

**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 Monday 15 March 2021 by video conference/teleconference

**PRESENT:**

Dr John Etherington  
Dr Mike Rossiter  
Dr Chris Tomlinson  
Dr Sivanadian Mani-Babu  
Dr Patrick Wheeler  
Mr Kevin Boyd  
Dr Stephen Chew  
Dr Niall Elliott  
Dr Courtney Kipps  
Dr Catherine Lester  
Dr Stuart Miller  
Dr David Pugh  
Dr Richard Seah  
Dr Eleanor Tillett  
Dr Graeme Wilkes  
Dr Natasha Jones  
Dr Julia Newton  
Dr Ralph Smith  
Dr Craig Rosenbloom  
Col. Alastair Nicol  
Mr Robert Crawford  
Dr Victoria Tzortizoiu-Brown  
Dr John MacLean  
Mr Pala Rajesh  
Mr Tom Chandy  
Mr Jason Feavers  
Mrs Claire Walmsley  
Mrs Yvonne Gilbert

**PRESIDENT**

**VICE-PRESIDENT**

**VICE-PRESIDENT**

**HON. SECRETARY**

**HON. TREASURER**

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Elected Member  
Elected Member  
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Elected Member, Chair Appraisal & Revalidation  
Elected Member  
Elected Member, BASEM Chair  
Elected Member  
Moving Medicine Clinical Lead  
Chair, Specialty Advisory Committee  
SEM New Consultants Representative  
SEM Registrar Representative  
Armed Forces, Chair Examinations  
FDS, RCS England  
Royal College of General Practitioners  
Royal College of Physicians & Surgeons of Glasgow  
RCSEd Hill Square Educational Trust  
USEMS President  
Lay Adviser  
Lay Adviser  
Head of Faculty of Sport and Exercise Medicine

**APOLOGIES:**

Dr Geoffrey Davies  
Dr Glen Rae  
Dr Philip Carolan  
Dr Hatim Abdulhussein  
Dr Robert Powell  
Dr Daniel Morris  
Professor Paul Dimitri  
Dr Jonathan Houghton  
Dr Dionisio Izquierdo

Elected Member  
Elected Member  
Dean, FSEM in Ireland  
Health Education England  
Lead Dean for SEM  
Royal College of Ophthalmologists  
Royal College of Paediatrics & Child Health  
Royal College of Physicians  
SEM Registrar Representative

**IN ATTENDANCE:**

Mrs Lacey Anning

Moving Medicine Senior Project Co-ordinator

FSEM (UK), 6 Hill Square, Edinburgh, EH8 9DR  
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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.

Mrs Shona Cunningham  
Mrs Siobhán Watts  
Mr Ian Williamson

Senior Administrator  
Senior Administrator  
PR & Communications Officer

The President welcomed everyone.

### 1. CONFLICTS OF INTEREST

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

### 2. APPROVAL OF MINUTES

The President asked if there were any comments or amendments to the Minutes of the meeting held on 3 December 2020. There were no amendments and the Minutes were approved.

### 3. PRESIDENTIAL UPDATE

Dr Etherington took this opportunity to update Council on a few matters that have occurred since December which are not covered on the Agenda.

- i. On Friday 12 March 2021, the GMC hearing of Dr Richard Freeman concluded, and the Faculty has issued a statement from the President. The Faculty awaits the outcome of Dr Freeman's medical practitioner's tribunal. Depending on the result, the Council may be asked to ratify the proposal to withdraw his Fellowship at the next Council meeting in June. It was agreed that the Executive Council review the process for determining Dr Freeman's Fellowship status. It was recommended that the Faculty re-publish its Professional Code as well as having an educational session for the New Consultants

**ACTION: Mr Williamson, Dr Smith**

- ii. There are regular meetings with the Academy of Medical Royal Colleges (AoMRC) which involve the Chief Medical Officer, Professor Chris Whitty, and NHS England's Medical Director Professor Stephen Powis
- iii. The AoMRC Chairman is on the Long Covid Group. There has been funding to set up assessment clinics in England in which many SEM doctors are involved but there are limited resources for rehabilitation
- iv. There is ongoing work on equality, diversity, and inclusion within the AoMRC. The Faculty has provided the Academy with its recent survey of diversity and inclusion which they have collated with data from other Colleges and Faculties
- v. There is discussion on the Health & Social Care Bill which will change the structure of the NHS in England. It does not involve the devolved nations and reverses many of the 2013 Lansley reforms. There are three strands, namely integrated care systems: stripping out bureaucracy and improving procurement
- vi. In addition, Public Health England (PHE) is being split and the National Institute for Health Protection (NIHP) will be created. There is no understanding of what will happen to health promotion or what approach will be taken towards physical activity. This may bring risks or benefits to our aims, so it is important that the Faculty are contributing to this debate. The President has asked to speak to the CMO
- vii. The Faculty is part of a consortium along with Imperial College, the NHS Armed Forces CRG and a company called Be Military Fit (BMF) who has Bear Grylls as one of their directors. From the meeting held on 11 March 2021, the Parliamentary Under-Secretary Jo Churchill is examining options to support the 1.3 million NHS staff workers following Covid. At the

- moment the only support for physical activity are through the Invictus group Couch to 5K programme and an online yoga app. We have emphasised the Active Hospitals programme which was received positively
- viii. The Royal College of Physicians' (RCP) Medical Specialities Board is attended by the President or Dr Jonathan Houghton every two weeks. Sadly, the RCP Registrar died of Covid around Christmas and the Medical Specialities Board is currently being chaired by the interim Registrar. Our condolences were sent to the family and the RCP
  - ix. Head Injury working group – I attended this meeting involving the Premier League who are in discussions with the Digital, Culture, Media, and Sport department around dementia in sport
  - x. The President is now a member of the Moving Healthcare Professions programme governance committees. This group acts as the governance committee of PHE, and Dr Hamish Reid gave an excellent presentation on the Moving Medicine initiative. There may be opportunities for Moving Medicine within a physical activity programme of education for undergraduates. Dr Jones advised that the Faculty put in a bid for the undergraduate programme but didn't win however the successful candidate then withdrew which is why there is no undergraduate provider.

Dr Etherington concluded his update.

#### **4. FOR INFORMATION**

##### 4.1 Moving Medicine (MM) Project

Dr Jones informed Council that there were a few important things coming up but first handed over to Dr Lester to give an update. Dr Lester advised Council of the following:

- The new prescribing modules and consultation guides for paediatrics are now online. Unfortunately, due to Covid the planned launches were somewhat muted
- The modules on Stroke, Long Covid, post-partum, post-natal, hospital associated deconditioning have concluded and are on the website and completed within PHE's timeframe. The Parkinson's Disease and peri-operative will follow shortly
- The SEM trainees working in Public Health have been very supportive as part of their training objectives and this work is being handed onto the next Registrars in the rotation
- A survey is going out to all the contributors who have been involved with Moving Medicine over the past three years. We are looking for constructive ways in which we can move forward and support
- Recent presentations at Undergraduate Societies being well received

Dr Jones thanked Dr Lester for her report and all the SEM leads who have been involved

Before Dr Jones took Council through the MM strategy document, she reported that the recent negotiations with PHE for 2021/2022 has yielded a new contract to the value of £115,000. There are four components to the strategy document which are:

- i. Continuity – as mentioned earlier the results from the survey will allow us to work out what we can improve on for the long-term sustainability of MM. Seek to support those who have worked on the various modules to have their work published. The second part is integrating

MM fully into all functions of the FSEM business again and working more with our PR & Communications Officer. The third part is SEM training - as MM will help develop trainee competencies in alignment with the new SEM Curriculum e.g. leadership, training opportunities, Public Health, and exercise medicine, etc.

- ii. Development – we are looking to develop four new resources next year and have some ideas on what those might be e.g. addiction behaviour but if Council has any suggestions, please let us know. With regards to Active Hospitals, we have been given £10,000 to produce a new education programme which Dr Chris Speers is leading on and will initially involve a series of webinars. We are working with NHS Transformation Unit who are leading Active Hospitals nationally on how we can sustain the toolkit through MM resources going forward. The development on the patient facing resource will be about translating into other languages
- iii. Dissemination – this is the most interesting and also a large part of the sustainability model - this focuses on regional micro sites. There is funding to develop three regional micro sites next year and evaluate the feasibility of developing them. The aspiration is that this will be done by local CCGs who could fund these micro sites. Sport England are very much engaged with this as it aligns to their Active Partnership programme. The Active Conversations module now has two courses running and is selling very well, thanks go to Dr Hamish Reid who has been leading on these
- iv. Evaluation – there is an ongoing evaluation programme which is limited in its reach. We would like to develop our research partnership with universities and those we already have partnerships with on how best the Faculty can support people to publish and develop research academic careers in exercise medicine

Dr Jones concluded her report. Dr Etherington thanked Dr Jones and her team. The response from Council was overall very positive with a question raised about how this can be incorporated into the undergraduate curriculum similar to 'Escape Pain'. The options proposed were either through the new NHS Transformation Unit or to present at the next SAC Chair's meeting with Dr Newton agreeing to share the dates with Dr Etherington. Dr Jones asked Council if they had any other ideas on how to disseminate the MM message, please get in touch.

**ACTION: Dr Newton, Council**

#### 4.2 New Consultants Initiative

Dr Etherington deferred to Dr Smith's late paper which sets out the upcoming programmes for the New Consultants which is very positive. Dr Etherington sent his thanks to Dr Smith and the group for his efforts.

#### 4.3 Transformational System Change and Optimal Aging papers

Dr Etherington stated that at the last meeting, names were put forward to organise a working group and he will ask Mr Williamson or Mrs Watts to get the first meeting together within the next month so that we can start this debate.

**ACTION: Mr Williamson/Mrs Watts**

#### 4.4 Faculty's Finances

Dr Wheeler updated Council since taking over from Mr Foster as Honorary Treasurer. The finances for last year look healthy from an unexpected bonus from Covid especially as we are hosting meetings online and suggested we

continue online meetings as they are cost effective. Last year's Diploma day did not go ahead but we are aiming towards one for September 2021 which may have a larger attendance, as we catch up on last year diplomates and we have applied to HRH The Princess Royal.

## 5. FOR DISCUSSION

### 5.1 Presidential Election

Dr Mani-Babu led the discussion on seeking Council's approval to invite the current President, Dr Etherington, to extend his presidency for another 12 months. We have to date nominations from two candidates, Dr Jones and Dr Rossiter, who are aware of the circumstances and both have intimated that if elected and if Council invite Dr Etherington to extend, they would wait until December 2022 to commence their term of office. Dr Etherington and the two nominees were asked to step back whilst a debate took place, the outcome from those discussions was that there was not an overwhelming strong preference for either scenarios. It was noted that the election process had already begun, and this was the deciding factor as well as fairness to the two candidates who may lose their enthusiasm. It was therefore agreed by the quorum in attendance, that we revert to the default position and the election process as normal. Dr Mani-Babu is to inform the President and both candidates separately following this meeting.

**ACTION: Dr Mani-Babu**

### 5.2 Faculty endorsement of the Water Wellbeing Programme

Dr Boyd deferred to the paper circulated to Council and gave an overview of the programme by Swim England entitled 'Water Wellbeing Programme' following their scientific research into the benefits of swimming or aquatic as a mode of physical activity. There may be opportunities that overlap with the MM initiative, but it is hoped that the Faculty may endorsed the Swim England programme. Dr Etherington thanked Dr Boyd and agreed that the Faculty should discuss this with the Swim England Executive as this is something, we would wish to support.

**ACTION: Dr Etherington, Dr Boyd**

### 5.3 Primary Care Rheumatology & Musculoskeletal Medicine Society (PCRMMS)

Dr Tomlinson began by suggesting that this should be retitled the MKS Medicine update, he advised that there is a lot to impart after setting up a working group in collaboration with PCRMMS and BASEM. The group focussed on three things:

- i. Delivering the MSK Diploma exam
- ii. Work on a GPwER accreditation framework
- iii. Ally our work to the work the Allied Healthcare Professionals (AHPs) have done with advanced practice

The date for the MSK Diploma exam is set for 8 June 2021, which will be taken remotely at an introductory cost of £150 and is open to GPs, any doctors and AHPs who want to show knowledge and competency within MSK. The syllabus has been mapped across the Advance Practice framework so that it forms part of AHPs and FCPs delivering their ratification in advance practice. The question bank has 180 questions which are going through their final ratification with huge thanks to Dr Richard Collins who has led on this. It will attract post-nominals and the Faculty is opening up a new Primary Care membership which is initially for doctors. Dr Tomlinson advised that he and Mr Giles Hazan have

been in discussions with Amanda Henderson-Crook who has been working with HEE to set up an MSK network, in summary the points for discussion are:

- a. We need to develop a Faculty MSK Primary Care Lead moving forward
- b. How do we make ourselves attractive to Advanced Health Practitioners other than offering them post-nominals?

This led to a long discussion on the merits of the exam and having the Faculty grow into a multi-disciplinary organisation for which there was a lot of support amongst Council members especially if the intention is to become a Royal College. Dr Etherington asked Dr Rossiter to chair a working party with those interested to get in touch as it is crucial that if the proposal is to be put to the AGM, it has to have the right terminology to support AHPs joining the Faculty under this new category as well as reassuring younger consultants. Dr Rossiter to table the proposal at the next Council meeting.

**ACTION: Dr Rossiter**

#### 5.4 RCP SEM Committee Group

Dr Etherington updated Council in Dr Houghton's absence who has submitted a proposal to change the structure of the RCP Committee by reducing it to two meetings per year but involving key members e.g. President and Vice-President at six-month intervals, RCP SEM Committee Chairman, Faculty President and a MM representative. It is important that we have this link and Dr Etherington proposed that Dr Kush Joshi is the MM representative. Council agreed with this proposal.

#### 5.5 BASEM

Dr Etherington advised that he has been invited to attend the next BASEM Executive meeting on 31 March 2021 and will update Council on the outcome at the next meeting.

#### 5.6 Gender Pay Gap in Medicine

Dr Etherington advised that this followed the report from Professor Jane Dacre which was presented to the AoMRC who wish to set up a working group and request volunteers to join it. The focus will be on what scope there is by the Colleges to find solutions and is a large piece of work but an important one. Dr Etherington said that if there were no volunteers from within Council then we would put a request out to the membership, but we need to be quick as the closing date is 22 March and asked Mr Williamson to advertise this request.

**ACTION: Mr Williamson**

### 6. **REPORTS FROM MEETINGS**

#### 6.1 Academy of Medical Royal Colleges (AoMRC)

Dr Etherington referred to the report by AoMRC which covered a lot of issues with the most interesting being the debate on the resetting of the NHS, balancing the overwork elements against the backlogs for acute and non-acute care and looking at different structures for the delivery of health care.

#### 6.2 Arthritis & Musculoskeletal Alliance (ARMA)

Dr Chew advised Council that ARMA are working on the Best MSK Health programme and held an online conference on 25 February 2021. Prof. Tim Briggs and Dr Andrew Bennett presented the plan which set out the development of a national MSK programme and a recording of the launch can be found on YouTube. Dr Chew will join their weekly Tuesday meeting which will be on how ARMA supports this Best MSK Health programme. The last

members meeting was held on 14 January 2021 and the main work was Equality and Diversity along with the MSK Pain Core Offer, future members' meeting will see Dr Bennett in attendance. Dr Etherington expressed his disappointment that the Faculty wasn't invited nor mentioned along with Moving Medicine and BASEM and following a good discussion, Dr Etherington will write to Dr Bennett whereupon Dr Chew asked if Dr Etherington and the incoming President-Elect could attend the next members' meeting which was agreed.

**ACTION: Dr Etherington**

## **7. REPORTS FROM COMMITTEES**

### **7.1 Appraisal & Revalidation**

Dr Etherington advised Council on Dr Pugh's behalf that there was a slight reduction in the number of both appraisals and revalidations due to Covid which has impacted on our income but hopefully we will be getting this back up to normal.

### **7.2 Clinical advisory Group (CAG)**

Dr Etherington deferred to Dr Rae's report which features predominantly the development on the Faculty's website, published papers which are relevant to our particular specialty, this looks very exciting and thanked Dr Rae and his team for their hard work.

### **7.3 Education**

Dr Chew updated Council on Dr Kipps' behalf on the upcoming events:

- i. The joint FSEM/NCSEM seminar series starts on Thursday evenings in April, the topics are:
  - 8<sup>th</sup> April – Physical Activity and Maternal Health
  - 15<sup>th</sup> April – Physical Activity and Cancer Rehabs
  - 22<sup>nd</sup> April – Physical Activity and Mental Health
  - 29<sup>th</sup> April – Physical Activity and Covid-19 RecoveryThe booking link is on the FSEM website and Dr Kipps asked if you would promote through your social media
  
- ii. Dr Kipps has attended the BASEM educational meeting and joined one conference planning meeting, will follow up with a report but their conferences are:
  - 28<sup>th</sup> May – Spring Conference will be a free virtual meeting with the topic being Hip and Groin
  - 11<sup>th</sup>-12<sup>th</sup> November – Joint Annual Conference to be held in Brighton. The decision is still to be made whether this is to be a face-to-face/online or hybrid. FSEM will have two sessions and Moving Medicine will have two sessions. BASEM asked if the Faculty would like to hold any meetings at the conference and if yes, they will book rooms now. Dr Kipps has been in touch with Dr Smith on whether they wish to hold a New Consultants' session in the eveningDr Etherington advised that we were not sure if we need any rooms as we do not know if we need physical space
  
- iii. BASEM have reached agreement with the Australasian College of Sport and Exercise Physicians for part of their membership e-learning portfolio for their members without the need to increase their membership fees.

#### 7.4 Examinations

Dr Nicol referred to his report and updated Council. The key message was that the postponed April 2020 Part 2 OCSE took place on 1 December 2020 with 22 candidates presenting in a Covid-friendly environment. The next Part 2 is due to be held on 22 April 2021. The main change to the Part 1 is that it will be fully online thus no more exam centres, this is not just because of Covid but because it is the right direction of travel. RCSEd's exam department have delivered fairly sizable online exams for other faculties using a proctoring company. Dr Nicol will join AoMRC's exam delivery group which looks at how all the colleges are delivering exams going forward. Dr Etherington thanked Dr Nicol and the examiners for all the work done. Being able to undertake the Part 1 exam online offers the real opportunity of internationalising our exam and we will need to advertise that appropriately.

#### 7.5 Specialty Advisory Committee (SAC)

Dr Newton wanted to add to her report that there is a new Lead Dean, Dr Robert Powell who has taken over from Dr Jon Grieff she wished to thank Dr Grieff for all his work. The new SEM Curriculum goes ahead in August and there will be a formal launch in the next month. The SAC are working very hard on the paperwork and guidance which will run alongside the new Curriculum and the new CESR application process. The biggest thing now is the training recovery which is competing with the demands of the service recovery as well as personal recovery. It was noted that there will be appropriate delegations of the ARCPs without reducing the standards of those who will be CCT'ing.

#### 7.6 Undergraduate SEM Society (USEMS)

Dr Etherington welcomed Dr Tom Chandy the new USEM President to the meeting. Dr Chandy informed Council that due to lockdown they have held quite a number of successful webinars over the past year and wished to thank members of the Faculty who spoke on sports medicine. Dr Chandy has liaised with both Professor Wheeler and Dr Kipps about developing the essay competition or an editorial for which there were pros and cons to both. It was suggested by Dr Kipps to promote the editorial as it may be a way of encouraging more to participate, at the moment no title has been confirmed. Dr Etherington thanked Dr Chandy and invited him to partake of the debates during Council and to discuss with his membership how the Faculty can help them.

### **8. ANY OTHER BUSINESS**

There being no other business, Dr Mani-Babu asked Dr Etherington, Dr Jones and Dr Rossiter to stay on the line.

### **9. DATE OF NEXT MEETING**

Dr Etherington thanked everyone for attending, and the next meeting will be on Tuesday 1 June 2021 from 1.00pm to 3.30pm by video conference.

#### **Addendum to Item 4.1 – Election of President-Elect**

Dr Mani-Babu took this opportunity to inform Dr Etherington, Dr Jones, and Dr Rossiter of the outcome of Council's discussion on presidential elections. Council had shown no strong feeling either way but as the election process had begun, Council agreed to defer to the default position and let due process continue. The result is that Dr Etherington will demit office at the Council meeting on 1 December 2021 and noting that he will be the Past President for a further 12 months. Dr Etherington acknowledged the decision by Council and confirmed he was very happy with the

outcome. Dr Mani-Babu also advised that it made sense with Mrs Gilbert leaving that the President-Elect be involved in the recruitment of her replacement and Dr Etherington agreed to review and share the job description with the Vice-Presidents, President nominees and the wider Officer Bearers for their input. After a short discussion on this, it was agreed that they would need someone with a business acumen to lead the Faculty towards Royal College status, then review the position to that of Chief Executive Officer if needed.