereafter.
- Dr Brennan asked Council to consider a business proposal submitted by Dr Dane Vishnubala for a specific SEM train the trainer course for Registrars to fill a gap. This opened a debate on the topic of courses and training programmes already available. Dr Etherington said that the Faculty has no objection to this in principle if the course is sound. Dr Brennan agreed to revert to Dr Vishnubala to provide evidence what added value this would bring as a Faculty or RCP course

Dr Larkin confirmed that this was her last Council meeting and Dr Etherington said that we will need to find a replacement and if anyone would like to be considered for this role, please approach him after the meeting.

ACTION: Council members

6.4 Examinations

Dr Swan apologised for the delay with his paper, but he was in talks with Ms Elizabeth McKinney-Bennet, Head of RCSEd's examination department in the last few days and is awaiting final confirmation although the highlights from those discussions were:

- RCSEd will confirm whether they are able to put social distancing measuring in place at all test centres. If confirmed, they intend to run the Part 1 examination on the date originally advertised namely 9 September 2020
- Agreement is being sought with the examinations department to extend the closing date to allow those who were considering sitting, to put forward their entry. Dr Swan sought Council's permission for some financial assistance to advertise the examination to increase the numbers as it would be the same amount of work to prepare the papers and not viable if only 20-30 candidates apply. Dr Brooke said that he would notify the current cohort of Registrars. Mr Foster said that we will try and accommodate his request for financial assistance
- With regards to the postponed Part 2 which should have been held in April 2020, we are waiting on the examination department to advise us of any windows in the calendar. We are looking at the possibility of end November/beginning of December and if this goes ahead, it means that to host the Part 2 will only be 14 months after those candidates had sat their Part 1. This also avoids having approximately 60-70 candidates apply for the Part 2 in April 2021

- Those who had applied for the Part 2 in April 2020, are to be prioritised so that it does not affect their career progression.

Dr Etherington asked to pass on his thanks to all those involved.

ACTION: Mr Williamson, Mr Foster

6.5 Specialty Advisory Committee (SAC)

Dr Etherington advised that Dr Newton had to leave, referring to her paper and to advise that she is struggling with CESR applications. The CESR Assessors training scheduled had been cancelled and hopefully Dr Newton will be back in touch about new dates.

ACTION: Dr Newton

7. ANY OTHER BUSINESS

7.1 Dr Houghton informed Council about RCP's return to provision after Covid and outlined the details of the requirements including how to get back to normal routine business. Dr Houghton sought assistance to contact SEM practitioners who are working in the NHS to complete a survey as the NHS are doing a lot of modelling work to get services up and running by Monday 8 June 2020. Several of the Council members thought that this was a good idea and offered their help and Dr Houghton will be in touch with them directly. Dr Wheeler said that this should be possible through the profiles on the website and asked the Faculty office if they could pull off a list of those with an NHS employment

ACTION: Dr Rossiter, Dr Wilkes, Faculty office

7.2 Mr Foster took the opportunity to say that he thought the format and conduct of this Council meeting has been very successful and apart from anything else, it has saved the Faculty about £6,000 in expenses. Dr Etherington agreed and given that we had discussed at our last meeting reducing our carbon footprint, we will conduct our next meeting by videoconferencing.

7.3 Dr Wheeler raised a concern that was brought to his attention by a Registrar with regards to discrepancies between different regional Training Programme Directors (TPDs). Dr Etherington advised that without hearing the details of the matter, it was difficult to give advice but would recommend that they follow the rules and regulations set out by the General Medical Council (GMC), which the Faculty recommends and the SAC demands as an agent for the GMC. If the person cannot approach their TPD, their next step is to go direct to the SAC and/or SAC Registrar representative. Dr Etherington offered to talk about this offline if there is a concern and happy to take it to the SAC who have a meeting on 5 June 2020.

Dr Etherington thanked everyone for attending virtually. He will modify the minutes of the last meeting to take on board the comments raised by Dr Nigel Jones and Mrs Walmsley and then they will be published again and hopefully signed off.

8. DATE OF NEXT MEETING

The next Council meeting will meet at 10.00am on Thursday 24 September 2020 by video conference/teleconference