



Provide medical care to a sporting team

## DESCRIPTION

This activity requires Registrars to be able to provide medical care for an elite sporting team within their region, including preparing individual athletes and the team appropriately pre-season, assessing and managing injuries of athletes at games and/or events, providing medical care for illness and providing appropriate follow up, and monitoring, and promoting overall health and wellbeing of players and support staff.

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

- Arrange, review and obtain advice on SEM Physician contracts with professional sporting teams.
- Tailor and perform athlete pre-contract assessments, pre-participation examination and medical screening to the applicable sport and position within the team, particularly cardiac screening and baseline concussion assessment and provide feedback to management where appropriate.
- Develop and implement necessary policies and plans, including but not limited to managing medical emergency situations, return to sport after injury/illness, register of player use of supplements and medications, concussion protocols and infectious disease policies, and ensure compliance.
- Assess the possible types and likelihood of injury risk to team members.
- Determine the specific medical problems of team members and officials and prepare and manage accordingly.
- Review previous and current medications, supplements and hydration strategies of all team members, and advise accordingly.
- Work with the medical team to develop an individualised sport specific 'prehabilitation' program, including exercises to improve core activation, global strength, power, flexibility, and proprioception, to prevent common injuries of the sport.
- Liaise with the allied health professionals and advise on suitable protective equipment and/or taping and bracing for individual players.
- Set up support teams and collaborate with medical consultants experienced in sport related conditions dictated by the likely injuries of the sport.
- Prepare and maintain a suitable medical kit for games to manage likely injuries of the sport and manage medical conditions of team members, including medications and disposable equipment.
- Determine and organise the provision of medical supplies, equipment and facilities that are required for appropriate care of the team at home and away at match venues.
- Advise on appropriateness and risks of novel therapies, equipment or training methods which may be considered for performance benefit or injury management.
- Effectively assess and manage injuries and medical conditions of team members.
- Monitor overall mental wellbeing of team and staff members and manage or refer appropriately.



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- Discuss medical issues of athletes with coaches, managers and other health professionals, in a manner that respects athlete privacy and confidentiality.
- Manage conflict inherent in the role of a physician as a health advocate for an individual athlete, and/or the team, acknowledging the necessary balance between performance and health.
- Initiate and lead weekly meetings with appropriate team staff, to review injuries, illness, wellbeing and psychosocial issues.
- Follow up injuries of each team member during the pre-, post- and in season and ensure appropriate and sensible goals are set to return to sport.
- Follow up each player's prescribed injury rehabilitation programs post season, to ensure full recovery of each member of the team by the following season.
- Take a leadership role in educating team members and staff on various medical issues, including but not limited to drugs in sport, nutrition, mental health, concussion and infectious diseases.
- Respond appropriately to media requests.
- Demonstrate professional behaviours and relationships.
- Manage the care of Indigenous and ethnically diverse athletes in the team environment, applying knowledge of the specific health and psychosocial issues for these peoples.
- Oversee medical governance of the relevant organisation in respect to clinical record-keeping, drafting medical policies and procedures, evaluating outcomes, monitoring of compliance and reporting to the management of the organisation.
- Communicate accurately, clearly, promptly and comprehensively with relevant colleagues by means appropriate to the urgency of the situation (telephone, letter), especially where responsibility of patients' care is transferred.
- Maintain clear, accurate and appropriate written or electronic records of clinical consultations, encounters and plans.
- Liaise and collaborate with allied health professionals.
- Be aware of one's own religious and cultural beliefs, their inherent biases and the influence they have on interaction with others.
- Access and use resources available to support cross-cultural practice.



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## WORKPLACE-BASED ASSESSMENTS

### MMA

Minimum of 1 each of the following:

- Injury related – complex injury to the hip, knee, shoulder or elbow.
- Trauma related – fracture of ankle or foot, or hand/wrist/forearm.
- Medical presentation in a team athlete – infectious disease, abdominal or genitourinary trauma

### DOPS

- Minimum of 1 ultrasound guided injection.

### CbD

Minimum of 1 each of the following:

- Prolonged concussion symptoms.
- Soft tissue injury in a team athlete – hamstring, calf, or tendon injury.
- Medical – a chronic condition affecting an athlete's availability or ability to perform – e.g. diabetes, asthma, inflammatory arthropathy, GIT disease.
- Medical – a condition that affected/had the potential to affect more than one player e.g. infectious disease.

### MSF

- Seek feedback from six different role holder's in relation to the Registrar's role with a sporting team during Category 2 event and team coverage. Suggested role holders include: coach; manager/administrator; lead physiotherapist; strength and conditioning; physiologist; other performance support staff (e.g. dietitian, psychologist); or athlete.

### TOTAL MINIMUM - 9

Injury assessments must include different body areas and medical conditions affecting different body systems and completed by at least 2 different assessors with a maximum of five of the assessments completed by any one assessor.

## EVENT AND TEAM COVERAGE

- Category 2: Collision Sport Team Coverage

## EPA COMPLETION

**Registrar name:**

Has the Registrar requested completion of this EPA previously? **Yes / No**



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

Registrar must log relevant WBA forms and event and team coverage 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 and event and team coverage indicates that <b>the Registrar is competent</b> to provide medical care to a sporting team.	
The Registrar needs to continue learning and completing workplace-based assessment and re-present for assessment of completion of this EPA (provide comment below).	
<i>The Registrar should complete the following before re-presenting for EPA sign off:</i>	



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<b>Clinical Training Supervisor:</b>	<b>Signature:</b>
<b>Date:</b>	
<b>Zone Training Coordinator:</b>	<b>Signature:</b>
<b>Date:</b>	