



# **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 19 September 2019

at the Royal College of Physicians, London

**PRESIDENT**

**Dr John Etherington CBE FFSEM(UK) FRCP**

## **Conferment of Honorary Fellowship**

**Sir Muir Gray CBE FRCPSGlas FCLIP**

*Presented by*

**Professor Alan Maryon-Davis FFPH FRCP FFSEM(UK) FRCGP**

### **Sir Muir Gray**

Sir Muir entered the Public Health Service by joining the City of Oxford Health Department in 1972, after qualifying in medicine in Glasgow, the city of his birth. The first phase of his professional career focused on disease prevention and health in old age, followed by the development of the NHS screening programmes as well as services aimed at bringing knowledge to patients and professionals, including the NHS Choices. He has also been instrumental in setting up the Centre for Evidence Based Medicine and the Cochrane Collaboration in Oxford. During this period, he was appointed as the Chief Knowledge Officer of the NHS in England. He is a Visiting Professor in Knowledge Management at the Department of Surgery and a Visiting Professor of Value Based Healthcare at the Nuffield Department of Primary Care Health Sciences.

He has returned to his first mission to prevent disease and promote health in old age with a series of books Sod60! Sod70!, SodIt, Eat Well and the Mid-life Health Handbook.

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

## **Conferment of Honorary Fellowship**

**Baroness Carys Davina Grey-Thompson DBE, DL**

*Presented by*

**Dr Roderick Jaques FFSEM(UK) FRCP  
Past President FSEM UK**

### **Baroness Carys Davina Grey-Thompson**

Tanni Grey-Thompson is an athlete, and has sat on the National Disability Council, Sport England Lottery Awards panel, Sports Wales and UK Sport. She has been a major force since retiring from sport in the area of good governance around athlete's health and wellbeing. This closely aligns her to the purposes of our Faculty.

Tanni graduated from Loughborough with a degree in politics and social administration in 1991 and currently sits on the board of the BBC and London Legacy Development Corporation for the Olympic Park. She has competed at five Paralympic Games from Seoul to Athens and won 11 golds, 4 silvers and 1 bronze. She is the holder of 35 world records from 100m to 800m in her disability class as well as winning seven golds at the World Championships from 1990 to 2006. She was made a Dame in 2005 and appointed as a Crossbench Peer to the House of Lords in 2010.

One of her great passions is to improve the duty of care requirements of professionals and sports in their care of athletes. This resulted in her leading the Duty of Care Report to Parliament in 2017, the key findings of which recommended a named board member responsible for duty of care in National governing bodies of sport, an induction process for all participants entering elite sport and an exit survey for elite athletes. Tanni has pushed hard for the British Athlete Commission to be independently funded, for a sports Ombudsman to be created, and for the government to measure duty of care via an independent benchmark survey. She acknowledges that there is still work to be done in this area but she is relentless in her pursuit of the improved education of those involved in sport, the transition into and out of sport for athletes, safeguarding, mental welfare and above all, making certain that the sports participant's voice is heard.

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

## **Conferment of Honorary Fellowship**

**Professor Sheona MacLeod  
MBChB FRCGP MMed FAoME DOccMed DCH DRCOG**

*Presented by*

**Dr Paul D Jackson MBBS FFSEM(UK)  
Immediate Past President FSEM UK**

### **Professor Sheona MacLeod**

Sheona was born and educated in Glasgow. Her father was a chest surgeon and her mother a GP.

She studied medicine at Glasgow University. She was a House officer in Professor DC Carter's Unit in Glasgow Royal Infirmary, working with both Professor Carter and Professor Sir Harry Burns, two of Scotland's future CMOs who both demonstrated a much broader understanding of health and the benefits of patient education and engagement with their own rehabilitation than was found in most leading surgical units at that time. She then moved to Paisley where she subsequently trained as a GP.

Sheona became the Lead Dean for sport and exercise medicine in 2013, supporting the specialty to develop faculty resources to raise the profile of SEM, and putting forward the arguments to protect training places in the national reviews of training numbers. Having always valued the place of sports, exercise and effective management of musculoskeletal problems, especially in rehabilitation, she has been interested in the development of the specialty and impressed by its personal and public health value, as well as the benefits in more effective use of NHS resources and the impact on UK workforce wellbeing and productivity. She champions the specialty and the benefits of having advanced medical expertise in musculoskeletal, exercise and sport medicine both in the UK and abroad.

You can also say she always feels slightly worried coming to SEM meetings if she hasn't been for a run recently as everyone always looks as if they walk the talk and are as fit as they would like the rest of the UK population to aspire to!

The Faculty and our specialty has benefited greatly from Sheona'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.

Dr Shoaib Amaan	University of Manchester
Dr Daniel Broman	University of Birmingham
Dr Robin Chatterjee	University of Liverpool
Dr Kush Joshi	University of London
Dr Dane Vishnubala	Hull York Medical School

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

Dr Sonia Chloe Bains	Kings College, London
Dr Arindam Banerjee	University of Leeds
Dr John Brooks	Kings College, London
Dr Victoria Campbell	University of Dundee
Dr Seán Carmody	Hull York Medical School
Dr David Eastwood	University of Newcastle
Dr Ross Hemingway	University of Leeds
Dr Alastair Jones	University of Sheffield
Dr Frank Schneider	University of Aachen
Dr Neeraj Sharma	University of Dibrugarh
Dr Edward Abiola Williams	University of Sierra Leone
Dr William Thomas Wilson	University of Glasgow
Dr Amit Verma	University of Leicester

### **Presentation of the Donald Macleod Medal for 2019**

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 candidate with the highest mark in 2019 is

Dr Alastair Jones  
University of Sheffield

**In Absentia**

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

Dr Alethea Beck	University of Manchester
Dr Christopher Garnett	University of Edinburgh
Dr Catherine Hornby	Peninsula Medical School, Plymouth
Dr Wojciech Stefan Kluzek	University of Warsaw
Dr Caroline MacCrea	University of Edinburgh
Dr Wilby Williamson	University of Nottingham
Dr Craig John Zalecki	University College London

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

Dr Tamsin Bennett	University of Sheffield
Dr Matthew Brown	University of Manchester
Dr Emma Jane Lunan	University of Glasgow
Dr Bevin McCartan	Queen's University, Belfast
Dr Mary O'Hanlon	University of Warwick
Dr Christopher Schoeb	St George's, University of London
Dr Kahawalage Pumi Senaratne	University of Nottingham
Dr Pdraig Sheeran	University of Liverpool
Dr Craig Sheridan	University of Leicester
Mr Faiz Shivji	University of Nottingham
Dr Timothy Yu	St Barts and the London

## 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 5<sup>th</sup> Century BC. Galen, who looked after the gladiators in the 2<sup>nd</sup> Century AD, was probably the first Team Doctor.

The need for SEM as a specialty started during the 20<sup>th</sup> 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 20<sup>th</sup> 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 21<sup>st</sup> 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 590 Members and Fellows, 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.

**Address to Fellows and Members of the Faculty**

*By*

Professor Sheona MacLeod