



# Faculty of Sport and Exercise Medicine UK

Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care

## Faculty of Sport & Exercise Medicine

### Team Care Diploma

#### Recommended reading list

The below list is not exhaustive but aims to provide an introduction to the learner to the key topics that may be assessed in the examination.

#### **Module 1 – Clinical Governance**

General Medical Council - good medical practice

<https://www.gmc-uk.org/professional-standards/good-medical-practice-2024>

Health and care professions council – standards

<https://www.hcpc-uk.org/standards/>

Faculty of Sport and Exercise Medicine (UK) – professional code

<https://www.fsem.ac.uk/policy-and-publications/professional-code/>

General Medical Council – good practice in prescribing and managing medicines and devices

<https://www.gmc-uk.org/professional-standards/professional-standards-for-doctors/good-practice-in-prescribing-and-managing-medicines-and-devices>

Macfarlane AJR. What is clinical governance? BJA Educ. 2019 Jun;19(6):174-175. doi: 10.1016/j.bjae.2019.02.003. Epub 2019 Mar 20. PMID: 33456887; PMCID: PMC7808043.

#### **Module 2 – Safe and effective practice**

NHS records management code of practice

<https://transform.england.nhs.uk/information-governance/guidance/records-management-code/records-management-code-of-practice/>

NHS England safeguarding

<https://www.england.nhs.uk/safeguarding/about/>

NHS infection prevention and control manual

<https://www.england.nhs.uk/national-infection-prevention-and-control-manual-nipcm-for-england/>

Care Quality Commission

<https://www.cqc.org.uk/about-us/our-purpose-role/who-we-are>

### **Module 3 – Interdisciplinary team work**

Breitbach AP, Reeves S, Fletcher SN. Health Care as a Team Sport?-Studying Athletics to Improve Interprofessional Collaboration. *Sports (Basel)*. 2017 Aug 18;5(3):62. doi: 10.3390/sports5030062. PMID: 29910422; PMCID: PMC5968948.

Nancarrow SA, Booth A, Ariss S, Smith T, Enderby P, Roots A. Ten principles of good interdisciplinary team work. *Hum Resour Health*. 2013 May 10;11:19. doi: 10.1186/1478-4491-11-19. PMID: 23663329; PMCID: PMC3662612.

Warren JL, Warren JS. The Case for Understanding Interdisciplinary Relationships in Health Care. *Ochsner J*. 2023 Summer;23(2):94-97. doi: 10.31486/toj.22.0111. PMID: 37323516; PMCID: PMC10262946.

### **Module 4 – Specific athlete groups**

International Paralympic Committee – Medicine

<https://www.paralympic.org/medical>

International Paralympic Committee – Science

<https://www.paralympic.org/science>

Catapano M, Ahmed M, Breslow RG, Borg-Stein J. The aging athlete. *PM R*. 2022 May;14(5):643-651. doi: 10.1002/pmjr.12814. Epub 2022 May 3. PMID: 35441493.

Churchill TW, Baggish AL. Cardiovascular Care of Masters Athletes. *J Cardiovasc Transl Res*. 2020 Jun;13(3):313-321. doi: 10.1007/s12265-020-09987-2. Epub 2020 Mar 18. PMID: 32189198; PMCID: PMC7365748.

Desbrow B, Burd NA, Tarnopolsky M, Moore DR, Elliott-Sale KJ. Nutrition for Special Populations: Young, Female, and Masters Athletes. *Int J Sport Nutr Exerc Metab*. 2019 Mar 1;29(2):220-227. doi: 10.1123/ijsnem.2018-0269. Epub 2019 Feb 15. PMID: 30632423.

Makdissi M, Critchley ML, Cantu RC, *et al*. When should an athlete retire or discontinue participating in contact or collision sports following sport-related concussion? A systematic review. *British Journal of Sports Medicine* 2023;**57**:822-830.

Martowicz M, Budgett R, Pape M, *et al*. Position statement: IOC framework on fairness, inclusion and non-discrimination on the basis of gender identity and sex variations. *British Journal of Sports Medicine* 2023;**57**:26-32.

Mountjoy M, Ackerman KE, Bailey DM, *et al*. 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs). *British Journal of Sports Medicine* 2023;**57**:1073-1098.

Tayrose GA, Beutel BG, Cardone DA, Sherman OH. The Masters Athlete: A Review of Current Exercise and Treatment Recommendations. *Sports Health*. 2015 May;7(3):270-6. doi: 10.1177/1941738114548999. PMID: 26131307; PMCID: PMC4482301.

### **Module 5 – Specific health conditions**

Patricios JS, Schneider KJ, Dvorak J, *et al*. Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport–Amsterdam, October 2022. *British Journal of Sports Medicine* 2023;57:695-711.

Reardon CL, Hainline B, Aron CM, *et al*. Mental health in elite athletes: International Olympic Committee consensus statement (2019). *British Journal of Sports Medicine* 2019;53:667-699.

### **Module 6 – Duties of the medical team**

Resuscitation Council UK – guidelines

<https://www.resus.org.uk/library/2021-resuscitation-guidelines>

Resuscitation Council UK – quick reference handbook

<https://www.resus.org.uk/sites/default/files/2024-01/RCUK%20Adult%20QRH%20January%202024.pdf>

UKAD elearning – clean sport hub

<https://www.ukad.org.uk/cleansporthub>

WADA – The world anti-doping code

<https://www.wada-ama.org/en/what-we-do/world-anti-doping-code>

World Rugby – elearning (or equivalent national sports organisation learning modules for pitchside medical care)

<https://www.world.rugby/the-game/training-education/elearning>

Gabbett TJ, Nassis GP, Oetter E, *et al*. The athlete monitoring cycle: a practical guide to interpreting and applying training monitoring data. *British Journal of Sports Medicine* 2017;51:1451-1452.

### **Related websites**

IOC medical and scientific section, including multiple IOC consensus statements

<https://olympics.com/ioc/medical-scientific>

British Association of Sport and Exercise Medicine – Team Care

<https://basem.co.uk/team-care/>

Faculty of Sport and Exercise Medicine – Diploma in Team Care

<https://www.fsem.ac.uk/careers-and-training/exams/fsem-diploma-exams/diploma-in-team-care/>

## **Textbooks**

Brukner and Kahn, Clinical Sports Medicine. <https://clinicalsportsmedicine.com/the-book>

Joyce, D., & Lewindon, D. (Eds.). (2015). Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions (1st ed.). Routledge.

<https://doi.org/10.4324/9780203066485>