

A Year in Review:

2018



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS

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PROMOTING EXCELLENCE IN SPORT & EXERCISE MEDICINE

To set and maintain a standard of excellence in the practice of Sport and Exercise Medicine

The ACSEP is the pre-eminent professional body representing Sport and Exercise Physicians and Sport and Exercise Medicine in Australasia. The ACSEP is dedicated to providing a robust training experience for its Registrars whilst advancing the skills of its members through evidence based practice.

Sport and Exercise Physicians are committed to excellence in the practice of medicine as it applies to all aspects of physical activity. Safe and effective sporting performance at all levels is a major focus. Alongside this is the increasing recognition of the importance of exercise in the prevention and treatment of common and often serious medical conditions, such as arthritis, heart disease, diabetes, mental health and many cancers.

OUR MISSION

is to provide and promote excellence in the training and continuing professional development of Sport and Exercise Medicine Physicians in Australia and New Zealand.

OUR VISION

is to provide world's best practice with regard to training, standards and research in the speciality of Sport and Exercise Medicine.

OUR VALUES

Integrity
Excellence
Professionalism
Teamwork
Leadership

CHAIR REPORT

The College had another productive and eventful 2018 with the growth of our National Office, the ACC partnership development in New Zealand and progress in the Australian MBS Review. All among a myriad of other activities and events ranging from our representation on the AMA's Doctors in Training Council to our inaugural and hugely successful Doctor Dash.

The continued growth of our College comes alongside the maturing of our risk management and governance processes. Our six-year accreditation by the AMC as a speciality training College is testimony to infrastructure that provides superior quality training, which was reflected in the AMC final report. We owe many thanks to those dedicated College members, staff and Board directors who contributed many hours of their time to see its successful completion.

We have now squarely positioned ourselves in the health landscape as serious advocates for sport and exercise medicine in New Zealand and Australia, and our structure has adapted to facilitate this. The New Year will see an enhanced governance framework with the adoption of an overarching Education Committee (EC). The EC's primary role is to form a cohesive conduit between the other committees and sub-committees that contribute to our core functions, specifically the ACSEP education strategy. Ultimately, the EC helps the Board in decisions relating to educational activities and is responsible for the educational standards which guide and direct our SEM programs.

2018 was also a year of farewells as we saw out the last full calendar year of our current President's term in office. On behalf of the Board I sincerely thank Dr Adam Castricum for the integrity, passion and monumental commitment he has shown to his role throughout his term. Adam's drive for evolution and change has been for the significant betterment of the specialisation and our heartfelt thanks goes to him (and his family) for the sacrifices he's made for the College over the past three years. We look forward to his wise council and contribution on the Board as the immediate past-President and Executive Director on the ACSEP Board.

In late 2018, we also welcomed Dr Linda Swan to the Board as a Non-Executive Director. Dr Swan has been serving an independent member on the ACSEP Professional Standards Board since late 2017.

As the current Chief Medical Officer for Medibank Private, she is uniquely positioned to support healthcare reform that can improve health outcomes, patient experience and the affordability of healthcare for all Australians. She is committed to applying evidence and insights from clinical practice to encourage continued improvement in our health system.

Dr Swan's experience in a broad range of senior executive roles has shaped her understanding that a collaborative approach is required to effectively implement change in our health system. She will no doubt be an invaluable asset the College as a leader in the healthcare landscape and now a passionate advocate for the SEM specialisation. Welcome Linda!

As we ended what can only be described as an eventful and fruitful year, we look forward to the continued achievement of the College's strategic priorities across training excellence, member engagement, our stakeholder relationships and continued organisational stability.

Wishing all our members the best for 2019.



DAVID BRENNAN GAICO

CHAIR



PRESIDENT REPORT

It has been another significant year for the College as we navigated the **Australian Medical Council** reaccreditation process with a strong team effort from all involved across the College, whether that be Fellows, Registrars, National Office staff or the members of our Board. I am extremely proud to announce that the AMC Board of Directors found that **the College substantially meets the accreditation standards**, granting the College **accreditation for the maximum 6 years until March 31, 2025**. This is subject to independent approval by the Medical Board of Australia at its March 1, 2019 Board meeting, for registration purposes. Thank you all to those who gave up their time for this important process, which gives the College a clear roadmap upon which to further grow over the next 6 years and beyond.

The Board welcomed **Mark Fulcher** as the newest Executive Director and **New Zealand representative**, as well as **Kira James**, as our 2019 Registrar Representative. Along with Kate Simkovic, our CEO, Mark was instrumental in helping deliver the new **Accident Compensation Corporation (ACC) funding** model for registrar training in New Zealand. Sport and Exercise Medicine in New Zealand has evolved to the point that ACSEP was invited to sit on the **Council of Medical Colleges** executive in 2019. This highlights the significance New Zealand places on our specialty in helping improve health outcomes for all New Zealanders. Kira represented her registrar body with aplomb, bringing training and Registrar issues to the Board for attention. Kira also represented the College at the **Thursday Island community** visit late in the year, promoting Sport and Exercise Medicine to young Aboriginal and Torres Strait Islander children as not only a career but an important part of medicine for the prevention and treatment of disease later in their life. **Brett Frenkiel** also represented the College at a similar community visit in **Bowraville, NSW** earlier in the year.

We congratulated a record **thirteen registrars** on successfully navigating the **2018 Part 2 Clinical Exams**, and look forward to welcoming many of these as new Fellows at the 2019 Annual Fellows Dinner at the Conference in Queenstown. Congratulations too must go to **Corey Cunningham**, new **Chair of the Examinations and Assessment Committee** (formerly Board of Censors) and his Court of Examiners for all their hard work pulling off the exam in the one sitting. Congratulations too to **David Bolzonello** and his **Training Committee**, ably assisted by **Jen Brown** in the office who help guide our 60 odd registrars through their training. We welcome eleven first year registrars in 2019 to the training program on both sides of the Tasman.

The College was very well represented with at the April **Gold Coast Commonwealth Games** with members working across teams not only from Australia and New Zealand, but across the Commonwealth and many venues as medical staff, often working in a volunteer nature. The Games were an outstanding success and much of this was due to the many ACSEP members who helped the athletes compete and indeed all involved participate at their best. Well done all and we look forward to seeing

many of you in future Commonwealth, Olympic and Paralympic Games. Indeed, ACSEP members continue to be involved at the highest level in delivering Specialist Sports Medicine team and event care at the **Pyeongchang Winter Paralympics, Sydney Invictus Games**, various World Championships and across all professional sporting codes, where women's professional leagues continue to evolve at a startling pace.

Executive Director **Paul Blackman** represented the College on the **Specialist and Consultant Physician Consultation Clinical Committee** as part of the long overdue Australian **Medicare Benefits Scheme (MBS) Review**. The final report was delivered to the **MBS Review Taskforce** just prior to Christmas. Combined with the **National Sports 2030 Plan** delivered in August and **intense lobbying** by the College to the **Federal Health and Sports Ministers** as well as other key Government stakeholders in Canberra, the College is confident that we will see **improved consultation rebates** for our Fellows and Registrars. This will translate to much less out of pockets for our patients in the near future, meaning Specialist SEM care will be accessible and affordable for all members of the community.

To further our push into the community and public health system in Australia, the College finalised its **Scope of Clinical SEM Practice document with NSW Health**. This important document will be the template for Fellows to engage with public hospitals and community health services in future discussions so we can not only expand SEM delivery to the wider community, but also hopefully be able to train SEM Registrars within the public system, integrating and collaborating with the other well-established medical specialties. The College has strengthened relationships with the **Colleges of Emergency (ACEM) and Rural Medicine (ACRRM)** and hopes to work more closely with these Colleges in the future to help with educational support and training opportunities. Indeed, a strong focus of Australian **Council of Presidents of Medical Colleges (CPMC)** meetings this year has been workforce planning and rural specialist training opportunities. Our Vice President, **Louise Tulloh** has led the College **Workforce Working Group** to ensure the College is involved in any future developments in this important space.

The College also continues to make important inroads into better delivery and opportunities in indigenous health. The College formed its **Indigenous Health Advisory Group**, chaired

by Pasifika Fellow, **Krishant Naidu**, and had a number of productive meetings in 2018. I was delighted and honoured to welcome **Nathan Luies**, our **first Australian Indigenous trainee** onto the 2019 ACSEP Training Program at the **Australian Indigenous Doctors Association (AIDA) Conference** in Perth in September, and was also privileged to be able to deliver an important Concussion in Sport Workshop with Nathan to a full house of enthusiastic attendees at the Conference. I also had the opportunity to deliver a presentation on the benefits of exercise in helping “close the gap” for the nine national health priority areas for Australia, not only at the AIDA but also the **National Aboriginal Controlled Community Health Organisation (NACCHO) Conference** in Brisbane a month later. Krishant travelled to his home of Fiji to talk about the importance of SEM to his Fijian community. We look forward to strengthen our partnerships with both the **Pasifika and Te Ora Medical Associations** at the 2019 Queenstown Conference and beyond so we can improve health outcomes for all across the Pacific region.

In September, **Jane Fitzpatrick** and I were honoured to present at the inaugural **Sri Lankan Sport and Exercise Medicine Conference in Colombo** and help launch the **Sri Lankan Physical Activity Guidelines** with our friends in Sri Lanka. The scientific faculty and program for the Conference was of the highest class and well received by all in attendance. The College looks forward to more collaborations in the future and more Fellows sharing their expertise with our Sri Lankan colleagues as SEM helps improve health outcomes in not only Sri Lanka but across the sports mad south Asia.

Indeed, the College has worked hard in 2018 to strengthen collaborations and partnerships with many external stakeholders including **Sports Medicine Australia (SMA)**, the **Australian Physiotherapy Association (APA)**, both the **Australian and New Zealand Medical Associations** with registrar representation on their respective Doctors in Training Councils, **Exercise and Sports Science Australia (ESSA)**, the **Sport and Exercise Medicine Students Association (SEMSEA)**, the **Australian Sports Anti-Doping Agency (ASADA)**, the **British Journal of Sports Medicine (BJSM)**, the **Clinical Journal of Sports Medicine (CJSM)**, **Choosing Wisely** and the **Pain Revolution** with its annual cycling tour through rural and regional Australia.

In February 2019, the College will be incredibly proud to collaborate with **Sport Australia and the Australian Institute of Sport (AIS)**, the **AMA and SMA** to launch the **Concussion in Sport Australia Position Statement and website**. The College has contributed an educational module for medical practitioners to manage concussion in sport and the website aims to be the one stop resource for all members of the community to better understand and optimally manage concussion in sport in both children and adults in the community setting. It is hoped that this will be the first on many future Sports Medicine collaborative Position Statements that will have a broad reach improving SEM care. The College has also been busy developing updated and new educational modules including the brilliant **Dance Medicine module** and the newly launched open access **EKG interpretation in athlete’s modules** as part of a collaboration with **Jon Drezner from the University of Washington’s Center for Sport Cardiology** in the USA.

The College was also well represented in the development and implementation groups for the **National Osteoarthritis Strategy** launched in Canberra in November. The College proudly endorsed the strategy with the **Australian Orthopaedic Association** and the **Australian Rheumatology Association** and looks forward to further research collaborations with

both organisations in the future and embedding specialist SEM care in the community management of OA.

Closer to home, the College has been busy improving services for its members with regular updates to our **Better Members** and mental health resources. The College was proud to host our first **Doctor Dash** in May raising money for the mental health of the wider medical community in Melbourne. The event was a great success coinciding with the **#crazysocks4docs** Doctors mental health awareness day on June 1 which went worldwide via social media in 2018. The College will look to expand this fun run to other cities in 2019, where we hope to further destigmatize mental health issues and raise awareness and funds for mental health in the health profession in collaboration with other peak medical mental health bodies. The College ran its first **Management of Sporting Trauma (MOST)** course away from the Conference in **October** in Melbourne with many enthusiastic attendees. The College has run many successful extremely well attended **Fellows Dinners** on both sides of the Tasman over the year with all dinners being generously sponsored by a number of partners including **MDAN**. The College has also endorsed positions on **climate change in health and refugee health** with our first **refugee SEM clinic** opening in Western Sydney in 2018 with Specialist Training Position (STP) funding allocated to keeping this viable in 2019 and beyond.

Finally, I would like to thank the many Committee Chairs whose term, like mine, ends at the 2019 Queenstown Conference. In addition to **David Bolzonello, as Chair of Training**, I would also like to thank **Ben Speedy as Chair of the CPD Committee**, **Kieran Fallon as Chair of the Research Committee** and **Michael Makdissi as Registrar Research Coordinator** for all their tireless work and support over the last 5 or 6 years. I wish their successors all the best in their new roles. Lastly, I would like to thank the **Executive, Louise Tulloh as Vice President**, **Kate Simkovic, our CEO** and **David Brennan, our Chairman** for their wonderful support and hard work in this my final year of the Presidency. With the incredible support of all members of the College and our growing and dedicated National Office staff, I would like to think the College has gone from strength to strength and will continue to do so in the future.

A portrait of Dr Adam Castricum, a man with dark hair and a beard, wearing a blue suit, white shirt, and dark tie. He is looking slightly to the right of the camera.

DR ADAM CASTRICUM
PRESIDENT

CEO REPORT

In what has been another positive and extremely busy year for the ACSEP, the College has continued to grow significantly and deliver a variety of services and supports to members. Of significant note this year was the ACSEP undertaking and completion of the AMC Reaccreditation process. This involved countless volunteer hours from many members and significant coordination and inputs from National Office staff. The ACSEP is delighted to be rewarded with the maximum number of 6 years, subsequent to the Medical Board of Australia making an independent approval decision scheduled to be completed in early 2019. This is a significant milestone for the College and provides a wonderful platform for consolidation of what has been an eventful and dynamic few years but also an opportunity for structured and coordinated further development and growth.

The ACSEP's core role is to highlight and support our members in order to ensure every Sport and Exercise Physician and Registrar in Australia and New Zealand is represented and that their patients are provided the very best care. I am incredibly proud of the work we have undertaken throughout the year to help grow and improve services for our members whilst advocating for the extensive role that Sport and Exercise Physicians have in the health landscape.

Of particular note has been the establishment of the ACSEP Women in SEM Advisory Committee. The Committee will advocate for all women who experience barriers applying for SEM training and considering SEM as a career option; the women progressing through the ACSEP training program and professionally within the field itself; and the women who have retired from practice. Women in SEM will champion and support female Registrars and Fellows for nomination and promotion to positions of leadership within the College and be a force for change within the overall culture of both the college and the greater SEM landscape for equity, diversity and empowered representation.

The ACSEP has experienced steady member growth, with a record number of newly minted Fellows to commence in 2019, a growth in the number of Associate and Student Members, and the College is constantly looking at opportunities to sustainably increase the number of training placements available to the ever-growing number of applicants.

All members have access to more ACSEP services than ever before, especially in the online space. Online module development has continued so successfully that the College will be working on initiatives to make these incredible educational resources available to the international audience more broadly. The ACSEP has managed to connect positively with a number of international stakeholders and we are looking forward to furthering collaborations in the future.

The ACSEP also took great strides towards influencing government and the industry more prominently and is now a regular partner and collaborator in many significant areas of health strategy. This transformation has evolved under the leadership of our departing President Dr Adam Castricum and the ACSEP Board Chair David Brennan. I would like to extend my sincere gratitude to both Adam and David for their strong, enthusiastic and compassionate leadership, and to the ACSEP Board for its diligence in leading and defining the strategic direction of the ACSEP throughout the past year. This has made my job as ACSEP CEO extremely exciting as I collaborate with the College leadership in generating strategic and transformative change, growth and opportunity.

I would also like to acknowledge the professionalism and dedication displayed by all ACSEP National Office Staff who tirelessly and diligently work towards delivering quality College outcomes whilst undertaking new initiatives that improve the quality and breadth of services for all members.

I am very much looking forward to the next 12 months as we continue to build on the diversity, strengths and opportunity of Sport and Exercise Medicine and provide members with a strong, relevant and supportive professional home.



KATE SIMKOVIC

CHIEF EXECUTIVE OFFICER



“

**AS A COLLEGE,
WE NEED TO BE PROACTIVE
IN CREATING THE KIND OF CHANGE WE
WISH TO SEE FOR WOMEN ACROSS ALL AREAS OF
HEALTH. GREATER INCLUSION OF WOMEN IN SEM REQUIRES BOTH AN
ACCOMMODATING CULTURE AND A STRONG LEADERSHIP STRUCTURE
WHICH ACSEP HAS THE OPPORTUNITY TO POSITION ITSELF AS A
LEADER AND CHANGEMAKING INSTITUTION**

”

ACSEP BOARD OF DIRECTORS



CHAIR
MR DAVID BRENNAN

David is from Melbourne and joined the Board in 2016 as a non-executive director. David sits on a number of Boards and brings valuable experience in the finance, governance and marketing fields and is assisting the Board to grow its footprint with external stakeholders both domestically and internationally



PRESIDENT
DR ADAM CASTRICUM

ACSEP Fellow from Melbourne and executive director. Adam works closely with the CEO and is the bridge between the Board and the Office regarding College operational, strategic and all clinical matters. Adam oversees all Committees and works with the Chairman to oversee the running of Board and provide leadership for the College. Adam joined the Board in 2015 and was elected President in February 2016.



VICE PRESIDENT
DR LOUISE TULLOH

ACSEP Fellow from Sydney and executive director. Lou joined the Board in 2016 and was previously Censor in Chief of the Board of Censors, overseeing the College examination process. Lou is also actively involved in Registrar training.



DR PAUL BLACKMAN

ACSEP Fellow from Melbourne and executive director. Paul joined the Board in 2016 and brings experience from serving on the Board of Censors, is actively involved in Registrar teaching and is the Chief Medical Officer for Athletics Australia.



DR MARK FULCHER

ACSEP Fellow from Auckland, New Zealand and executive director. Mark is the Medical Director at New Zealand Football and a member of the FIFA Medical Committee. Mark was formerly the Medical Director of the ITU World Championship Triathlon event based in Auckland and has been the Medical Director at Netball NZ including being the team doctor for the Silver Ferns.



MS ROBIN BUCKHAM

Robin has had a significant career across the commercial and academic sectors. Now a Non-Executive Director, with appointments on several NFP boards, Robin also has a varied consulting practice, working with several consulting consortia.



DR LINDA SWAN

Linda has experience in a broad range of senior executive roles, including the current CMO for Medibank Private. Linda is a member of the Australian Digital Health Agency Safety and Quality Governance Committee and acts as an advisor to several health and medical research organisations.



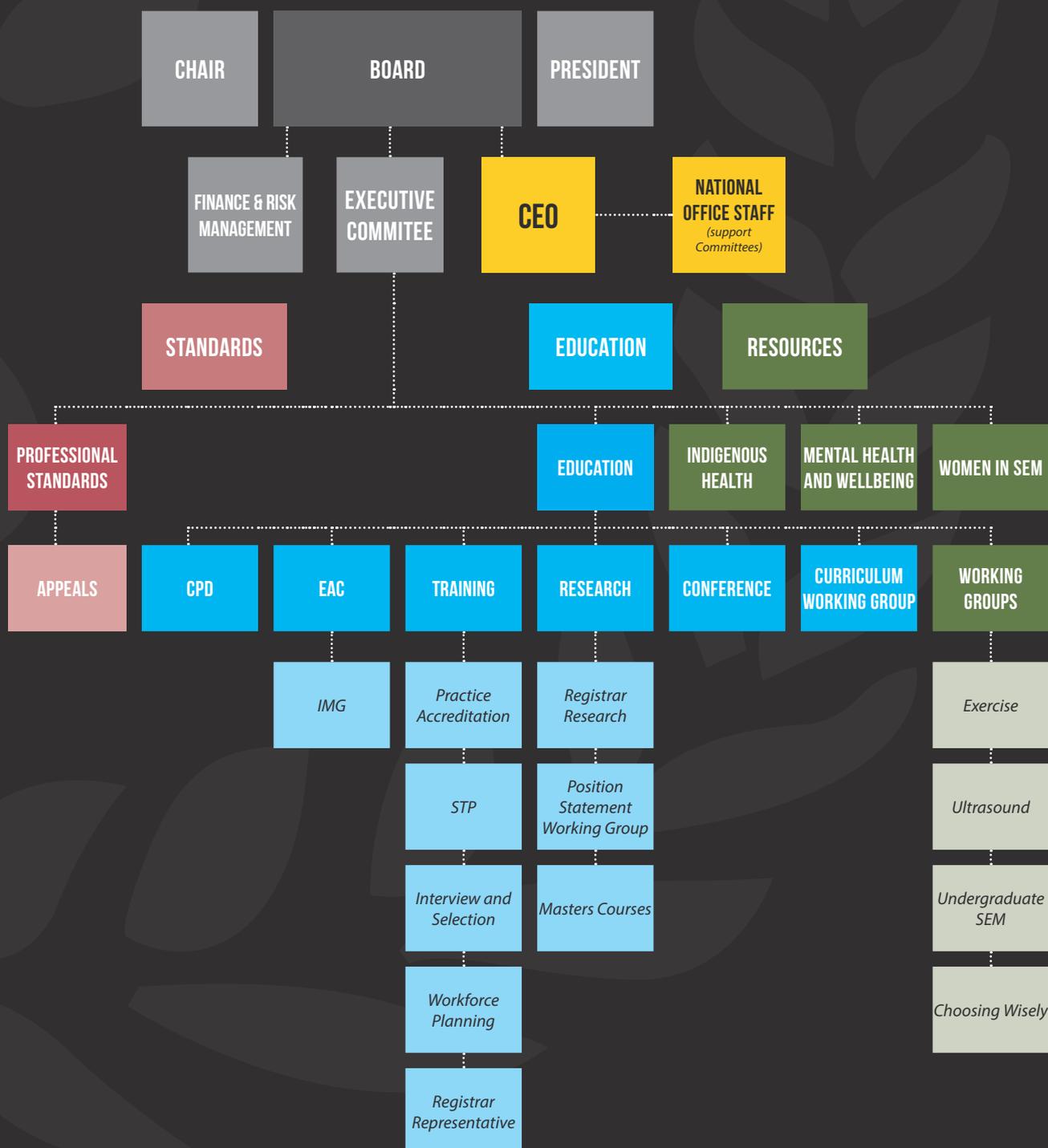
DR KIRA JAMES

Kira is a fourth year Registrar, training predominantly in Cairns and is the 2018 Registrar Representative. Kira works with Swimming Australia and is also the current Australian Men's Water Polo team doctor. She is the Venue Medical Manager for the Commonwealth Games Basketball in Cairns. Kira has also worked with the Young Matilda's Football team, Sydney FC W-League and numerous rugby union and rugby league clubs.

GOVERNANCE STRUCTURE

The College is governed by the ACSEP Board of Directors, led by the Chair and President. As a small and growing College, the ACSEP membership provide invaluable and continued support to the growth and maturation of the College.

Under the Board, key committees are chaired by ACSEP Fellows, providing the framework for continued excellence for ACSEP as the leading Australasian authority in Sport and Exercise Medicine. Alongside the ACSEP committees many Working Groups provide further support within a number of key areas:



STRATEGIC GOALS

1 TRAINING EXCELLENCE

Delivery of highest quality SEM evidence-based training, that sets out Global standard.

Provide support for Clinical Training Supervisors.

Provide support for Registrars and delivery of nationally consistent training curriculum.

Promote the use of Research to enhance the quality of training program.

2 MEMBER ENGAGEMENT

Improve educational opportunities and resources available to Fellows.

Enhance communication between the College and membership.

Increase Fellow involvement with College activities.

Support Fellows throughout their career.

ACSEP MEMBERSHIP



AUSTRALIA

139 FELLOWS

61 REGISTRARS

NEW ZEALAND

30 FELLOWS

14 REGISTRARS

3 FELLOWS OVERSEAS

3 ORGANISATION SUSTAINABILITY

Establish process and infrastructure to ensure financial stability and robust governance of the College.

Retain quality staff members and provide opportunities for career development.

Encourage and acknowledge the contribution of Fellows to the work of the College.

Develop a strategy to ensure long term balance between graduates from the program and community requirements.

Ensure respectful culture in medicine is promoted and practices are maintained.

4 STAKEHOLDER RELATIONSHIPS

Build partnerships and increase awareness of SEM among the broader community and industry participants.

Advocate for indigenous Maori and Pacifica health, rural and regional healthcare and refugee health.

Build relationships with external health organisations.

Advocate to State and Federal Governments.

Promote international relationships.

247 TOTAL FELLOWS & REGISTRARS

172 TOTAL FELLOWS

75 TOTAL REGISTRARS

49 TOTAL ASSOCIATE MEMBERS

27 STUDENT MEMBERS

TOTAL MEMBERS

323

NEW FELLOWS AND REGISTRARS 2018

NEW FELLOWS IN 2018

The College congratulated six new Fellows, each receiving their fellowship certificates at the Annual Gala Dinner

Left to Right

*Dr Luke Inman,
Dr Andrew McDonald,
President Dr Adam
Castricum,
Dr Rachel Taylor,
Dr Dan Bates,
Dr Paul Mason,
Dr Etienne Du Preez*



NEW REGISTRARS IN 2018

The College welcomed 14 new Registrars onto the training program.

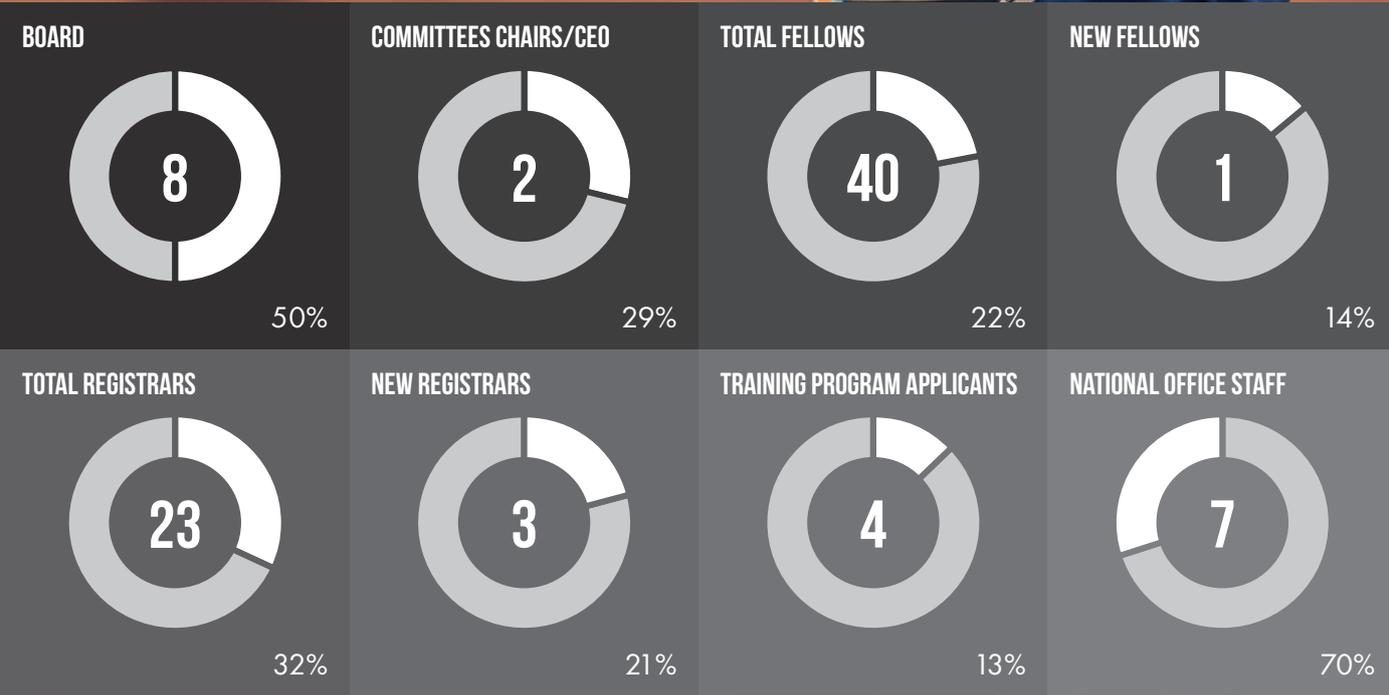
Left to Right

*Dr Kimberley Wells,
Dr Colleen Winstanley,
Dr Anna Topping,
Dr Andrew Bell,
Dr Neil Stevenson,
Dr Chris Lim,
Dr Karthik Badrinath,
Chair of Training Dr David
Bolzonello,
Dr Timothy Echevarria,
Dr Greg Macleod,
Dr Thomas Chin,
Dr Anthony Hipsley,
Dr Moe Jomaa,
Dr Liam West.
Absent: Dr Luke Dan*





GENDER BREAKDOWN DATA



Total number of women per department with the percentage of the overall department

ACSEP COMMITTEE REPORTS

EXAMINATION AND ASSESSMENT COMMITTEE (EAC)

The EAC oversees the preparation, conduct, marking and determination of competence standards for the ACSEP Entrance (Part 1) and Fellowship (Part 2) examinations, as well as the assessment of Overseas trained SEM specialists who seek to join the ACSEP.

Committee Members

Corey Cunningham, Paul Blackman, Dan Exeter, Andrew Garnham, Matt Hislop, Leesa Hugenin, Judith May and Jeni Saunders

Entrance Exam

The Entrance exam assesses knowledge in Anatomy, Physiology, Exercise Physiology and Pathology using an online MCQ format.

The 2018 exams were held across secure sites in Sydney, Melbourne and Auckland.

51 candidates sat the exam with an overall pass rate of 58%.

Judith May deserves special thanks for her long-term role coordinating the Entrance exam.

Fellowship Exam

The Fellowship exam comprises an initial Written exam including MCQ and Short Answer papers, followed by a Clinical exam comprising Long Case, Short case and Viva scenarios.

For the first time, the 2018 Written exam was also conducted via a completely online format and held simultaneously across 4 secure sites in Auckland, Brisbane, Melbourne and Perth.

12 candidates sat both components of the Written exam, with a pass rate of 75%

5 candidates re-sat the MCQ or SAQ component only, with a pass rate of 100%

The Clinical exam, featuring the largest ever cohort of 15 candidates, was held in Sydney. 87% of candidates passed all 3 key components.

Court of Examiners

I would like to thank and acknowledge the many ACSEP Fellows involved in the Court of Examiners, ensuring that the Fellowship exams are set and marked by SEM peers - 10 Fellows were involved in preparing the SAQ papers and 21 Fellows were involved in assessing candidates during the Clinical exam

2019 Exams

The Entrance exams will be held on 3 March 2019 and 20 July 2019

The MCQ / SAQ exam will be held on 1 June 2019

The Clinical exam will be held in Sydney on 14 sept 2019

Overseas Trained Specialists

4 OTS applications were received during 2018 and assessed by the OTS committee - Jeni Saunders, Paul Bloomfield, Ryan Kohler and Mark Jones.

Most applicants have extensive clinical experience but lack training equivalent to the ACSEP training program and have been assessed as requiring 1-2 years supervised training in addition to completion of the Fellowship exam.

AMC Accreditation Review 2018

The AMC team commended the College's approach to both formative and summative examinations and assessments, commenting specifically that our assessment protocols are comprehensive and aligned to the current learning outcomes, that ACSEP registrars undertake a wide mix of assessment methods and highlighting the sophisticated statistical analysis used for the MCQ papers to determine appropriate pass mark standards.



DR COREY CUNNINGHAM
CHAIR, EXAMINATION AND ASSESSMENT COMMITTEE

TRAINING COMMITTEE

The College welcomed 14 first year Registrars onto the Training Program for the 2018 academic year. All have settled into training and are working well in their respective clinics.

Dr Greg Macleod commenced the year well by presenting the best first year paper at the Registrar conference held last February on the Gold Coast.

The year has been a busy one with Registrar Coordinator Ms Jen Brown, undertaking further review of the Training Manual and reformatting the manual into an elegant document.

While all committee members have contributed to the process, special mention must be made for the work of Dr Scott Burne, my successor as Chair of Training, the senior Australian Training Coordinator, who has enthusiastically worked in the transition period of the last 6 months of this year to ensure the care of our Registrars ongoing is seamless.

Dr Chris Hanna, the senior New Zealand training coordinator has as always been a great assistance in the process. Dr Kira James with the fresh eyes of a Registrar also provided great practical advice.

The committee farewelled Dr Anik Shawdon from the committee and I thank her sincerely for her work. In exchange we welcomed Drs Sharron Flahive, George Pitsis and John Molloy to the committee.

The Selection Committee also undertook interviews in September for 2019 first year Registrars. The Committee comprised Drs Gary Couanis, Kylie Shaw, Caroline Broderick, Paul Bloomfield, Stephen Reid, Anik Shawdon, Sandra Mejak, Kevin Boundy, Chris Hanna, Jenny Saunders, James Lawrence and me with administration by Ms Jen Brown.

The selection of candidates for interview and the interview process is a daunting challenge but at the same time an exciting one, with the increasing demand for a training position from young doctors and this year some senior and experienced doctors as the College's profile and place in Australian medicine grows. Again, I believe the Committee selected another capable group of future Sport and Exercise Physicians.

Twelve doctors were offered and accepted places for 2019.

The year has come to a rapid end. The Training Committee has a number of challenges before it, that once met will see the College develop further in its role of a teacher of young doctors in training.

One of these challenges includes the development of training placements in the public hospital emergency departments. The opportunity for SEM Registrars to capture the sports trauma, while gaining general medicine experience is considered a worthwhile opportunity.

The aim too is to expose ED Registrars as well as other trainees to SEM as a discipline so increasing the profile of SEM and the College.

The long-term links and relationships that can accrue from such interactions with potential roles ongoing in outpatient and inpatient services can only be beneficial to the patients as well as public health as a whole.

Registrar welfare remains a paramount concern of the TC and this is kept in mind always when Registrars seek support from the TC.

The College faced its review by the Australian medical council during the year. As advised by Dr Castricum the College received a favourable assessment overall and in particular the training program was complimented by the AMC.

As I come to the conclusion of my last report as Chair of Training, I wish to thank all of the College Fellowship for their individual support of me, the Committee and importantly the Registrars.

To all who have served on the committee during my term again thank you.

Dr Stephen Reid my predecessor for his support when it was needed.

I thank Dr Scott Burne as mentioned above who has agreed to take over the role and I trust you will continue to support him as needed.

Finally, my thanks to the College Board and Dr Castricum for their wonderful support over the last 3 years, as well as the College office, Jen Brown, Georgie Jackson and CEO Kate Simkovic.



DR DAVID BOLZONELLO

CHAIR OF TRAINING

ACSEP COMMITTEE REPORTS

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

2018 is the second year of the current CPD triennium.

Overall, the CPD program is going well. Fellows are now more comfortable with entering data and uploading base records onto the CPD portal.

A number of Fellows have had difficulty achieving the annual mandated two hours of cultural competence activity. In response to this, further cultural competence activities have been suggested with links to these found in the CPD handbook.

Compliance with the CPD program overall is excellent. There is a 100% compliance with the program for Fellows practising in New Zealand, and 94% compliance for Fellows practising in Australia. Considerable time and resources are spent by the CPD committee and the National Office in encouraging Fellows to achieve compliance.

An increasing number of Fellows are doing a Regular Practice Review (a form of peer review). Feedback is very positive and the CPD committee encourage all Fellows to consider both submitting for a Regular Practice Review, and also being a reviewer for an RPR. It is likely that in the next triennium Regular Practice Review will be a mandatory component of CPD.

The Medical Board of Australia will soon be introducing new recertification requirements entitled Professional Performance Framework and our CPD programme will need to adapt to these requirements. We anticipate that changes might include a mandated Regular Practice Review, increased emphasis on outcome measurements (audit of medical practice), a mandatory professional development plan, and possibly health checks for practitioners over the

age of seventy. The Medical Council of New Zealand is also planning some changes for recertification. The CPD committee will plan the next triennium's CPD to embrace these mandated changes and will present a CPD programme that meets the needs of our fellows.

I will be standing down as Chair of the CPD committee in February 2019, and welcoming Dr Stuart Armstrong as the new Chair of the committee. I wish to thank all the members of the CPD committee and the National Office for their hard work and support during my time as Chair of CPD.



DR BEN SPEEDY

CHAIR, CPD COMMITTEE

“ **EXCEPTIONAL TEACHING,
EXCEPTIONAL SUPPORT IN
EXAM YEAR** ”

quote taken from
ACSEP 2018 Registrar Survey

RESEARCH COMMITTEE

The committee currently has 13 members, two of whom are primarily involved in supervision of registrar research. Most members are involved with university teaching, membership of research committees and/or research supervision.

Following a period in 2017, when the workload was high, 2018 was less busy with fewer position statements and guidelines requiring review. The vast majority of members of the committee have responded to requests for opinion on multiple occasions.

The following documents were reviewed and accepted during 2018:

- Australasian College of Sport and Exercise Physicians (ACSEP) Position Statement on Pre-Participation Cardiac Evaluation in Young Athletes.
- Australian Institute of Sport and Australian Medical Association Concussion in Sport Position Statement (2017/18)
- IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update.
- Australian Commission on Safety and Quality in Health Care. Osteoarthritis of the Knee Clinical Care Standard.

The ACSEP Youth Sub-specialisation in Sport Position Statement has been recently reviewed with comments relayed to the relevant working group.

Dr Michael Makkdissi retired from the position of Registrar Research Coordinator after a long period of distinguished service. The Committee thanks him for his outstanding contribution. His position is yet to be filled. Dr James McGarvey is currently involved in assessment of registrar research proposals with the remainder of the responsibility for supervision of the registrar research program currently shared across the committee members. The unexpected departure of Dr Nirmala Perera from the position of Research Officer earlier this year led to a period of instability and the Chair wishes to recognise Ms Jen Brown and Dr Makkdissi for their advice and assistance during that period.

The new Research Officer, Dr Kirsten Lowe-Jabornik, was appointed midyear and has proven to be an excellent appointment. She has been instrumental in formulating a guide for registrars undertaking their projects.

As of November, data for research activity by Registrars in 2018 was as follows;

Number of proposals

Submitted 31

Outcomes:

Revise and resubmit 15

Approved 11

Rejected 2

Pending 4

Outstanding proposals 9

Awaiting re-submission 6

Yet to submit 3

Recognition for prior research granted 1

In relation to recent and future activities, Associate Professor Fitzpatrick and Dr Lowe-Jabornik, have suggested formulation of a Strategic Research Plan for the College. It was suggested that a Delphi type study be undertaken to assess the research priorities of Fellows and Registrars. A previously suggested concept, that of a register of research completed by fellows and registrars, has been revived. Compilation of the register and the Delphi study are in progress and participation by Fellows and Registrars is encouraged strongly.

Concerns expressed in the 2017 report continued in 2018:

- Relatively low research output from Fellows continues. This is partly explained by the clinical nature of the work of most of our colleagues, the fact that our "higher degree" is a Fellowship which does not require a large amount of research and relative inexperience in research. Fellows are reminded that one of the major, and underutilised, roles of the Research Committee is to assist Fellows in research projects.
- Increasing difficulty in publication of original primary research by registrars. As previously suggested, this will become increasingly difficult. Methods of facilitation of publication of registrar research should be a priority for both the Training and Research Committees.

I will retire as the Chair of the Research Committee at the 2019 and wish to thank the members of the Committee for their responsiveness to requests for opinion on various documents and other matters and for the quality of and clear expertise inherent in their opinions.

I also wish to note important achievements of two of the members of the Committee during 2018. Associate Professor Jane Fitzpatrick was awarded a PhD from the University of Western Australia and Adjunct Professor Peter Fricker was awarded an Honorary Doctor of the University degree from the University of Canberra.



PROFESSOR KIERAN FALLON

CHAIR, RESEARCH COMMITTEE

ACSEP COLLEGE AWARDS

The ACSEP membership provides significant service to Sport and Exercise Medicine in Australia, New Zealand and abroad. The College Awards recognise such exemplary contributions. Awards are presented at the Annual Conference, as part of the formal Gala Dinner.



KEN CRICHTON CITATION FOR DISTINGUISHED SERVICE

In 2016, the College named this Award in honour of the late Dr. Ken Crichton, founding Fellow and former President of the College, who passed in 2015. Ken was an inspiration to all he came into contact with, whether it be as a patient, a teacher, an examiner, a colleague, a mentor and a friend. Ken contributed in so many ways to College life and to Sports Medicine in Australasia and internationally, whether it be Leading Olympic medical teams as he did in Sydney 2000, as editor of numerous Peer reviewed Sports Medicine Journals, as NRL Club Doctor, as Medical Director of the Australian Ballet; Ken displayed endearing humility and unrivalled compassion and empathy for his patients. He was a Fellow we all aspired to be. The 2018 recipient was Prof Kieran Fallon.

Prof Kieran Fallon accepting the Ken Crichton Distinguished Service Award from past President Dr Jeff Steinweg and current President Dr Adam Castricum

COLLEGE MEDAL

The College Medal is awarded for outstanding performance in the Fellowship Examinations. The candidate must be sitting the examination for the first time and have achieved a pass in every section of the examination. The recipient of the College Medal was Dr Etienne Du Preez.



Dr Etienne Du Preez accepting the award from Chair EAC Dr Corey Cunningham

ACSEP TRAINING SUPERVISOR AWARD

Presented to the most outstanding ACSEP Training Supervisor for the year. This Award recognises Training Supervisors based on a number of criteria that aims to improve Registrars as they move through the Training Program. The recipient of the ACSEP Training Supervisor Award was Dr John Best.



Dr John Best accepting the 2018 ACSEP Training Supervisor Award from Dr Paul Annett and Chair of Training Dr David Bolzonello



ACSEP RESEARCH AWARDS

The Research Awards acknowledge exceptional research from Fellows and Registrars in the field of Sport and Exercise Medicine. The recipient of the Registrar Research Award was Dr Etienne Du Preez.

ACSEP REGISTRAR PRESENTATION AWARDS

Awarded to the most outstanding Registrar presentation at the Annual ACSEP Registrar Conference, based on innovative subject matter, excellent delivery of presentation and addition to the SEM knowledge base. The recipients of this award were Dr Greg Macleod (first year) and Dr Greg Clugston (second year).



KEN CRICHTON NRL FELLOWSHIP

In addition to the formal awards, the College was pleased to announce that Dr Martin Smith was awarded the Ken Crichton NRL Fellowship for 2019 at the Gold Coast Titans under the supervision of Dr Ryan Kohler.

EVENTS

ACSEP ANNUAL CONFERENCE

The ACSEP Annual Conference, made up of a Registrar and Scientific conference and two training courses, continues to be a standout event on the ACSEP calendar. The conference committee, chaired by Dr Corey Cunningham, produced a world class program coupled with exciting physical and social activities. During the Gala Dinner, delegates heard from inspirational para-triathlete Kerryn Harvey, talking of perseverance, overcoming hardships and finding the strength within. The keynote speakers (pictured right) included international and local leaders



PROF. LORIMER MOSELEY



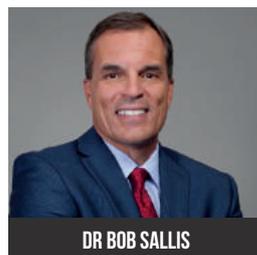
DR EVA CARNEIRO



DR LJ LEE



PROF. PAUL HODGES

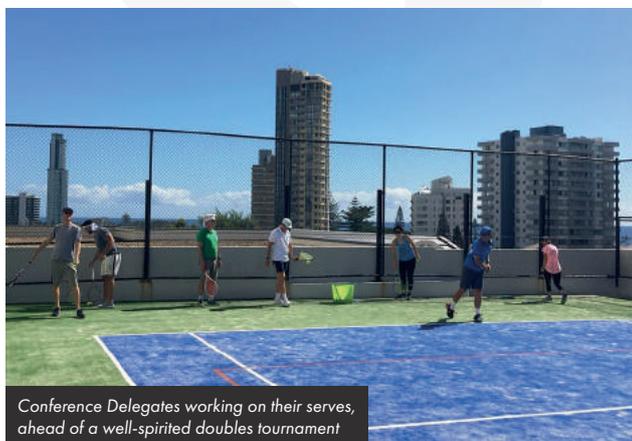


DR BOB SALLIS



DR KATHERYN ACKERMAN

The sporting activities continued to be a welcomed addition to a rigorous scientific program, allowing delegates to practice what they preach to their patients. The conference encourages all delegates to involve themselves with the many activities on offer; including surfing, yoga, paddle boarding, golf, tennis, walking and the annual fun run.



Conference Delegates working on their serves, ahead of a well-spirited doubles tournament



Delegates enjoyed surfing with Californian based keynote Dr Bob Sallis, showing off Australia's golden beaches



Delegates taking part in the annual 5km conference fun run, with the final stretch along Surfers Paradise beach



The winners of the best dressed 'Jowie' award during the conference welcome function – complete with scrums and lineouts throughout the event

THE DOCTOR DASH

As part of a continued focus on improving members' mental wellness, the College was proud to launch the inaugural ACSEP Doctor Dash to raise money for Beyond Blue. The mental health charity continues to be a leading voice for the good mental health of those in the medical profession, following their National Mental Health Survey of Doctors and Medical Students, which found a high risk of poor mental health. The Doctor Dash raised vital funds and awareness for Beyond Blue.

It was encouraging to see many ACSEP Fellows, Registrars, National Office staff and family along with other medical professionals including GPs, Psychiatrists, Physiotherapists,

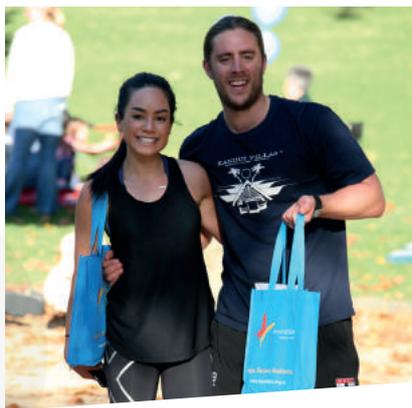


Anaesthetists, Nephrologists, OB-GYNs, Infectious Diseases Physicians as well as many medical students and allied health professionals.

Held at the Tan running track in Melbourne, the Doctor Dash was a relaxed and fun morning for all to run or walk and raise awareness of mental health issues in the health profession, as well as promoting the

many benefits of physical activity. Thank you to all those who were involved in an extremely positive morning for the College and the community.

The Doctor Dash will continue to evolve, and we hope to grow the Melbourne event as well as host more events in other locations in Australia and New Zealand.



ACSEP National Office staff taking part in the morning's festivities

FELLOWS DINNERS

The College hosted Fellows Dinners in Sydney, Perth, Brisbane, Melbourne, Canberra and Hamilton NZ. These dinners were extremely well received and provided for many great discussions between Fellows. Each dinner was also attended by the ACSEP President, with several dinners attended by the CEO, allowing many important College updates to be communicated. Thank you to our generous sponsors MDA National, Auckland Radiology Group, Bioventus, and Surgical Specialties.



MEDICAL CAREERS EXPOS

The College held a booth at several Medical Careers Expo's across Australia, providing a great opportunity to promote Sport and Exercise Medicine to medical students and junior doctors.

Saxon Shultz from National Office pictured with ACSEP Registrar Tanusha Cardoso at the AMA Medical Careers Expo in Melbourne

MOST COURSE

The ACSEP Advanced Course in the Management of Sporting Trauma (MOST) teaches medical professionals the core skills required to appropriately assess and manage traumatic sporting injuries.

The course is delivered over two full days and aims to guide attendees through the assessment and management skills that are essential in managing sporting injuries, both on and off the field. The course addresses common emergencies that might confront a sports physician, covers the rationale behind treatment choices and the adaption of medical management at sporting events and out in the field.

The College held a second midyear MOST Course in Melbourne, in addition to the course at the annual conference. It was another excellent course with 26 attendees and many helpers making the event a great success.



INTERNATIONAL STAGE

COMMONWEALTH AND WINTER GAMES

The College was well represented at the 2018 Commonwealth Games, which welcomed more than 6,600 athletes and team officials from 71 Commonwealth nations and territories to the Gold Coast and event cities Brisbane, Cairns and Townsville, to share in the celebration of sport, entertainment and culture.

The biggest sporting event to be staged in Australia this decade, the 2018 program featured the largest integrated sports program in Commonwealth Games history, comprising 18 sports and seven para-sports.

The College was proud of the many ACSEP Fellows and Registrars who participated in the games, representing themselves, the College and their country.

ACSEP members continue to be involved at the highest level in delivering Specialist Sports Medicine team care at the Winter Paralympics, and various World Championships across all professional sporting codes, where women's professional leagues continue to evolve at an exciting pace. The College was proud to see ACSEP Fellow Dr Geoff Thompson lead the Australian medical team at the Winter Paralympics in Pyeongchang and congratulate ACSEP Fellows Dr Peter Braun, Dr James McLaren, Dr Nat Anglem, Dr Celeste Geertsema and Dr Liesel Geertsema on a successful Winter Olympic Games.



INVICTUS GAMES

The College was extremely proud of our representatives taking part in the 2018 Invictus Games. This was an amazing experience for all involved, working with dedicated athletes with a focus on participation and completion of the events. The episodes of selflessness amongst the athletes and sportsmanship insofar as athletes stopping or slowing in their event to help others (from other countries) or allowing more disabled players to take the field even at the cost of winning, was seen repeatedly. This event provides a small insight into the trauma that so many of our returned service-persons have been through and their ongoing issues, both physical and mental.



ACSEP Registrar Moe Jomaa provided the following report:

It was a real honour to be involved with the Invictus Games when they came around to Sydney in October 2018. At the games, injured and ill veteran and active defence personnel from 18 nations competed across 12 adaptive sports, including; Wheelchair basketball, Wheelchair rugby, Athletics, Road Cycling, Powerlifting, Sailing and Archery.

Under the guidance of Dr Corey Cunningham, I was entrusted with the role of Deputy Chief Medical Officer and Medical Coordinator of the games. The role required input for all aspects of medical delivery for the games and so planning started early in November 2017, with preparation for the event being a key focus for my 1st year of training on the ACSEP program.

During the games, I had the pleasure to work closely with a fantastic team of medical officers from a variety of disciplines who volunteered their time and expertise to help us deliver a great medical service. ACSEP fellows Di Robinson and Rachel Taylor, along with ACSEP Registrar Liam West provided an exceptional medical service and brought great energy to a variety of sports events and shifts in the Games medical clinic. Personally, I am most indebted to the amazing support and tutelage of ACSEP Fellows Corey Cunningham (the games Chief Medical Officer) and Grace Bryant, my clinical training supervisor who took time away from clinic to support me through the games.

Ultimately, the Games were a resounding success, a real pleasure to be a part of and an amazing experience to take on so early in my ACSEP training. I certainly couldn't have done it without the amazing support of the ACSEP fellows around me.

Dr Mohammad Chaker Jomaa

**INVICTUS
GAMES**
SYDNEY 2018



FIFA WORLD CUP

ACSEP Fellows Dr Mark Fulcher, Dr Celeste Geertsema and Dr Mark Young flew the ACSEP flag at the 2018 FIFA World Cup in Russia. This was the 21st instalment of the Cup which is arguably the largest sporting event in the world. A total of 32 countries qualified; with 64 matches being played in 12 venues across 11 cities. A special mention to Dr Celeste Geertsema as the first female team doctor with New Zealand Football and the first FIFA Venue Medical Officer. A fantastic event, and a proud moment for our members.



Dr Mark Fulcher and Dr Celeste Geertsema



INDIGENOUS HEALTH

Indigenous Health Advisory Committee

The College continues to make important inroads into better delivery and opportunities in Indigenous health. The College formed its Indigenous Health Advisory Committee, chaired by Pasifika Fellow, Dr Krishant Naidu, to provide a leading voice to both the Education Committee and the ACSEP Board regarding Indigenous Health. The Advisory Committee held a number of productive meetings in 2018 with discussions included the next iteration of the ACSEP RAP, developing a similar action plan for Māori Health and Pasifika Health, and the formulation of Cultural Safety modules specific to Sport and Exercise Medicine.

Following a recommendation from the ACSEP Indigenous Health Advisory Committee the Board have supported The Uluru Statement From The Heart. The College will continue our shared journey with our First Nations people, our Aboriginal and Torres Strait Islander brothers and sisters.

Indigenous Health Partnerships

The College was well represented at the Australian Indigenous Doctors' Association (AIDA) Conference in Perth in September. President Dr Adam Castricum presented on Exercise as Medicine and implications for management and prevention of chronic disease in Aboriginal and Torres Strait Islander communities. This important presentation highlighted the benefits of exercise

in helping "close the gap" for the nine national health priority areas for Australia.

New Registrar Dr Nathan Luies and Adam also presented a Concussion in Sport workshop which was very well received by a full house of enthusiastic attendees

The Conference highlight was the 'Growing our Fellows' session where Nathan was officially welcomed onto the ACSEP Training Program, as the first Aboriginal Sport and Exercise Medicine Registrar. A significant and important step towards increasing the number of Indigenous trainees to better serve the community. Congratulations Nathan on your hard work and dedication.

It was encouraging to speak with so many young Aboriginal and Torres Strait Islander Doctors and Medical Students interested in SEM and in the College; a fine testament to the important work the College has been doing to increase the number of Indigenous SEM Physicians and provide better health care for Indigenous communities. The College continues to strengthen the relationship with AIDA and its growing membership.

Adam was able to deliver his presentation again at the National Aboriginal Controlled Community Health Organisation (NACCHO) Conference in Brisbane a month after the AIDA conference to continue momentum. Equally important, Chair of the IHAC Dr Krishant Naidu travelled to his home of Fiji to talk about the importance of SEM to his people.

The College looks forward to strengthening our partnerships to improve the delivery and facilitation of SEM within the community; and indeed, support and encourage Indigenous members of the College.



President Dr Adam Castricum welcoming Dr Nathan Luies onto the ACSEP Training Program at AIDA18



ACSEP Annual Conference Scholarship - Cultural Award

The College is proud to offer Indigenous medical students and junior doctors a scholarship to attend the College's Annual Scientific Conference. This opportunity has been designed to enhance the recipient's career and their interest in Sport and Exercise Medicine. The College was pleased to present the 2018 award to Dr Tane Eunson.



I am incredibly grateful and humbled to be the inaugural recipient of the ACSEP Te Ora Scholarship for Māori junior doctors or medical students to attend the 2018 ACSEP national conference.

The opportunity to attend the conference, to network with professionals in the industry and to gain a better understanding of the role of sport and exercise medicine in today's society was invaluable.

Unfortunately, Māori have poorer health outcomes, across most domains, when compared to non-Māori and the role of sport and exercise medicine can play a significant role in improving these outcomes.

It is fantastic to see ACSEP taking a proactive stance in Māori health and leadership by offering this wonderful scholarship.

I look forward to a career contributing to both the Māori health and sport and exercise medicine communities and strongly encourage all interested Māori doctors or medical students to apply for this scholarship to attend next year's conference in Queenstown, NZ.

Nā tō rourou, nā taku rourou ka ora ai te iwi

With your contribution and with my contribution, the needs of the people will be met.

Nāku i runga i aku mihi ki a koe.

Yours with thanks,

Dr Tane Eunson



Community visit highlighting SEM to Indigenous Students

ACSEP Registrar Dr Brett Frenkiel attended Bowraville in northern NSW to represent ACSEP at the Future Health Champions community day facilitate by the Australian Indigenous Doctors' Association. The day promoted medicine to over 200 Indigenous students from local schools, with attendees ranging from grades 1 to 12. With many of the students having a particular interest in sport, Brett was on hand to promote Sport and Exercise Medicine as a potential future career.



President Dr Adam Castricum in Canberra speaking with key representatives including the Minister for Indigenous Health the Hon Ken Wyatt. Discussions focussed on improving cultural safety, improving STP positions in regional & remote Indigenous communities, support for Indigenous trainees and ensuring equitable access to specialist care for all Indigenous Communities

Refugee Health

The Indigenous Health Advisory Committee also endorsed the Migrant and Refugee Women's Health Partnership Competency Standards Framework on Culturally Responsive clinical practice - working with people from migrant and refugee backgrounds. This aligns with Fellows' work with the new Refugee Sport and Exercise Medicine Clinic in Rooty Hill in Western Sydney which will be supported in 2019 by STP funding in partnership with the Westmead Children's SEM clinic. The Board then endorsed the Doctors Make Change petition calling on the Federal Government to transfer all asylum seekers and refugee children and their families off Nauru with the support of most of the other Medical Colleges and peak medical bodies.

MEMBER SPOTLIGHT:

SPORT & EXERCISE MEDICINE IN THE NORTHERN TERRITORY

Dr Geoff Thompson is an experienced Sport and Exercise Physician with a background in the RAAF, Flying Doctor Service and general medicine. He was the Medical Director of Alice Springs Masters Games 1986 –2013 and Arafura Games since 1991.

Geoff's professional interests are very broad, having treated all sports for many years both in coverage, treatment and prevention. Prevention programs are one of his specialities in active people or those wishing to be active. Geoff is also a consultant Medical Officer for the Summer and Winter Australian Paralympic team, the Northern Territory Institute of Sport and has been team doctor to the Australian Men's Hockey team, chief medical officer to V8 Supercars in Darwin 1999-2000. Finally, Geoff was a former president and Foundation member of Sports Medicine Australia and has been consulting in Darwin and Alice Springs since 1990.

We asked Geoff to tell us about his work and life in SEM

As we drove away from our home in Darwin last weekend, loaded with Ultrasound, case records, and other needed equipment, and headed south on the wonderful Stuart Highway for the 522nd time in the last 25 years, I reflected on many of those drives, and the reason. To deliver a regular Sport and Exercise medicine service to one of the most remote towns in Australia, Alice Springs.

Remote country driving is not without its challenges, like 'Roos extensively damaging your new car, wet season flash floods with water over the top of the bonnet! hail, bush fires, triple road trains, mass military vehicle movements, and the yearly "grey nomad" migration north, away from southern winter chills.

Yes, I keep a log book of our road trips, much as I did when working as a professional charter pilot. This drive is one of Aussie's great drives. Great open roads, minimal traffic, and a 130ish kph speed limit make it a 12.5-hour trip. That's 5 hours for dictating letters while my wife, Sandy, drives her legs! It used to be an even greater drive in the days of NO open road speed limit! Just love fast cars and remote straight roads!!!

Why the NT, Why Darwin? Well after a stint as the Medical Director for RFDS-WA, and next, while working as an Aviation Medicine Specialist for the RAAF, we were posted to Darwin for "2 years" in 1971! We are still there!! Cyclone Tracy (Christmas eve 1974) saw to it that we lost everything we owned, like the rest of the city, but, hey, life goes on. Country born and raised, we were comfortable working in this far-flung capital outpost, including using our own aircraft to provide a medical service to remote Aboriginal communities in Arnhem Land.

Life-after RAAF meant an initially very busy but satisfying General Practice, but also led to the invitation to be part of that "illustrious" group of pioneering sports physicians, like Brukner, Harcourt,

Saunders, Watson, Crichton. I feel empowered when I realise, I am part of that inaugural enthusiastic group. The next obvious move was a move to full-time SEM, assisted over the years by some amazing now-sports-physician Registrars. We stay in Darwin, survive the 2 seasons, lovely "dry", and trying "wet", and I was, at least until last week, Darwin and the NT's only Sport Physician!

Near the geographic centre of our country, "the Alice", as we Territorians refer to it, is equidistant from the two nearest Capitals, Darwin and Adelaide, at 1500 km, a 12 to 15-hour drive, or a 2-hour flight, and all other major cities, (where almost ALL of our Sport and Exercise Physicians live and work) are a little further away. It is a town of some 27,000 people, many of whom are members of, or related to the many surrounding Indigenous groups. Like many Australian country towns, Alice is sports-mad. There is sport, "going bush", which might mean camping in a remote beautiful ancient river bed, mountain biking on the many well-planned trails, or perhaps racing an off-road motor bike or car. Australia's largest off-road race, the Finke desert race, is held in Alice each June.

Our Alice venture began in 1986, when the Territory Government decided to run what turned out to be the Worlds 2nd Multi-sport Masters Games. The few GP's in the town sent an urgent call up the "track" to Darwin for help in an area of medicine they knew little about, Sports Medicine. Those "Games", still held in alternate years, now draw 5000 athletes in 26 sports, and many now-Sports Physicians, and current registrars within our College have enjoyed the busy, educational fun of that Games clinic.

The consequence, of course was for us to be invited to visit Alice on a regular basis, and this we have done since '86, and love. We have a home there, a friendship group there, and are generously welcomed by one of the GP practices, who leave a set-up room for us to simply arrive and commence consulting. We visit every 6 weeks, consult over 5 days, have a case discussion and tutorial with the one Physio practice in town, (owned and mentored by Pippa Tessmann, a very capable Sports Physio) and provide a lecture/workshop for local GP's on topics they nominate. This completes a very busy satisfying week.

The Northern Territory, often ignored by the rest of Australia, is vast, sparsely populated, continues to provide constant reward year after year, for the effort to provide a high standard, reliable, Sport and Exercise Medicine service to a sporting and active population as deserving as all other Australians.



DR GEOFF THOMPSON

FACSEP



ACSEP MODULES & TRAINING PROGRAM

Throughout 2018 the Education Projects Team has continued to produce high quality resources for Registrar training and Continuing Professional Development. A wide range of new modules have been completed and launched including the wonderful Dance Medicine, Exercise and Cancer, Athletes Mental Health and the Tired Athlete. Particularly exciting are the results of an international collaboration between the University of Washington's Professor Jon Drezner and ACSEP, led by myself and Dan Exeter, to develop the ECG Interpretation in Athletes training modules. These have been launched as an open access resource, freely available worldwide, and have been widely praised from peak sports medicine and cardiology bodies around the world. Another local collaborative project between the AIS, AMA, SMA and ACSEP has resulted in the production of the Sport-Related Concussion module, which will be freely available on the ASC website. Both modules are available on ACSEP's learning platform. More recently Bone and the Sports Physician and RED-S have been launched, with Exercise and Pregnancy coming soon.

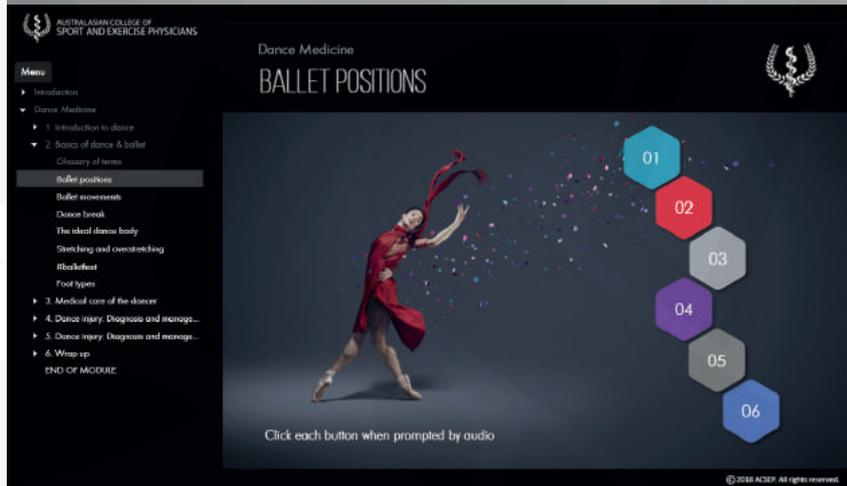
In addition, we have been gradually reviewing, upgrading and rebadging the old modules, with updating of information in some cases, and fixes to the "bugs" affecting some. Three of the Academic modules have been fully reviewed and rebuilt; Sports Psychology, Sports Pharmacology and Sports Biomechanics. The Sports Nutrition review is almost complete, following which the module will be rebuilt, and the Research Methodology review and rebuild will occur this year. Currently the Environmental modules, ENT, Rock Climbing, Examiners modules and the examination videos have been launched with the new badging.

This year, we hope to deliver modules covering topics such as Pain and the SEM Physician, a comprehensive Ethics module, a Business module, a cultural competency module, and Telehealth for the SEM Physician.

I would like to take this opportunity to sincerely thank all our content experts and reviewers for the significant time and effort that each and every one puts in to ensure these modules are of the highest quality. Special thanks to Kymberleigh Bray of White Leaf Solutions, whose brilliance in design allows these modules to look so good and work so well.

Sincerely,

DIANA ROBINSON, FACSEP
CHIEF PROJECT MANAGER - STP EDUCATION PROJECTS



Accident Compensation Corporation (ACC)

The ACC/ACSEP Clinical Services Model Pilot Program was successfully launched in New Zealand in February 2018. This model has enabled registrars to see patients under their Clinical Training Supervisor's ACC clinical services contract as opposed to previous years which required supervision restrictions. The model has provided registrars with the opportunity to see follow up patients and develop clinical skills with different types of patients under appropriate supervision. The structure was developed in collaboration with the ACC after significant discussions were undertaken concerning the ACSEP training program and advocacy around the robust nature of SEM training provided by the ACSEP. An evaluation and audit of the new implementation was conducted in late 2018 with positive responses along with the need to tweak some of the parameters. The model will continue to evolve based on feedback from Fellows, Registrars, the College and the ACC. This opportunity is a demonstration of the significant impact that SEM has on the wider community and the role that ACSEP Fellows and Registrars play in improving health outcomes. The ACSEP look forward to progressing and expanding this model in the future.

Specialist Training Program (STP)

The College currently has funding for 4 Specialist Training Program (STP) posts and more recently 3 Integrated Rural Training Pipeline (IRTP) posts. The funded positions are to assist with delivering on the commonwealth workforce planning distribution strategy by encouraging training to be held in rural locations. STP support funding has also enabled the College to undertake projects to improve Registrars' training experience, particularly for those in rural or remote areas. Projects undertaken within 2018 include updates to a number of academic modules, the development of various new educational modules and additional support to assist Registrars with their research requirements. Further project developments will be undertaken in 2019 and the ACSEP will continue to advocate for more STP posts in the future



PARTNERSHIP WITH SRI LANKA

In September, Dr Jane Fitzpatrick and Dr Adam Castricum presented as keynotes at the inaugural Sri Lankan Sport and Exercise Medicine Conference in Colombo and helped launch the Sri Lankan Physical Activity Guidelines. Jane and Adam were ably supported by ACSEP Fellows Dr David Humphries presenting a workshop and Dr Gary Zimmerman in support. The excellent scientific program was delivered by a world class faculty with leaders from all aspects of Sport and Exercise Medicine and Science, from across the globe. Congratulations must go to our great friends, the Director General of the Sri Lanka Sports Medicine Institute, Dr. Lakshman Edirisinghe and the Conference Convenor, Daminda Attanayake, well assisted by Scientific Chair Dr Nirmla Perera.

This continues an important partnership with ACSEP and our Sri Lankan Colleagues. The College looks forward to more collaborations as Sport and Exercise Medicine continues to improve health outcomes in not only Sri Lanka but across the sports mad south Asia. The College was particularly proud to see the launch of the Sri Lankan Physical Activity and Sedentary Guidelines after our discussions with the Institute for their own National guidelines. The College is confident these will help improve health outcomes for the entire Sri Lankan community. Perhaps the most memorable part of the conference for ACSEP President Dr Adam Castricum was chatting with Dr. Asela Karunanayake, a native of Sri Lanka and a trauma and sports orthopaedic surgeon, now working in Rotorua, New Zealand. Asela was instrumental in setting up the first meeting with ACSEP representatives and the Sri Lankan Institute of Sport. When asked if he ever thought this type of conference in Sri Lanka was possible so soon, he replied with a huge smile from ear, "Never in my wildest dreams!" ACSEP looks forward to further education opportunities in Sri Lanka for our members to present, and indeed more smiles and the next conference in 2020.



ACSEP President Dr Adam Castricum with Director General of the Sri Lanka Sports Medicine Institute, Dr. Lakshman Edirisinghe

CEO Kate Simkovic with ACSEP Fellows Dr Jane Fitzpatrick and President Dr Adam Castricum



MEMBER SPOTLIGHT:

SPORT & EXERCISE MEDICINE IN A PAEDIATRIC HOSPITAL SETTING

Dr Carolyn Broderick is an Associate Professor in The School of Medical Sciences and a staff specialist in sport and exercise medicine at The Children's Hospital at Westmead, Sydney.

Carolyn is Chief Medical Officer of Tennis Australia & the Australian Open Tennis and has been the Australian Olympic team physician at 3 summer Olympic Games including Deputy Medical Director at the Rio 2016 Olympics and Medical Director of the Australian team at the Youth Olympic Games in Nanjing in 2014.

Carolyn is a member of the Medical Advisory Panel of the National Rugby League (NRL) and the Australian Sports Drug Medical Advisory Committee (ASDMAC).

Carolyn's research expertise is in the area of exercise prescription and assessment of physical activity in special paediatric populations.

This has included increasing the physical activity and quality of life for children with a diverse range of serious diseases including haemophilia, cancer, diabetes, juvenile idiopathic arthritis and metabolic myopathies. Her other key research focus is in the area of musculoskeletal disease in children and adolescents.

We asked Carolyn to tell us about her work at Westmead

The Children's Hospital Institute of Sports Medicine (CHISM) is a unique clinical service. It is the only paediatric sport & exercise medicine facility in Australia and, to my knowledge, the only public hospital ACSEP position in Australia.

Approximately 50% of our patients are referred from paediatric subspecialists within the hospital. Other referrals come from community paediatricians and general practitioners throughout Sydney and regional and rural areas in NSW. Our clinical presentations are fairly evenly divided between musculoskeletal conditions and exercise medicine presentations.

CHISM is a public outpatients' clinic. I love the fact that all children in NSW, regardless of their socioeconomic background can receive assessment & treatment at CHISM free of charge. The patients range from very unwell cancer patients who are undergoing treatment to elite adolescent athletes and this broad range of presentations and patients makes it a very rewarding, and always interesting practice. No two days are the same.

An example of the exercise medicine presentations we see are children who are referred for evaluation of poor exercise tolerance

or exercise-related symptoms. Exercise testing assists us in evaluating possible causes of poor exercise tolerance with common conditions including exercise-induced asthma, poor aerobic capacity, vocal cord dysfunction and some less common conditions including the metabolic myopathies.

Our main referrers within the hospital are:

- Department of Oncology - we see all school-aged children undergoing bone marrow transplantation for pre-transplant evaluation and provision of an exercise program at all stages of their recovery
- Department of Endocrinology – we see most newly diagnosed Type 1 diabetic children for advice regarding exercise
- Genetic Metabolic Service – exercise testing and advice for children with mitochondrial myopathies, glycogen storage diseases, fatty acid oxidation defects etc
- Connective Tissue Diseases Service - exercise testing and advice for children with Marfan Syndrome, Ehlers Danlos Syndrome & other CTDs
- Adolescent Medicine - exercise testing and advice for children with chronic fatigue & postural orthostatic tachycardia syndrome (POTS)
- The Emergency Department – for evaluation and management of acute sports injuries and sport-related concussion (SRC)

SEM physicians are uniquely placed to involve themselves in exercise medicine as the evidence for exercise in the management and prevention of chronic health conditions mounts. In some conditions, for example the mitochondrial myopathies, it is the only effective treatment, and in many others, for example, osteoarthritis and insulin resistance, it is the treatment option with a high level of evidence, low side effect profile and low cost. SEM physicians are perfectly positioned to lead in this field.



MENTAL HEALTH

The College has been busy improving services for its members with regular updates to our Better Members and mental health resources. I was privileged to attend the International Medical Education Leaders Forum which explored Mental Health for Patient and Doctor Wellness. This forum provided excellent discussion and workshops for all stakeholders in the health profession to improve not only the resources available to medical professionals struggling with mental health issues, but also an opportunity for strong leadership to improve the systemic cultural issues within the medical profession. I am confident that the College is on the right track with the Culture and Values statement now in its second year since being agreed to by the membership. The College is also working hard to improve on the feedback given to us by our Registrars and Fellows, especially in the area of bullying, harassment and discrimination which was highlighted as a concern in our 2017 Registrar survey. Much of the discussion and content from this excellent Forum has been integrated into the review of the College Mental Health Modules both for our athletes / patients and a new module for us, as medical professionals. These will be available to all members early in 2019 and thanks must go to all involved in pulling these important modules together.

The College was extremely proud to host our first Doctor Dash fun run, raising money for the mental health of the wider medical community in Melbourne on a fine, crisp Sunday morning May around the tranquil Botanical Gardens. This event was a great success coinciding with the #crazysocks4docs Doctors mental health awareness day on June 1 which went worldwide via social media, after its initial launch in 2017. The College will look to expand this fun run across both sides of the Tasman in 2019, where we hope to further raise awareness of and destigmatize mental health issues in the health profession in collaboration with other peak mental health bodies.

Sadly, suicide amongst medical professionals continues to occur and whilst we may never be able to prevent all of these, initiatives such as these will certainly go a long way to help reduce the incidence of such tragedies. Increasingly, doctors and their families are sharing their stories of the loss of loved ones and near misses as well as how they have overcome their demons. It is stories such as these that will continue to destigmatize suicide and mental health issues in doctors and it is important that we all look after ourselves as we would our patients and loved ones. ACSEP Fellow John Best penned a heartfelt blog mid-year Practising What We Preach – Ways to Keep Healthy, which I encourage you all to read if you haven't already. In addition to this, the College

Peer Support Group, Training Committee and National Office staff continue to be on hand to offer our Fellows and Registrars support when in need.

Following on from our first mental health educational workshop at the 2018 Annual ACSEP Conference presented by MDA National, I attended the excellent Helping Colleagues who have Concerns Affecting their Fitness to Practice workshop. This workshop provided contemporary and highly relevant scenarios that we all must be able to navigate with confidence particularly in light of the recent updates to the Australian mandatory reporting laws and with the new Professional Performance Framework being launched officially in 2020. It is hoped that this workshop will feature at our 2020 Annual Conference.

Finally, it is important we all take the time to look after each other and if concerned ask if our friends and colleagues are ok. I would like to think this is a strength of our tight knit College and be an enduring value we all pass on.

Warm regards

Dr Adam Castricum





It was great to see so many ACSEP members get behind the #CrazySocks4Docs initiative

BETTER MEMBERS



The updated Better Members portal of the ACSEP website aims to support Fellows, Registrars and Staff to promote mental wellness, including access to anonymous counselling services funded by the College

CONCUSSION

The ACSEP is proud to be part of *Concussion in Sport Australia*, producing the Concussion in Sport Position Statement.

Concussion in Sport Australia brings together the most contemporary evidence-based information on concussion for athletes, parents, teachers, coaches and medical practitioners. It provides a valuable and trusted resource for the management of sports-related concussion for all Australians, regardless of the sport, location or level of participation.

It is an initiative of the:

- Australian Institute of Sport
- Australian Medical Association
- Australasian College of Sport and Exercise Physicians
- Sports Medicine Australia.

In working together, *Concussion in Sport Australia* aims to:

- Educate stakeholders
- Remain current in the developing landscape of concussion research
- Mitigate the controversy and fear around the potential long-term consequences of concussion
- Facilitate diagnosis and management in accordance with the most current evidence and expert opinion available.



Concussion affects athletes at all levels of sport from the part-time recreational athlete through to the full-time professional. The College recommends athletes, parents, teachers, coaches, support staff and medical practitioners to refer to concussioninsport.gov.au

IF IN DOUBT, SIT THEM OUT!



DR DAVID HUGHES
AIS CHIEF MEDICAL OFFICER

ACSEP Fellows Dr David Hughes and Dr Adam Castricum, and ACSEP Registrar Dr Lisa Elkington appeared in the promotional video announcing the position statement and available resources

PROMOTING SPORT AND EXERCISE MEDICINE

Update on Osteoarthritis

The College was very active in the area of Osteoarthritis, with a targeted focus on this important issue.

The College was well represented in the development and implementation groups for the National Osteoarthritis Strategy launched in Canberra in November. The College proudly endorsed the strategy with the Australian Orthopaedic Association and the Australian Rheumatology Association and looks forward to further research collaborations with both organisations in the future and also embedding specialist SEM care in the community management of Osteoarthritis.

ACSEP Fellows Dr Jane Fitzpatrick and Dr Hugh Seward formed part of the working groups producing the important strategy document and ACSEP Fellows Prof. Kieran Fallon, and the Research Committee will assist with the review of the final document for endorsement by the College. This document will bring together the latest evidence base and aims to supersede all existing clinical care guidelines. Jane and Kieran are also part of the ANZ Musculoskeletal Trials (ANZMUSC) network launched recently in Melbourne. This network attracted record NHMRC funding this year and it is hoped that through Jane and Kieran, the College can be involved in higher powered, multi-centred MSK clinical trials in the future.

At least annually, osteoarthritis clinical care guidelines are being released, with the latest being the RACGP Guidelines for the management of Knee and Hip Osteoarthritis, which is perhaps the most comprehensive so far. There is a clear emphasis on weight loss and regular exercise, as well as direction to refer to SEM Physicians for further advice in difficult cases. ACSEP Fellow Dr Roslyn Carbon is part of the Arthritis Australia National Strategic Plan for Arthritis and will continue to push the importance of specialist SEM care in the management of all forms of arthritis.



ACSEP Fellow Hugh Seward, detailing implementation priorities for OA prevention targeting schools for physical activity & injury prevention programs; and the link between obesity and OA

Pain Revolution Ride

The College proudly supported the Pain Revolution ride from Sydney to Albury-Wodonga covering 750km across 8 days, getting the science of pain out of the clinic and into the community. The 2018 team rode into rural communities, running education events and providing ongoing help and support to professionals working with people in pain in rural and regional areas. ACSEP Fellow Dr Kal Fried provided exemplary support to the riding team and local communities along the trip.



Health Care Ethical Framework

The College was one of 50 signatory bodies to sign a consensus framework for ethical practices in health care, which was endorsed by Australian federal, state and territory health ministers.

The framework was launched in Tokyo in July and was developed in collaboration with a host of Australian professional health bodies, industry organisations, hospital and health services associations, regulators, patient and advocacy groups and other related organisations. ACSEP Fellow Dr Jane Fitzpatrick was part of the team to present the first concluded version of this agreement during the Plenary Session of the 2018 APEC Business Ethics for SMEs Forum.



ACSEP Fellow Dr Jane Fitzpatrick pictured with the Minister for Health the Hon Greg Hunt MP and fellow Signatories of the Health Care Ethical Framework

Climate Risks in Healthcare

The College endorsed the Council of Presidents of Medical Colleges (CPMC) Climate Change communique. Medical colleges and health organisations have played a critical leadership role in raising awareness of the health impacts of climate change. CPMC agreed on the need for more sustainable healthcare and evidence-based strategies for management of climate change and extreme weather-related risks to health and healthcare infrastructure, operations and personnel.

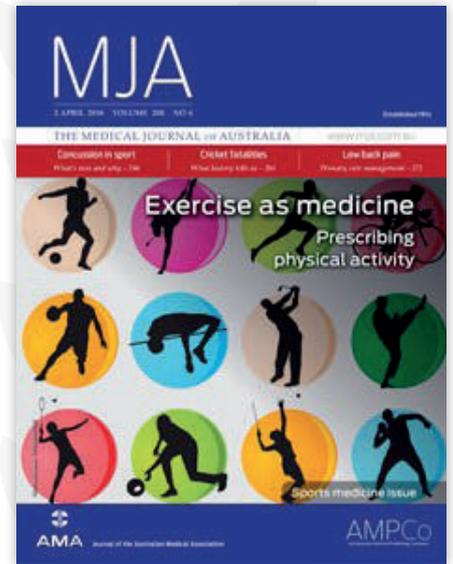
In November, the College supported the *No Time For Games* campaign launched by Doctors for the Environment in Canberra. ACSEP President Dr Adam Castricum addressed the media at the launch, highlighting the barrier that climate change provides to physical activity and sport participation rates amongst Australian children.



President Dr Adam Castricum pictured outside parliament house addressing the media with fellow supporters of the *No Time for Games* campaign

Medical Journal of Australia

The April edition (Volume 208 Issue 6) of the Medical Journal of Australia (MJA) was dedicated to Sport and Exercise Medicine. This highlighted the community need for more Sport and Exercise Physicians and for all doctors to understand the benefits of exercise and know how to prescribe it; or indeed refer to the appropriate health professionals for this. Well done to Fellows Dr John Orchard, Dr Peter Brukner, Dr Peter Friis, Dr David Hughes, Dr Carolyn Broderick and Registrars Dr Lisa Elkington and Dr Rachel Harris for their contributions to this important journal.



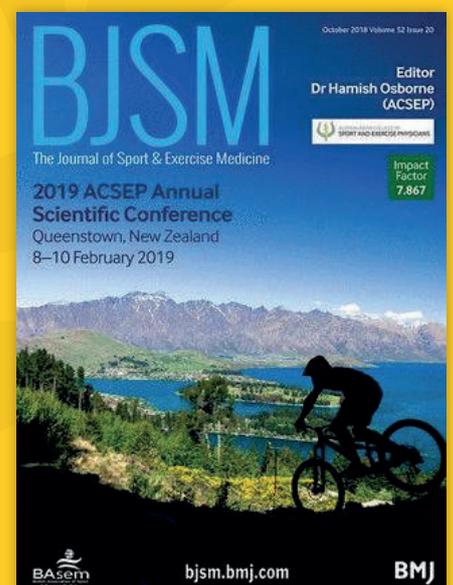
ACSEP Registrar Dr Kimberley Wells kept her copy handy on a bike ride in Canberra, truly practising the exercise as medicine message

ACSEP Registrar Dr Laura Lallenc was also featured in the Medical Journal of Australia in May, discussing her life in Sport and Exercise Medicine. Dr Lallenc, pictured left, is one of the club doctors for the Melbourne Demons AFL team, and also runs the medical program for the Demons' AFLW side, and the Casey Demons VFL club



British Journal of Sports Medicine

The October cover of the British Journal of Sports Medicine (BJSM) featured the #ACSEP19 artwork, inviting readers to attend the annual Scientific Conference. The issue also included a number of great articles, reviews and research covering a range of SEM topics. Well done to editor ACSEP Fellow Dr Hamish Osborne.



AROUND THE GROUNDS



ACSEP Vice President Dr Lou Tulloh joined Minister for Sport Senator the Hon Bridget McKenzie, AMA President Dr Tony Bartone and other distinguished guests as part of the discussion to increase affordable Specialist Sport and Exercise Medicine services to rural, regional and remote Australia

President Dr Adam Castricum was honoured to be invited to join an amazing panel for the Women in Sport Symposium as part of the Sports Medicine Australia Conference. Alongside Kate Palmer, CEO of the Australian Sports Commission, many speakers championed the need for more women in Sport and Exercise Medicine, and the need to increase activity levels in women and girls alike



ACSEP Fellows Gr Graham Paterson and Dr Dan Exeter demonstrating core stability work as part of the Axis Sports Medicine Registrar Teaching session in Auckland New Zealand



President Dr Adam Castricum with ACSEP Fellow Dr Roslyn Carbon took part in the Exercise is Medicine Panel discussion alongside Prof Chip Lavie. A focus on finding our exercise "sweet spot" to live longer with improved quality of life

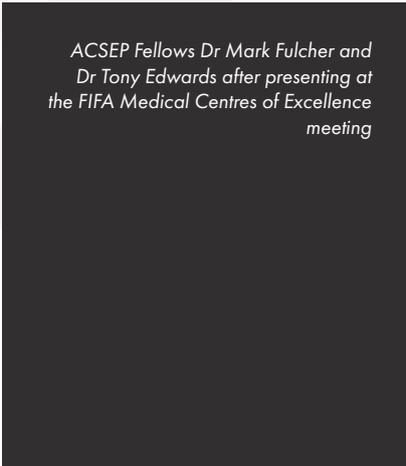


ACSEP Fellows Dr Matt Hislop and Dr Corey Cunningham showing that mateship trumps rivalries during the Storm v Titans at Cbus Super Stadium on the Gold Coast

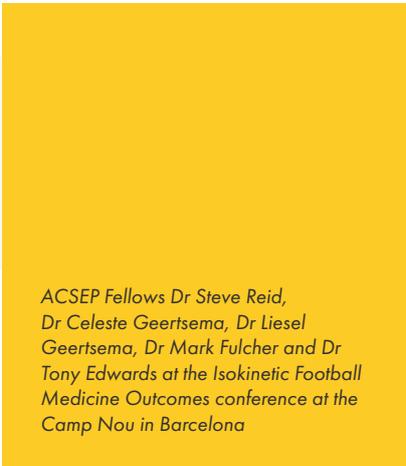




ACSEP Registrar Carlee Van Dyk, bottom left, part of the Aussie Diamonds team for their Quad series win



ACSEP Fellows Dr Mark Fulcher and Dr Tony Edwards after presenting at the FIFA Medical Centres of Excellence meeting



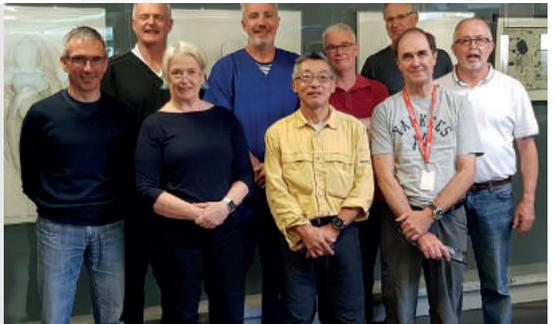
ACSEP Fellows Dr Steve Reid, Dr Celeste Geertsema, Dr Liesel Geertsema, Dr Mark Fulcher and Dr Tony Edwards at the Isokinetic Football Medicine Outcomes conference at the Camp Nou in Barcelona



Ultrasound (US) Peer Review Group

Members of the ACSEP US Peer Review Group participated in an ultrasound guided injection course using unembalmed cadavers at the University of Tasmania's clinical school overseen by visiting Doctor Tom Clarke (USA).

It was also great see many ACSEP members take part in a further US course run by the Australian Institute of Ultrasound in Auckland.



ACSEP Fellow Dr Peter Larkins exceed the Men's Health Lunch at the MCG raising \$200,000 toward prostate cancer research. Dr Larkins presented on the importance of a holistic approach to men's health



ACSEP Fellow Dr Krishant Naidu took part in a memorable A-League Final victory for Melbourne United at McDonald Jones Stadium, pictured with goalkeeper Lawrence Thomas

Congratulations to ACSEP Fellow Dr Peter Brukner OAM on the launch of his new book A Fat Lot of Good. Dr Brukner discusses sugar and lifestyle with the Triple M Breakfast Radio show



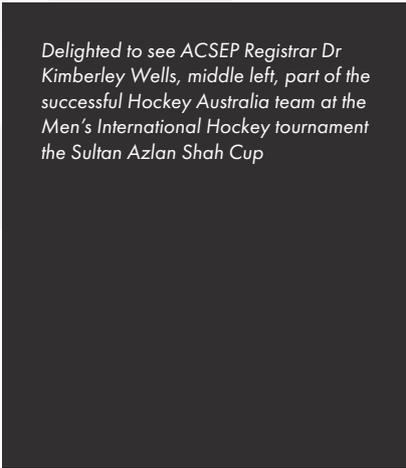
The World Game

ACSEP Registrar Dr Brett Frenkiel, pictured second from the left front #7, was part of the Australian team at the World Medical Football Championship, finishing in fourth place

Over 50 passionate Sport & Exercise Medicine Students and Graduates attended the Sport and Exercise Medicine Students' Association (SEMSA) conference in Melbourne. Many ACSEP Fellows and Registrars Spoke at the event include Dr Bianca Scotney, Dr Andrew Jowett and Dr Laura Lallenec, pictured below. ACSEP was proud to be a sponsor of another great SEMSA event and look forward to helping develop the careers of aspiring SEM physicians



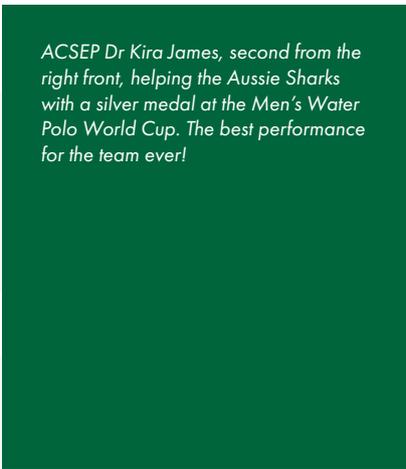
ACSEP Fellow Dr Mark Fulcher, pictured middle back, as part of the FIFA Medical Committee which met in Zurich to discuss and debate medical aspects of football. The committee has representatives from all six confederations and independent medical experts from around the globe



Delighted to see ACSEP Registrar Dr Kimberley Wells, middle left, part of the successful Hockey Australia team at the Men's International Hockey tournament the Sultan Azlan Shah Cup



ACSEP President Dr Adam Castricum and CEO Kate Simkovic in Canberra briefing as Australian Treasurer the Hon Scott Morrison prepares to announce the Federal Budget. The College has passionately advocated for greater access to specialist care, and a focus on preventative medicine. We ensure to keep exercise safe for all, for life



ACSEP Dr Kira James, second from the right front, helping the Aussie Sharks with a silver medal at the Men's Water Polo World Cup. The best performance for the team ever!



SOCIAL MEDIA

The ACSEP increased its social media footprint throughout 2018, allowing the College to promote Sport and Exercise Medicine further, with a greater reach and increased audience.



TWITTER FOLLOWERS

GREW

22% TO 1,812



FACEBOOK FOLLOWERS

GREW

26% TO 1,136

The ACSEP blog continues to provide insights from ACSEP Fellows, Registrars and staff of their experiences within the world of Sport and Exercise Medicine. The blog continues to improve the College's reach across all social media channels; promoting the many benefits of Sport and Exercise Medicine.



FINANCIALS

The full Financial Report for the period ended 30 June 2018 includes;

Directors' Report, Auditor's Independence Declaration, Directors' Declaration, Independent Auditor's Report and Notes to the Financial Statements.

The 2018 Year in Review highlights a snapshot of the full Financial Report detailing; Statement of Profit or Loss and Other Comprehensive Income, Statement of Financial Position, Statement of Changes in Equity, Statement of Cash Flows.

The Full Financial Report for the period ended 30 June 2018 can be found at www.acsep.org.au

AUSTRALASIAN COLLEGE OF SPORT & EXERCISE PHYSICIANS ABN: 40 003 200 584

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2018

	For 12 months ended 30 June 2018	For 6 months ended 30 June 2017
	\$	\$
INCOME		
Conferences & Seminars	461,545	414,778
Examinations	279,865	90,941
Program/ Grant Funding	892,882	561,243
Sponsorships	23,779	-
Subscriptions	619,164	297,218
Sundry Income	136,288	21,829
TOTAL INCOME	<u>2,413,523</u>	<u>1,386,009</u>
EXPENSES		
Accounting, Audit & Legal Fee	53,478	40,683
Administration Expense	244,267	67,375
Association Expenses	76,119	15,346
Communications	11,357	5,589
Computers	39,915	17,156
Financial Expenses	10,088	3,497
Insurance	6,446	2,791
Program Delivery	1,414,765	730,607
Staff Expenses	461,011	287,728
Travel	144,936	68,284
TOTAL EXPENSES	<u>2,462,382</u>	<u>1,239,056</u>
PROFIT/(LOSS) FROM OPERATING ACTIVITIES	<u>(48,859)</u>	<u>146,953</u>
OTHER INCOME/ (EXPENSE)		
Interest Income	31,150	12,017
	<u>31,150</u>	<u>12,017</u>
PROFIT/(LOSS) BEFORE TAX	<u>(17,709)</u>	<u>158,970</u>
Income tax expense	-	-
PROFIT/(LOSS) AFTER TAX	<u>(17,709)</u>	<u>158,970</u>
OTHER COMPREHENSIVE INCOME FOR THE PERIOD		
Net gain/(loss) on revaluation of financial assets	(4,411)	3,619
TOTAL OTHER COMPREHENSIVE INCOME FOR THE PERIOD	<u>(4,411)</u>	<u>3,619</u>
TOTAL COMPREHENSIVE INCOME/(LOSS) FOR THE PERIOD	<u>(22,120)</u>	<u>162,589</u>

AUSTRALASIAN COLLEGE OF SPORT & EXERCISE PHYSICIANS

ABN: 40 003 200 584

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2018

		30 June 2018	30 June 2017
		\$	\$
ASSETS			
Current Assets			
Cash at Bank	2	1,148,717	1,554,162
Trade and other receivables	3	214,769	223,675
Financial Assets	6	1,527,576	508,871
Prepayments	7	67,662	40,806
Total Current Assets		<u>2,958,724</u>	<u>2,327,514</u>
Non Current Assets			
Property Plant & Equipment	4	15,810	10,255
Intangible Assets	5	37,869	49,668
Total Non Current Assets		<u>53,679</u>	<u>59,923</u>
TOTAL ASSETS		<u>3,012,403</u>	<u>2,387,437</u>
LIABILITIES			
Current Liabilities			
Trade and Other Payables	8	278,464	84,792
Income Received in Advance	9	1,211,033	768,859
Provision for Annual Leave	10	31,825	20,585
Total Current Liabilities		<u>1,521,322</u>	<u>874,236</u>
TOTAL LIABILITIES		<u>1,521,322</u>	<u>874,236</u>
NET ASSETS		<u>1,491,081</u>	<u>1,513,201</u>
MEMBERS FUNDS			
Retained Earnings	11	1,491,873	1,509,582
Financial Assets Revaluation Reserve		(792)	3,619
TOTAL MEMBERS FUNDS		<u>1,491,081</u>	<u>1,513,201</u>

STATEMENT OF CHANGES IN EQUITY
For the year ended 30 JUNE 2018

	Retained Earnings \$	Financial Asset Reserve \$	Total \$
Balance at 1 January 2017	1,350,612	-	1,350,612
Total Other Comprehensive Income	-	3,619	3,619
Profit/(loss) attributable to the entity	158,970	-	158,970
Balance at 30 June 2017	<u>1,509,582</u>	<u>3,619</u>	<u>1,513,201</u>
Balance at 1 July 2017	1,509,582	3,619	1,513,201
Total Other Comprehensive Income	-	(4,411)	(4,411)
Profit/(loss) attributable to the entity	(17,709)	-	(17,709)
Balance at 30 June 2018	<u>1,491,873</u>	<u>(792)</u>	<u>1,491,081</u>

STATEMENT OF CASH FLOWS
For the year ended 30 June 2018

	For 12 months ended 30 June 2018 \$	For 6 months ended 30 June 2017 \$
<u>Cash Flows from Operating Activities</u>		
Receipts from Membership Activities, Conferences and Grants	3,021,545	1,559,764
Interest Received	31,150	12,017
Payments to Suppliers and Employees	(2,414,637)	(1,226,476)
Net Cash Generated/ (Used in) Operating Activities	<u>638,058</u>	<u>345,304</u>
<u>Cash Flows from Investing Activities</u>		
Payments for PPE and Intangible Assets	(12,807)	(3,414)
Investments in term deposits	(1,030,696)	-
Payments for Investments in Interest Bearing Securities	-	(497,672)
Net Cash Provided by Investing Activities	<u>(1,043,503)</u>	<u>(501,086)</u>
<u>Cash Flows from Financing Activities</u>		
Repayment of Borrowings	-	-
Net Cash Provided by/ (Used in) Financing Activities	<u>-</u>	<u>-</u>
Net Increase/(Decrease) in Cash Held	(405,445)	(155,781)
Cash at the Beginning of the Financial Period	1,554,162	1,709,943
Cash at the End of the Financial Period	<u>1,148,717</u>	<u>1,554,162</u>

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ABN: 40 003 200 584

