



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

The Intercollegiate Faculty of Sport and Exercise Medicine

Ceremony for the Presentation of Diplomas

Thursday 23 September 2021

at the Royal College of Physicians, London

PRESIDENT

Dr John Etherington CBE FFSEM(UK) FRCP

Conferment of 2020 Honorary Fellowship

Mrs. Yvonne Christine Forrest Gilbert

Presented by

Dr Alastair Nicol
FFSEM(UK)

Mrs Yvonne Gilbert has been involved with sport and exercise medicine for more than 20 years and has played a fundamental role in both the establishment of the Faculty and the development of the specialty as a whole.

Yvonne's first involvement with SEM came in 1999, when she joined Faculty forerunner the Intercollegiate Academic Board for Sport and Exercise Medicine (IABSEM) as its only paid member of staff.

Professor Charles S B Galasko, who was chairman of IABSEM from 2002 and became the first President of the Faculty in 2006, described the extent of Yvonne's contribution during these early years. He notes that Yvonne was involved in almost all aspects of Faculty business at that time – from setting up exams and designing diploma certificates, to coordinating the many tasks required to gain recognition for the specialty and establish the Faculty.

She has been involved from the early days supporting the Edinburgh University Postgraduate Board for Medicine Sports Medicine courses and conferences. BASEM Scotland also benefited from her expertise. Her involvement in establishing IABSEM and the Faculty of Sport and Exercise Medicine, plus helping to develop links with musculoskeletal and Moving Medicine is second to none.

“Her commitment to the Chairmen and Council of IABSEM and subsequently the Faculty, overcoming all the challenges encountered, has been and remains exemplary. The award of Honorary Fellowship of the Faculty is entirely appropriate.”

The Faculty and our specialty has benefited greatly from Yvonne's contribution.

Conferment of 2021 Honorary Fellowship

Mr Andrew Goddard

Presented by

Dr Jonathan Houghton
FFSEM UK

Andrew “Bod” Goddard is no stranger to these historic surroundings given his role as the President of the Royal College of Physicians. He qualified from St Johns College, Cambridge, in 1990 and remained in East Anglia for much of his junior rotations before undertaking an MD and specialist training in Gastroenterology. He took up a consultant role at the Royal Derby in 2002 where he continues to this day.

After gaining Fellowship of the Royal College of Physicians in 2005 he became the chair of the RCP New Consultants Committee and has continued to work tirelessly for colleagues and patients since this time. From 2008-2013 he chaired the Medical Workforce Unit at the college championing the role of the consultant physician in leading patient care which included key publications such as “Planning a consultant delivered NHS” and “Consultant physicians for the future”.

In 2014, Bod became the RCP Registrar and was a regular presence at the College Sport and Exercise Medicine Committee where it became clear that he fully supported the importance of physical exercise for patients and doctors alike which made him the clear choice to become President of the Royal College of Physicians in 2018. He showed his ability to “walk the walk” in completing a 2018-mile cycle ride in 2018, as President Elect, visiting multiple acute NHS trusts along the way. As well as raising funding to provide 12 training units for doctors in African countries with minimal access to healthcare, he utilised the ride to raise awareness of the RCP Charter in its 500th year. The charter offers a commitment that patients will receive the highest standards of care, that the RCP will train, develop, and support doctors and healthcare professionals, champion research and innovation to benefit patients, act as leaders in developing, influencing, and supporting high quality healthcare and promote good health and prevention of ill health.

As President of the RCP Bod has been an unequivocal champion for the benefits of sport and exercise to both patients and staff and has been an ally and friend of both myself and our own Faculty President John Etherington. He works tirelessly to the benefit of others in the profession and speaks loudly for those with the smallest voices such as medical students, Specialist and Associate Specialist doctors, Trainees and Physician Associates.

In a vast organisation with multiple specialties Sport and Exercise Medicine is a minnow, but one that has the potential to offer the bigger fish huge benefits and improve the entire ecosystem for all. We are lucky indeed to have such an advocate for our mission.

The Faculty and our Specialty has benefited greatly from Bod’s contribution.

Conferment of 2021 Honorary Fellowship

Dr Roderick David Jaques OBE

DRCOG MRCGP FISM DipSEM(SoA) DipSEM(Med) FFSEM(UK) FRCP

Presented by

Dr Paul D Jackson

FFSEM UK

Dr Roderick David Jaques has contributed to the development of our specialty of Sport and Exercise Medicine in many areas over the past 30 years. Having undertaken formal SEM training at the Royal London Hospital, where he was awarded the David Ritchie Prize, he started training others through teaching on the BASEM Introductory courses and as a module author for the University of Bath SEM course. He has been an examiner and external examiner for master's qualifications in SEM at many institutions as well as being an examiner for the Faculty's membership exam. When Sport and Exercise Medicine became a recognised specialty with the GMC he contributed to the national training curriculum which was the blueprint for those of you who have gone through training. During his Presidency of the Faculty, he worked tirelessly to cement the future funding of SEM training posts by gathering compelling evidence of the special contribution that SEM trained doctors play in the NHS, the Armed Forces, and in government funded roles in Olympic and Paralympic sport. He collaborated with educators in other countries to define the core elements of an internationally recognised training curriculum for SEM which was published in the BJSM in 2017.

His work with Olympic sports began in 1996 at the British Olympic Medical Centre at Northwick Park hospital which at the time, before English Institute of Sport (EIS) and other national institutes, was the only place GB Olympic athletes could attend for an MDT approach to managing their medical conditions. His Olympic athlete work took him to the Games in Atlanta, Sydney, Athens, Beijing, and London.

During his time as President of the Faculty and as medical director of the English Institute of Sport he has been a firm advocate for employing doctors trained as specialist in SEM to lead the medical teams. Following his independent review into Medical Governance at British Cycling he was commissioned by UK Sport to undertake Good Medical Governance reviews of the major Olympic Sports in the UK. In 2016, Rod updated the faculty's *professional code* advice and mapped it to the GMC document 'Good Medical Practice' bringing clarity about where the duty of care lies for a doctor working in sport. In 2019, his work was recognised when he was awarded an OBE for his work in Olympic and Paralympic Sport.

One of Rod's early jobs in sport was as chief medical officer to British Triathlon, a job to which he was well suited having completed over 50 Olympic distance triathlons himself. His other activities outside of work include open water swimming which he has been doing long before its recent popularity. In 1988, he was part of a team relay in a cross-channel swimming event which recorded the fastest time that year. Rod has also swum from Europe to Asia across the Hellespont.

The Faculty and our specialty has benefited greatly from Rod's contribution. It is with great pleasure that I present Dr Rod Jaques for admission as an Honorary Fellow of this Faculty.

Conferment of 2021 Honorary Fellowship

Dr Ian Michael McCurdie
FFSEM UK FRCP

Presented by

Professor Mark E Batt
Hon.FFSEM(UK)

Dr Ian McCurdie was the first Army doctor to obtain his Diploma in SEM. Following this, and long before sports medicine was a recognised specialty, Ian made the bold decision to spend 7 years re-training within the Army to become a Consultant in Rheumatology and Rehabilitation – a way to pursue his passion for sports medicine. This led Ian to Headley Court, which coincidentally was known to him as his father, an Army helicopter pilot, had spent time there after a stroke which he had suffered when Ian was just 6 years old. At Headley Court, Ian pioneered the development of Sport and Exercise Medicine (SEM) within the military, setting up the Post-Graduate Diploma course in Sports & Training Injuries with the University of Bath for military doctors. With others he started to provide invaluable rehabilitation training for NHS SEM trainees within the military. He also set up the sports injury clinic service and contributed to the development of research at Headley Court.

Ian was significantly involved during the early years of the Faculty, including the difficult embryonic years. He was very well acquainted with the Sport and Exercise Medicine curriculum, having helped draft the initial curriculum and helped work on the linked assessment methodology, necessary for the successful application for specialty status in 2003-4. He was the initial assessor of Membership and Fellowship applications, which was a significant and time-consuming commitment. Subsequently, he has acted as a Diploma examiner. These latter roles showcased Ian's skills as a fair, well-organised, thorough, and empathetic doctor and colleague.

In 2005, after 22 years of service to the RAMC, Ian left the Armed Forces. He has subsequently had multiple roles across high performance sport, including multiple Olympic and Commonwealth Games, professional tennis, and Premiership football. Ian's first Olympic Games was Sydney 2000 as team doctor with Modern Pentathlon where both our athletes won medals. Between 2008 and 2013 Ian was Chief Medical Officer for The British Olympic Association. This timeframe incorporated London 2012, where he was responsible for the planning, preparation, and delivery of medical support for Team GB as Chief Medical Officer. Ian's strategy to protect our athletes' health during the Games, which emphasised the importance of hand hygiene to prevent the spread of viral infections led to him hitting the front pages of the national press as it was reported that Team GB would 'not shake hands'. His campaign may have raised eyebrows in 2012 but now feels to have been ahead of its time.

It has been my pleasure to work with Ian for each of his 12 years at the Wimbledon Championships: here with our wonderful colleagues, we were able to witness first-hand Ian as a great team-player, clinician, and friend.

It has been my personal pleasure to have had Ian as a great friend and colleague for many years. He is a man of great integrity and is widely respected by his peers and patients. He has been a pioneer and never afraid to change career and challenge 'norms' to make things better.

The Faculty and our specialty has benefited greatly from Ian's contribution.

Presentation of Fellowship of the Faculty of Sport and Exercise Medicine UK

Fellowship of the Faculty is awarded to Medical practitioners who have satisfactorily completed a recognised training programme in Sport and Exercise Medicine, who have obtained a Certificate of Completion of Training in Sport and Exercise Medicine and who are on the UK Specialist Register in Sport and Exercise Medicine.

We congratulate the following doctors in gaining admittance to the Specialist Register in Sport and Exercise Medicine throughout 2020 and 2021.

Fellowships for 2020

| | |
|-----------------------|------------------------|
| Dr Matteo Bernardotto | University of Aberdeen |
| Dr Daniel Brooke | University of London |
| Dr Richard Collins | University of London |
| Dr Sarah Rollins | University of London |

Fellowships for 2021

| | |
|----------------|---------------------------|
| Dr Amal Hassan | University of Bristol |
| Dr Jill Neale | University College London |

Presentation of Membership of the Faculty of Sport and Exercise Medicine UK

The Sport and Exercise Medicine Membership Examination assesses the knowledge, skills, competence, and professional attitudes required of a doctor who wishes to practice as a Sport and Exercise Medicine practitioner in the United Kingdom.

We congratulate the following doctors who have successfully completed the Membership Examination for 2020 and 2021 and have come to be Members of the Faculty.

Memberships for 2020

| | |
|-------------------------------|------------------------------------|
| Dr Robert Miles Barker-Davies | University of Nottingham |
| Dr Michael Cooke | University of Leeds |
| Dr Edward John Craghill | University of Liverpool |
| Dr Rishi Dhand | University of Newcastle |
| Dr Linda Evans | University of Leeds |
| Dr Sethu Mani-Babu | University of London, St. George's |
| Dr Ikponmwonsa Ogbonmwan | University of Newcastle |
| Dr Frank O'Leary | University College, Dublin |
| Dr Ashley Jane Ridout | University of Oxford |
| Dr Natalie Shur | University of Edinburgh |
| Dr Samuel Thistleton | University of Sheffield |

Memberships for 2021

| | |
|-------------------------------|-------------------------------------------|
| Dr Hama Rasool Hama Agha | Hawler Medical University |
| Dr Romila Bahl | University of London |
| Dr Steffan Arthur Griffin | University of Birmingham |
| Dr Rebecca Gould | University of Oxford |
| Dr Jonathan Hall | University of Leicester |
| Dr Lisa Michelle Hyland | University of Bristol |
| Dr Dionisio Izquierdo Pinto | University of London |
| Dr Patrick Jorge O'Halloran | University of Birmingham |
| Dr Matthew Bamidele Ogunsanya | University College London |
| Dr David John Whittaker | Peninsula College of Medicine & Dentistry |
| Dr Sui Jean Wong | University of Leicester |

Presentation of the Donald Macleod Medal for 2020 and 2021

The Donald Macleod Medal is named after the first Chairman of the Intercollegiate Academic Board of Sport and Exercise Medicine (IABSEM) in recognition of his contribution to Sport and Exercise Medicine and his development of the Diploma Exam. The Macleod Medal is presented annually to the candidate who achieves the highest mark in both diets of the Membership examination.

The Macleod Medal candidate with the highest mark in 2020 is

Dr Natalie Shur
University of Edinburgh

The Macleod Medal candidate with the highest mark in 2021 is

Dr David John Whittaker
Peninsula College of Medicine & Dentistry

Presentation of Diploma Membership of the Faculty of Sport and Exercise Medicine UK

The MSK Diploma Examination assesses the knowledge and professional understanding required of a doctor or medical professional who wishes to practice as a MSK practitioner in the United Kingdom.

We congratulate the following doctors and medical professionals who have successfully completed the MSK Diploma Examination and have come to be Diplomate Members of the Faculty.

| | |
|------------------------------|----------------------------------------------|
| Mrs Sally Allan | Cardiff School of Physiotherapy |
| Dr Raj Amarnani | University of Sheffield |
| Dr Ahmet Sacit Baysal | Palacky University, Czech Republic |
| Mrs Sampade Bhide | University of Sheffield |
| Ms Caroline Bird | University of Southampton |
| Dr Mairi Buchan | University of Edinburgh |
| Mrs Helen Cottingham | University of Birmingham |
| Assoc. Professor Andrew Cuff | Oxford Brooks University |
| Mrs Janki Hada | Oxford Brooks University |
| Dr Alaina Hadfield | University of Keele |
| Dr Giles Hazan | University College, London |
| Mr Adnan Iftikhar | Oxford Brooks University |
| Mrs Rachana Ingle | Maharashtra University of Health Sciences |
| Mr Hemant Kandoi | University of Birmingham |
| Mr Philip Mack | Robert Gordon University |
| Mrs Kanika Marwaha | Sheffield Hallam University |
| Mr George Mathew | University of Mangalore |
| Dr Simon James McGraw | University of Sheffield |
| Dr Ralph George Mitchell | University of Warwick |
| Mrs Emma Elizabeth Needell | University of Brunei |
| Mr Gondai Pahla | University of Zimbabwe |
| Mrs Georgina Ramsey | University of Southampton |
| Mrs Ginu Edwin Rodrigues | Maharashtra University of Health Sciences |
| Miss Claire Marie Speer | University of Huddersfield |
| Dr Nicholas Stubbings | University of Leicester |
| Dr Toby Bruce Wallace | University of Manchester |
| Mrs Desiree Wentzel | University of Western Cape, South Africa |
| Mr Richard Wood | Glasgow Caledonia University |

Presentation of Fellowship, Membership and Diplomate Membership in absentia

Fellowship

| | |
|--------------------------------|--------------------------------------|
| Dr Sonia Chloe Bains | University of King's College London |
| Dr James Baldock | University of Leicester |
| Dr Wing Bao Chu | University of King's College, London |
| Dr Philip Mark Clelland | University of Leeds |
| Dr Mark Cranley | University of Southampton |
| Dr Danny Mark Glover | University of Sheffield |
| Dr Raymond Leung | University of Bristol |
| Dr Bevin McCartan | Queen's University, Belfast |
| Dr Florence Newton | University of London |
| Dr David Roscoe | University of Leicester |
| Dr Thomas Saw | University of Cambridge |
| Dr Christian John L. Verrinder | University of Nottingham |

Membership

| | |
|-------------------------------|----------------------------|
| Dr Irfan Ahmed | Barts and the Royal London |
| Dr Khawer Ayoub | University of Birmingham |
| Dr Mark Benton | University of Manchester |
| Dr James Hanslip | University of Liverpool |
| Dr David Jefferies | University of Bristol |
| Dr Roshan Chamindu Gunasekera | University of Sheffield |
| Dr Jack William Nash | University of Manchester |
| Dr Steven James Whatmough | University of Keele |

Diplomate Membership

| | |
|-------------------------------------|-----------------------------------------------|
| Dr Udupi Adam Tanvir Alam | Manipal Academy of Higher Education |
| Mrs Natasha Bechoo | UKZN, South Africa |
| Mr Kevin Bowers | University of Coventry |
| Mr Prasad Chakradeo | Sheffield Hallam University |
| Dr Ka Kam Kenneth Chui | Chinese University of Hong Kong |
| Mr Daniel Connolly | University of Brighton |
| Mr Hozefa Dahodwala | Rajiv Gandhi University of Health Sciences |
| Mrs Anne Flannery | University College, Dublin |
| Dr David Francis | University of Leicester |
| Dr Nick Paul Gardner | Queen's University, Belfast |
| Dr Christopher Gillespie | University of Birmingham |
| Dr Charlotte Hobby | University of Cardiff |
| Dr Naveen Mischal Hosangadi Jayadev | Kuvenmpu University |
| Mrs Boyka Ivanova | Vasil Levski, Bulgaria |
| Dr Aayesha Abdul Gani Khatri | Ibn Sina National College for Medical Studies |
| Captain Henry Kirkham | University of Cardiff |
| Dr Clare Lodge | University of Cardiff |
| Dr Jonathan Lucas | University of Manchester |

Dr Amos Machinjike
Dr Javid Majlesi
Dr Adam Jonathan McClintock
Dr Jenna Louise Middleton
Dr Alexandra Helen Moorhouse

Dr Deepak Nagra
Dr Vincent Thien Ninh
Dr Oliver O'Sullivan
Dr James Scott Robertson
Dr Imran Mohammed Sajid
Dr David Stephen Salkin
Dr Benjamin Saunders
Mrs Jennifer Searle
Dr Andrew Abel Abhdalla Shafik
Dr Gavin Christopher Stephen
Dr James Visser
Dr Ian Wilkinson
Mr David Zalech

University of Zimbabwe
University of Istanbul
Queen's University, Belfast
University of Newcastle
Barts and the London School of
Medicine and Dentistry
UVVG Arad, Romania
Imperial College of Medicine
University of Liverpool
University of Edinburgh
Imperial College of Medicine
University of Manchester
Imperial College London
University of Hertfordshire
University of Leeds
University of Aberdeen
Stellenbosch University
University of Newcastle upon Tyne
University of East Anglia

Development of the Faculty of Sport and Exercise Medicine

The Faculty was officially launched in 2006 and is an intercollegiate faculty of the Royal College of Physicians of London and the Royal College of Surgeons of Edinburgh.

Sport and Exercise Medicine (SEM) has a long history - in the Ancient Greek Olympic Games a Doctor was always one of the officials. Herodicus, one of Hippocrates' Tutors, pioneered therapeutic exercise as a treatment of disease and maintenance of good health in the 5th Century BC. Galen, who looked after the gladiators in the 2nd Century AD, was probably the first Team Doctor.

The need for SEM as a specialty started during the 20th Century, after the Second World War. More doctors were involved in looking after sports teams; attending Olympic Games, working as venue doctors, and assessing whether a participant could continue with the competition. Doctors were also involved in the creation of sports injury clinics both private and NHS.

Most of the work was done originally by volunteer doctors who had a special interest in Sport and Exercise Medicine. The 20th Century also included the development of educational programs in SEM - athletes progressively sought advice from such doctors, not only with regards to treatment of their injuries, but also in terms of training and other aspects of their preparation.

The 1986 Commonwealth Games in the UK was a great stimulus to the development of Sport and Exercise Medicine. Three Scottish Medical Colleges established a Board of Sport Medicine, which defined a syllabus and established a Diploma Exam. This became accepted as a safe standard of practice for doctors providing services to sports. At the same time, the Worshipful Society of Apothecaries developed an exam and a number of Universities established courses and diplomas.

In 1995 the establishment of a Faculty of Sport and Exercise Medicine was proposed by the Institute of Sports Medicine (now The Institute of Sports and Exercise Medicine). This included the education of medical practitioners in SEM and establishing the standards of competence. This led to the establishment of the Intercollegiate Academic Board of Sport & Exercise Medicine (IABSEM) in 1998. Its first task was setting and monitoring the clinical standards and establishing a Diploma level Exam for the UK and Ireland. This is now the FSEM UK Membership Exam held each year.

The 21st Century saw the development of Government Policies to improve health and promote sporting excellence. In February 2005 the Department of Health recognised Sport & Exercise Medicine as a specialty, Parliament amended the Specialist Medical Order, creating the new specialty of Sport and Exercise Medicine.

In 2006 the Faculty of Sport & Exercise Medicine (FSEM) UK was launched. The Academy of Medical Royal Colleges agreed that IABSEM could develop into FSEM UK. The Faculty developed a higher specialty training programme and a curriculum, accepted in 2007 by the GMC/PMETB. Methods of assessment included the Diploma Exam (now the FSEM UK Membership Exam). Higher specialty training (HST) is of eight years duration, two years being spent as Foundation Doctors, two years Core Training

and four years as Registrars in Sport and Exercise Medicine. Entry to HST is via CMT, ACCS or GPVTS training. The first ceremony to award FFSEM UK and MFSEM UK was held in September 2007.

Today the FSEM UK sets the standards in SEM and oversees research, training, curriculum, and assessment of all SEM doctors. With over 700 Members, Fellows and Diplomate Members, not including medical students. The Council of the Faculty consists of the elected officers, elected members, representatives of the parent colleges, as well as lay representatives and new consultant and registrar representatives.

The Faculty's role includes the education of medical practitioners to maintain the highest possible standards of professional competence and practice in Sport and Exercise Medicine for the protection and benefit of the public.

It also acts as the governing body in all matters of post graduate education and training in order to advance and maintain standards in the specialty of Sports and Exercise Medicine, encourage academic research and develop the specialty.

The Faculty developed a new resource in 2017 "Moving Medicine".

The Moving Medicine project, led by Dr Natasha Jones and Dr Hamish Reid, started in 2017. Ten teams of Sport and Exercise Medicine Consultants and Specialist Registrars each reviewed the evidence behind physical activity in different long-term conditions. The initial resources were Cancer, COPD, Depression, Dementia, Type 2 Diabetes, Falls and Frailty, Inflammatory Rheumatic Disease, Ischaemic Heart Disease, MSK Pain and Primary Prevention.

This information was then presented to an external validation team and following that, workshops were held with stakeholders including charities, people with the condition, and clinicians working with people with each condition. It was then built into the Moving Medicine online platform.

Moving Medicine is an online resource to help support healthcare professionals to have conversations with their patients with long term conditions about the benefits that being physically active can have for them. The consultation guides are set in a motivational interviewing framework, split into 1 minute, 5 minute or more minute conversations so that the clinician can decide which one to use depending on how much time they have to help support successful behaviour change. Alongside the consultation guides are patient information leaflets to help reinforce what has been discussed and can be used to plan activity, along with an interactive finder for the patient to find opportunities to be active near them. www.movingmedicine.ac.uk

Another major step forward for the Faculty, in 2021 the Faculty became a multidisciplinary organisation and in partnership with the Primary Care Rheumatology and Musculoskeletal Medicine Society (PCRMMMS), developed a new multidisciplinary examination in Musculoskeletal Medicine.

In recognising the multidisciplinary nature of working in musculoskeletal, sport and exercise medicine the Faculty is looking to broaden its professional base and become a body that represents and supports the growth and development of the

multidisciplinary team. The Faculty have encouraged those who passed the exam to become Diplomate Members of the Faculty, candidates that sat the exam include GPs with an extended role and allied health professionals working in musculoskeletal service settings, including First Contact and Advanced Practitioners.

Address to Fellows and Members of the Faculty

By

HRH The Princess Royal

