



Manage the care of athletes with chronic musculoskeletal and health conditions

DESCRIPTION

This activity requires Registrars to be able to assess and manage chronic MSK and medical conditions in athletes and work collaboratively with other practitioners, coaches and administrators.

The Registrar can perform this activity independently and demonstrates the following competencies:

- Develop and apply an understanding of the epidemiology surrounding chronic disease and injuries, and public health issues in culturally diverse communities.
- Assess athletes with chronic musculoskeletal and/or medical conditions, order relevant cost-effective investigations, liaise with the author of reports where necessary and manage appropriately, recognising that investigative and management pathways may differ from the non-athlete.
- Ensure athletes with chronic MSK conditions have education and an understanding of how to manage their condition physically, pharmaceutically and therapy wise, particularly around competition and recovery e.g. inflammatory joint disease.
- Conduct pre-participation examination/medical screening on athletes with chronic health conditions and manage findings accordingly.
- In athletes with chronic musculoskeletal conditions assess biomechanics and how they relate to injury, refer for biomechanical analysis and interpret reports, and institute appropriate management.
- Identify protective and therapeutic equipment, devices, splints and braces required for athletes with chronic musculoskeletal and/or health conditions, discuss the advantages and disadvantages of various types and prescribe appropriately.
- Assess and manage chronic injuries and medical conditions of para-athletes.
- Appropriately prescribe oral, injectable and other forms of medication complying by the *Quality use of Medicines and Medicines Safety* standards to athletes taking into account the risks, benefits, possible drug interactions and compliance with WADA code.
- Review common medications including psychiatric medications that are used by athletes and advise how each may impact physical health and performance.
- Recognise how an athlete might respond psychologically to a diagnosis of a chronic injury or illness and prescribe psychosocial interventions that may be used during the rehabilitation process.
- Provide patient information and outline community programs which may assist athletes and their families gain a better understanding of mental illness and support if they need help.
- Recognise and advise on specific nutritional and hydration requirements for athletes with chronic medical conditions.
- For athletes with chronic medical conditions identify, support, and liaise with other medical specialists where appropriate to oversee their management.



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- Effectively work with others to prevent, negotiate and resolve any inter-professional conflict.
- Communicate accurately, clearly, promptly and comprehensively with relevant colleagues, including succinct, timely letters to referring doctors and writing appropriate letters of referral.
- Promote a supportive team environment for athletes with chronic medical conditions, particularly to enhance protective factors and reduce risk factors associated with mental health.
- Manage emotionally charged circumstances and support the patient, such as when delivering bad news, and addressing anger, confusion and misunderstanding.
- Liaise with family, coaches, managers and other non-medical professionals to optimally support athletes with chronic injuries and/or medical conditions in a manner that respects privacy and confidentiality.
- Describe the role of the medical profession in advocating collectively for the health and safety of patients, athletes, sporting teams or groups.
- Identify areas of high need within the practice population and identify opportunities for advocacy, health promotion, and injury and disease prevention (e.g. Aboriginal and Māori populations, refugees/migrants, and other groups).
- Provide culturally appropriate care to enhance patient care/outcomes.

WORKPLACE-BASED ASSESSMENTS

Mini CEX

Minimum of 1 of each of the following:

- Auto-immune disease (rheumatological, gastrointestinal)
- Athlete presenting with cardiovascular symptoms
- Tired athlete

MMA

- Nutritional deficiency

CbD

Minimum of 2 of any of the following:

- Overtraining
- Management of an asthma exacerbation
- Epilepsy
- Mental health – depression or anxiety
- Para-athlete with chronic MSK injury or medical condition

TOTAL MINIMUM - 6

Athletes must participate in a variety of team and/or individual sports and completed by at least 2 different assessors with a maximum of 50% of assessments completed by any one assessor.



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EPA COMPLETION

Registrar name:

Has the Registrar requested completion of this EPA previously?

If yes, please check prior EPA Completion form/s to review feedback provided and previous WBA completed.

Registrar must log relevant WBA forms and provide them when presenting for sign off.

Date	Assessment Type	Case Description	Assessor

☐ The Registrar's logbook indicates sufficient exposure to relevant cases to develop competence.

Recommendation (select one)

Evidence from workplace-based assessments indicates that the Registrar is competent to manage athletes with chronic musculoskeletal and health conditions.	
The Registrar needs to continue learning and completing workplace-based assessment and re-present for assessment of completion of this EPA (provide comment below).	



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The Registrar should complete the following before re-presenting for EPA sign off:

Clinical Training Supervisor:	Signature:
Date:	
Zone Training Coordinator:	Signature:
Date:	