



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

Annual Awards Ceremony

Thursday 29 September 2022
at The Royal College of Surgeons of Edinburgh

PRESIDENT

Dr Natasha Jones

MB.BS(Lond), FFSEM(UK), FRCP, MRCGP

Conferment of 2022 Honorary Fellowship

Dr Patricia Jane Dunbar
FFSEM (UK)

Presented by

Dr Roger Hawkes
FFSEM (UK)

Dr Jane Dunbar started medical life at St Andrews University. After 3 years in Manchester for clinical training she went to work in Perth and the Orkney islands, finishing GP training 7 years later after taking time off to travel. During that time, she was appointed by Operation Raleigh (now known as Raleigh International) as Chief Medical Officer and had a year at sea sailing across the Atlantic and around the Caribbean and central America, gaining her merchant navy seaman's ticket and discharge book along the way.

She then decided to get 'a proper job' and became a GP Partner for 7 years, where she enjoyed looking after the local rugby team and getting involved in the local sports injury clinic

After passing the Scottish Diploma Exam in 1994, she left general practice to spend more time looking after sports events, including European Tour Golf events. She represented her country as a doctor at Commonwealth games (2002 to 2014) and Olympic Games. She particularly enjoyed her time with Paralympics GB in the preparatory years for the London games in 2012.

In 1995 she worked with NSMI to develop the first Sports First Aid course in the UK and for 10 years taught tutors to deliver it all over the country. She was awarded a NSMI Fellowship in 2003 in recognition of this early pioneering work and fellowship of the Institute of Sports medicine in 2002.

Since 1995 she has taught at Stirling University covering the sport and health and the role of exercise in health modules.

Dr Dunbar has run the well-known BASEM Foundation courses since about 1998, started writing questions for the Faculty exams in 2002, and was mainly responsible for the Faculty written papers from 2006.

In 2009 Dr Dunbar became the first GMC registered SEM specialist in Scotland and first female SEM Consultant in the UK. With no NHS Post in Scotland, she continued to work in SEM privately and ran a locality funded SEM clinic in a University GP practice.

In 2015 she began volunteering at an orphanage and monastery in Myanmar which feeds, houses and educates 1,500 students to enable them to attend school. She has also trained students as nurses for the school sick bay. Sadly, she has been unable to visit Myanmar since Feb 2021 due to events in the country but is still in regular contact with everyone at the monastery.

Conferment of 2022 Honorary Fellowship

Dr Paul D Jackson
FFSEM (UK)

Presented by

Dr Julia Newton
FFSEM (UK)

Dr Paul Duncan Jackson has made a considerable contribution to our specialty over the last 30 years. Initially undertaking training in General Practice after attending St Mary's Hospital medical school, he joined his first sports injury clinic in 1990 as he developed his passion for Sports medicine. This passion grew from his own involvement in sport as a talented rugby player, having played for England schoolboys at every age group and many times for the England u23 team. He also played over 150 1st XV games for Harlequins and was captain of Middlesex County.

In the early 1990's he was on the RCGP Sports Medicine Working Party which he went on to chair. He co-authored, taught, examined and supervised dissertations for the University of Bath SEM Course during the first 6 years of its existence and became an external examiner in Cardiff and an examiner for our faculty. He was one of the first Faculty appraisers and went on to chair the appraisal and revalidation committee.

He became President of the Faculty in 2015 and during his first year in office presented an application to the Academy of Medical Royal Colleges for FSEM to become a full member of the Academy. This application was unanimously accepted and opened the door to FSEM being more directly involved in conversations with Government and the NHS. He successfully put the case to what was then Public Health England to receive funding for the Moving Medicine project and the Active Hospital project.

Dr Jackson has now retired from the English Institute of sport where he was Deputy Director of Medical services for 13 years. While at EIS, Dr Jackson was the driving force behind the creation of a new electronic medical record system for EIS and GB Olympic Sport. He constructed a novel illness and injury coding system which has resulted in a huge volume of data to help understand the causes, duration, and effective management of illness and injury in high performance athletes mapped against their training loads.

Prior to, and during, his time in the EIS countless athletes have benefitted from Dr Jackson's astute clinical skills and robust support of their primary welfare. He has been Chief Medical Officer to bobskeleton, bobsleigh, and British tennis, and has worked with England rugby 7s and the England Cricket team. Perhaps most notably he was the GB Modern Pentathlon Chief Medical Officer for 20 years - eventually putting down his stethoscope after the team achieved gold medals in both the men's and women's events in Tokyo 2021 Olympics.

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 2022.

Fellowships for 2022

Dr Irfan Ahmed

Dr Robert Barker-Davies

Dr Craig Rosenbloom

Dr Kahawalage Pumi Senaratne

Dr Amit Verma

University of Cambridge

University of Nottingham

University of Manchester

University of Nottingham

University of Leicester

**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 2022 and have come to be Members of the Faculty.

Memberships for 2022

Dr Deepa Bala
Dr Matthew Cosgrave
Dr Mathias Thomas Nagy
Miss Katarzyna Studnicka

University of Newcastle
Queen's University, Belfast
University of Graz, Austria
University of Silesia, Poland

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

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

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

Dr Obotu Samuel Agada	Ahmadu Bello University
Dr Muhammad Ateeb	University of Lahore, Pakistan
Dr Myo Min Aung	University of Yangon. Myanmar
Dr Ahmed Mohamed El Sayed Badawy	University of Cairo
Mr Suraj Bafna	University of Maharashtra, India
Dr Rohit Prakash Bhide	University of Maharashtra, India
Dr Matthew Grant	University of Southampton
Ms Katy Green	University of Keele
Mrs Andrea Johnson	University of York
Mrs Alexandra Lewis	University of Coventry
Dr Mohammed Ibrahim Malik	University of Birmingham
Dr Sheikh Abdullah Adnan Bin Musarraf	University of Dhaka
Mr Thomas Robinson	University of Southampton
Mrs Helen Tunnicliffe	University of Coventry

Presentation of the Donald Macleod Medal for 2022

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 2022 is

Dr Matthew Cosgrave
Queen's University, Belfast

Address to new Fellows, Members and Diplomate Members

By

Dr Patricia Jane Dunbar
FFSEM (UK)

Presentation of Fellowship, Membership and Diplomate Membership in absentia

Fellowship

Dr Christopher Jones	University of Newcastle
Dr Kate Jordan	University of Newcastle
Dr Emma Lunan	University of Glasgow
Dr Andrew Massey	Queen's University, Belfast
Dr Craig Sheridan	University of Leicester
Dr Peter Walker	University of Leeds

Membership

Dr Nafisah Ali	University of London
Dr Carl Richard Henning Antbring	University of London
Mr Randeep Aujla	University of Leicester
Dr Thomas Axon	University of Birmingham
Dr Ronjan Bhattacharya	University of Liverpool
Dr Sam Botchey	University of York
Dr Wei Lun Cheong	University of London
Mr M. Zaki Bakht Choudhury	University of London
Dr Mahesh Cirasananbati	University of Shivaji, India
Dr Lynn Cromie	Queen's University, Belfast
Mr Moataz El-Husseiny	University of Cairo
Dr Chinyere Ezewuzie	University of London
Mr Nicolas Greville Farrar	University of London
Dr Daniel Fitzpatrick	University of Manchester
Mr Stephen Paul Guy	University of Newcastle
Mr Alan Howieson	University of Edinburgh
Dr Lewis Jones	University of Bristol
Dr Ronan Kearney	National University of Ireland
Mr Karadi Sunil Kumar	Bangalore Medical College
Mr Tariq Adam Kwaees	Charles University, Prague
Mr Reza Seyed Mansouri	University of Shiraz, Iran
Dr Adimabua Christopher Mogeckwu	University of London
Mr Arvind Mohan	University of Jammu, India
Dr Barry O'Flanagan	National University of Ireland
Dr Vishal Patel	University of London
Dr Lewis Raiman	University of London
Dr Andrew Shafik	University of Leeds
Dr Faisal Shaikh	Maharashtra University
Mr Saif Ul Islam	University of Khyber, Pakistan
Dr Nathan Wall	University College Dublin

Diplomate Membership

Dr Ardavan Algooneh	Royal College of Surgeons in Ireland - Bahrain
Dr Adeyemi Adegboye Aribatise	Obafemi Awolowo University, Nigeria

Dr Joel O'Neil Alastair Brown	University of Leeds
Dr Rebecca Cam	University of Birmingham
Dr Ahana Chatterjee	University of Burdwan, India
Dr Cahir Eoin Doherty	University of Nottingham
Dr Adam Drummond	University of Newcastle
Mr Kyle Funston	University of Northumbria
Mrs Suzie Golding	University of Teeside
Dr Ehab Gusbi	Royal College of Surgeons in Ireland – Bahrain
Mr Andrew Hall	University of Edinburgh
Dr Matthew Harling	University College London
Dr Michael David Jeans	University of Pretoria
Dr Matthew Jones	University of Southampton
Prof Erdem Kasikcioglu	University of Istanbul
Dr Phoebe Ella Lambert	University of Birmingham
Dr Tazkera Begum Linda	University of Dhaka, India
Dr Sanjay Mehta	University of London
Dr Cameron Montgomery	University of Oxford
Mr Ak Zul Azril Zrqry PG Matassim	University of Southampton
Mr Simon Robinson	University of Greenwich
Dr Rajeev Titan Routray	University of Edinburgh
Dr Ahmad Saif	University of Cardiff
Dr Haytham Salem	Ain Shams University, Cairo
Mr Carwyn Sheavills	University of Sheffield
Dr Alison Elizabeth White	University of Dundee
Mr Dean Lee Whiting	University of Portsmouth
Mr Isaac Williams	University of Brunel
Dr Zaw Ya	University of Medicine, Mandalay, Myanmar

Development of the Faculty of Sport and Exercise Medicine UK

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

Sport and Exercise Medicine (SEM) has a long history – a doctor was always present as one of the officials in the Ancient Greek Olympic Games. 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 developed 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 saw the development of educational programs in SEM - athletes progressively sought advice from such doctors, not only about injury treatment, 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 clinical standards and establishing a Diploma level Exam for the UK and Ireland. This is now the annual FSEM Membership Exam.

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.

The Faculty of Sport and Exercise Medicine UK was created when IABSEM developed into the FSEM as an intercollegiate faculty of the Royal College of Physicians of London and the Royal College of Surgeons of Edinburgh. The Faculty then set about establishing the new speciality. It developed a higher specialty training programme and a curriculum that was accepted by the GMC. The methods of assessment include the FSEM Membership Examination in Sport and Exercise Medicine which is run by the

Faculty each year. The first ceremony to award FFSEM (UK) and MFSEM (UK) was held in September 2007.

Today FSEM sets the standards in SEM and oversees research, training, curriculum, and assessment of all SEM doctors and has over 800 Members, Fellows and Diplomate Members, not including medical students.

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.

In 2017, the Faculty developed the Moving Medicine resource, designed to help achieve our mission of improving the health of the nation through physical activity. The Moving Medicine project, led by Dr Natasha Jones and Dr Hamish Reid, was developed as part of the national Moving Healthcare Professionals Programme led by OHID and Sport England. The award-winning programme provides free evidence-based training and practical resources that support doctors, AHPs and other health professionals to help patients live more active lives. It provides consultation guides set in a motivational interviewing framework, as well as patient information leaflets to help reinforce what has been discussed and to plan activity, and an interactive finder for the patient to find opportunities to be active near them. Find out more by visiting the website at www.movingmedicine.ac.uk.

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

Candidates who have taken the exam to date include GPs with an extended role and allied health professionals working in musculoskeletal service settings, including First Contact and Advanced Practitioners. Successfully passing the examination qualifies candidates to apply for Diplomate Membership of the Faculty. 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.