



Paper 1

Unconfirmed Minutes from FSEM UK Council held on Wednesday 24 November 2021
by video conference

PRESENT:

Dr John Etherington
Dr Natasha Jones
Dr Mike Rossiter
Dr Chris Tomlinson
Dr Julia Newton
Dr Sivanadian Mani-Babu
Professor Patrick Wheeler
Dr Stephen Chew
Dr Geoffrey Davies
Dr Courtney Kipps
Dr Stuart Miller
Dr Glen Rae
Dr David Pugh
Dr Eleanor Tillett
Dr Christopher Speers
Dr Graeme Wilkes
Dr Giles Hazan
Dr Alethea McHardy
Dr Craig Rosenbloom
Dr Dionisio Izquierdo
Dr Philip Carolan
Dr Victoria Tzortziou-Brown
Dr Daniel Morris
Professor Paul Dimitri
Dr John MacLean
Mr Jonathan Dearing
Mrs Claire Walmsley
Ms Kirsty Baird
Mrs Yvonne Gilbert

APOLOGIES:

Mr Kevin Boyd
Dr Catherine Lester
Dr Richard Seah
Dr Hatim Abdulhussein
Dr Robert Powell
Col. Alastair Nicol
Dr Jonathan Houghton
Mr Pala Rajesh
Dr Tom Chandy

PRESIDENT

PRESIDENT-ELECT, Moving Medicine Lead

VICE-PRESIDENT

VICE-PRESIDENT

VICE-PRESIDENT Elect, Chair, SAC

HON. SECRETARY

HON. TREASURER

Elected Member

Elected Member

Elected Member

Elected Member

Elected Member

Chair Appraisal & Revalidation

Elected Member, BASEM Chair

Elected Member

Elected Member

DipMSK Representative

SEM New Consultants Representative

SEM Registrar Representative

SEM Registrar Representative

Dean, FSEM in Ireland

Royal College of General Practitioners

Royal College of Ophthalmologists

Royal College of Paediatrics & Child Health

Royal College of Physicians & Surgeons of Glasgow

Royal College of Surgeons of Edinburgh

Lay Adviser

Head of Faculty of Sport and Exercise Medicine

Past Head of Faculty of Sport and Exercise
Medicine

Elected Member

Elected Member

Elected Member

Health Education England

Lead Dean for SEM

Armed Forces, Chair Examinations

Royal College of Physicians

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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.

IN ATTENDANCE:

Dr Harriet Collins	Moving Medicine Clinician
Dr Priathashini Krishnasamy	Hon. Secretary elect
Mrs Lacey Anning	Moving Medicine Senior Project Co-ordinator
Mrs Shona Cunningham	Senior Administrator
Mrs Siobhán Watts	Senior Administrator
Mr Ian Williamson	PR & Communications Officer

The President welcomed everyone and advised that this was his last meeting as President. He stated how much it was an honour and privilege it has been and looks forward to the continued growth of the Faculty. Dr Etherington thanked everyone for their hard work especially the support of the Executive and Council members and Faculty staff. Dr Etherington also welcomed Ms Kirsty Baird as the new Head of Faculty and wished her an illustrious and exciting career, he also welcomed the new President, Dr Natasha Jones to take the Faculty forward. Dr Etherington commenced the meeting as part of the Presidential handover.

1. CONFLICTS OF INTEREST

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

2. APPROVAL OF MINUTES AND MATTERS ARISING

2.1 Dr Etherington asked if there were any matters of facts or amendments to the Minutes of the meeting held on 21 September 2021. Any issues will come up in the Agenda and the action point from Swim England is that they have accepted the changes and we await a formal agreement. There were no other amendments, and the Minutes were approved. Dr Etherington then handed over to Dr Jones.

Dr Jones began by thanking Dr Etherington for his contribution as President during a difficult period and gave praise to his leadership and the impact of his tenure as President which was evidenced at this year's Diploma Dinner. Dr Jones took this opportunity to say goodbye to Dr Mike Rossiter who demits as Vice-President and thanked him for his outstanding contribution especially around MSK but delighted that he will remain on Council as RCP London's representative. Dr Jones welcomed Dr Julia Newton as the incoming Vice-President.

Dr Jones gave an outline for the Faculty in three main areas: Learn, Unite and Grow which will form the basis of a strategy meeting in January.

- i. Learn : The Faculty is now 15 years old; it is time to reflect, and one way is to obtain feedback from the membership and learn especially since one of our foundation Fellows being erased from the GMC's Medical Register
- ii. Unite : with 712 active members that includes our new Diplomate membership it is about uniting as part of a multi-disciplinary group. The Faculty continue to work with our parent colleges to take active steps on equality and diversity issues
- iii. Grow : Under growth we run three exams with opportunities to develop new diplomas for team sport and exercise medicine. The Faculty have an active appraisal and revalidation service, and through Moving Medicine we are beginning to increase awareness. Dr Jones was delighted to advise that the Faculty will be entering discussions with

BASEM in January to establish the right foundation for our specialty and BASEM who have been established since 1952. The Faculty will respect their experience and history by setting out a clear mandate for the Faculty's members and fellows and having a shared vision.

Dr Jones concluded that the Faculty is in a strong position and the Executive will meet to draft the outcomes of the feedback and the strategy day for Council's thoughts.

3. REPORTS FROM COMMITTEES

3.1 Appraisal & Revalidation

Dr Pugh gave congratulations to Dr Jones on her presidency and welcome Ms Baird. The last 19 months have been difficult but recently it has become quite busy with both revalidation and appraisal meetings being scheduled. We have welcomed Dr Collins as a reviewer who has brought in some good ideas which will be taken to the next Appraiser meeting on 8 December 2021. Dr Pugh also sought Council approval for Mrs Watts to source costs from MIAD for a training session in January and this was approved. There followed a discussion on a proposal for the Diplomate members to be able to avail of this service which is currently only for members and fellows. It was agreed that this should be reviewed in discussion with the Appraisers particularly on governance and revert to the Executive with action points, with Dr Pugh advising that the numbers that may avail of this service would be low.

ACTION: Dr Pugh, Mrs Watts

3.2 Clinical Advisory Group

Dr Rae informed Council that the next publication piece had been summarised but looking for a MSK paper which Dr Griffin has offered to review. Still looking for a couple of reviewers to put together a 300-word summary and suggested approaching the Deaneries on a rotation basis. This opened a debate on engagement with the key points being:

- i. Involving Deaneries may make it more about trainees
- ii. Need to reach a wider audience
- iii. More collaboration with BASEM
- iv. Writing a blog for social media to make people aware of the paper and get their own papers known
- v. Look at virtual journal clubs

It was agreed that this could be included in the feedback being sent out to the membership to see what they want and valued.

ACTION: Executive

3.3 Education

Dr Kipps informed Council that education ties in with the other committees and would welcome the opportunity to chat with the Chairs on what they would like from education. Dr Kipps said that he attends the monthly BASEM educational meetings and in relation to the conference in Brighton on 25-26 May 2022, there is a session on MM which Dr Lester is a speaker. Dr Kipps agreed to share the draft programme with Council as the Faculty has a second session and/or workshop and seeks advice and some volunteers from Council to formulate the programme. Some suggestions mentioned were:

- i. Impact of growth, development and puberty on sport and exercise from a paediatric perspective

- ii. Safeguarding in children and sport
- iii. Genomics
- iv. Team support

There is an opportunity to run a session for the young consultants i.e., an evening event before the Conference and Dr McHardy advised that she is already working with BASEM on that. Dr Kipps asked if anyone wishes to get involved or has other ideas for the programme to get in touch with him.

ACTION: Council

3.4 Examinations

Dr Jones deferred to Dr Nicol's report in his absence which included a report from RCSEd based on the last three years on the equality and diversity. It was acknowledged that the numbers presenting had increased, however these reports demonstrated that the Faculty needs to understand how we address equality and diversity to help form a working group. It was agreed that this be discussed at the January strategy meeting. Dr Jones will also liaise with Dr Nicol.

ACTION: Dr Jones, Executive

3.5 New Consultants Group

Dr McHardy reported that they had had their first meeting with a new committee member and Dr Saw has joined. It was disappointing to note that those who recently CCT'd had not wanted to participate. The committee are arranging a series of webinars for next year and sought Council approval to approach Medics Money to give a session on tax, pension etc., something similar to what they did for the first five years at RCP, but this session would be opened to include the wider membership. Council gave its approval. There are other sessions being arranged as well as engaging with BASEM to hopefully have a face-to-face session at Brighton in May 2022. Dr Jones thanked Dr McHardy for an exciting programme ahead and agreed that this will re-engage people.

ACTION: Dr McHardy

3.6 Specialty Advisory Group

Dr Newton advised Council that now the New SEM Curriculum has been launched, their focus is on those applying for CESRs and we could do with a few more assessors and if anyone could assist, please come forward. Dr Jones said that with regards CCSR application, that it was important that we publish the last date when applications can be submitted against the former SEM Curriculum thereby avoiding a flood of applications.

Dr Newton intimated her decision to step down as Chair of SAC by the end of March 2022 due to her new role as the Faculty's Vice President and it is hoped that her successor, Dr Tillett who is the SAC Vice-Chair is able to find someone to take on her Training Programme Director role in London.

ACTION: Mr Williamson

3.7 Sports Medicine

Dr Etherington updated Council on Dr Houghton's behalf and advised that Dr Houghton has been in touch with the various groups about re-engaging not only with elite sport but with the broader remit of sport at all levels. Dr Etherington said that he was approached by Dr Jonathan Leach, NHS England's lead on vaccination, he is looking to establish a formal link with those involved in sport on vaccination especially if travelling overseas and it was

noted that NHS England came to the Faculty about this. There was a consensus among Council that this initiative was a good idea especially for those organisations who are generally unrepresented with the aim to put together some formalised governance/standards especially for those working in isolation and in minority/grass root sports.

3.8 Undergraduate SEM Society

Dr Jones in Dr Chandy's absence recommended that Council read his paper. Prof. Wheeler asked for clarity on the prize for the Essay competition as he thought it was £500 not £100. Dr Jones asked Ms Baird or Mrs Watts to check and confirm

ACTION: Ms Baird, Mrs Watts

4. FOR INFORMATION

4.1 Moving Medicine (MM) Project

Dr Collins reported that MM are still looking for leads for some module updates, and if you know of anyone, please do get in touch. Both the Peri-operative and Parkinson's module have been launched, UK Parkinson's Excellence Awards highly commended the Parkinson's module. The Consensus Statement has been published in the BJSM and huge congratulations to Dr Jones, Dr Hamish Reid, and Dr Ashley Ridout for their work on this. The micro site development is going ahead in Birmingham and Calderdale and the live site at Oxford has had a soft launch – MM team thank Dr Kim Gregory for her work on this. MM have had a request from Active Partnership who are seeking to set up their own site. MM have seen an increase in enrolment for the Active Conversations foundation course and will be working with Mr Williamson to improve engagement and connections. UCL and with Dr Kipps' links are integrating the Active Conversation toolkit as part of their SEM undergraduate programme. In relation to Active Hospitals, Dr Speers has completed the learning sessions for the new sites and awaits further discussion for the Active Hospital conversations on the TUO. Finally, Now Baby TV have added to their active playlist the maternity video which will be shown in their maternity wards.

Dr Jones thanked Dr Collins and all the MM team, highlighting the great updates which maintains MM's sustainability. One point for discussion is the development of a Diploma in Exercise Medicine, there has been so much developed and could bring in a multi-disciplinary group – further discussions to be had next year.

ACTION: Council to recommend leads

4.2 Faculty's Finances

Professor Wheeler reported as follows:

- i. The projection for MM finances for the year end is that there is a surplus although there will be some spend forecast for 2022
- ii. The Faculty will have a surplus of £29k despite being billed by RCSEd for 3 out of 4 years' service charge for the exams. This will be offset in 2022 against the costs budgeted for work to be carried out by lawyers on the demerging from HSET and the emerging leaders' programme
- iii. The office is following up on last reminders for subscription fees and it may be that a couple will be coming off the Roll at the end of the year
- iv. The reserves are £300k with £200k being the refund from the fraud and once we have charitable status, we will look to invest.

4.3 Charitable Status

Professor Wheeler updated Council that at the recent AGM, approval was given to proceed with our own charitable status. The decision has been made to register for charitable status in Scotland and it may take up to six months for the process. As part of the process, we will need a list of Trustees and Prof. Wheeler referred to the late paper tabled which sets out the post holders. With regards costs, it is about £3,500 plus VAT to undertake the application for charitable status. The more complex issue will be the demerging from RCSEd's HSET and costs are estimated to be between £7,000-£9,500 which has been budgeted for. There is a meeting with RCSEd on 26 November 2021 and it should be noted that we are not changing our relationship with our two parent colleges, just establishing FSEM UK as its own legal entity.

4.4 Council Dates for 2022

Dr Jones put forward dates for Council to consider two remote meetings per year, a hybrid meeting and the Diploma day with those meetings being held on a rotation basis between Edinburgh and London. It was agreed that this was a good compromise, a question was raised on the difference in costs as well as the Faculty's carbon footprint. Prof. Wheeler said that based on an average we are looking at around £5,000 less for remote meetings but asked Mrs Watts to provide details.

ACTION: Mrs Watts

5. FOR DISCUSSION

5.1 Honorary Secretary update

Dr Mani-Babu informed Council that after the last Council meeting, we wrote to those who had past the DipSEM considering the new SEM Curriculum with a deadline of 31 March 2022 if they wanted to apply for Membership. To date, six people have applied but we are not anticipating anymore.

Dr Mani-Babu took this opportunity to thank Council and Dr Etherington for their support as he demits office. With regards to a new Honorary Secretary, Dr Mani-Babu was delighted to welcome Dr Priathashini Krishnasamy as the new Honorary Secretary who comes with a wealth of experience from her previous role whilst based in Singapore and Australia. Dr Krishnasamy expressed her delight to meet everyone and looks forward to working with everyone from January 2022.

5.2 Honorary Fellowship proposals for 2022

Dr Jones asked Council if they could think of any individual(s) who has made a significant contribution in SEM that embraces the Faculty's principles and values. Dr Rossiter suggestion of a nominee was acknowledged, and Dr Jones asked if Council could forward any suggestion to Ms Baird.

ACTION: Council, Ms Baird

5.3 DipMSK Membership

Dr Tomlinson reiterated the huge success of the MSK Diploma and the enthusiasm of those who attended the ceremony in September before handing over to Dr Hazan. Dr Hazan said that he was delighted to be part of Council and it is an exciting time and following a good discussion, the key highlights were:

- i. Liaising with RCGP on the accreditation for GPs with Extended Roles (GPwER) which Dr Hazan is leading on

- ii. The GPwER in MSEM Medicine Framework – it is hoped that this will help to signpost a career pathway into MSK Medicine and professionalising the role
- iii. There are three distinct streams namely MSK Medicine, GPs working in SEM and GPs working in rheumatology
- iv. Having the DipMSK is one of the entry levels for the MSEM Medicine Framework
- v. Council agreed it was an important piece of work and good to see the level of support and ensure that we don't disenfranchise anyone

Dr Jones thanked Dr Tomlinson and Dr Hazan for the tremendous work that has been done.

5.4 Exercise Professionals

Dr Etherington informed Council that talks were still progressing around accreditation for those Exercise Professionals who are working in multi-disciplinary teams. Loughborough NCSEM have spoken with Liverpool John Moores' University who have a similar model based on an Australian style and it would be worthwhile inviting them into the discussion. Dr Tillett asked if Dr Etherington had spoken with Prof. John Buckley at University Centre Shrewsbury who runs a graduate and post graduate programme. It was agreed that it would be beneficial to liaise with him as we work to establish the quality of standards for this MSc qualification that will give confidence to doctors if they are doing referrals.

ACTION: Dr Etherington

5.5 BASEM

Dr Tillett updated Council that positive feedback was received from the joint FSEM/BASEM statement issued. The BASEM Board have now followed all their correct processes and looking forward to a joint meeting with the Faculty's Executive on 19 January 2022 at RCP London to discuss the future relationship and lay some foundation. Dr Jones added that Dr Tillett has been invited to attend the Faculty's strategy day in January.

5.6 FSEM Emerging Leaders Programmes

Dr Newton advised Council that this proposal is a joint venture with BASEM and looks at leadership which is embedded in the new SEM Curriculum and at its longevity. The key elements are:

- i. This is a 1–2-year collaboration looking at developing leaders in a multi-disciplinary team
- ii. There will be a selection process and this programme is aimed at both SEM consultants and Allied Healthcare Professionals. Therefore, needs a panel to review applications and select the candidate
- iii. It is hoped to lead to a tier support and build up a cohort group
- iv. This will be a 50/50 collaboration with BASEM with funding being split and would be £20k per organisation but this would be £10k per year of the programme

Following the discussion, Council thought that this would be invaluable and is not covered in training. It was agreed that some form of financial contribution from the successful candidate(s) undertaking the programme would also act as a commitment to the programme. Council approved the Emerging Leaders Programme

ACTION: Dr Newton

5.7 Member and Fellow feedback survey

Dr Jones informed Council that she is putting together a survey that will feed into the strategy day in January and hopes to distribute this in December. Dr Jones would welcome any assistance to review the survey before it goes out and Dr Davies, Dr Rae, Dr McHardy, and Prof. Wheeler offered their assistance.

ACTION: Dr Jones, Mr Williamson

5.8 Review of FSEM's role in supporting doctors working in isolation

Dr Jones advised Council that now that the GMC had concluded their investigation, this was the right time for the Faculty to review its role by evaluating what FSEM does well and where it needs to improve. This will strengthen the Faculty's lead on both individual sport and team sport and following a discussion, it was agreed to:

- i. Look at processes for governance from such governing bodies as the English Institute of Sport (EIS)
- ii. Invite and encourage minority sports to be involved
- iii. Offer a service, at a nominal fee, to have a Faculty peer to review an organisation's systems and processes
- iv. Look at a solid framework so that a group is affiliate to an association for governance and education

Dr Jones agreed to take this discussion off line

ACTION: Dr Jones

6. **REPORTS FROM MEETINGS**

6.1 Academy of Medical Royal Colleges (AoMRC)

Dr Etherington advised that AoMRC held their Council meeting on 23 November 2021, the key highlights were:

- i. the UK's increase in drugs death
- ii. the GMC are working to have a register of interest on their website which will be statutory for doctors compared to other healthcare professionals
- iii. AoMRC will issue a statement on NHS wellbeing following the review of the workforce
- iv. Following on from COP26, there is a big effort on sustainability where we will have to demonstrate our green credentials for climate change prevention
- v. The BMA wish to issue their own independent review for general comment from the Colleges, but as there is a national one to be launched in 2022, there is no point in duplication
- vi. BMF Imperial College have funding to look at health and wellbeing in NHS Staff and MM should get in touch as a first step to signposting to our accessible courses on the MM website

Dr Jones thanked Dr Etherington for his input into AoMRC.

6.2 Arthritis & Musculoskeletal Alliance (ARMA)

Dr Etherington updated Council on Dr Chew's behalf that they had attended a ARMA meeting and there was nothing further to add.

Dr McHardy said that she attended the COP26 as a SEM Consultant, which was a privilege, and that 50% of people seen required MSK treatment. Dr

McHardy was going to do a blog for the Faculty on how hospitals are 'un-green'. Dr Etherington commended this and asked if it could be sent to AoMRC. Dr Jones added that as a specialty we need to think how we can be more green - Dr Tillett agreed to raise this with BASEM. Dr Jones noted it is important both organisations look to see how we operate and share ideas.

ACTION: Dr McHardy, Dr Tillett

7. ANY OTHER BUSINESS

There were no other items of business

8. DATE OF NEXT MEETING

Dr Jones thanked everyone for attending. The next meeting will be a hybrid one on Tuesday 1 March 2022 and the venue for those attending will be RCP London.