

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



Unconfirmed Minutes from FSEM UK Council held on Wednesday 4 March 2020 at The Royal College of Surgeons of Edinburgh

PRESENT:

Dr John Etherington
Dr Mike Rossiter
Dr Sivanadian Mani-Babu
Mr Jim Foster
Dr Stephen Chew
Dr Geoffrey Davies
Dr Niall Elliott
Dr David Pugh
Dr Patrick Wheeler
Dr Graeme Wilkes
Dr Dan Brooke
Dr John MacLean

Mr Pala Rajesh
Mrs Yvonne Gilbert
Mrs Claire Walmsley

PRESIDENT

VICE-PRESIDENT

HON. SECRETARY

HON. TREASURER

Elected Member
Elected Member
Elected Member
Elected Member
Elected Member
Elected Member
SEM Registrar Representative
Royal College of Physicians & Surgeons of Glasgow
RCSEd Hill Square Educational Trust
Head of Faculty of Sport and Exercise Medicine
Lay Adviser

BY TELEPHONE

Dr Courtney Kipps
Dr Julia Newton
Dr Glen Rae
Col. Alastair Nicol
Dr Victoria Tzortziou-Brown
Dr Jonathan Houghton

Elected Member
Elected Member
Elected Member
Armed Forces
Royal College of General Practitioners
Royal College of Physicians

APOLOGIES:

Dr Chris Tomlinson
Dr Jo Larkin
Dr Tim Swan
Dr Ralph Smith
Dr Philip Carolan
Dr Nigel Jones
Professor Julian Redhead
Mrs Scarlett McNally
Dr Daniel Morris
Professor Paul Dimitri
Mr Jason Feavers

VICE-PRESIDENT

Elected Member
Chair Examinations Committee
SEM New Consultants Representative
Dean, FSEM in Ireland
Chair, BASEM
Royal College of Emergency Medicine
Royal College of Surgeons of England
Royal College of Ophthalmologists
Royal College of Paediatrics & Child Health
Lay Adviser

IN ATTENDANCE:

Mr Ian Williamson
Mrs Shona Cunningham
Mrs Siobhán Watts

PR & Communications Officer
Senior Administrator
Senior Administrator

The President welcomed everyone to the meeting.

FSEM (UK), 6 Hill Square, Edinburgh, EH8 9DR
www.fsem.ac.uk

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.

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 3 December 2019. There being none, the Minutes were approved.

2.2 Matters arising/Action List

These were the matters arising from the September and December 2019 meetings not covered in today's Agenda:

September meeting

- i. *Item 2.2 ii – Clinical Journal of Sports Medicine (CJSM)*
Mrs Gilbert has cancelled the CJSM subscription without losing access to Acland's Anatomy
- ii. *Item 5.3 – Position Statement for Governing Bodies*
Dr Jackson has made the changes and is now on the Faculty website

December meeting

- iii. *Item 3.2 – ACSEP and RCSEd*
Dr Etherington advised that he and Mr Foster were to write a report on becoming a Royal College. Following discussions it was agreed that Dr Etherington will attend the next SEM Training Day and gauge reactions from Registrars
- iv. *Item 3.4 – MSK Commissioning Guidance*
This is now on the Faculty website
- v. *Item 3.5 – Report from RCS England*
Dr Ralph Smith had agreed to speak to Dr Natasha Jones about becoming involved and that has now taken place.

3. FOR INFORMATION

3.1 Moving Medicine Project

Dr Etherington referred to Dr Jones' report and advised that Dr Jones' will remain a co-opted member of Council as she is the Clinical Lead for the Moving Medicine project. The key points from her report were:

- Faculty have employed Mrs Anning who will work on the Moving Medicine project
- Redesign of the website is underway which is funded by the international development budgets
- Active Hospitals is complete and on the Moving Medicine website
- Active Conversations online course is gathering momentum with the next start date being May 2020
- Agreement has been reached with Sport England that the Intellectual Property will remain and vest with FSEM UK
- The next challenge is to seek funding and create a post for a Clinical Director which is currently being done by Dr Jones pro bono

Dr Etherington advised that this was a very positive initiative and it raises the profile of physical activity.

3.2 Australasian College of Sport and Exercise Physicians (ACSEP) and RCSEd
Dr Etherington advised Council the contract with ACSEP has been finalised and a delivery plan agreed, we await receipt of funding.

3.3 Joint Conference with the National Centre for Sport and Exercise Medicine (NCSEM)

Dr Larkin is unable to join us by telephone but sent a note to advise that the programme has been finalised with Sheffield with the event scheduled for Thursday 30 April 2020. Dr Brooke confirmed that the programme and booking links are on the website.

3.4 Mentoring for New Consultants

Dr Etherington referred to Dr Smith's report. Dr Mani-Babu 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 for mentoring.

3.5 2019 Accounts

Mr Foster advised Council that the Faculty was in surplus however this was a provisional figure as the 2019 accounts are due to be audited. Mr Foster agreed that he would present the audited accounts and projections for 2020 at the June meeting. A question was raised about the reserves going down and Mr Foster explained that this was due to low interest rates. Dr Etherington advised that with regards reserves currently held with the Royal Bank of Scotland, it may be prudent to split them. Mr Foster is liaising with RCSEd's Finance department about their £7m investment portfolio which attracts a higher interest rate and will report to Council for their consideration and approval to pursue this route if written assurances are received from RCSEd.

ACTION: Mr Foster

3.6 Report from RCS England

Dr Etherington referred to Mrs McNally's report as she steps down as RCSEng representative due to her new role on the Professional Advisory Board of Public Health England's Moving Healthcare Professionals Programme which would cause a conflict of interest. Mrs McNally advised of the new Centre for Perioperative Care and Dr Natasha Jones has been in touch to have a representative from Moving Medicine attend. Mrs Gilbert asked if we should put the links on our website and this was approved by Council.

ACTION: Mr Williamson

4. FOR DISCUSSION

4.1 Continuing Professional Development (CPD)

Dr Mani-Babu informed Council that we have a process for approving the educational content for those seeking CPD points. It was acknowledged that other organisations charge more; and also it may no longer be required for annual appraisals, however there is administrative work involved. Dr Mani-Babu sought Council approval to:

- Change the fee for non-commercial/charitable charging a fee to attendees from £30 per day to £50 per event
- the fee for a commercial event would remain at £300 but would be per event and not per day

Council approved the proposal

ACTION: FSEM UK Office to update form/website

4.2 Council Members Elected and College Representatives

Dr Etherington reported that from the original set up of IABSEM historically there have been 40 members on Council with the intention that as the Faculty grew so would our elected members with College representatives decreasing. Dr Etherington sought Council approval to approach those College's whose representative have not attended to ask if they wish to suspend or cancel their membership. It was acknowledged that we could lose links to those Colleges, also noting that being a member of the Academy of Medical Royal Colleges gives us more links. Mrs Gilbert confirmed that the travelling expenses to attend Council is born by the respective College. **Council gave their approval for Dr Etherington to write out to the Colleges**

ACTION: Dr Etherington

4.3 Registrar Representative on Council and SAC Representative

Mr Williamson informed Council that following elections, Dr Wing Chu, SEM Registrar has been appointed to represent the Faculty at the AoMRC Registrar meetings.

Dr Brooke advised Council that both Dr James Baldock, SAC Registrar Representative and himself are due to step down in August. The Faculty office will send out a request for nominations for both positions. Dr Newton confirmed that it was critical to have a Council representative at SAC meetings which meet 3-4 times per year. Dr Etherington agreed that between himself and the two Vice-Presidents they will rotate their attendance. Dr Nicol will advise of a representative from the Ministry of Defence.

ACTION: Mr Williamson

4.4 Honorary Fellows 2020

Dr Etherington updated Council that we need to decide on names to be put forward for this year's ceremony in September to allow invites to be sent. The person(s) nominated would be someone who would help or have helped the Faculty in its vision and aims. It was agreed to discuss this at the next Executive meeting and circulate to Council for comment.

ACTION: Mrs Gilbert

5. REPORTS FROM MEETINGS

5.1 Academy of Medical Royal Colleges (AoMRC)

Dr Etherington informed Council on the following topics discussed at the recent AoMRC meeting:

- i. Diversity and Inclusivity - there is a push by NHS England to obtain data from College representatives and if we do not collect such data we may be remiss. Dr Etherington sought Council's approval to go out to the membership to collect data on gender, sexuality, etc. as we currently do not collect this on our application form. **Council gave its approval**
- ii. Marmot Report – the report states that there has been a decrease in life expectancy due to financial and social austerity. Since the report was published 10 years ago, this review showed a deterioration rather than improvement with no significance adoption of the recommendations. A

letter endorsed by the Royal Colleges and the Faculty has been sent to the government to ask them to review this.

- iii. Paterson Report – this is more relevant to our surgical colleagues, pertaining to the malpractice and abuse of women by Paterson. The recommendation is that letters are written to patients in plain English and cc'd to their GP with patient portals being the way forward instead of letters by post. An important development within the private sector is having better multi-disciplinary input including broader aspects of medicine in the decision making before surgery. Another issue is obtaining medical indemnity if there is any criminal behaviour, they will not insure you but an insurance company may.
- iv. Carbon Footprint – there is a lot of push on how we improve our carbon footprint and general environment and is something that we need to explore. Dr Kipps suggested video conferencing was more effective using Microsoft Teams and Zoom Conferencing. Mr Rajesh advised that RCSEd use the Zoom Conferencing software in the Birmingham office which cuts down on travelling. It was agreed that the Faculty look at different options and report back to Council.

ACTION: Faculty office

5.2 Arthritis & Musculoskeletal Alliance (ARMA)

Dr Chew referred to his paper and added that ARMA have been involved in the Government's prevention green paper on Advancing our Health which is a great opportunity for FSEM UK and the Moving Medicine initiative as it will be based on lifestyle. In addition, ARMA would be happy to advertise and promote the Faculty's new Diploma in MSK exam.

The new NCD for MSK is Andrew Bennett, Consultant Physiotherapist and will be at the next meeting on 2 April in London and Dr Wilkes agreed to deputise for Dr Chew.

5.3 Council for Work and Health

Dr Etherington reported that the talk was on work and mental health and hopefully they will maintain physical activity and particularly SEM in their horizon. It will be useful for us to be involved and they are keen to find out what the Faculty is and what we are doing for the future.

6. REPORTS FROM COMMITTEES

6.1 Appraisal & Revalidation

Dr Pugh deferred to his paper to confirm the following:

- Fees for Appraisals were increased with effect from 1st January 2020 to £650
- We have had one Appraiser resign due to work commitments but we hope to appoint another, it was agreed the President write a letter of thanks. When asked how an Appraiser is appointed, Dr Pugh advised that we may receive a request or on the last occasion we approached a few female doctors in order to increase our diversity from which one came forward
- As Suitable Person during 2019, 15 doctors have been recommended for revalidation which have all been successful
- Main concerns recently were Appraisees obtaining a letter from their employer(s) and following discussion, we have adopted a self-declaration

form which should demonstrate that the Appraiser keeps themselves up-to-date and satisfies all aspects of the GMC's Good Medical Practice. Dr Brooke said that the Registrars have a Form R that they use and agreed to email it to Dr Pugh for consideration

- Dates have been agreed for the quarterly meetings with a refresher training day scheduled for 3 June 2020

ACTION: Dr Etherington, Dr Brooke

6.2 Clinical advisory Group (CAG)

Dr Rae advised Council that since the last meeting he has met up with Dr Catherine Lester, Mr Ian Williamson and Dr Dionisio Izquierdo and has scheduled quarterly meetings the next being in April. NICE have sent out information on digital mobile health and Dr Lester will be reviewing this amongst the Moving Medicine team.

6.3 Education

Dr Larkin sent in a report on her recent meetings with Drs Chris Tomlinson and Kay Brennan from BASEM, there are a few things to note:

- i. Exam information sharing meeting has still not taken place
- ii. Joint meeting – need volunteers for the various groups which they will discuss whilst attending the IOC Conference between 12-14 March 2020

6.4 Examinations

Mrs Cunningham updated Council that 32 candidates have applied to sit the Part 2 membership Exam to be held on Thursday 23 April 2020 at The Royal College of Surgeons of Edinburgh. It is hoped to launch the Part 1 exam in New Delhi for the first time on 9 September 2020.

Dr Nicol reported that the recent question writing for the new MSK Diploma held on 15 February 2020 went well. Questions have to be submitted for review to Dr Yvonne Hurst, Assistant Director of Professional Activities, RCSEd. This exam will be not only be for doctors but practice nurses and physiotherapists who would be interested in sitting an exam that sets the standards in MSK. After discussion it was agreed that this new exam is to be launched now with the date for the exam to be announced later.

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

ACTION: Mr Williamson

6.5 Specialty Advisory Committee (SAC)

Dr Newton advised Council that the SEM Curriculum rewrite has been submitted to the General Medical Council with the outcome known by the end of April/May and if approved, impacts the following:

- Candidates for Higher Specialty Training will start the new curriculum in August 2021
- Registrars in the last trimester of their training will have to transition to the new Curriculum
- *Those submitting a CESR application will be benchmarked against the old curriculum until the new Curriculum has been implemented i.e. August 2021*
- The Exams Committee will have to review and update both the Part 1 and Part 2 to reflect the changes

Dr Newton confirmed that there was a positive response to the request for CESR Assessors and two training dates have been identified as 6 May and 5 June 2020 respectively. The training will include current CESR Assessors so they are updated with the changes to the Curriculum. It was also agreed that the President would write a thank you letter to those who review CESRs.

ACTION: Dr Etherington

7. ANY OTHER BUSINESS

7.1 *Dr Etherington informed Council that he had recently had an informal discussion with some members of BASEM to discuss future joint working. He informed them that the Faculty intends to become a Royal College, with the intension of giving the specialty a more profound influence on government and other elements of national life. This is with a view to changing the health of the nation through enhanced physical activity and the use of physical activity in the management of illness.*

ACTION: Dr Etherington

7.2 Papers for Council

Mrs Gilbert on behalf of the office advised that we would like papers two weeks' in advance to give you the opportunity to read beforehand. We will also introduce a new format for the report to be submitted to simplify the process.

7.3 Dr Elliott reported to Council that there have been discussions on the Coronavirus with colleagues at WHO as well as Public Health England, NHS Health Scotland and Active Scotland. Using the practical information from the department of Health, PHE and Health Protection Scotland, factsheets have been produced on how to help with areas of wellbeing during coronavirus which has included the role of living an active lifestyle.

This led to a discussion by Ms Walmsley on the opportunity - in this rarefied situation for the Faculty to be the main lead in communication spreading the message on 'keeping active, keeping fit'. This can be tied in with similar organisations and the government utilising the resources already in place with Moving Medicine, which Mr Williamson can compile into a short document for the website, media outlets with practical advice for the general public, which the Council agreed.

7.4 Dr Wheeler referred to item 3.4 of the December 2019 Minutes to a typo which Mrs Watts will correct.

ACTION: Mrs Watts

7.5 Dr Brooke referred to emails to members/fellows on an article through LinkedIn from the Irish Faculty relating to Honorary Fellowships for those who might be interested in SEM. There is no standard for their fellowship i.e. not linked to those who would have specialty SEM training. Professor Mark Batt was asked to carry out a review of their policies, structure and specialty training which is shorter than ours and one point of advice he gave was to tap into knowledge from the UK. We have a close working relationship with the Irish Faculty and Dr Nicol attends their Council meetings on our behalf. Dr Etherington thanked Dr Brooke for bringing it to our attention.

7.6 Dr Etherington referred to the educational resources provided by ACSEP which we asked the membership if they wanted to pay for as part of their subscription.

There was a positive response from a small proportion, but the Executive thought it was a significant fee increase and felt we were not able to do so at this time. Dr Etherington to revert to ACSEP.

ACTION: Dr Etherington

7.7 Dr Tzortous-Brown referred to becoming a Royal College and that she had been speaking with someone from the Faculty of General Dentistry who are thinking of becoming a Royal College and have recently gone through the process.

Dr Etherington thanked everyone for attending

8. DATE OF NEXT MEETING

The next Council meeting will meet at 1.00pm on Thursday 4 June 2020, which is at The Royal College of Physicians, London

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