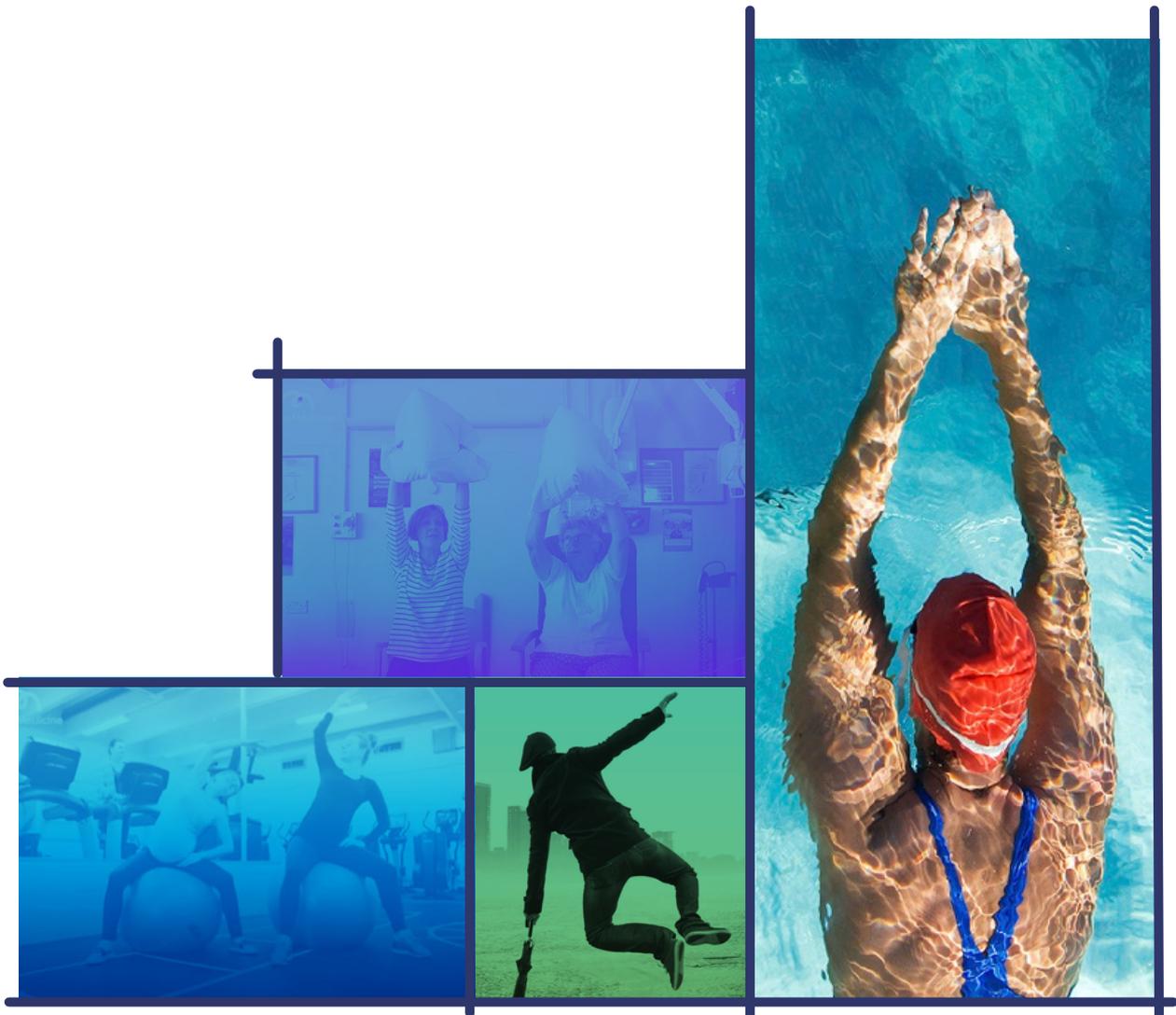




Strategy Update 2023

Grow. Unite. Support.



Introduction



Just over a year ago, we unveiled our Strategy 22-25 and set forth a series of ambitious goals designed to unite our specialty, grow our organisation, and support our members. In January 2023, at the end of my first full year as President, I sat down with faculty leadership to evaluate our progress towards those goals.

As an organisation we have taken some far-reaching steps over the past twelve months, and I am very proud of the progress we have made. You will have already read about much of this work in our regular communications throughout the past year, and you can find [a summary of our work in this update.](#)

Our objectives - to develop and demonstrate the value of exercise and MSK medicine in the NHS, to support practitioners working in elite sport, to develop FSEM as a collaborative, multidisciplinary organisation capable of uniting the specialty and delivering our goals - have not changed. But with so much progress already made, I felt it was time to update some of the actions we plan to take in order to achieve those goals.

The following pages will outline the updated steps we plan to take, in order to build on what we have already achieved and continue to make progress towards our objectives.

I hope you will agree that we have a lot to be proud of. I am constantly humbled by the number of people giving up their time to help us. None of this could have been achieved without their support, and I would like to thank everyone who has volunteered their time to work with us. With your help, I believe we have already taken a number of very positive steps towards achieving our goals. There is much more still to be done, and I hope you will feel as inspired as I am to continue the work we have begun together.

Dr Natasha Jones

President, Faculty of Sport and Exercise Medicine (UK)

Our Objectives

Develop and demonstrate the value of Exercise and MSK Medicine in the NHS

Support practitioners working in Elite Sport

Develop FSEM as a collaborative, multi-disciplinary organisation, capable of uniting the specialty and delivering our goals



Develop and demonstrate the value of Exercise and MSK Medicine in the NHS

What we will do

- Increase our influence within the NHS
- Work with national partners to develop collaborative models for integrated care systems

How we will do it

- Support integrated MSK team through standard setting, education, leadership development and mentorship
- Advocate for SEM within MSK workforce
- Work with partners to integrate physical activity into paediatric and adult healthcare - [see our Moving Medicine Strategy for more](#)
- Support integrated PA team through standard setting and educational resources

Develop and demonstrate the value of Exercise and MSK Medicine in the NHS

Next steps...

Workforce	Workforce planning project to advocate for <ul style="list-style-type: none">•An increase in SEM consultant numbers•An increase in SEM specialist training posts across all four nations•SEM Involvement in commissioning of MSK services to build sustainability and diversity into the workforce
Accreditation	Pilot project for GPwER accreditation in MSK medicine, delivered in collaboration with RCGP
Diploma	Develop a diploma in physical activity and health, creating a new route to Diplomate Membership
MDT / Diplomate Members	Develop leadership and mentorship opportunities for MSK multi-disciplinary members Expand and develop podcast and webinar series for MSK diplomate membership
Moving Medicine	Training modules in hospital associated deconditioning and peri-operative care Patient facing resources on physical activity and symptom control Develop further targeted educational resources building on the clinical champions programme Continue to work with partners internationally, nationally, at system and at place to embed patients centred conversations about physical activity into healthcare pathways

Support practitioners working in Elite Sport

What we will do

- Form a working Elite Sport committee
- Form an Elite Sport Advisory Board to improve engagement/advocacy in Sport

How we will do it

- Improving training and education for practitioners working within Children and Young People (CYP) and adult sport
- Renewed focus on professional standards, including updating our Professional Code
- Developing policy and partnerships with government and national stakeholders

Support practitioners working in Elite Sport

Next steps...

Appraisal & Revalidation	<p>Enhance and improve processes and content of Appraisal including CPD, mandatory components, consistency and quality</p> <p>Advocate for FSEM to deliver appraisal to reflect standard practice for practitioners working in Sport as part of a portfolio career</p> <p>Review of Suitable Person function including term, accountability, support, etc</p>
Guidance	<p>Develop guidelines for:</p> <ul style="list-style-type: none">•Record Keeping•Social media use•Working and communicating within teams•Operating principles for practitioners and employers working in Sport•Indemnity <p>Update FSEM's Professional Code and improve centrality to appraisal process</p>
Diploma	<p>Develop a diploma in team care, creating a new route to Diplomate Membership</p>
Fellowship	<p>Run pilot Fellowship in Elite Sport in partnership with RFU and publish learning</p>
Incident Reporting	<p>Develop formal process for incident reporting and whistleblowing</p>

Continue our journey towards a College of Musculoskeletal, Sport and Exercise Medicine

What we will do

- Establish FSEM as independent charity
- Define and enact our future relationship with BASEM
- Support and develop all our members and fellows

How we will do it

- Establish new, inclusive and collaborative membership structure
- Agreement in principle with BASEM following membership votes
- Membership vote on name of new college
- Complete necessary processes to become structurally independent
- Learn from the new FSEM equality, diversity and inclusion committee and strategy working with BASEM

Continue our journey towards a College of Musculoskeletal, Sport and Exercise Medicine

Next steps...

<p>Independent Charitable Status</p>	<p>Re-establish FSEM office as an independent charity with associated processes, systems and structures to support it</p> <p>Recruit and appoint new lay trustees</p> <p>Re-organise FSEM committees, council and trustee structure to match new organisational structure</p>
<p>Relationship with BASEM</p>	<p>Develop FSEM/BASEM joint recommendation paper, run live question and answer session and run membership votes and begin journey towards future relationship following that</p> <p>Membership vote on name/rebrand of new college</p>
<p>Examinations</p>	<p>Develop Specialty certificate examination in SEM</p> <p>Continue Diploma in MSK medicine, and develop two new diplomas (as detailed in previous tables)</p>
<p>Mentorship</p>	<p>Define mentorship and publish mentorship recommendations</p> <p>Begin First emerging leaders in SEM programme with accompanying mentorship programme.</p>

Our Vision

Improve the health of the nation through physical activity

Our Mission

Develop a strong, unified voice in the sport, exercise, and musculoskeletal medicine community

Our Values

We Grow

We Unite

We Support