



AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS

**YEAR IN REVIEW**

**2021**



**FOX J.**

**GREAT**

**EXPECTATIONS**

# YEAR IN REVIEW

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FOX J.



# OUR ORGANIZATION



# ISATATION



AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS

## 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 and many cancers.

The goal of all Sport and Exercise Physicians should be to facilitate all members of the community to enjoy exercise safely to 100 years and beyond, knowing that physical activity provides them the 'best buy' to prevent chronic disease.



The ACSEP acknowledges the Wurundjeri people as the Traditional Owners of the land on which our national office stands. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.



## OUR MISSION

To provide and promote excellence in training and continuing professional development of Sport and Exercise Physicians in Australia and New Zealand.

## OUR VISION

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**

REPORT

# CHAIR



**DAVID BRENNAN**

**The year that was 2021 certainly had its ups, downs and sideways motions to it. For me personally, it was a reflective one as it was the final year of my six-year tenure on the Board of the College.**

I am proud of the work that my fellow Directors have achieved in my time with the College with some great runs on the board. Early in my appointment, I was thrilled to be part of the five-year strategic planning process for 2017 to 2021. The plan focused on enhancing training excellence, improving stakeholder relationships, increasing member engagement and ensuring organisational sustainability. All areas which the College has made great forward leaps of progress with.

## Thank You

I've served now under three Presidents whom without their guidance, support, and friendship my role wouldn't have been nearly as enjoyable and fulfilling. Adam, Lou and Mark – thank you. Along with our current Board, I've served with an additional 7 Directors (either elected or independent) and have been immensely

encouraged by their dedication, skills and experience brought to the table to tackle sometimes complex and daunting challenges – which I have really appreciated and admired. Some other members of the College I wish to thank for their support include all the Chairs of Training I've worked with (David Bolzonello, Scott Burne and Sharron Flahive), both Mike Jamieson and Steve Reid with the Professional Standards Committee, Dan Exeter with the Education Committee and of course Kate Simkovic. I don't know any other Chief Executive as diligent and hard-working as Kate and she made my experience an absolute pleasure.

During the year, the Board conducted an extensive search for a replacement director with my departure set for the 2022 AGM in February. I was thrilled that Dr Saranne Cooke has been chosen to take over the reins of the Board Chair for the ACSEP. Her remarkable experience and expertise in all things strategy and governance will no doubt help to take the College to 'the next level'. I wish her, the Board and all the members of the College the very best of luck for the years ahead.

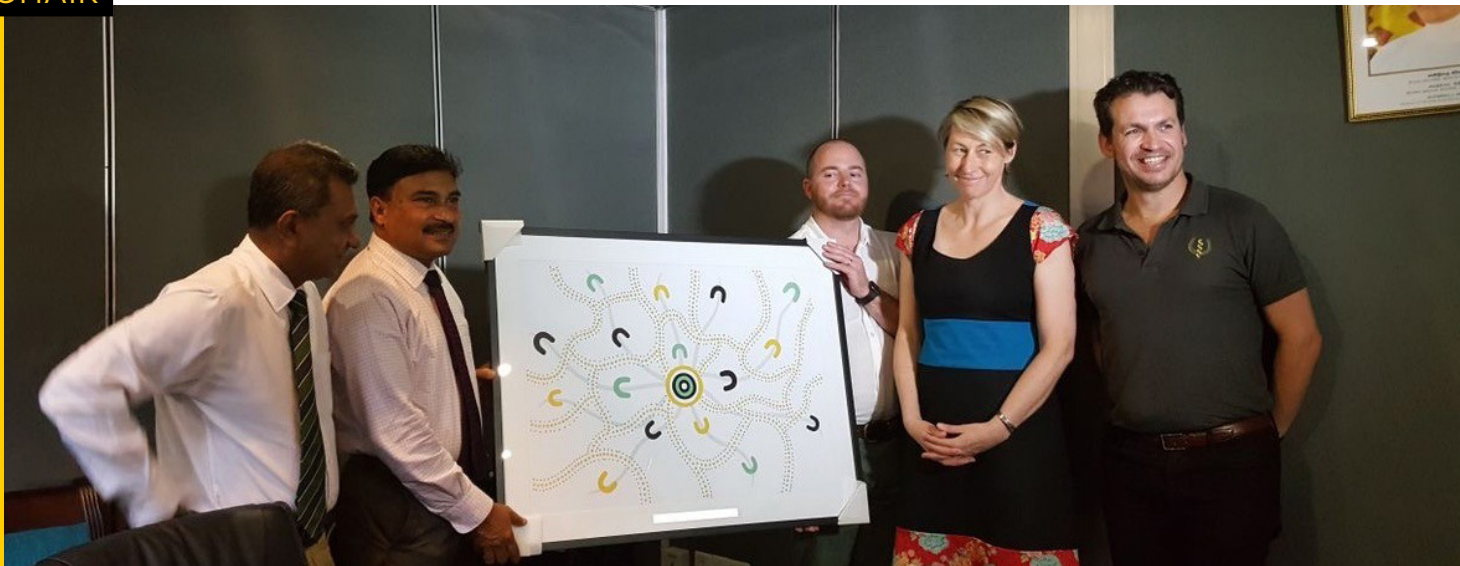






**“I’M PROUD OF THE WORK THAT MY FELLOW DIRECTORS HAVE ACHIEVED”**

**DAVID BRENNAN**  
**CHAIR**



## REPORT

**PRESIDENT****DR MARK FULCHER**

**As Louise Tulloh mentioned in her President report last year, it would have been nice to write about something other than the impact of COVID-19.**

Unfortunately, 2021 has been another challenging year, both for the College and indeed many of you. From a personal view it has been challenging taking over the presidency and being located in New Zealand, removed from our National Office and indeed the majority of our members. Fortunately, the online environment has allowed us all to remain connected and the majority of our work has continued unabated. We have continued to participate in regular online meetings with major stakeholders including the Council of Presidents of Medical Colleges, government ministers and other major stakeholders. We have also welcomed new presidents of both the CPMC and AMA during 2021 and have enjoyed a good working relationship with both individuals and groups. These meetings, which have continued to be held solely online, have allowed us to keep abreast with goings-on within the government, particularly the COVID response. I would like to acknowledge the impact that the pandemic has had

on our registrars, staff at the National Office and on our fellows serving on various college committees. I would like to particularly acknowledge their resilience and commitment to ensuring that training continues to occur and that it remains of very high quality.

Despite the year's challenges, there have been some definite positives that have occurred over the past 12 months. We have enjoyed an excellent scientific meeting featuring high-quality speakers and engaging online format. Winning the quiz was a personal highlight. The conference was very well attended, and we have had overwhelmingly positive reviews. We are clearly planning for a face-to-face conference next year but having now run this online, we may be able to offer different types of content and delivery during future meetings. During 2021, we have also resumed work on the development of a ultrasound course designed specifically for ACSEP Fellows. We hope that we can deliver this course to our members as well as other external stakeholders to help achieve our strategic goals of training excellence and member engagement. We are hoping that this course will be live by late 2022 in time for our Conference. We also have made some progress with an application to MSAC to lobby for different provider numbers and have been able to participate in some ongoing advocacy to achieve better funding for our registrars and training program in general.

At this stage, 2022 does appear somewhat uncertain. We will welcome a new College Chair with Saranne Cooke taking over from David Brennan. I would like to take this opportunity to thank David for his service and commitment towards the college over the past six years. I'm also very much looking forward to working with Saranne who comes with a particularly strong finance and governance background. The year ahead will see us reviewing our strategic plan



and considering how the College should move forward. As highlighted above, two areas where we will continue to focus relate to funding of our registrars and advocacy to ensure that our patients are able to access better rebates. I'm excited about considering how we can continue to grow the College and expand into exercise medicine, while continuing to support athletes and deliver care to those with sports related injuries.

Finally, I am very hopeful and optimistic that 2022 will allow us to spend more time together. I'm looking forward to visiting our National Office and indeed seeing many of you in Australia. We are hoping that we will be able to resume the delivery of many of our courses and activities, for example the MOST course. We also hope that we can resume holding Fellow's dinners and that we can plan towards the 2022 ACSEP scientific meeting in Adelaide. In the meantime, remember that we are arguably more connected than ever due to the use and acceptance of digital technologies. Please feel free to reach out to me, other members of the Board or the National Office should you have any feedback about how the College is running and where you would like us to focus our energy in 2022.



**“2021 HAS  
BEEN ANOTHER  
CHALLENGING YEAR”**

**DR MARK FULCHER**  
**PRESIDENT**



## REPORT

## CEO



KATE SIMKOVIC

**The past 12 months have been difficult and fraught with uncertainty. The fallout from the pandemic not only impacted individuals but small and large businesses across varying demographics. 2021 did however show what can be achieved at speed and scale when research, medicine, business, government and ultimately society work together to tackle some of the toughest challenges – many that are far from over.**

The ACSEP was not immune from these challenges and found itself once again tackling the difficulties of the continuing pandemic by operating from disparate homes and infrastructures across Melbourne. Despite these challenges, the College still managed to undertake most training related activities, albeit in remote settings. Both entrance and fellowship examinations were completed, and the successful tutorial program proved to be a lifeline to Registrars starved of connection from their peers and the membership in general.

The ACSEP also managed to undertake two virtual conferences, a small introductory experience in early 2021 and a much larger and more comprehensive

version more recently in early December 2021. The College's ability to pivot and create virtual events has been extraordinary and as we hone these skills, it is important to reflect on how complex this adjustment is. Whether it be for exams or for a conference, the incredible amount of time and work undertaken to ensure college activities can still take place cannot be underestimated. A virtual activity or one that is remotely coordinated does not mean that the workload decreases, in fact it increases significantly, and I would like to unreservedly thank and congratulate the National Office staff and all the countless members who committed so much of themselves throughout 2021. You are an incredible community of people who only want the best for the ACSEP.

Of course, not everything was able to continue throughout 2021 with a number of our courses and income generating activities that were unable to continue and as such the College is looking towards 2022 as being a very active year in this space. The ACSEP therefore focused on other initiatives which resulted in an excellent 3-year collaboration with BASEM being signed. The SEM Academy continued to grow and although college members were unable to attend, the IOC Conference in Monaco was a great success for the promotion of the SEM Academy with more partnerships in development – even Prince Albert II was impressed!

Early 2021 saw the introduction of the ACSEP new President Dr Mark Fulcher and since this time, Mark has been unable to attend any meeting, be it with potential partners or for advocacy discussions, in person. It has been a difficult induction journey however Mark and I have still managed to continue with dialogue relating to trainee funding, MBS item numbers, workforce, Moving Medicine and training opportunities in general. We are very hopeful that Mark will be able to



make his way to Australia and I to New Zealand in the not-too-distant future so that these discussions can progress with increased vigour.

2021 saw the final year of tenure for the ACSEP Board Chair, David Brennan. David has been unwavering in his support for the ACSEP and SEM in general and has led the college throughout the past 6 years with passion and strong governance. It has been my absolute pleasure to work with David, I have learned a great deal from him and I thank David for his hard work and dedication to the ACSEP.

Finally, my thanks to the ACSEP Board for navigating another year of lengthy zoom meetings and yet providing such solid guidance and support. Thanks to the Committee Chairs and their committee members for the exceptional and tireless commitment to the aligned ACSEP goals and to the hard working and patient National Office team. The ACSEP Staff have only had approximately 5 meetings as a whole group in almost 2 years yet this small team have continued to keep the operations ticking along and have used technology to their advantage.

**“YOU ARE AN  
INCREDIBLE COMMUNITY  
OF PEOPLE WHO ONLY  
WANT THE BEST FOR  
THE ACSEP.”**

I am hopeful that we will connect in person at some stage in 2022 and wish you all good health and happiness as we navigate the next steps for the ACSEP and SEM throughout Australasia.

**KATE SIMKOVIC**  
CEO

REPORT

# NEW ZEALAND



**DR NAT ANGLEM**

Despite the disruptions of 2021, important work continues to take place and progress. The College is still pursuing a relationship with ACC with the hopes of exploring concussion pathways and research. This relationship is an ongoing development that we will continue to nurture in the New Year.

College partnerships with organisations such as Te ORA, MSK Medicine and Ora Taiao continue to strengthen. I have been involved with a cultural safety and cultural loading project led by Te

ORA and IMAG to address the burden of cultural responsibilities placed upon Māori practitioners. Creating more robust and accessible support pathways is a core tenant of this exploration and I look forward to this work being progressed and shared with the College. ACSEP has worked collaboratively with MSK medicine to lobby training opportunities and the consideration of providing more accessible public service for non-accidental problems. Stay tuned for more updates in 2022. Through CMC, the College supported a call to action led by Ora Taiao responding to climate change and the impacts on healthcare.

The limitation of travel has made connecting with colleagues difficult for both our members here in Aotearoa and our colleagues in Australia. I continue to hold regular meetings with Kate, ACSEP CEO, to ensure that we stay as connected as is possible until face-to-face meetings can recommence.

Our College collective has made some really positive strides this year and I look forward to continuing the momentum in 2022.

**“OUR COLLEGE COLLECTIVE HAS MADE SOME REALLY POSITIVE STRIDES THIS YEAR...”**



ACSEP

# BOARD OF DIRECTORS

The Board are responsible for the organisation's operations and strategy. They ensure that the various functions of the College have what they need to perform by upholding best-practice governance. Providing direction that enables the delivery of quality training and best care for members and their patients is core to the Board remit.



**MR DAVID BRENNAN**  
CHAIR



**DR MARK FULCHER**  
PRESIDENT



**DR LOUISE TULLOH**  
IMMEDIATE PAST-  
PRESIDENT



**MS ROBIN BUCKHAM**  
DIRECTOR



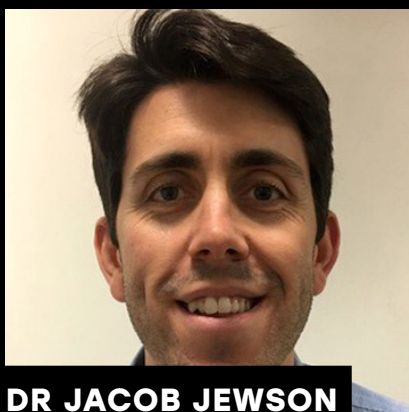
**DR LINDA SWAN**  
DIRECTOR



**DR COREY CUNNINGHAM**  
DIRECTOR



**DR NAT ANGLEM**  
DIRECTOR



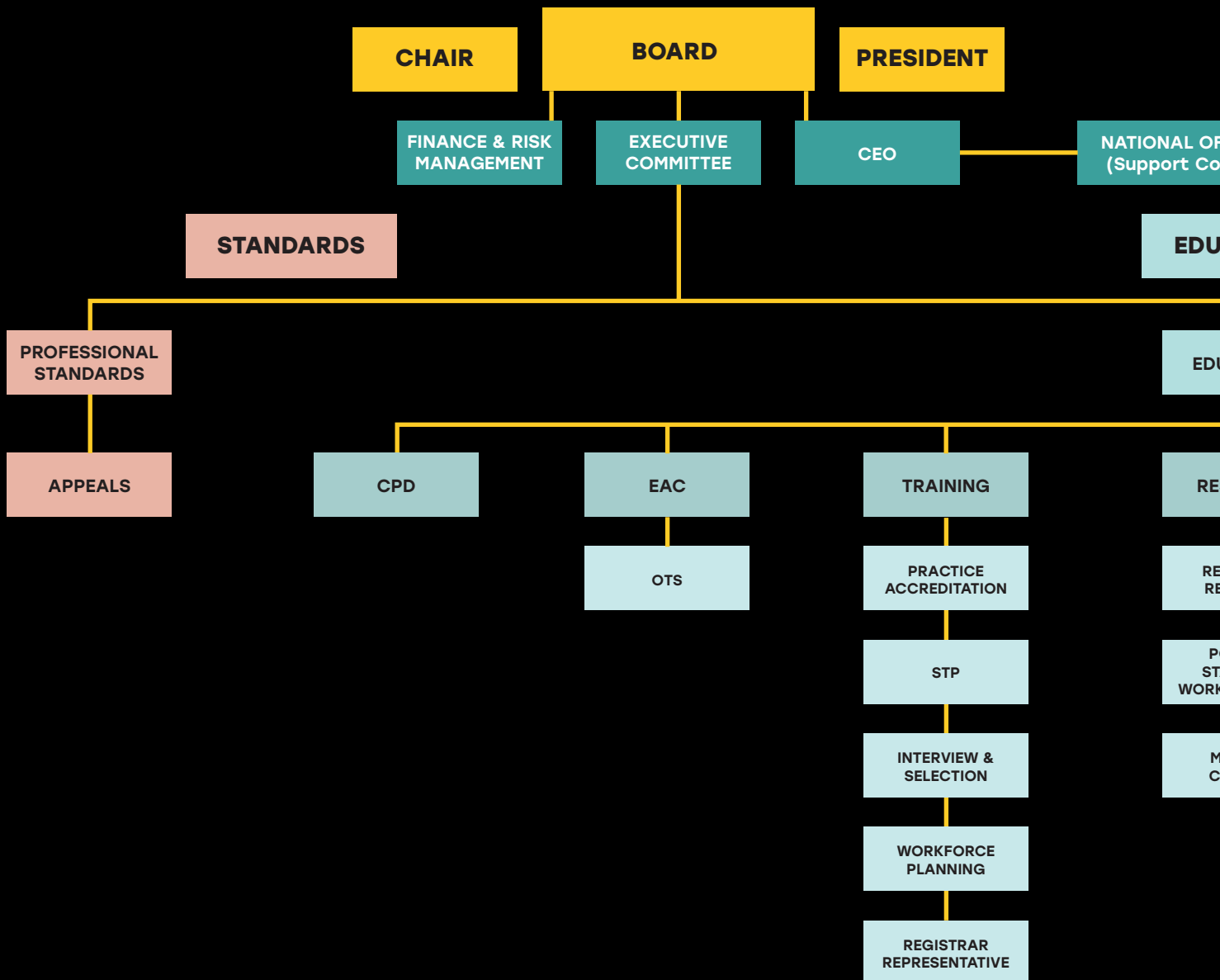
**DR JACOB JEWSON**  
REGISTRAR  
REPRESENTATIVE

ACSEP

# 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 several key areas:





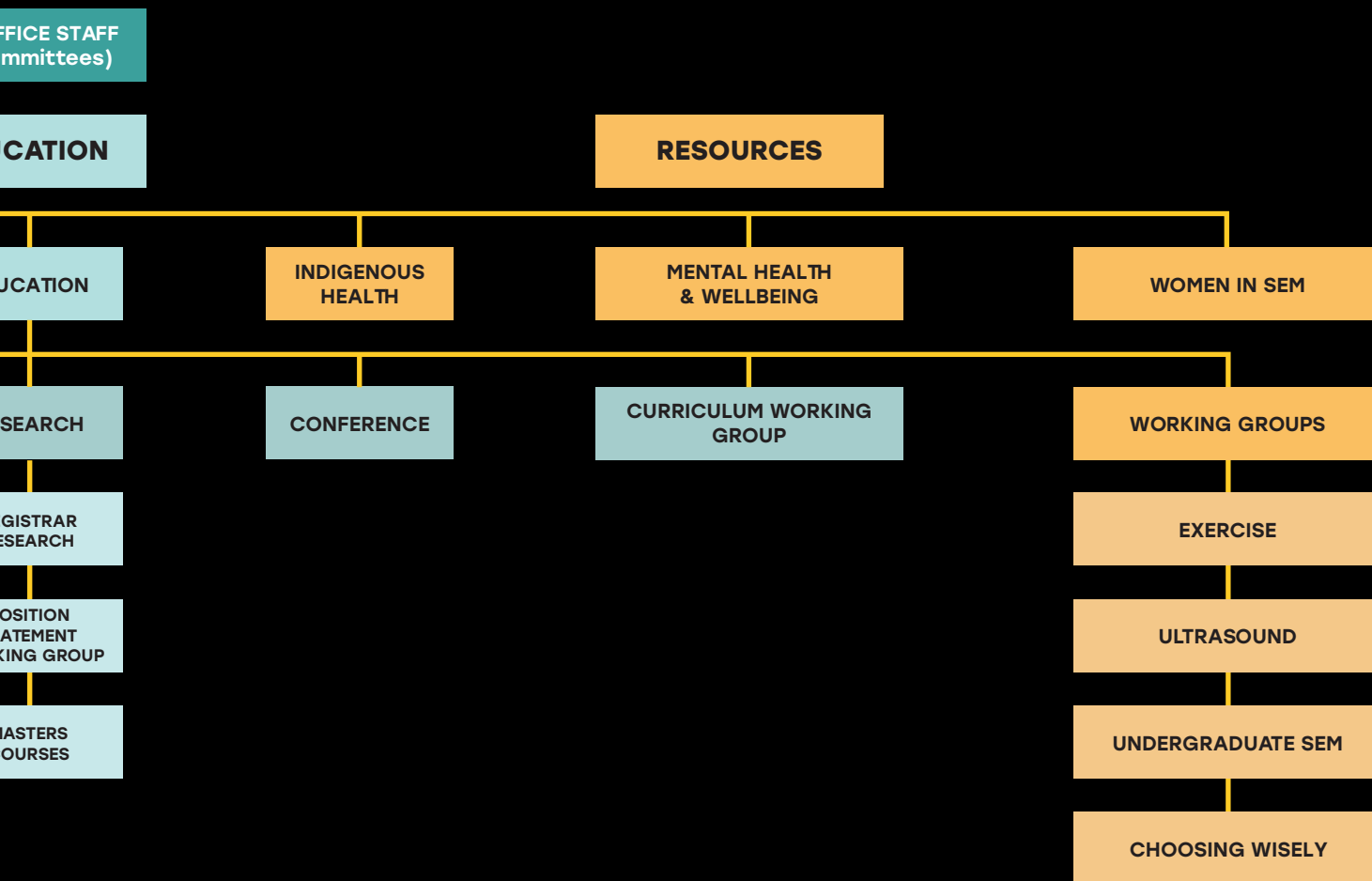


## COLLEGE COMMITTEES

College Committees support the Board and are composed of members and chaired by Fellows. Committees connect the College to on-the-ground experts that offer knowledge and experience in reviewing and making recommendations on key functions of the College and topical issues in sport and health.

## NATIONAL OFFICE

The National Office staff ensure that the operational needs of the College are met. Staff work together with members to provide specific business expertise such as finance, administration, project management, training and accreditation, research and marketing.



ACSEP

# STRATEGIC PRIORITIES

Our strategic plan articulates the way we organise our work. It shapes the future planning of the College and guides the organisation in working towards our vision and mission.

The four strategic priorities are:

## Training Excellence

Delivering a quality training program that is world class, evidence based and has the needs of trainees and supervisors at the core.

## Member Engagement

Creating spaces for members to engage with the College, their peers and educational opportunities throughout their career.

## Organisational Sustainability

Ensuring that our infrastructure enables financial stability, staff retention and robust governance. Promoting and modelling a culture of respect within our organisation and specialty.

## Stakeholder Relationships

Investing in strategic relationships to promote and advocate for the specialty in our industry, local and global community and government.

# 343

## Total Members

# 284

## Total Fellows & Registrars

**208** Total Fellows

**76** Total Registrars

**43** Associate Members

**16** Student Members



SNAPSHOT

# ACSEP MEMBERSHIP

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rs



## AUSTRALIA

**167** Fellows

**58** Registrars

## NEW ZEALAND

**38** Fellows

**18** Registrars

**3** Overseas Fellows

ACSEP

# NEW FELLOWS

# 2021

THIS YEAR WE WELCOMED 17 NEW FELLOWS



LUKE EGGLESTON



SIMON BAKER



JULIE SHAMLAYE



JIN LEE



JANE TAYLOR



SAMANTHA POMROY



COLM MCCARTHY



SHERWIN GOH



LAURA LALLENEC



THOMAS LONGWORTH



OMER GOZUBUYUK



YASO KATHIRAVEL



CASEY WHITE



KEVYN HERNANDEZ



KENDALL BROOKS



DAVID LONG



SIMON KIM

**CONGRATULATIONS TO ALL OF  
OUR NEWLY ELEVATED FELLOWS!**



## HISTORY

## NEW FELLOWS

1991



**30 years ago** saw the first Fellows inducted to the College.

Senior College members were invited to sit the first Fellowship examination, consisting of two written papers, followed a month later by a clinical examination.

The inaugural Fellowships were presented at a formal dinner held at the Hyatt Hotel, Canberra in conjunction with the Annual Conference in October 1991.

The first ACSP trainees or registrars commenced in 1992.

**Results of the inaugural Fellowship examination as published in 'The Australian' on May 2nd 1991**

This is a photo taken of the first ACSP Fellows at the 1991 College dinner.

The original group of Fellows included only 4 females - (L-R) Roslyn Carbon, Margaret Smyth, Jeni Saunders, Grace Bryant.

The front row standing also includes the late Fred Better and the late John Sutton.

Special thanks to Peter Brukner for the photo.





# OUR WORK



# COMMITTEE REPORTS

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1.

## Education Committee

**Chair:** Dan Exeter

**Committee Members:** Stuart Armstrong, Jane Fitzpatrick, Sharron Flahive, Corey Cunningham, Diana Robinson, Louise Tulloh, Kate Simkovic

2.

## Examination & Assessment Committee

**Chair:** Corey Cunningham

**Committee Members:** Paul Blackman, Matt Hislop, Leesa Huguenin, Judith May, Tracy Peters

3.

## Training Committee

**Chair:** Sharron Flahive

**Committee Members:** David Bolzonello, Rachel Taylor, Viran De Silva, Anik Shawdon, Tracy Peters, Paul Annett, George Pitsis, Gary Couanis, Chris Hanna, John Molloy, Hussain Khan

4.

## Continuing Professional Development Committee

**Chair:** Stuart Armstrong

**Committee Members:** John Best, Krishant Naidu, Nat Anglem, Craig Panther, Matthew Hislop, Katherine Rae, Bassam Moses

5.

## Research Committee

**Chair:** Jane Fitzpatrick

**Committee Members:** Kieran Fallon, John Orchard, Justin Paoloni, Bruce Hamilton, Mark Fulcher, Jeni Saunders, Simon Locke, Carmel Goodman, Brandi Cole

6.

## Indigenous Health Advisory Committee

**Chair:** Krishant Naidu

**Committee Members:** Adam Castricum, Hamish Osborne, Leigh Golding, Nat Anglem, Nathan Luies, Sharron Flahive, Viran De Silva

7.

## Conference Committee

**Chair:** Corey Cunningham

**Committee Members:** Brendan O'neill, Duncan Walker (2021 Convenor), Viran De Silva

8.

## Curriculum Review Working Group

**Chair:** Di Robinson

**Committee members:** Brandi Cole, Etienne Du Preez, Jacob Jewson, Sandra Mejak, Sharon Stay, John Molloy and Jodie Atkin (external)

9.

## Women In SEM

**Co-Chairs:** Pip Inge and Rachel Harris

**Committee Members:** Louise Tulloh, Nicole Sly, Brandi Cole, Deborah Robinson, Sharron Flahive, Eloise Matthews, Kate Simkovic, Masiwa Njawayaya

10.

## Mental Health Advisory Group

**Chair:** Adam Castricum

**Committee members:** Peer Support Group





## REPORT

# EDUCATION COMMITTEE

The Education Committee is responsible for developing the education strategy and is able to regulate and approve all education activities delegated by the Board.

2021 was another interesting year for the Education Committee (EdCom). The committee was yet again able to show its value by ensuring that education from a 'business as not usual' perspective continued despite all the challenges created by COVID. Collaboration between all the key College committees occurs at the EdCom level, and therefore it is very pleasing to note that we have been able to get through another year unscathed. Training has been able to continue and be accredited, exams have been run, research conducted and CPD completed. Alongside this, we have seen good progress made in other areas such as cultural safety, the Curriculum Review and an overarching Education Strategy for the College. We hope to have more to share regarding these exciting initiatives in 2022.

On that note, I would like to extend my sincere thanks to all who give of their time to serve on College committees and working groups. In particular, I would like to thank the Chairs not only for their leadership but for the extra time they devote

to EdCom meetings and EdCom specific tasks. The pandemic has squeezed us all in some unfortunate ways and I think everyone would empathise with the concept of webcam fatigue. As I write this, I would like to specifically reach out to our Australian cousins who are in a particularly tricky phase of this nasty pandemic. I am not sure that even thrashing the English in the Ashes is enough of a salve at these times.

I have learnt in 2021 that this really will be a marathon, not a sprint (I am sure many of you came to this realisation faster than I did!). This really helped me enjoy each day more. As we emerged from our last lockdown here in Auckland, catching up with friends and family as the summer rolled in was just the tonic I needed. Hearing my two young girls yell, 'Dad, come and play cricket' means the indoctrination process is going well. More of these last few weeks will suit me just fine.

Best wishes to you all.

**DAN EXETER**  
CHAIR, CPD COMMITTEE



## REPORT

# EXAMINATION AND ASSESSMENT COMMITTEE

The EAC oversee the preparation, conduct, marking and determination of competence standards for the ACSEP Entrance Exam (Part 1) and Fellowship Exam (Part 2). The Committee also look after the assessment of overseas trained SEM specialists seeking Fellowship.

## ENTRANCE EXAM

The Entrance Exam assesses knowledge in Anatomy, Physiology, Exercise Physiology and Pathology, using a secure online MCQ format which allows candidates to sit the exam in their home city.

## ENTRANCE EXAM RESULTS

**21**

Candidates sat the Entrance Exam in 2021

**52%**

Pass rate

**14**

Candidates applied for the 2022 specialist training program with ACSEP

## FELLOWSHIP EXAM

Candidates in their 4th year of training or beyond are eligible to sit the Fellowship exam. It comprises of a written component (MCQ and SAQ short answer papers) and a clinical exam featuring a complex long case presentation, Viva voce and a series of short case examinations. COVID presented further challenges in 2021 but I am very pleased to report that successful and secure exams were delivered for the 13 candidates. Working with EPEC, we have moved to remote delivery of the MCQ / SAQ papers allowing candidates to complete the exam via a secure weblink on their own device and in their own city, with a local supervisor.

The 2021 clinical exam presented additional challenges due to travel restrictions and uncertainty regarding the impact of new COVID outbreaks right up until exam day in November. Travel risks were mitigated by using video conferencing for the Long Case and Viva exams, involving 12 examiners from across Australia, New Zealand and Korea. Short case exams were held in 7 different cities, across 5 time zones, involving a further 28 examiners and 40 patients. The EAC acknowledges a great collaborative effort from College Fellows and our National Office staff to make it work and provide the opportunity for registrars to complete their training.



As we prepare for **2022**, we plan to conduct the Entrance MCQ, Fellowship MCQ and Short answer papers remotely, but look forward to bringing all candidates together for the Clinical exam.

## FELLOWSHIP EXAM RESULTS 2021

**12**

Passed all components of the exam

**100%**

Passed Long Case

**73%**

Passed MCQ

**100%**

Passed Viva

**75%**

Passed SAQ

**92%**

Passed Short Case

## REPORT

# TRAINING COMMITTEE

**The Training Committee coordinates and directs the development and implementation of policy matters relating to the training portfolio.**

In 2021, collaboration through the online platform became part of what we now see as normal in our Registrar training life. Our Registrars were brought together initially for a two-day online Conference. Although we all love the opportunity of a face-to-face get together, this platform allowed us greater access to speakers and teaching opportunities. Some centres were able to offer a hybrid model (depending on COVID) and Registrars could get together in that well used term, a “hub”. This hybrid teaching model is part of the ongoing flexibility we have, and is without a doubt, a skill which we need in our ever-changing world of SEM.

The second year of the e-tutorial program pilot was completed in mid-December with over 100 sessions completed via face-to-face, blended, and online delivery. Feedback from registrars and fellows has been extremely supportive and we will commence again in February 2022. Many thanks to all the Fellows who contributed their time, expertise, and premises to supporting our registrars coming together either virtually or live to continue to build our community of learning in SEM training.

This development of online learning has meant that ACSEP has been awarded a grant under the Department of Health to pilot a two-year remote supervision programme. This is incredibly exciting as it will enable us to develop a model of remote clinical supervision to facilitate and maintain quality training for registrars and increase access to SEM in rural and remote areas in Australia.

Accreditation continued with online site visits. Selection interviews continued online, with nine new registrars joining us in 2022. We welcome a group that is 44% female, one Pasifika and one Māori. Congratulations also to the registrars who completed their exams, and we welcome 17 new Fellows in 2021 with more to come.

We are all very aware of the challenges we have faced however the way we have embraced the change and continued to see opportunities within this, is so heartwarming. Appreciation for the work done in training by so many, very rarely comes in a hug these days and the release of oxytocin that comes with that is something we are now unfamiliar with however if I could, I would! I would like to thank all the members of the Training Committee who put in so much time for the Registrars and meetings, to the Selection and Accreditation committee, to the supervisors and teachers, to the College office staff and to Kylie Fitzgerald who has pulled it all together. I would also like to thank the Registrars as you are the “why”, that drives the collaboration, the communication, and the challenges which we all love.

**SHARRON FLAHIVE**

**CHAIR, TRAINING COMMITTEE**





## REPORT

# CPD COMMITTEE

The CPD Committee is responsible for the development and maintenance of the CPD Program to ensure Fellows maintain and advance their knowledge and skills to ensure the highest standards of patient care.

2021 is the second year of the CPD triennium. Initially I would just like to recap the changes instituted due to the global pandemic in 2020. The decision was made to remove any compulsory requirement for the completion of CPD for the 2020 year. If Fellows were not yet compliant for the 2019 year, they were given until the end of 2020 to become compliant and if fellows had already completed some requirements for the 2020 year, this could be carried forward to the 2021 year. I am happy to report that all but two fellows are now compliant for the combined 2019/2020 year. 2021/2022 continues to progress normally with the full requirements needing to be met for all aspects of CPD. There is no plan at this stage to alter the triennial requirements.

There are a few minor changes that have been in the works as directed by the regulatory bodies in both Australia and New Zealand, and these will likely come into effect at the start of our next triennium. The CPD committee will communicate this once any updates are known.

## Change in Personnel

The CPD committee has had a few personnel changes and I would like to sincerely thank Dr John Best for his tireless work with the committee over the last 6 years and his gentle guidance to me over the last 3 years as Chair.

I am also standing down as Chair of the CPD committee and Dr Craig Panther is taking over in my place. I continue to be very proud of our College and especially the strong commitment we have to CPD. I believe that this is an important strength of our College and continues to show the commitment of our fellows to self improvement and medical education.



**STUART ARMSTRONG**  
CHAIR, CPD COMMITTEE

## REPORT

# RESEARCH COMMITTEE

**The Research Committee aims to develop the research capability and the research profile of the College. It strives to support College Fellows and Registrars who are interested in or undertaking research projects.**

2021 was my final year as Chair of the ACSEP Research Committee and for 2022 we will welcome Bruce Hamilton in this role. My sincere thanks to committee members Kieran Fallon, John Orchard, Jeni Saunders, Justin Paoloni, Brandi Cole, Carmel Goodman, Bruce Hamilton and Mark Fulcher for their commitment and ongoing support. Special thanks to Simon Locke who is completing his time after many years' service to this committee, we will all miss his wit and dedication! The committee would like to welcome new members and Fellows are welcome to 'dob-in-a-mate' if you think one of your colleagues would be able to support this committee!

In a year where the impact of COVID-19 continued to challenge us, research projects adapted to COVID safe protocols; there were more zoom meetings and less face-to-face interactions. To assist registrars with the sometimes daunting task of research, the Research Committee sourced potential projects from its members, ACSEP Fellows and external agencies including Cricket Australia and the Australian Institute of Sport.

The committee would like to acknowledge and congratulate Fellows and registrars who published research in 2021. A list of registrar publications is included here. While there are challenges associated with the publication of original research, it is very pleasing to see the number of Registrar research publications.

Highlights for the Research Committee for 2021 include further development of the Research portal which will eventually be connected to the college website to

showcase our Fellows research papers. This will be an important outward facing page to promote the research from our College. We hope the continued growth of the ACSEP "research interest" group will also spark more collaboration in research across the College. Developing a collective of ACSEP researchers is the first stage of forming a Clinical Trial Network and engaging in College led clinical trials or funded research. The research interest group is open to all with an interest in sports and exercise medicine research.

During 2021, the first meetings were held of the Making football safe for women: implementing an injury prevention program grant awarded to Kay Crossley's team at Latrobe University and involving partnership with ACSEP. Opportunities for Registrar research proposals associated with the grant are currently being developed.

We are proud to see the publication of: Gamage PJ, Seker S, Orchard J, Humphries D, Fitzgerald K, and Fitzpatrick J: Insights into the complexity of presentation and management of patients: the Sport and Exercise Physician's perspective. *BMJ Open Sport & Exercise Medicine* 2021;7:e001228. doi:10.1136/bmjsem-2021-001228. We thank all the Fellows who contributed patient consultation profiles for this important paper demonstrating what it is we do as Sport and exercise Physicians.

I wish to thank Chris Lynch for his support from the National Office in 2021 and welcome to Fiona Clay in the role of Research and Policy Coordinator who commenced in December.



## Takeaway:

Resilience kicked in and we learnt we could adapt and get through things.

## Looking forward to:

Less lockdowns and zoom meetings, more face-to-face contact and ability to cross state borders.



**JANE FITZPATRICK**  
CHAIR, RESEARCH COMMITTEE

## Research Outputs

Chin TJ, Lee ACL, Fulcher ML.

Professional footballers have a limited understanding of the precompetition medical assessment and the possible outcomes including disqualification: a cross-sectional survey. *BMJ Open Sport Exerc Med.* 2021 Mar 9;7(1):e001006. doi: 10.1136/bmjsem-2020-001006. eCollection 2021. PMID: 33768962

Gamage PJ, Seker S, Orchard J, Humphries D, Fitzgerald K, Fitzpatrick J.

Insights into the complexity of presentation and management of patients: the Sport and Exercise Physician's perspective. *BMJ Open Sport Exerc Med.* 2021 Nov 26;7(4):e001228. doi: 10.1136/bmjsem-2021-001228. eCollection 2021.

James K, Saw AE, Saw R, Kountouris A, Orchard JW.

Evaluation of CogSport for acute concussion diagnosis in cricket. *BMJ Open Sport Exerc Med.* 2021 Apr 22;7(2):e001061. doi: 10.1136/bmjsem-2021-001061. eCollection 2021.

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Concussion in cricket: Clinical findings using SCAT and recovery timeframes. *Journal of Concussion* 2021 Feb 22; 5:1-7 <https://doi.org/10.1177/2059700221993322>

Longworth T, McDonald A, Cunningham C, Khan H, Fitzpatrick J.

Do rugby league players under-report concussion symptoms? A cross-sectional study of elite teams based in Australia. *BMJ Open Sport Exerc Med.* 2021 Jan 19;7(1):e000860. doi: 10.1136/bmjsem-2020-000860. eCollection 2021.

Long DM, Fitzpatrick J.

Safety and efficacy of a single intra-articular injection of hyaluronic acid in osteoarthritis of the hip: a case series of 87 patients. *BMC Musculoskelet Disord.* 2021 Sep 16;22(1):797. doi: 10.1186/s12891-021-04672-0.

May S, Locke S, Kingsley M.

Reliability of ultrasonographic measurement of muscle architecture of the gastrocnemius medialis and gastrocnemius lateralis. *PLoS One.* 2021 Sep 29;16(9):e0258014. doi: 10.1371/journal.pone.0258014. eCollection 2021.

May S, Locke S, Kingsley M.

Gastrocnemius Muscle Architecture in Elite Basketballers and Cyclists: A Cross-Sectional Cohort Study. *Front Sports Act Living.* 2021 Dec 7;3:768846. doi: 10.3389/fspor.2021.768846. eCollection 2021. PMID: 34950871

Weber B, Bos J, Clancy EM, Menon R, Cross T, Hall K.

*Br J Sports Med.* 2021 Role of club doctors in the mental health management of Australian rules football players: a Delphi study. Oct 18;bjssports-2021-104388. doi: 10.1136/bjssports-2021-104388

Geraghty L, Zordan R, Walker P, Chao TW, Talbot S.

Knee Surg Sports Traumatol Arthrosc. 2021 Patellar dislocation is associated with increased tibial but not femoral rotational asymmetry. Dec 1. doi: 10.1007/s00167-021-06813-3. Online ahead of print.

## REPORT

# INDIGENOUS HEALTH ADVISORY COMMITTEE

**IHAC provide a leading voice for the College regarding Indigenous Health; specifically Aboriginal and Torres Strait Islander, Māori and Pasifika populations. The overarching role of IHAC is to provide direction for the College to improve Indigenous Health standards.**

As we come to the end of another year of Committee work, I would like to acknowledge the contributions of all those who sit on the Indigenous Health Advisory Committee (IHAC). It is an incredibly important area and the efforts of the College and Committee members do not go unnoticed.

This year IHAC continued to connect virtually for meetings. We also took advantage of the technology to create spaces for Indigenous, Māori and Pasifika registrars and Fellows to come together to share stories and find support. In September, we held a virtual meet initially intended to take place at the Conference and then moved online. There were 14 attendees, and it was such a great opportunity to hear our registrars speak of their connection to culture, colleagues, and mentors they have linked with in the specialty. I look forward to many more of these opportunities in 2022.

This year, the College secured funding to offer a Cultural Competency Workshop at the Conference delivered by AIDA. Unfortunately, due to COVID this was not able to go ahead however, the workshop is tabled for 2022. Our connection with Te ORA, the peak body for Māori medical practitioners continues to grow. A recently released report, developed by Te ORA that addressed cultural safety and cultural loading was brought to the Committee. Important discussions around providing training opportunities and resources for

our members to practice in culturally safe ways is high on the agenda and will continue to be a focus in 2022. In addition to connecting with AIDA and Te ORA, ACSEP reinvigorated the relationship with Pasifika Medical Association (PMA) that led to the development of an MoU. This agreement will see heavier involvement in events for both organisations as well as shared learning opportunities.

As part of the Virtual Conference in December, IHAC delivered two presentations on Indigenous Health led by Viran de Silva. We were thrilled to have an interview with Wallaroo Sera Naiqama, reflecting on being a woman of colour in Australia and her experiences in professional sport.

I look forward to further progressing our focus areas in 2022 and taking on the challenges and opportunities that come with a New Year.



**KRISHANT NAIDU**  
CHAIR, IHAC





## REPORT

# CONFERENCE COMMITTEE

**This Committee is responsible for organising the scientific and social aspects of the Annual Scientific Meeting.**

The ACSEP Conference Committee had a busy 2021 and over the course of the year, developed and presented two virtual conferences.

The first event was a half day Education Conference - Moving through COVID - which took place on Saturday 13 March 2021 and featured seven international and local speakers over five hours. The event addressed a range of interesting topics such as the ethics around healthcare resourcing, the international COVID experience in college sports and the implications of the pandemic on large scale events such as the Olympics. The day was intended to provide a social and educative opportunity for members ahead of the Annual Scientific Meeting in November and was attended by 100 of our Members.

At the conclusion of this event, the Committee immediately commenced organizing the Annual Scientific Conference planned as a face-to-face meeting in Adelaide. Unfortunately, due to the ongoing COVID disruption, the decision was made to shift to a fully Virtual conference.

The ACSEP Virtual Scientific Conference was held on 3 and 4 December 2021 and was an incredible event including two days of presentations, a quiz night, yoga and a Conference Dinner in states and regions in Australia and New Zealand where possible. Moving the Conference to a virtual space was a new endeavour for the College and the first time ACSEP had held a global event at this scale. Taking the theme, Ahead of the Game Challenges in SEM the Virtual Conference

featured world renowned experts including Tim Noakes, Kate Ackerman and Andrew Gardner as well as many presentations from Fellows and Registrars.

The event was well attended over the two days with numbers sitting at 300 at the conclusion of the Virtual Conference. The platform will remain open until December 2022 allowing registered delegates to access the platform to view sessions on demand and also fulfill some of their CPD requirements.

A strategy for attracting new delegates over 2022 is being developed and will be promoted via the College website, SEM Academy, social media and other platforms.

A big thank you to the Conference Committee for pulling the event together, National Office staff and the presenters who made the event possible.

We look forward to the event once again being face to face in Adelaide in November 2022.



**COREY CUNNINGHAM**  
CHAIR, CONFERENCE COMMITTEE



## CONFERENCE SPONSORS

Sponsor
LMT
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AVANT
NZ Dinners

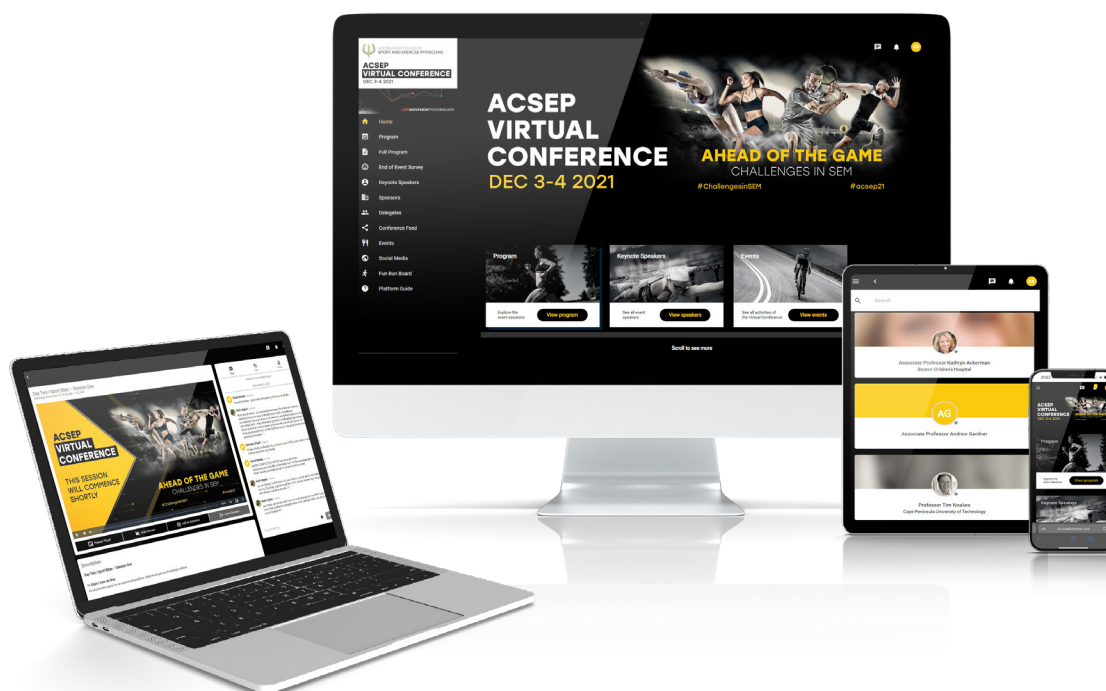
## ATTENDANCE

Total Attendees	300
ACSEP Fellows	149
ACSEP Registrars	61
Associate Members	29
Non-Members	36
SEM Academy Members	2
Student Members	8
ACSEP Staff	10
Conference Dinner Tickets	115
Coupons (Free registration for Board, Committee Chairs, Sponsors, Staff)	60

**“A STRATEGY FOR ATTRACTING NEW DELEGATES OVER 2022 IS BEING DEVELOPED...”**

## CONFERENCE DINNERS

Dinners	State	Venue	Confirmed
Auckland	NZ	Parnell 149	15
Canberra	ACT	Wild Duck	13
Brisbane	QLD	Motorwagen	9
Christchurch	NZ	The George Christchurch	10
Perth	WA	Julio's	14
Melbourne	VIC	Flying Duck	42
Sydney	NSW	Infinity	31



REPORT

# CURRICULUM REVIEW WORKING GROUP

A huge thank you to the team behind the name – in no specific order Brandi Cole, Etienne Du Preez, Jacob Jewson, Sandra Mejak, Sharon Stay and John Molloy – for a huge effort to review the existing curriculum document and provide inspiring and thoughtful review which has now laid the foundation for the Draft 2023 Curriculum document.

Changes were based on feedback provided via surveys to Registrars, Fellows and members, semi-structured interviews and communications sent directly to myself or the national office. The ACSEP membership was sent the document in the week prior to the 2021 National Conference and

a very useful and interactive workshop was held at the conference with over 100 participants (about which I was delighted) which provided excellent comment and feedback about the suggested changes and additions/deletions from the curriculum.

The new competency-based format for the training program and curriculum was also presented in a table form enabling the attendees to get a better idea of how competency -based training may work throughout the training program and how Entrustable Professional Activities (EPA's) will work within the competency-based framework.





In Summary, the major changes to the curriculum document are:

- 1.** **Change in the framework: there are now 8 domains with Assessment and Management of Sport Related Injury and Exercise as Medicine both having their own domain.**
- 2.** **Streamlining of content, to reduce repetition.**
- 3.** **Deletion of General Medical Care of Athletes (as all content in other sections) and outdated terminology throughout.**
- 4.** **Nutrition separated into Nutrition for Health, and Nutrition for Sport and Exercise.**
- 5.** **Exercise Prescription separated into Exercise Prescription for Health and Exercise Prescription for Chronic Disease.**
- 6.** **Further Learning Outcomes for Pain Medicine, Exercise for Mental Health, Lifestyle modification, Infectious Diseases, Cultural Health and Awareness, Domestic Violence and Running a Practice. Concussion outcomes largely in Neurology.**
- 7.** **Cultural Health and Safety renamed as Self-awareness and Cultural Safety.**

We provided the time over December and January for the membership to provide feedback on the Curriculum document. We have now finalised the document feedback and I thank those who did provide valuable comment.

Once again, a huge thanks to my team, and also to Jodie Atkin, Dan Exeter, Sharron Flahive and Corey Cunningham for making this a great collaborative experience.

Wishing you a happy and successful 2022 which is slightly more relaxed than the last two!



**DIANA ROBINSON**  
**CHAIR, CURRICULUM REVIEW**  
**WORKING GROUP**

## REPORT

# WOMEN IN SEM

A highlight for the pivot that Covid19 brought to the Women in SEM Advisory Group (WSEMAG) was the connections that our group had through WhatsApp and Zoom meetings, and sharing of valuable information and friendships. It was refreshing to be able to talk about non-Covid19 matters for a short window of time, and helpful to share our Covid19 challenges as a way to decompress from their weight.

A low light for the WSEMAG was not being able to get together with all the fabulous Women in SEM at the annual conference, however the WSEMAG continued to work in the background.

We were delighted to call for applications and then in May award the inaugural Women in SEM Leadership Scholarship to Dr Sarah Beable, to use in progressing her leadership potential in the SEM community.

This Scholarship is an important initiative for the College and ACSEP is committed to supporting female members of the college interested in furthering their leadership potential.

It is available to Fellows or post first year Registrars who would benefit from further leadership education and is open to those at all levels of leadership from early career to experienced leaders.

The scholarship is awarded every 2 years and assists a recipient with a financial contribution towards education of their choosing relevant to improving their leadership skills.

We continued to push for gender equity in all facets of ACSEP, including minimum numbers of women on the Board. We had an increase in women applying to join the registrar cohort in 2022, with 40% of our successful applicants being female.

We have had a number of communications with groups outside ACSEP on how they might develop a similar support group, and also researchers who are interested in how we might improve gender equity in the SEM community. We will be excited to share more in 2022, and hope to be able to gather with our women in SEM and champions in 2022.

## Takeaway:

Of the greatest importance is looking after yourself, and those that you love.

## Looking forward to:

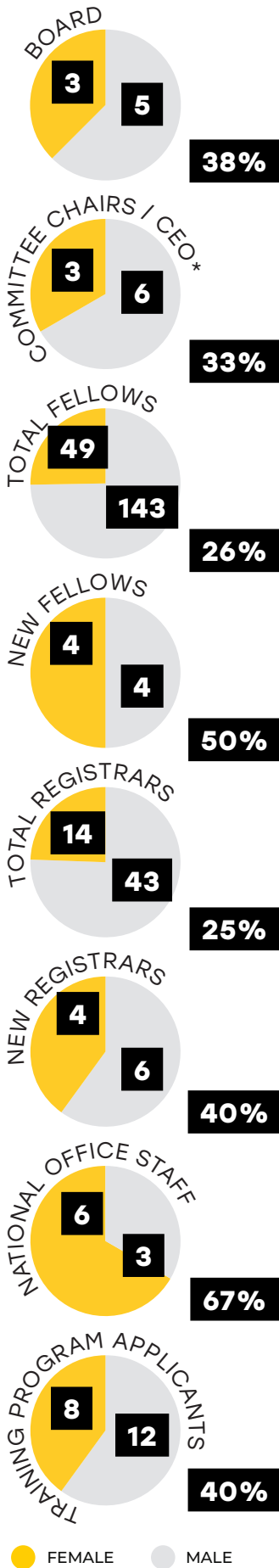
Living our 2021 takeaway!



**RACHEL HARRIS & PIP INGE**  
CHAIRS, WOMEN IN SEM



### ACSEP GENDER RATIOS - 2021



\*Includes ACSEP CEO



**“WE CONTINUED TO PUSH FOR GENDER EQUITY IN ALL FACETS OF ACSEP...”**



**“IT IS IMPORTANT  
WE CONTINUE  
TO LOOK AFTER  
EACH OTHER...”**

**ADAM CASTRICUM**

**CHAIR, ACSEP MENTAL HEALTH  
ADVISORY GROUP**





## REPORT

# MENTAL HEALTH ADVISORY GROUP

Just as we thought we were going to emerge from 2020 on the other side of the pandemic, 2021 has been an even more brutal year for many of us with the emergence of new variants, lockdowns and the delayed, but ultimately largely successful vaccination program, giving us much cause for optimism.

I wrote last year that 2020 was a 'year for many where never before has connection and support been so important'. The lessons learnt certainly made us better prepared for what the pandemic threw at us this year.

Many accessed the College multi-dimensional [mental health plan](#), with

- *Links to the updated excellent [Drs4Drs](#) service, a wonderful resource by medical professionals for all medical professionals;*
- *The Registrar Peer Support group with our younger Fellows to complement our more senior Fellow Peer Support group. The aim of this group is to offer pastoral support and guidance to any of our members, especially our Registrars, who have found adjusting to life during COVID difficult through its impact on their training, and personal circumstances;*

Human connection has even more defined this difficult year and the College has provided multiple forums and leadership for this. It is important we continue to look after each other and help each other through this difficult time.

Weekly Registrar tutorials doubled as weekly check-ins for all Registrars to

remain connected to each other, and I was involved in Part 2 exam study groups linking Registrars across Australia and NZ.

Peer review groups doubled as peer support groups for our Fellows, both online and in person, culminating in well attended College dinners for the states and regions that could, around the time of the College online conference.

I for one, in 2022, am looking forward to hopefully being able to return to Melbourne from Queenstown after a year to visit my family and friends. All going well, we can return so my kids can get back to their schooling, which they were so lucky to have almost uninterrupted in 2021 and have thrived accordingly.

Like many of us, my wish for 2022 is that all kids get a full year of schooling on site with their friends, old and new, learning, playing and getting back to their sport with smiles on their faces in the sunshine.

And to see all your smiles at next year's Conference!

Stay safe, stay active and stay well all.



**ADAM CASTICUM**  
CHAIR, ACSEP MENTAL HEALTH  
ADVISORY GROUP



## MOVING MEDICINE

### KATE SIMKOVIC

Moving Medicine has continued to progress steadily this year with the official launch of Moving Medicine in July 2021. A social media campaign supported by the Faculty of Sport and Exercise Medicine (FSEM) was released, as well as a joint social media campaign.

The Moving Medicine Steering Committee has been in establishment since October 2020 and consists of the following members: Lou Tulloh, Adam Castricum, Hugh Seward, Ashlea Broomfield, Sjaan Gomersall, Hamish Reid, Kate Simkovic and Madeleine Bowers. This group has been meeting regularly to help guide the development of the platform but also to assist with the establishment of strategic partnerships and support funding and research submissions.





As part of promoting the work of Moving Medicine, a monthly subscriber newsletter has been developed and will include information about consultation guides, updates, and events. This piece of work will continue to be refined and will be available early 2022.

Moving Medicine Australia gained endorsements from leading healthcare organisations in Australia including the Australian Physiotherapy Association (APA), the Australian Society of Lifestyle Medicine (ASLM), Little Big Steps, and Osteopathy Australia.

A number of interactive workshops were delivered in 2021, which were designed to utilise Moving Medicine's One- and Five-Minute Consultation Guides to support

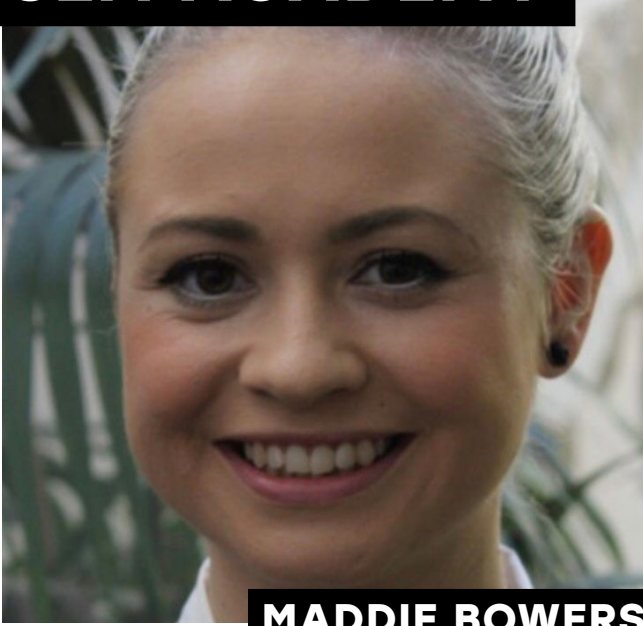
discussions focused on primary prevention and management of chronic diseases such as depression and osteoarthritis. The workshop was designed to facilitate health care professionals (HCP) in applying theory to practice when engaging in physical activity focused conversations with their patients.

Moving Medicine was highlighted at the 2021 ACSEP Virtual Conference with a presentation by Hamish Reid on exercise prescription. This was a great opportunity to understand the background of Moving Medicine and how the resources can be easily applied in consultation scenarios.



*Helping healthcare professionals integrate conversations about physical activity into routine clinical care.*

## SEM ACADEMY



**MADDIE BOWERS**

The SEM Academy continued to grow with the launch of a partnership in June 2021 between ACSEP/SEM Academy and The British Association of Sport and Exercise Medicine (BASEM) via a media statement, social media campaign and self-sign-up process via the BASEM website. 257 BASEM members have signed up out of the 1000 paid members in the agreement. BASEM and The British Journal of Sports Medicine (BJSM) continue to promote the Academy regularly via their social media platforms.

SEM Academy continued to be recognised as a leader in online education with two modules winning prominent international awards. At the 2021 LearnX Live! Awards, the SEM Academy won Platinum for Best Talented Partnership for the 'Business Skills – Setting up a Practice' module and Gold for Best Online Learning Model for the 'Strength and Conditioning for Rehabilitation' module.

The SEM Academy participated in the Monaco 'IOC World Conference on Prevention of Injury & Illness in Sport'. The booth was staffed by White Leaf Solutions, whom we've worked closely with in the design and development of

our online education for many years, in the absence of Australian/New Zealand representation. Kymberleigh Bray promoted the Academy over the 4-day period and also attended the BJSM member societies education meeting, an excellent opportunity to showcase the online resources developed by the ACSEP.

We now have over 1000 active members from 32 countries worldwide using the SEM Academy LMS. This community of users includes ACSEP Members, BASEM, SASMA, FSEM Ireland and many other individual sign ups from across the globe.

2022 promises to be an exciting year for the SEM Academy starting with a fresh new look, new learner dashboard, and enhanced navigation experience coming in February 2022. BASEM are also due to commence content development, in collaboration with ACSEP, in early 2022.





# FEEDBACK

## TOP MEMBER LOCATIONS

- Australia - 422
- UK - 212
- NZ - 65
- USA - 6
- South Africa - 31
- Ireland - 18
- Canada - 4

## FANTASTIC RESOURCE

“I was thoroughly impressed by this module. It is very well structured, clear, concise, thoroughly evidence based and the content is exceptional. A valuable resource in preparation for my sports medicine fellowship exams and recommended (essential!) for all doctors who work with chronic pain patients.”

‘Protection’ Neurobiology - A Key Piece of the Pain Puzzle

## SO VALUABLE! SO INTERESTING!

“I learned so much about Aboriginal culture and physical, social, emotional and environmental health within this cultural framework. A fabulous resource for anyone aiming to practice culturally safe medicine.”

Aboriginal Health and Cultural Safety

Click or scan to see what’s been happening in the SEM Academy



“...OVER 1000 ACTIVE MEMBERS FROM 32 COUNTRIES...”





## ONLINE MODULES

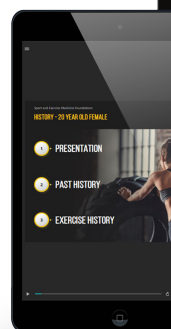


**DIANA ROBINSON**

The development of modules funded via the STP Education program continued this year generally unaffected by the Covid 19 pandemic other than slowing down the process a little.

Early in the year we completed and published Strength and Conditioning for Rehabilitation of Injury, content expert Brandi Cole with assistance from Donald Kuah and myself. This module received a Gold Award at the Internationally recognised LearnX awards for online education in the category Best Learning Model. Business Skills: Setting up a Business, with multiple content experts including accountants, financial planners and lawyers, along with Fellows of the college won a Platinum award for Best Talented Team.

Endocrinology, (the diabetic diseases) with Dr Soji Swaraj, and Cardiology 1 and 2 were updated by the content experts David Prior and David Bertovic and republished in the newer college badging. The Antidoping Results Management module was updated by Sue White and me. With that, all the existing modules are now updated, reformatted and presented in the current ACSEP badging and colours.





Coming in early 2022 are the modules from the 2021 funding. The sports specific modules of Cycling (Brendan O'Neill), Olympic Weightlifting and Powerlifting (Alex Natera) and Golf (Jeff Steinweg with assistance from his vast array of international colleagues) are well advanced and should be available in February - March 2022, followed by Medical Cover of a Large Event (Jon King) and General Medical Care of the Athlete (Roslyn Carbon).

I hope you find the modules informative, sufficiently interactive and well designed to be engaging and that you do use them for your CPD and ongoing education needs as well as for registrar training. I would like to offer my heartfelt thanks to all the content experts who have provided their time and expertise for these highly regarded resources. In 2022 it looks like we will have a module developed to support the MOST course, allowing more practical skill development, a radiology module, a module on aquatics and on motivational interviewing and behavioural change, subject to approval from the STP gods.

In 2021 I learned how to optimise the lighting in zoom meetings, and in 2022 I'm looking forwards to completing a Ceramics course with the aim being to increase my collection of bowls...I love bowls. (not the bowling kind)

I hope that 2022 is more settled, pleasant and happy for you all.



# LEARNX AWARDS

Our submissions for the 2021 LearnX Awards both obtained placings in their relevant category.



**ACSEP & WLS:  
Best Talented Team**

Business Skills 'Setting up a Practice' Online Module



**ACSEP & WLS:  
Best Online Learning Model**

Strength and Conditioning for Rehabilitation



# EVENTS





EVENT

# TOKYO OLYMPICS

Thank you to all our members who sent through photos while supporting our Australian and New Zealand athletes in Tokyo. What an amazing outcome for both nations, congratulations!



**Photo grid (L-R):**

Dr Paul Blackman and track and field team, Australian cyclist, Dr Ross Cairns with the team supporting the Ollyroos, Dr Lincoln Wharetohunga (NZ year 1 Registrar), Tokyo sun shower, Emma Twigg and Dr Stuart Armstrong, gold medal spoils of the day, NZ Olympic Committee Health Team.



## A TALE FROM TOKYO



**MARK WILSON**  
**ACSEP REGISTRAR**

**It was a great opportunity to serve as the Rowing Australia team doctor for the Tokyo Olympic Games.**

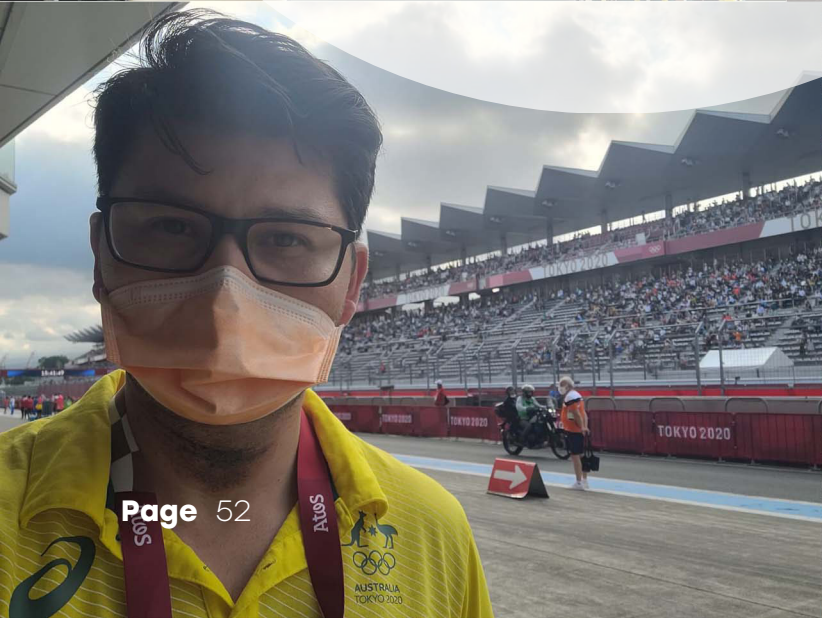
Prior to leaving for Tokyo, a city I had never visited before and was apprehensive about traveling to due to their state of emergency, I spent a week with the team in Rockhampton in a lead-up training camp. I knew members of the men's and women's teams from previous regattas and simulation events, as well as from my time at the AIS; it was great to work with many of them again and see their progression. I was with the team from July 12 until August 1. I enjoyed the high intensity nature of managing this elite group of athletes. The role required clear communication with coaches and high-performance staff, teamwork with the sports science and physiology team and maintenance of a calm, measured approach when dealing with myriad medical and MSK problems, with a constant focus on performance.

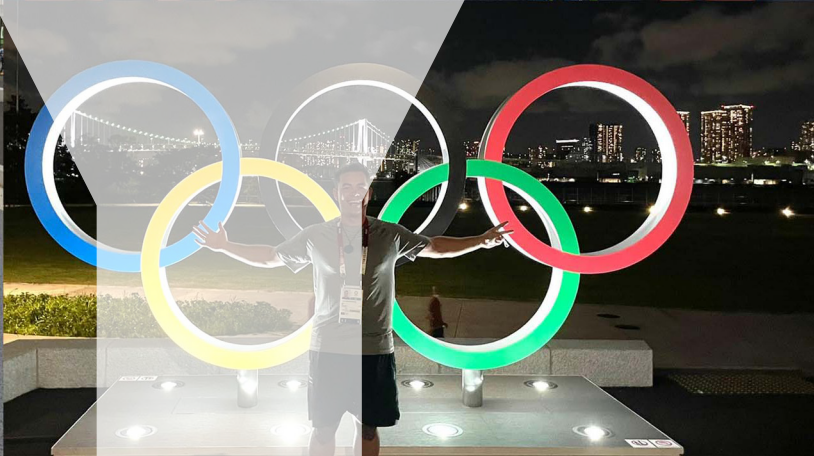
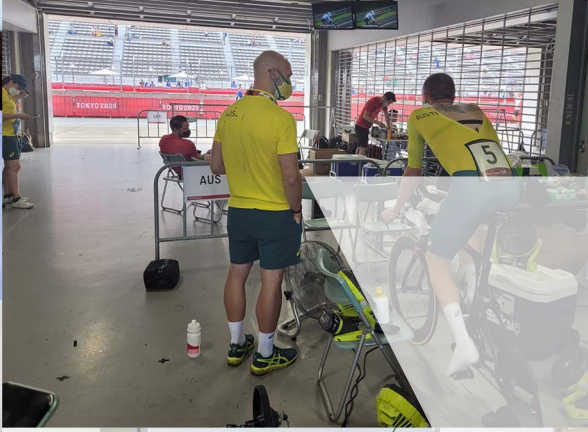
### Feeling the heat

The role required a good understanding of basic travel medicine. The key

medical issue once we arrived in Tokyo was heat management. The conditions were hot and humid. The racing course was modern and high tech, but the abundance of concrete and a relative lack of shading, meant that the challenge of heat management was a constant one. Together with the sports science and physiology team, we worked to pre-cool athletes before racing, as well as cool them down once they got off the water. To add some complexity to the mix, we were unable to use ice baths due to COVID restrictions. We used ice vests and ice towels for external cooling and ice slushies for internal cooling. We developed a very formalised program which followed on from the heat acclimatization program which was implemented during our Rockhampton training camp. I believe that our heat management program was world class and helped support the athletes in their quest for excellence.

The second significant management issue was staying COVID free! I helped coordinate the daily testing of the entire team and support staff (around 60 people). The days were long, with early starts (0430) and I was on call 24/7 for whatever issues arose. There were a number of high-pressure situations and times when quick decisions had to be made, both around training and racing. The fact that we achieved two gold and two bronze medals in 70min of racing will never cease to amaze me. The team cohesion was at its peak, both on and off the water, and the success that was achieved was a real team effort. All crews performed well and did their nation proud. I will take away many fond memories from the time I spent with them.





CONFERENCE

# ACSEP VIRTUAL CONFERENCE 2021



## AHEAD OF THE GAME

The ACSEP Virtual Conference was the first online event of its size delivered by the College. There were 300 attendees that joined at various times across the two-day event. Taking the theme Ahead of the Game – Challenges in Sport and Exercise Medicine, the Conference gathered presenters from across the Globe to share expertise or personal experience around social norms or practices that challenged or continue to challenge the status quo. Covering a range of themes from pain, MSK, business development to Indigenous Health; the event had something for everyone.

All presentations are available for on-demand viewing up until December 2022 for all registered delegates. Access to Conference content is available for purchase and can be done so by visiting [crowdcommes.com/acsepvirtual2021](https://crowdcommes.com/acsepvirtual2021)





## KEYNOTE SPEAKERS

**Kate Ackerman**

Transgender Athletes

**Andrew Gardner**

Concussion: Where are we now and where are we moving to from here?

**Tim Noakes**

Challenging Beliefs



## INTERNATIONAL

**IOC CONFERENCE****25-27 NOVEMBER 2021, MONTE CARLO, MONACO**

The IOC World Conference on Prevention of Injury & Illness in Sport is the premier international conference for those interested in clinical aspects of sports and exercise medicine. The diverse faculty represent the pre-eminent international authorities in injury and illness prevention. This triennial conference is a unique opportunity for the global sport and exercise medicine community to meet face to face in the ideal environment that Monaco provides.



The ACSEP hosted a booth at this twice COVID delayed conference however unfortunately, due to restrictions, neither ACSEP staff nor members were able to attend in person. Thankfully, our incredible partners from White Leaf Solutions, were able to make the trip across the Channel and staff the booth. Kymberleigh Bray and Scarlet Vinnicombe were incredible ambassadors for not only the ACSEP but also the SEM Academy as they know the platform intimately and were on hand to promote the platform to the international SEM community. Additionally, they were able to discuss the ACSEP and the SEM Academy with Prince Albert II from Monaco and generate some excellent promotion during their time at the conference.

'Bringing together leading experts and practitioners in sports medicine from around the world, this conference is an ideal platform for sharing and disseminating the latest research and best practices in the field of injury and illness prevention in sport.'

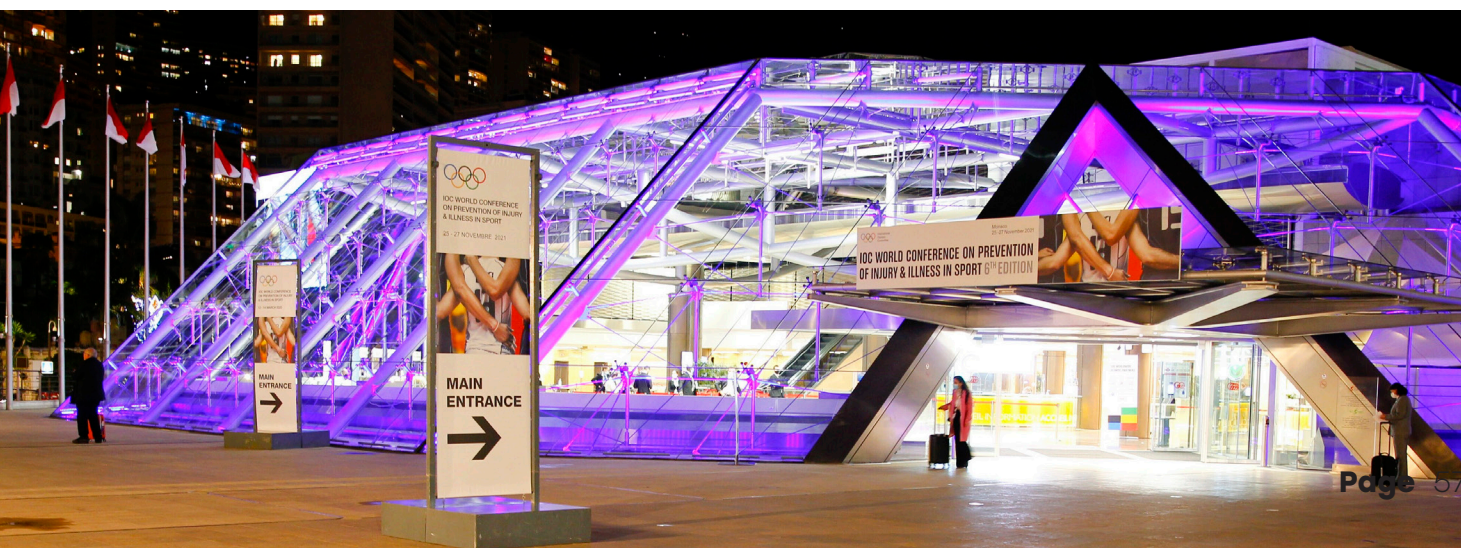
**– Thomas Bach, IOC President**





'This conference appears more relevant than ever as all the sporting events throughout the globe were impacted by this epidemic. The athletes are at the centre stage of the Olympic Movement being its most valuable assets. Therefore, the preservation of their health must always be considered as a priority and a responsibility for the stakeholders. The Conference favours a multidisciplinary approach towards sports injury prevention with the goal to allow athletes to train and perform at the highest level whilst preserving their future well-being. It represents a unique platform gathering eminent specialists on injury and illness from around the world where are exchanged the researches and best practices to protect the physical integrity of athletes off and on the field.'

**- H.S.H. Prince Albert II of Monaco**





# OUR PEOPLE



E

Q&amp;A

# MEMBER SPOTLIGHT



**ANIKA TIPLADY**  
REGISTRAR

## What influenced you to become a Sport and Exercise Physician?

I knew the Sports Medicine speciality existed long before even considering becoming a doctor, while playing rugby. Due to poor tackle technique and flagrant disregard for my own safety, I was lucky (or unlucky) enough to be a patient of Ra Durie and Deb Robinson (I'm talking about my injuries of course) and their careers were fascinating. So, I can honestly say they influenced me in a huge way. More recently, Rob Campbell provided me with an opportunity and exposure to what life as a Physician is like and I'm grateful for this.

## If you weren't a doctor, what would you have been?

In my pre-Doctor life, I was an Officer in the New Zealand Army. I left the Army as a Captain in an Infantry regiment, but having gone through a quarter-life-crisis I felt like I needed a new challenge. I honestly saw myself as a public servant,

so I was either going to kick-on in the Army, or get an MBA and work for the government in MFAT or some other appropriately abbreviated department, then a mate said "why don't you become a Doctor?". Fast forward a few years and here I am!

## What do you enjoy most about what you do?

Coffee, social functions and having the best seat in the house at rugby games... Nah but seriously, I recall someone telling me there are three key things in





choosing a speciality: you have to like your population, enjoy hanging out with your colleagues and enjoy the usual presentations that come into clinic.

### **Have there been any learnings or challenges that have stood out for you at this stage in your career?**

I can certainly appreciate that each specialist in our field works slightly differently, I feel privileged to have observed and worked with those who have provided me with different perspectives. As far as challenges, COVID

has put the brakes on some fun stuff and some academic stuff I was hoping to have ticked off in the training program, but I'm certainly not alone in this. I'm extremely grateful that I have chosen (and been accepted into) a specialty that acknowledges current biases, and has made inroads into creating gender and racial equity. I hope that I can contribute to this current trend in my career as an ACSEP Fellow.

### **What advice would you give to someone interested in Sport and Exercise Medicine?**

Best job in the world, do it!

### **On a weekend you can be found...**

I have two squidletts (kids) aged 1 and 3, so my spare time is very much devoted to giving my wife a break, she does the hard yards! In summer I will be bowling some average off-spin to my son who is addicted to cricket, and in winter collecting rugby balls that get kicked over the fence. Good times.



**“BEST JOB  
IN THE WORLD,  
DO IT!”**

## Q&amp;A

## MEMBER SPOTLIGHT



**DONALD KUAH**  
FELLOW

**What influenced you to become a Sport and Exercise Physician?**

A love of all sport and a lack of talent in sport in general. I didn't know there was the potential for this specialty until I attended a CME workshop on ankle injuries in 1990 run by Dr Jeni Saunders in Hornsby. I then went overseas and worked in Barbados and while there played in a local football team and joined the Barbados Sports Medicine Association.

**If you weren't a doctor, what would you have been?**

Something boring in business/commerce area.

**What do you enjoy most about what you do?**

Helping motivated people back to what they love doing, be that their regular gym, running, specific event/sport. Also having variety through my working week, and regularly engaging and interacting with my smart colleagues/peers. In the course of this I've been fortunate to be able to help all sorts of people, ranging

from sedentary older people who want to maintain mobility, to teens with potential pro sporting careers ahead of them, and to current and former elite sportspeople.

So this profession has allowed me to be part of many great sporting moments I couldn't otherwise have dreamt of being part of. I've been able to watch elite sport close up, to attend and work at Olympics, Commonwealth Games, NRL Grand Finals, Hockey World Championships etc. All that without any notable sporting talent!

**Have there been any learnings or challenges that have stood out for you at this stage in your career?**

Obviously COVID has been a major challenge for all of society, including specific aspects in sports medicine. One milestone was working with the medical teams and management to help get the NRL get competition restarted in 2020, and do that safely, at a time when no





one else in the world had done so. At the other end of my career the most valuable opportunity to learn came as a direct result of the leadership, mentoring and generosity of more senior colleagues and College pioneers. Those are people like the late Ken Crichton, current college senior colleagues such as Peter Fricker (my roomie at my first overseas Olympics) and a long list of supervisors including Jeni Saunders, Grace Bryant and David McGilvray. An ability to learn and adapt has been important to steer me into areas such as ultrasound and orthobiologics and I can thank my current colleagues Ameer Ibrahim and Di Robinson for pushing me down this path.

### **What advice would you give to someone interested in Sport and Exercise Medicine?**

Keep your options open, keep learning, take up as many varied opportunities early on as you are able, don't be dogmatic, and don't burn your bridges.

### **On a weekend you can be found...**

Staying active, seeing loved ones and friends, and seeking good coffee. Watching sport.

'Active' for me means a whole host of things. I find variety is essential and I believe, teach and counsel patients that at this age and stage "if you rest you rust".

I try to live by that advice so I'm still playing bad over 45s football. After I turned 50 I promised myself, and my team, that each season would be my last. Six years later that just means fewer and fewer minutes on the field and more limping afterwards.

As my football deteriorates my Latin dance skills are improving. Skiing isn't a regular weekend activity but I'm hoping for that to change a little in 2022. There's a bit of golf occasionally, and all that helps work off the calories from good food and wine!



**“KEEP YOUR  
OPTIONS OPEN,  
KEEP LEARNING”**

## Q&amp;A

## MEMBER SPOTLIGHT

**DR PETER FRICKER**

RETIRED FELLOW

**What influenced you to become a Sport and Exercise Physician?**

A family friend, Dr Brian Corrigan, who visited often and talked about his adventures with touring cricket teams, rugby league teams and the people he had met (in the 1950's!). I then sought his advice on travelling to the UK in 1979 to work (as an "honorary" registrar) with Dr John GP Williams, who wrote the first textbook on sports medicine (in 1966, the second edition coming out ten years later).

**If you weren't a doctor, what would you have been?**

A musician or an architect (or both).

**What do you enjoy most about what you do?**

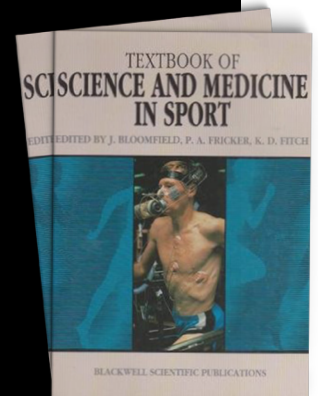
I work with high performance sport, in epigenetics, in the medicolegal area with the Administrative Appeals Tribunal, and in indigenous health. Constant stimulation from people at the top of their game.

## MAJOR PUBLICATIONS

**Textbook of Science and Medicine in Sport:** Bloomfield, Fricker & Fitch, Blackwell Science, Aust. Edns 1992, 1995

**Medical Problems in Athletes:** Fields & Fricker, Blackwell Science, USA. 1997

**Personal Best:** Fricker & Brockett, Penguin Group, Aust. 2008

**Have there been any learnings or challenges that have stood out for you at this stage in your career?**

Don't be afraid to pass the baton on to talented people with the passion for taking things to the next level. Don't take politics of any kind too seriously. Remember things always change even if we don't like it.

**What advice would you give to someone interested in Sport and Exercise Medicine?**

This branch of medicine is one of the few careers you can have where you can get paid for having fun. All you need to do is work hard, remember your obligations, stay humble and avoid short cuts.

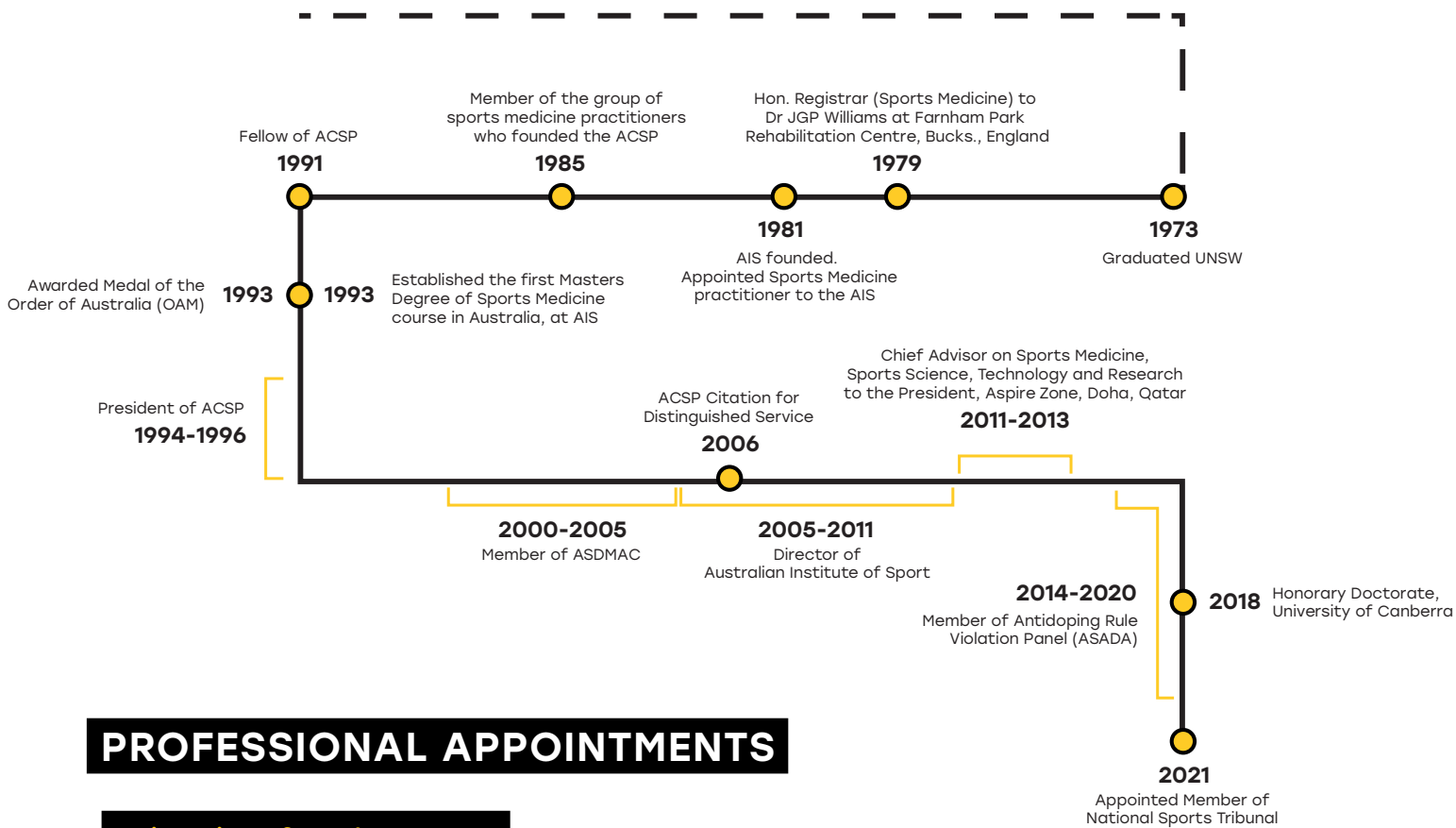
**On a weekend you can be found...**

On my bike, possibly playing an appalling game of golf or playing with grandchildren.





1950



## PROFESSIONAL APPOINTMENTS

- University of Canberra 1993
- University of North Carolina 1990
- Australian National University 2004-2011
- Griffith University 2012-2015
- Victoria University 2012-2015



## GAMES REPRESENTATION

### Olympics

- Seoul 1988: Team Medical Officer
- Barcelona 1992: Team Medical Officer
- Atlanta 1996: Team Deputy Medical Director
- Sydney 2000: Team Deputy Medical Director
- Athens 2004: Team Medical Director

### Commonwealth

- Edinburgh 1986: Medical Officer to Swimming and Gymnastics Teams
- Auckland 1990: Medical Officer to Gymnastics Team
- Vancouver 1994: Medical Officer to Gymnastics Team
- Kuala Lumpur 1998: Team Deputy Medical Director
- Birmingham 2002: Team Medical Director
- Melbourne 2006: Team Medical Director

NEWS

# AROUND THE GROUNDS

We are thrilled to support the achievements of our members. Here is an overview of some of the cool things our members get up to!

## THE MUM-ATHLETE PROJECT

The AIS and ACSEP Registrar Dr Victoria Forsdick have been working on a landmark study into the impacts of pregnancy in high performance sport. The research aims to better support and increase career longevity for female athletes.

See how you can participate at <https://www.ais.gov.au/health-wellbeing/the-mum-athlete-project>



Dr Lari Trease has received a highly sought after NHMRC scholarship for her PhD candidature at LaTrobe University Sport and Exercise Medicine Research Center (LASEM). Lari's PhD is focused on low back pain recovery in elite athletes, and she will be supervised by ACSEP Fellow, Dr Michael Makdissi and Physiotherapy colleagues.

## DR DASH

Supporting the College is rarely a chore for our members. Here are some happy snaps from our Doctor Dash winners!





# NOTABLE AWARDS



Past President, Louise Tulloh features on the Active Exchange podcast to talk about the importance of exercise regarding the prevention and treatment of common medical conditions. Louise explains how this approach can intersect with the Leisure sector for greater impact across Australia, in partnership with Moving Medicine.

[LISTEN HERE.](#)

Our member Kal Fried took on the huge task of completing at least 1000km of cycling in October in support of the Pain Revolution fundraising efforts.



**DR KEN FITCH**  
HONORARY FELLOW

Warmest congratulations to our Honorary Fellow Dr Ken Fitch on being awarded an Officer of the Order of Australia (OA) on January 25, 2021...

“For distinguished service to sports medicine at the national and international level through a range of roles, and to medical education”.

Click this link to read more:  
<https://honours.pmc.gov.au/honours/awards/2008181>





# OUR INFLUENCE



OUR INFLUENCE

# SOCIAL MEDIA

The ACSEP social media reach continues to grow particularly as the virtual space has become a major way of communicating. In 2021 we ran the Doctor Dash event virtually for the second year in a row and were supported by MDA National Australia. We had participants from Australia, New Zealand and Hong Kong and promoted the event heavily via our online channels.

In addition to highlighting the work of our members and College, other major events included the One-Day Virtual Conference and the ACSEP Virtual Conference held in December. The ACSEP Virtual Conference was the first of its kind and our social media channels continue to be a key promotional tool.

In 2022, we look forward to building our reach with internal projects in the research space as well as Moving Medicine and SEM Academy.

## STATS



Twitter Followers:

**2,750**



Facebook Followers:

**1,809**



LinkedIn Followers:

**768**




Instagram Followers:

**348**

## TWEETS

 **ACSEP @ACSEP\_** · Jul 31, 2021  
 Amazing outcome for Australia and women in sport! 🏆 #olympics2021 #tokyo #womensport

 **ACSEP @ACSEP\_** · Aug 24, 2021  
 Good luck to all our NZ and Australian Paralympians, as well as our doctors and medical teams that support them. We're cheering for you! 🇳🇵 🇦🇺 🇳🇵 🇦🇺

 **Sports Clinic NQ @SportsClinicNQ**  
 Sunday night state of origin biggest sporting event in the country. 2 of 4 doctors were female. Both named Sharron! @ACSEP\_ leading equality in medicine. #shazza what an honour to work with such a crew @drmatthislop Sharon Stay and OG trail blazer @SharronFlahive





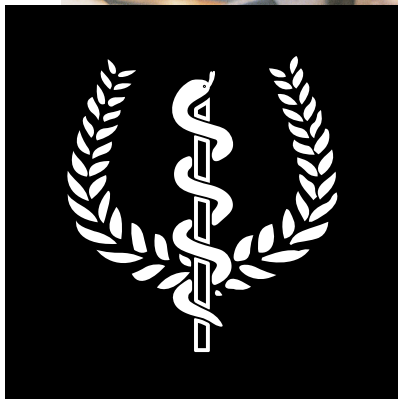
**ACSEP  
VIRTUAL  
CONFERENCE**

**3-4 DEC 2021**

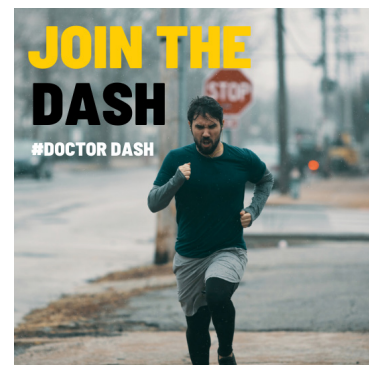
**SPORT BITES**

Short presentations covering lesser known sports and interesting and unusual cases.

AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS



**PHOTOS**





# OUR FINANCING





# ICIALS

**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 2021**

	2021	2020
	\$	\$
<b>INCOME</b>		
Conferences & Seminars	198,767	450,633
Examinations	277,398	292,787
Program/ Grant Funding	905,295	990,363
Subscriptions	714,544	719,539
Sundry Income	196,984	206,147
Interest Income	16,841	30,868
<b>TOTAL INCOME</b>	<u>2,309,829</u>	<u>2,690,337</u>
<b>EXPENSES</b>		
Accounting, Audit & Legal Fee	27,565	30,603
Administration Expense	278,715	275,221
Association Expenses	91,705	69,563
Communications	9,253	10,854
Computers	22,084	41,796
Financial Expenses	8,944	10,887
Insurance	8,240	7,019
Program Delivery	1,073,303	1,479,377
Staff Expenses	907,189	835,984
Travel	7,236	79,621
<b>TOTAL EXPENSES</b>	<u>2,434,234</u>	<u>2,840,925</u>
<b>PROFIT/(LOSS) BEFORE TAX</b>	<u>(124,405)</u>	<u>(150,588)</u>
Income tax expense	-	-
<b>PROFIT/(LOSS) AFTER TAX</b>	<u>(124,405)</u>	<u>(150,588)</u>
<b>OTHER COMPREHENSIVE INCOME FOR THE YEAR</b>		
Net gain/(loss) on revaluation of financial assets	7,898	(15,817)
<b>TOTAL OTHER COMPREHENSIVE INCOME FOR THE YEAR</b>	<u>7,898</u>	<u>(15,817)</u>
<b>TOTAL COMPREHENSIVE INCOME/(LOSS) FOR THE YEAR</b>	<u>(116,507)</u>	<u>(166,405)</u>



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

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 JUNE 2021**

		2021	2020
		\$	\$
<b><u>ASSETS</u></b>			
<b>Current Assets</b>			
Cash at Bank	2	1,647,483	1,411,762
Trade and other receivables	3	409,387	398,116
Financial Assets	6	600,599	692,701
Prepayments	7	55,351	160,602
<b>Total Current Assets</b>		2,712,820	2,663,181
<b>Non Current Assets</b>			
Property Plant & Equipment	4	10,531	7,375
Intangible Assets	5	118,303	98,215
<b>Total Non Current Assets</b>		128,834	105,590
<b>TOTAL ASSETS</b>		2,841,655	2,768,771
<b><u>LIABILITIES</u></b>			
<b>Current Liabilities</b>			
Trade and Other Payables	8	208,698	207,747
Income Received in Advance	9	1,543,351	1,362,500
Provision for Annual Leave	10	61,572	53,984
<b>Total Current Liabilities</b>		1,813,621	1,624,231
<b>TOTAL LIABILITIES</b>		1,813,621	1,624,231
<b>NET ASSETS</b>		1,028,033	1,144,540
<b><u>MEMBERS FUNDS</u></b>			
Retained Earnings	11	1,026,573	1,150,978
Financial Assets Revaluation Reserve		1,460	(6,438)
<b>TOTAL MEMBERS FUNDS</b>		1,028,033	1,144,540

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

**STATEMENT OF CHANGES IN EQUITY**  
**AUSTRALASIAN COLLEGE OF SPORTS PHYSICIANS**  
**For the year ended 30 JUNE 2021**

	Retained Earnings	Financial Asset Reserve	Total
	\$	\$	\$
<b>Balance at 1 July 2019</b>	1,301,566	9,379	1,310,945
Total Other Comprehensive Income	-	(15,817)	(15,817)
Profit/(loss) attributable to the entity	(150,588)	-	(150,588)
<b>Balance at 30 June 2020</b>	<u>1,150,978</u>	<u>(6,438)</u>	<u>1,144,540</u>
<b>Balance at 1 July 2020</b>	1,150,978	(6,438)	1,144,540
Total Other Comprehensive Income	-	7,898	7,898
Profit/(loss) attributable to the entity	(124,405)	-	(124,405)
<b>Balance at 30 June 2021</b>	<u>1,026,573</u>	<u>1,460</u>	<u>1,028,033</u>





AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS

257 Collins Street  
Melbourne, VIC  
Australia

**ACSEP Annual Report**

**[WWW.ACSEP.ORG.AU](http://WWW.ACSEP.ORG.AU)**