



2020

ACSEP YEAR IN REVIEW

www.acsep.org.au



257 Collins Street,
Melbourne, VIC, Australia.



YEAR IN REVIEW

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OUR

ORGANISATION





CHAIR REPORT

DAVID BRENNAN

CHAIR ACSEP



A year that will be remembered as one with unprecedented and unexpected outcomes – as well as the increased usage of the word unprecedented. These interesting times have seen our communities have a newfound interest and understanding of line charts and the use of “you’re on mute” as a common phrase in our everyday lives. For our College, we saw new challenges such as the National Office adapting to home-working arrangements and virtual delivery of services to our members. Then supporting those members in a variety of ways at different stages of the year such as helping practices set up telehealth capabilities, providing wellbeing and pastoral support – all while continuing business-as-usual activities. For this, I commend the dedication and professionalism shown by the National Office, led by our diligent Chief Executive, Kate Simkovic.

If 2020 has taught us anything, it is to value simple things such as leisure travel both local and overseas, the teachers who teach our children, the emergency and front-line health workers all over the country, the memes of anti-mask wearing patrons at Bunnings and – not blending large groups of quarantine hotel security guards

who moonlight as Uber drivers in Victoria.

On a more serious note, the membership has come together and helped colleagues in a caring and collegial way. This reflects the spirit of our College and the culture of our membership, one that is like an extended family so often spoken about at our Annual Conferences. I must make mention of the quality leadership shown by our President Dr Louise Tulloh. She has been exemplary and absolutely on-point not only during her initial appointment but consistently throughout the pandemic. Her commitment to seeing the continual improvement of our governance and committee framework was demonstrated in December through the leading of a virtual governance workshop for our committee Chairs. Furthermore, Louise spearheaded the establishment and management of the College’s COVID Advisory Committee which led to several fruitful outcomes in terms of member resources, aided closely by Vice-President Dr Mark Fulcher.

As we move into a ‘post-COVID’ environment the Board notes that strategy is more important than ever and has undertaken a review of our current strategic plan (2018-2022). We

have focused on key areas of impact for members over the coming 12–18 months. There is a continued focus on member and stakeholder engagement, organisational stability and training excellence. We look forward to working together as a College in the testing times ahead. Thank you for your continued support, constructive feedback and consultations as well as a commitment to advance sport and exercise medicine in New Zealand and Australia.

I want to thank all my colleagues on the Board throughout the year and the staff of the National Office, the committees and all the members for their contribution to our mission in 2020. Looking forward to the coming year working with you all, which will be my last on the ACSEP Board, but one I'm sure will be hopefully fruitful and at a slightly slower pace than the last.



PRESIDENT REPORT

DR LOUISE TULLOH

PRESIDENT ACSEP



It would be nice to move on from pandemic reflections, but this IS the 'Year in Review'!

We started the year with a black summer, which was quickly overshadowed by a global pandemic which looks like it is having a long tail.

2020 was the year that the skies grew quiet, we navigated home-schooling, working from home and being overwhelmed by zoom. We saw some people gain weight with COVID comfort baking and others get fit, and sometimes injured. Mental, physical and financial stress touched many in our community. We generally watched the world from a safe vantage point but were reminded not to be complacent. We also had our dose of personal and professional challenges as Sport and Exercise Physicians.

I have included some of my reflections on the global and local lessons from the pandemic.

Accept uncertainty. Living within the framework of a pandemic makes uncertainty guaranteed and there are lessons for doctors in clinical practice.

We need to be agile. Human beings have demonstrated an incredible ability to pivot and respond. This has been demonstrated in the way people deliver healthcare. We have seen effective leaders willing to change their mind as new information evolves.

Perfection gets in the way of excellence. Doctors tend to lean towards perfectionism.

Sometimes 'done' trumps 'excellent'. This almost always trumps 'perfect'.

Gather your brains trust. There has not been a better time for a good team and a worse time for rigid pride. We have seen organisations make mistakes due to lack of diversity underpinning their governance structure and default to old ways of thinking and being. We have seen other organisations adapt and progress due to their strong purpose, vision and governance structures.

In every risk there is opportunity. We have seen many examples, such as the rapid implementation of virtual medical consultations which will pave the way for increasing digital technologies in supporting health care. ACSEP training will benefit from creative assessment and supervision going forward.

Life and work can be different. Lucky ones can work more from home, this will make family commitment so much easier and I hope for greater gender equity around family support.

Health outcomes align with social determinants. Never has it been clearer than during a crisis that those with less social advantage are more at risk of poor health outcomes. Physical activity can have a positive impact in this space.

Be sure to be wearing your bathers when the tide goes out. Understand where the risks to your physical, mental, economic and social security lie and be ready for them.

How ACSEP has responded

- Upskilling webinars on telehealth, financial support, marketing, COVID safe practice
- Supply of ACSEP branded clinic notices and flyers for local marketing opportunity
- Created a redeployment database (fortunately not required)
- Our committees assessed risks and opportunities
- Mental health support
- Advocacy – ‘COFIT 19’ infographics with APA, ESSA, AMA, AIS
- ‘Keep Active in Iso’ video campaign with elite athletes in conjunction with Headspace
- Return to activity - advice for HCPs infographic
- Engaged in regular CPMC update meetings.

How ACSEP has adapted

- Regular webinar / fireside chats for member engagement
- Strengthened the online registrar tutorial program
- Responded to trainee needs with flexibility
- Utilised funding support for Australian registrars
- Moved the written exams entirely online and de-centralised
- Conducted clinical exams in a hybrid manner.

Once we moved toward a new normal we jumped into driving the Moving Medicine and SEM Academy initiatives. Both projects are supported by advisory groups and are capably managed by new ACSEP recruit, Luke Major. I look forward to seeing these evolve into sustainable financial and reputational ACSEP assets over coming years.

ACSEP continues to be represented in, consulted with and respond to various Australian Commonwealth projects – the MBS Taskforce Review (now complete and awaiting Government response to the SCPCCC report); the 10 year Primary Healthcare Plan; the National Medical Workforce Strategy; the National Preventative Health Strategy etc.

We continue to work on financial support for training, Fellow rebates and the NZ ACC contracts. The financial vulnerability of our training program was well and truly exposed this year. Despite this, we continue to be oversubscribed by applicants for the training program, a testament to the multifaceted attraction of working as a SEM physician and also perhaps, the collegiality we have fostered.

We could not hold all our Fellows Dinners this year. Some fellows – in Perth and two sites in NZ – were able to gather. I hope 2021 can see these resume as they are such a great way for Fellows to discuss issues among each other and with the members of the Executive.

In contrast, one of the highlights for me (indeed my time as President), was the inaugural Past Presidents' dinner at the annual conference. So much generosity and wisdom shared in a supportive, transparent and honest environment. Around that table sat a core representation of the collective corporate memory of ACSEP. Those folk who laid the progressive foundations of this organisation. I was blown away by the respect these people offered each other, and the selected emerging leaders invited for the evening. Pride lingers long after my excitement settled.

To strengthen our leadership capacity we ran a governance workshop for Committee and Sub-Committee chairs. The long-term view is to have this upskilling available to support our members stepping into leadership roles. These developed skills are hoped to filter through to our Committees offering a continued return and investment in our people.

In closing, I wish to thank the CEO and National Office for all their hard work, long hours, and endless Zooms this year; the Board for keeping us on the rails; the Committee chairs and members who give up their time (and sometimes sanity) to deliver the functions of this college; and all those who contribute to the various activities that deliver teaching, supervision, research, advocacy etc, etc, etc. A final thank you to all of you who have made deliberate efforts to reach out - your messages of encouragement and general feedback are enormously appreciated.

Let's learn from the lessons 2020 has delivered and look forward with hope, optimism and collective strength to 2021.

CEO

REPORT

KATE SIMKOVIC

CEO ACSEP



As I reflect on 2020, one word always comes to mind, community. The ACSEP has been no exception, in fact, the Victorian Government used the tag line “staying apart keeps us together” and I feel that this sums up the ACSEP community. I have never felt more collegiality throughout the 5 years I have spent as CEO at the College than I have throughout 2020, and I did not spend a moment in the same room with anyone!

We were fortunate to commence 2020 with a highly successful Annual Scientific Meeting in Canberra off the back of a horror bushfire ‘season’. We were extremely lucky to hold our conference and have this moment of togetherness and learning as what followed was the beginning of an event that we could not fully comprehend at this early stage. The arrival of the COVID-19 pandemic has been described as ‘unprecedented’ in our lifetimes and, with a few exceptions who experienced the Spanish Flu a century ago, that is true for us all. It has tested most of us in one way or another, made us question many aspects of what have been considered the ‘normal’ ways of operating and exposed frailties in the systems that we have come to rely on. All areas of personal and work life started to change, countries shut down, governments responded differently. However one consistent approach was adopted globally as the world moved into the virtual environment.

The National Office moved permanently to working from home and we swiftly adopted practices to support College business and

members. The need to pivot at a clinical level to Telehealth was enabled by a Federal Government who undertook an enormous task and delivered policy changes in record speed. Similarly, the ability for Registrars and Fellows to adapt to this new environment was remarkable and the innovative practice that resulted was impressive. It was at this stage that the value of the College being a partnership between members, trainees and College staff was clearly demonstrated and the capacity and willingness of all to do what was necessary to facilitate the best possible outcomes was obvious. The importance of the membership being supported in their needs through ongoing advocacy, trainees continuing to progress through their training and that all involved in the College are cared for by the organisation as much as is possible was evident. There have been financial constraints for all, and I am proud of the way that members and the College were able to adapt to function within a tight fiscal environment whilst prioritising those who required more support.

The achievements from the ACSEP throughout 2020 have been surprising and not something that would be found in any strategic or operational plan. Our small and nimble College demonstrated its strength through snatching victory from the jaws of defeat and was successful in obtaining new grant funding, providing an exceptional online tutorial program, virtual accreditations, a variety of zoom meetings that connected and informed, online exams, continued work

on emerging projects such as Moving Medicine and the expansion of the SEM Academy, leveraged partnerships with new organisations, advocated for the importance of exercise during and post COVID and for the Physicians who prescribe it and most importantly, harnessed and nurtured a community of members who in turn still felt connected to one another.

There are many people to thank for the exceptional outcomes that the ACSEP delivered on in 2020. Most importantly, our President Dr Louise Tulloh. Louise led from her laptop – she had no opportunities to meet new contacts and stakeholders face to face, yet she bridged this divide and ensured that the ACSEP was an important part of every opportunity and every discussion, especially as it applied to SEM. You won't find this skillset requested on any job description and there are few who could undertake this task in such a genuine and compassionate way. The National Office staff worked tirelessly for the membership and nothing was too difficult for them. We are incredibly fortunate to have such a committed and dedicated team and I thank them for every extra step they took and their hard work throughout 2020. The Board have also provided exceptional guidance and direction during very tough times, as have the Committee Chairs and all those who supported them on these committees. I have never been prouder to be a part of the College than I was in the past 12 months where we made exceptional times look like business as usual and demonstrated the importance and strength of working as a cohesive team. The ACSEP is a small college that consistently punches well above our weight and the future looks very bright.



ADAPTING

NEW ZEALAND REPORT

DR NAT ANGLEM & DR MARK FULCHER



E kā mana, e kā reo, e rau rakatira mā tēnā koutou katoa.

It has been a busy year despite the disruptions of a global pandemic and all the flow on effects that have resulted from changes to the way we work, connect and operate.

There has been a passing of baton with Nat Anglem taking over from Mark Fulcher as the new representative for New Zealand.

This year ACSEP joined the Council of Medical Colleges, a forum for collaboration and sharing. Topics of discussion have included climate change, cultural safety strategies, Choosing Wisely and importantly, choosing equity. The College participated in forums delivered by Te Ora, the Maori Doctors Collective and Pharmac regarding the Health and Disability Review. Our involvement in this space has led to a Board submission in support of Ora Taiao, a collective of health professionals calling for urgent action on climate change and the Health Coalition Aotearoa. A group that advocates for reduction and prevention of harm from tobacco, alcohol, and unhealthy foods.

Working with ACC has been a big focus to discuss registrar training and our clinical services contract. The process has been challenging but nonetheless incredibly important. It would be remiss not to acknowledge Kate Simkovic and Isabelle Schroeder for their amazing work and support on this project. Not forgetting the advocacy of Ian Murphy whose role with ACC has been invaluable for the College. There are still some uncertainties relating to both training and our contract and we continue to work in this space.

The NZMC Annual Meeting took place earlier in the year with lots of sharing and updates around the challenges COVID has had for training. There was productive discussion about developing cultural safety frameworks, looking after the safety of practitioners and their families and processes for recognising International Medical Graduates.

Finally, thank you to those that participated in Maori Language Week video by posting a video. Ka rawe!

**No reira, e aku nui, e aku rahi,
Tēnā koutou katoa.**

ACSEP

BOARD OF DIRECTORS

The Board are responsible for the oversight of 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 Louise Tulloh

President



Dr Mark Fulcher

Vice President



Dr Hussain Khan



Dr Adam Castricum



Dr Linda Swan



Ms Robin Buckham

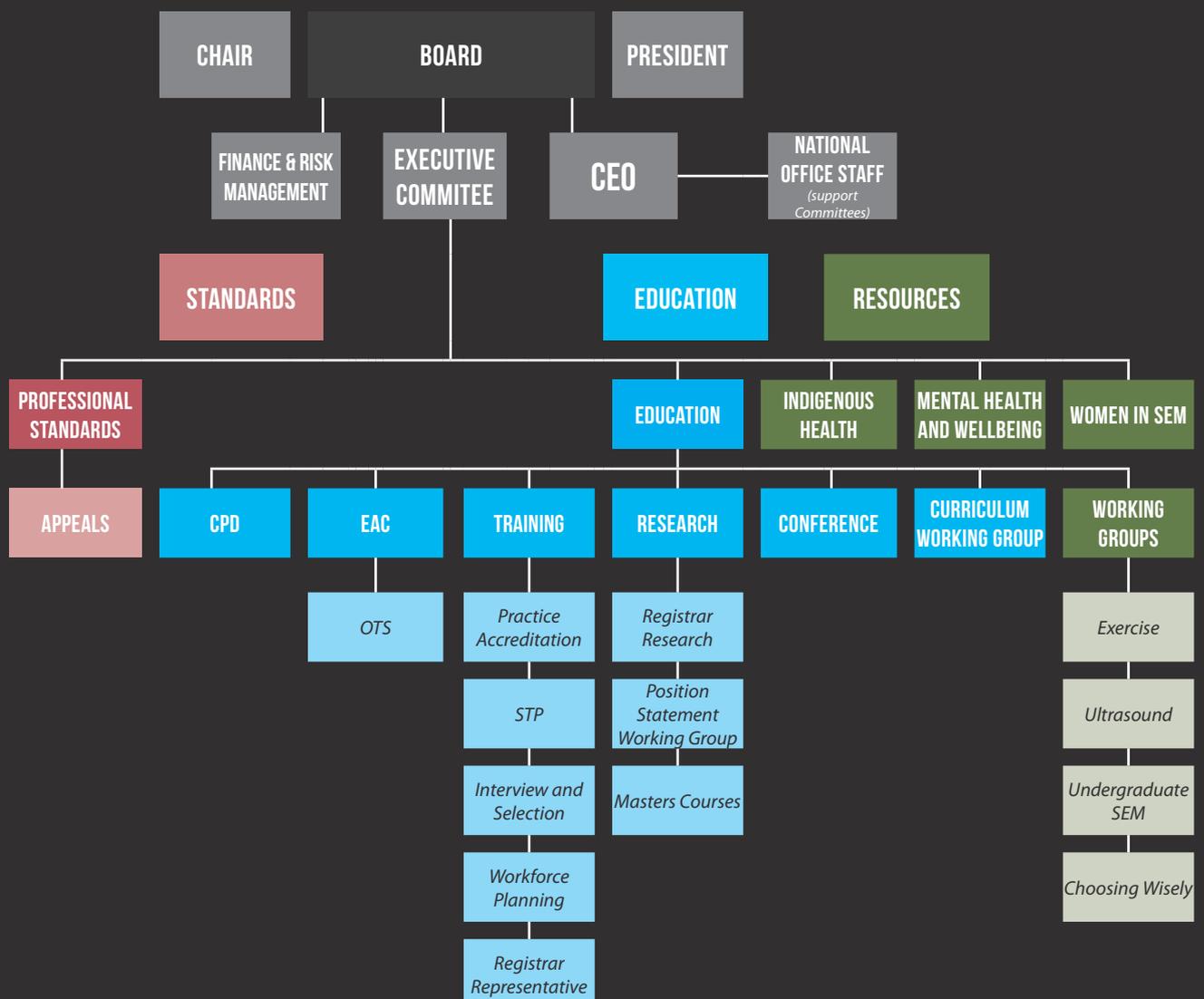


Dr Corey Cunningham

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.





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:

01 Training Excellence

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

02 Member Engagement

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

03 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.

04 Stakeholder Relationships

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

MEMBERSHIP SNAPSHOT

Total Members: 325

Total Fellows: 191

Total Registrars: 70

Associate Members: 44

Student Members: 19

AUSTRALIA

155 Fellows

56 Registrars



5 Fellows Overseas

NEW ZEALAND

36 Fellows

14 Registrars

NEW FELLOWS

Celebrating newly elevated Fellows is a highlight at the Annual Conference Dinner. This year we welcomed 12 new Fellows.



Brandi Cole



Noah Whitehead



Christopher Pratt



Sachin Khullar



Masi Njawaya



Jonathon Charlesworth



Tanusha Cardoso



Rachel Harris



Brett Frenkiel



Danielle Hope



Thomas Hill



Leigh Golding



OUR

WORK





COMMITTEE REPORTS

1. Education Committee

Chair: Dan Exeter

Committee Members

Stuart Armstrong, Jane Fitzpatrick, Sharron Flahive, Corey Cunningham, Diana Robinson, Louise Tulloh, Kate Simkovic, Chris Hasenkam (Registrar Representative)

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, John Kellett, Justin Paoloni, Bruce Hamilton, Mark Fulcher, Jeni Saunders, Simon Locke

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, Andrew McDonald, Katherine Rae

7. Mental Health Advisory Group

Chair: Adam Castricum

Advisory Group Members

John Best

8. Women In SEM

Co-Chairs: Pip Inge and Rachel Harris

Advisory Group Members

Louise Tulloh, Nicole Sly, Brandi Cole, Deborah Robinson, Sharron Flahive, Eloise Matthews, Kate Simkovic, Masiwa Njawaya, Diana Quin

EDUCATION COMMITTEE



Chair: Dan Exeter

About the 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.

2020 was my second year as Chair of the ACSEP Education Committee. This involved overseeing the continued development of an education strategy for the College as well as the work of the key College committees, with support from National Office.

It was a challenging year for us all due to the impact of COVID-19 and it was no different for the Education Committee. All College committees rose to the challenge of supporting the Membership, providing advice on key initiatives to assist Fellows during these uncertain times. These initiatives included changes to entrance exams and interviews, approaches to training, research and fellowship exams, and assisting Fellows to implement telehealth technology and remote consultation approaches. Collaboration between the different College committees occurred via the Education Committee, which in turn reported to the Board. All committees are to be applauded for their efforts and for the work that was completed over the year.

On top of these 'business not as usual' items, the Committee continued developing the direction for the ambitious work the College is undertaking. This began with a planning session at the 2020 Canberra Conference and continued with meetings throughout the year. These meetings oversaw the work of the College committees as well as the refinement of an

education strategy that covers the lifecycle of a Member from when they commence training to their senior years as a Fellow. This work will continue to evolve in 2021 and you will hear more about it during the year.

The Committee also oversaw the commencement of the College curriculum review and many of you kindly provided feedback on the initial stages of this work. The review will look at the content of the current curriculum as well as approaches to how education and training are provided by the ACSEP. There are some great innovations being considered and we look forward to informing the Membership about progress as the work develops.

Work on the College requirements for Australian Medical Council and Medical Council of New Zealand accreditation re-commenced in the latter stages of the year after being put on hold for the majority of 2020 due to COVID-19. In particular this pertained to the Monitoring and Evaluation Framework which will provide a clear process for understanding and assessing our approach to education and training throughout the SEM career span. The framework will be reviewed and amended over time to ensure it fits the needs of the College appropriately.

Finally, I would like to thank you all for your time and efforts in 2020 - especially those who gave up their time to be part of a College committee or working group. I look forward to our continued achievements as a College and hope that we can spend far less time socially and physically distant this year.

EXAMINATION & ASSESSMENT COMMITTEE



Chair: Corey Cunningham

About EAC:

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.

34 candidates sat the exam in March and July 2020, with an overall pass rate of 56%

19 candidates who had passed the Entrance exam applied for specialist training with ACSEP.

Fellowship exam

The Fellowship exam comprises of a written exam including MCQ and short answer papers. It also includes a clinical exam with long case, Viva voce and a series of short case examinations.

COVID definitely presented some challenges in 2020 and I am delighted to report that successful and secure exams were delivered. ACSEP is in a good position to finetune a new model for running exams that will be more efficient for both the College and 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.

The 2020 clinical exam presented a different set of challenges due to travel restrictions and uncertainty regarding the impact of new COVID infections right up until exam day in November. This resulted in a day of exams with long case and viva exams being conducted over Zoom with 15 candidates, 12 examiners across 5 time zones. Short cases were held in 5 different cities involving a further 27 examiners.

The EAC greatly appreciates the time, effort and expertise of Fellows from Australia and New Zealand contributing to the Court of Examiners – without whom we simply would not be able to run a challenging and fair exam for the candidates.

% candidates passing each component of the 2020 Fellowship Exam

MCQ – 100%

SAQ – 93%

Long case – 93%

Viva – 87%

Short cases – 93%

Overall, 11 candidates successfully passed the Fellowship Exam in 2020, including two who were eligible to sit the Exam via the OTS pathway.



SUPPORTING ROLES

TRAINING COMMITTEE



Chair: Sharron Flahive

About the Training Committee:

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

As I reflect on my first year as Chair of Training it stands out to me as a year of significant change and a lot of decision making on the basis of the information you had at the time. A year when so many words were both overused but also developed new meanings. In sport, 'hubs' and 'bubbles' became common place and in our training, 'flexible', 'dynamic' and 'pivot' became very much a part of our ACSEP way. COVID-19 exposed vulnerability everywhere and we were not spared, but through this necessity we were forced to do things differently and this became opportunity.

Registrars became very resourceful in accessing different work developing a greater knowledge of infectious disease; care of a team within a hub and its challenges; return to sport after lockdown; musculoskeletal injuries sustained from working from home and much more.

The Training Committee undertook monthly meetings to review the situation. Registrars kept a COVID training diary which was valuable in being able to assess training time, particularly when situations were not only different between countries but also states. I would like to say a warm thank you to all ACSEP supervisors, registrars and Training Committee members for their patience and responsiveness during

this challenging time.

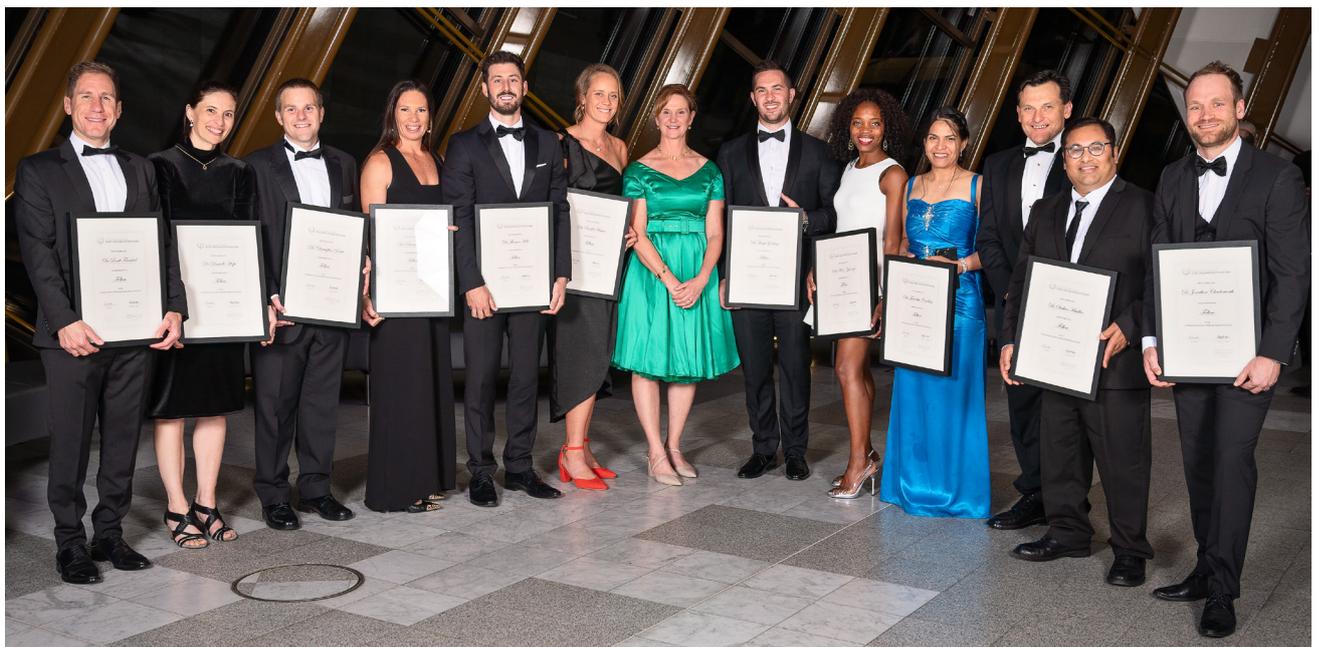
The teaching year commenced with ten practical sessions live at the February conference. The annual registrar cricket match was held at ANU and was a tightly fought battle, with guest umpires Scott Burne and George Pitsis. Winning team captain Tom Longworth made a graceful victory speech, however declared that first year registrars never win the Cup throwing down the gauntlet for the 2021 conference in Adelaide!

The timely and successful implementation of the college wide e-Tutorial program has likely underpinned our ability to continue training. The online tutorial program commenced on Friday 14 February, and 41 weekly, two hour sessions were delivered to all Registrars with contributions from Fellows across Australasia. On the back of this success, ACSEP will be running the February registrar conference online with a face-to-face day at the November Scientific conference. Kylie Fitzgerald and Scott Burne deserve great credit for driving this new teaching approach. In retrospect they must have had a crystal ball!

Training also involves Selection and Accreditation. Due to COVID restrictions, selection interviews were run online for the first time. We welcome ten new registrars in 2021, with three in New Zealand, seven in Australia and with 40% women, one Pasifika and one Maori in our new cohort. Another huge thanks and acknowledgment to the ongoing work by the ACSEP Selection Committee and ACSEP Accredited Practices.

The Accreditation Committee also worked hard putting together an online package of assessment which worked extremely well and enabled their outcomes to be achieved. These are all great examples of situational reframing and a credit to all those involved who saw ways to do things differently.

Finally, a big congratulations to the nine registrars who successfully completed their fellowship exams and to all who have supported you throughout your learning journey. If it takes a village to raise a child, it takes a learning and personal support community to create a Sport & Exercise Physician.



CONTINUING PROFESSIONAL DEVELOPMENT



Chair: Stuart Armstrong

About the CPD Committee:

The CPD Committee looks after 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.

There has been a profound effect on all aspects of our lives due to the global pandemic and CPD has been affected significantly. Due to the travel restrictions imposed and the significant professional, emotional and financial burden placed on Fellows by this, an early decision was made to remove the compulsory requirement for CPD in the 2020 year being the first year of the new triennium. A decision was also made that CPD activities completed in the 2020 year would count for the 2021 year, so in effect the 2020 requirements have been spread over the 2020 and 2021 years.

Our compliance rate for CPD has obviously been affected by this and there are a number of Fellows who are not compliant for the 2019 year, who have been given a further grace period of one year to correct this. Fellows who are still non-compliant for their 2019 CPD should expect a letter from the College shortly with regard to becoming compliant.

Throughout the world there has been a great deal of energy and time expended on changing the landscape of medical education to increase access to virtual resources. Due to this, it is expected that the 2021 CPD year will run as per normal and at the end of 2021 all Fellows will be expected to be compliant with CPD. We will consider the compulsory triennial requirements closer to the end of the triennium and whether there will be any modification to this.

There are no significant changes to CPD requirements at this stage. There are a number of changes that have been in the works as directed by the regulatory bodies in both Australia and New Zealand, but due to the current disruptions these have not been pushed forward.

The CPD committee is currently in discussion around the implementation of 1 hour of compulsory ethics training per triennium. This is in early stages and I will plan to present this to the fellowship at the next college conference. I will seek your feedback around this at that time.

RESEARCH COMMITTEE



Chair: Jane Fitzpatrick

About the Research Committee:

The Research Committee provides support to College Fellows and Registrars who are interested in, or undertaking research projects.

The Committee has been proactive in developing the research capability and profile of the College. This year, the Committee welcomed Dr Brandi Cole as its newest member, bringing the current membership of the Committee to 11. With most members involved to varying degrees with university teaching, membership of research committees, and research supervision; the Committee have also been busily engaged in research proposal appraisal, position statements and other review, and general committee work.

An essential role of the Research Committee is the appraisal of the research proposals and applications for recognition of prior learning, submitted by Registrars. During 2020, the coordination of this work was undertaken by Dr Jeni Saunders. A “research interests” group was also formed, and proposals were distributed among its members for appraisal. In total, thirteen research proposals were appraised, eleven were approved, and two were returned for further development. Three applications for recognition of prior learning were approved. We recognise all the Research Committee and College members involved in this process. The

responsiveness to requests and the expertise inherent in their opinions have been welcomed.

The National Office continues to provide research support and several Registrars have drawn upon that support, particularly because of changes to original research proposals caused by the pandemic. Additionally, to help raise the research profile of the College, the National Office has sought funding for the development of a research portal. This portal will be a repository of College-related research and provide a central area for members to view and showcase research. Work on this project has already begun and will be completed by mid-2021.

Over 2020, the Committee has been involved in a range of research. In conjunction with Arthritis Australia, research included a model of care for young people with knee osteoarthritis. Within the College, the Committee have been involved in the Women in SEM mentoring study. Last year the Committee undertook to support an NHMRC grant application with Latrobe University in Making football safer for women: implementing an injury prevention program. This grant was successful and now opens several opportunities for Fellows and Registrars to work on this project.

A big thank you to the members of the Research Committee for their work and support during this year.

INDIGENOUS HEALTH ADVISORY COMMITTEE



Chair: Krishant Naidu

About IHAC:

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 the IHAC is to provide direction for the College to improve Indigenous Health standards.

Despite the setbacks of 2020, important work continued to happen through the IHAC committee. To kick off the year we welcomed three Indigenous registrars to the Training Program; Dr Anika Tiplady, Dr Tane Eunson and Dr Amitesh Kumar. It continues to be a focus of the College to increase diversity and representation of our membership to mirror that of the communities in which we live and work.

In 2020 the ACSEP Conference Indigenous Scholarship Awards were offered again. These scholarships are intended to increase exposure of the specialty among junior doctors and particularly Maori, Pasifika and Aboriginal and Torres Strait Islander doctors consider a career in sport and exercise medicine. Congratulations to Dr Lincoln Baltus and Dr Kelly Needham, recipients of these scholarships.

Integrating cultural understanding into the way we teach, learn and operate forms a key tenant

of this Committee. This year we welcomed the launch of the Aboriginal Health and Cultural Safety module as an important resource in helping College members to build a greater understanding of the history of the Australian Aboriginal people, the ongoing effect of colonisation and Aboriginal contemporary culture.

Growing and fostering connections saw strengthened relationships with AIDA, Te Ora and the Pasifika Medical Association of which an MOU is in progression. Collaborating with these organisations who have an ear to the ground in the communities in which we wish to serve adds a wealth of knowledge to the College.

Finally, a recommendation was adopted to increase the representation of IHAC Committee members among the various College Committee groups. This move was made to ensure that a cultural awareness and safety lens is considered and front of mind in all the work that we do.

Many thanks to the Committee members and staff who keep this important work ticking over. 2021 brings with it new and existing challenges but also opportunities to make a difference in the way we care for our patients, represent our specialty and educate ourselves.

CONFERENCE COMMITTEE



Chair: Corey Cunningham

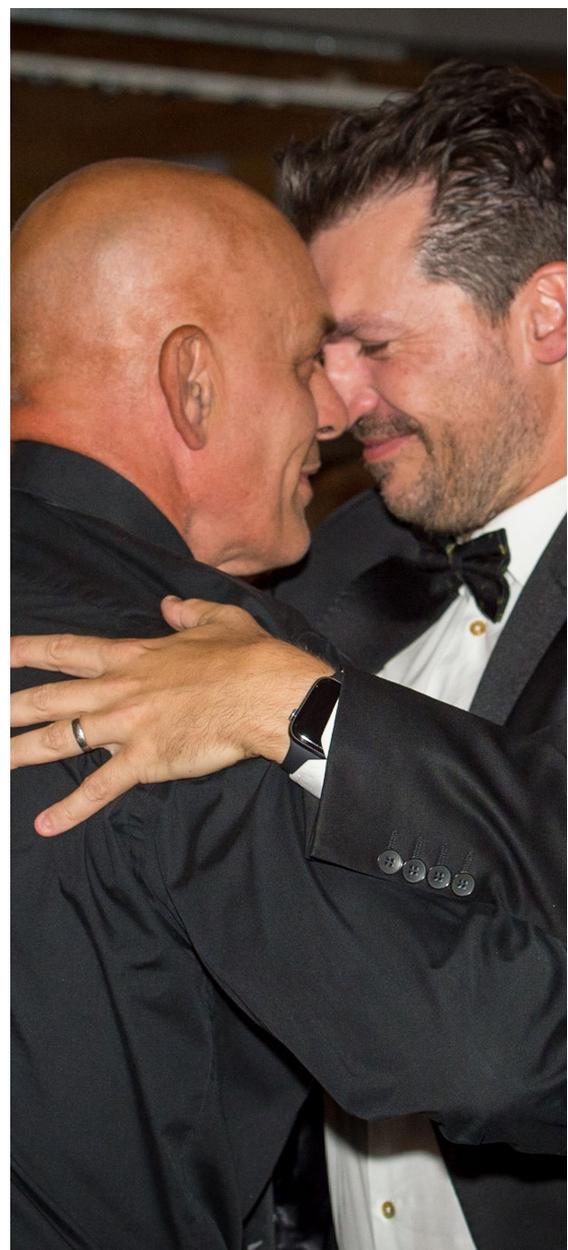
About the Conference Committee:

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

The ACSEP Conference Committee was initiated in July 2020 to provide guidance and oversight of the yearly ACSEP Scientific program including development of the themes, program and style in which the conference will be presented.

The Committee is responsible for providing close support to the yearly conference Convenor to ensure continuity for the conference and add a College perspective to the organisation of one of the most significant events delivered by ACSEP.

In its short life, the Committee has coordinated the first one day ACSEP online conference for Members in March, 2021 and will oversee the development of the Scientific conference in Adelaide Conference in late November/early December 2021.



WOMEN IN SEM



Co-Chairs: Pip Inge and Rachel Harris

The Women in SEM Advisory Group had an active 2020 and met three times over the year to progress the work the Group intends to undertake to increase female representation within ACSEP and the SEM community - from pre-registrars to leadership positions in the college.

The year commenced with a very well attended and received Women in SEM function at the Canberra conference with guest speaker Dr Jennifer Green, orthopaedic surgeon and member of the Orthopaedic Women's Link (OWL), Australian Orthopaedic Association, as the guest speaker. She spoke of the challenges facing women in male dominated medical fields and role of the Orthopaedic Women's Link in supporting an increase in women's participation and support/mentoring during training.

Another 2020 initiative was the development and pilot of a Women in SEM mentoring program. This was a collaborative effort involving ACSEP, Melbourne University and the College of Emergency Medicine to commence an approach matching future female trainees with a College mentor (up to 13 Mentors and 10 + mentees). Potential Mentors were provided with support and training and Mentees had the opportunity to choose a mentor to provide advice regarding their career development. The pilot will be reviewed to assess the success and impact of the initiative and to determine its continuation.

The impact of COVID slowed the implementation of the Women in SEM

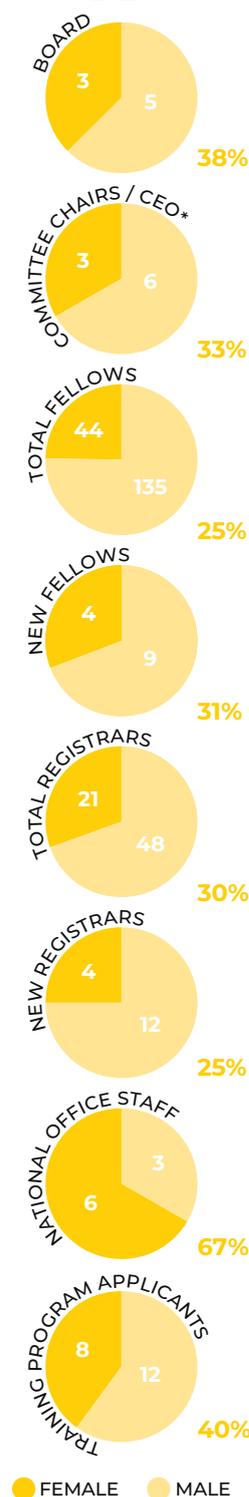
leadership scholarship in 2020, however this will be re-invigorated for 2021 and will introduce an opportunity for females to enhance their leadership skills and continue to be represented in senior leadership positions within the College. The lockdown did however allow us to connect on a different platform and the Women in SEM, lead by Sharron Flahive, hosted a fireside chat with Raelene Castle, former Chief Executive of Rugby Australia. Raelene provided a unique insight into leadership in difficult times, highlighting some of the barriers that she has faced as a result of gender throughout her working career across numerous sporting organisations.

2020 also saw the development of a dashboard showing activity of women in ACSEP which will form a part of an overall dashboard of key college activities. The statistics will provide a live update of female representation across the college with current statistics show females representing 40% of those applying and 25% becoming new registrars in 2020.

We are delighted that gender diversity continues to be a focus within the College and the Women in SEM Advisory Group will continue to strive for progress within ACSEP and the wider sporting and community landscape.

Thank you to the diverse group of women participating in the Group and for the contribution you have all made so far. We look forward to further work and initiatives to highlight and increase women's participation in ACSEP.

ACSEP Gender Ratios 2020



*Includes ACSEP CEO

MENTAL HEALTH ADVISORY GROUP



Chair: Adam Castricum

2020 has certainly presented us all with extraordinary challenges with not only the bushfires in many Australian states in summer, but also with the COVID pandemic hitting our shores, and many of us moving in and out of lockdowns and restrictions. A traumatic, socially isolated year for many where never before has connection and support been so important

Fortunately, ACSEP has built up a solid multi-dimensional mental health plan over the last few years to support our members in trouble and our resilience was certainly tested throughout this year and will continue to for many as we move through the pandemic.

Additions to our suite of resources this year included

- Links to the updated excellent Drs4Drs service, a wonderful resource by medical professionals for all medical professionals;
- Creation of a 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;

- The successful ACSEP headspace “Keep Moving” campaign where some of our finest sportspeople offered tips on how the community might keep moving at home during COVID restrictions to keep physically and mentally healthy;
- An excellent ACSEP Fireside chat webinar led by John Best, exploring mental health issues and challenges, particularly our male Fellows as part of a session on men’s health issues.

The great strength of our College is our collegiality and that we all look out for each other. This has been evident in spades this year across the Registrar group, Committees, Peer Review Groups, National Office and Board.

As we enjoy the relative freedoms of our summer, we think of and send our best wishes to our colleagues, friends and families in less fortunate circumstances across the globe, where the pandemic is causing ongoing havoc and distress.

Please continue to look after yourselves, your families and each other during this difficult time.

This pandemic will pass and bright blue skies together are ahead for many years to come.

Stay safe, stay active and stay well all.



PROJECTS

MOVING MEDICINE

— LUKE MAJOR AND KATE SIMKOVIC

Collaborations between ACSEP and the UK's Faculty of Sport and Exercise Medicine (FSEM) strengthened in 2020 with the purchase of a license to launch the Australasian version of Moving Medicine – an online resource to assist healthcare professionals in having conversations about exercise and physical activity with patients as treatment and prevention of conditions. Moving Medicine has been developed by FSEM after extensive consultation with healthcare professionals and the community to develop evidence-based resources such as condition-specific consultation guides, an e-learning module and promotional resources.

Moving Medicine represents an opportunity for ACSEP to have a leading voice in advocacy for exercise as medicine in Australasia.

The year has seen the transfer of the licence and website materials to ACSEP and the updating content to suit an Australasian context with a team of clinical content reviewers. Advocacy for exercise as medicine aside, Moving Medicine will allow ACSEP to deepen its industry engagement with a cross-section of professions and organisations including general practitioners, other medical colleges, charities and not for profit organisations and potential sponsors.

A launch of Moving Medicine is anticipated for 2021.

SEM ACADEMY



LUKE MAJOR AND KATE SIMKOVIC

SEM Academy continued in its growth throughout 2020 despite the interruptions of COVID to promotional opportunities of the platform abroad.

Throughout the year, numerous new modules were added to the Academy bringing the total number of available modules to 83 – cementing SEM Academy’s position as the world-leading provider of online SEM education.

SEM Academy continued to be recognised as a leader in online education more broadly with several modules winning prominent international awards. At the 2020 LearnX Live! Awards, the SEM Academy won Platinum for Best Talent Partnership for the Aboriginal Health and Cultural Safety module authored by Nathan Frank and Nikki Brouwers, Gold for Best Online Learning Model for the Pain Neurobiology module authored by Dr Kal Fried (both co-ordinated by Dr Diana Robinson) and Gold for

Best e-Learning Widespread Adopter Initiative. A major opportunity to promote the SEM Academy at the International Olympic Committee (IOC) Conference was interrupted, due to COVID, causing the delay of the conference until the end of 2021. Despite this, SEM Academy still drew considerable interest from international partners with major partnerships being established with the British Association of Sport and Exercise Medicine (BASEM), South Africa Sports Medicine Association (SASMA) and the Faculty of Sport and Exercise Medicine Ireland (FSEM). These partnerships have seen the number of SEM Academy subscribers grow considerably.

2021 is poised to be an exciting year for SEM Academy with the establishment of a new advisory group and new subscriber engagement, communications and partnerships strategies to continue its growth in the global market.



EDUCATION



ONLINE MODULES

— DIANA ROBINSON

The team behind the modules have had yet another busy and productive year. Only the need for homeschooling limited the amount of work some content experts and developers could manage in this most disrupted year.

The Research Methodology Academic module has been thoroughly reviewed, reorganised and updated. It now comprises six sections, including a new section on Ethics in Research. The practical component includes sections to assist with developing quantitative and qualitative research proposals, perform the research and interpret the results and quality of research. Information on how to reference research appropriately and use a variety of storage and search systems are included.

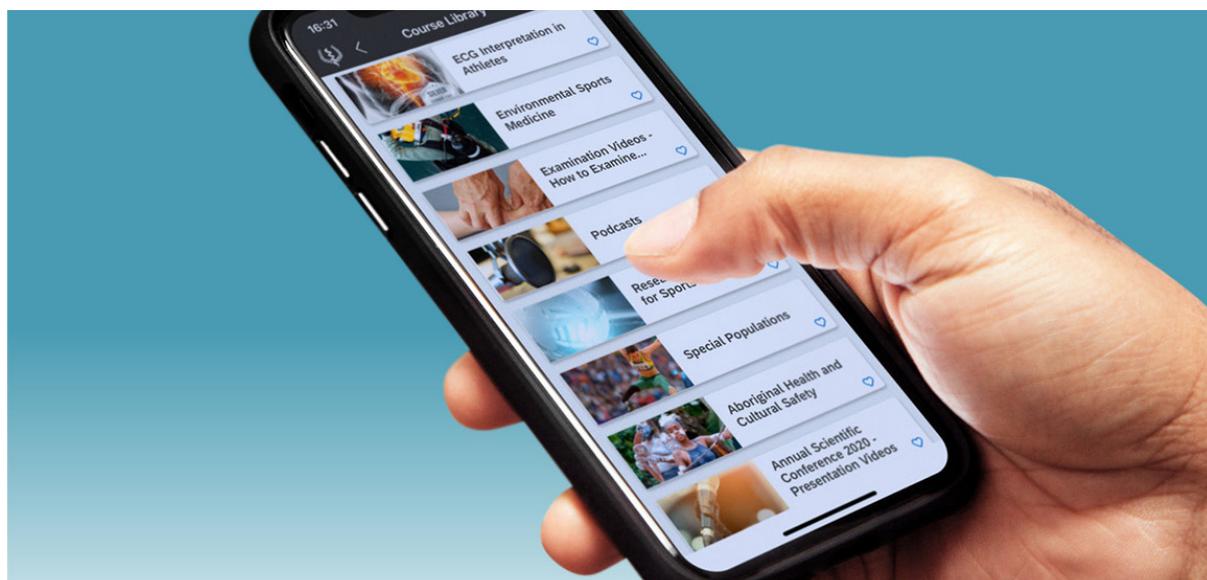
Our most recent offering is Equipment in Para-Sport from Keren Faulkner, which is an engaging and informative resource looking at the various types of equipment athletes with

impairments may use during their sporting career.

We are proud to now have a comprehensive Business Skills module which includes vital information about setting up and running a SEM practice from a range of experts including accountants, legal experts, insurers and practice managers.

Based on the concept of “what one ought to do”, the Ethics module was a collaboration between The Ethics Institute, David Burt and Lynley Anderson, and includes sports medicine specific case histories and examples.

Make sure you have a look at the Aboriginal Health and Cultural Safety module, which we hope will assist with your journey towards cultural understanding and includes video interviews with elite indigenous athletes about their life and culture in sport.



The four updated Clinical Training Supervisor Modules were launched early in 2020 along with the module from Kal Fried about Pain Neurobiology for SEP's.

In March, the Telehealth module was launched which then required last-minute additions to include the new COVID telehealth regulations in both Australia and New Zealand.

The Immunology & Infectious Disease module, Respiratory Medicine and the Renal, Electrolytes and Hyponatraemia were reviewed by their content experts and underwent a fresh new rebuild. The Anti-doping module: Results Management has had a facelift, and now includes the latest antidoping rules, including the new Substances of Abuse regulations, WADA prohibited list and new results management system for Australia. Both Cardiology modules, as well as the Endocrinology module rebuilds are underway.

A new module, Lifestyle Approaches to Prevent Falls, Sarcopenia and Fractures was finally launched after a long gestation, a collaboration between Professor Robin Daly and Dr David Humphries and added to the suite of Exercise Medicine modules.

Early in the new year, we will launch a new module, 'Strength and Conditioning for the Injured Athlete' created by Brandi Cole.

Thanks to Kimberleigh Bray and her team at White Leaf Solutions and all the content experts. It is a pleasure to work with everyone involved.

AWARDS

E-LEARNING AWARDS

An achievement worth celebrating was the awarding of three LearnX! Foundation awards. These awards draw entries from leading global enterprises, as well as mid-sized and smaller organisations, across the corporate, academic, and public service sectors worldwide. The ACSEP team together with our design partners White Leaf Solutions are thrilled to be internationally recognised for our modules.



GOLD
BEST E-LEARNING WIDESPREAD
ADOPTER INITIATIVE
SEM ACADEMY

GOLD
BEST ONLINE LEARNING MODEL
PAIN NEUROBIOLOGY MODULE

PLATINUM
BEST TALENT PARTNERSHIP
*ABORIGINAL HEALTH & CULTURAL
SAFETY MODULE*



AWARDS

COLLEGE AWARDS

Congratulations to all those who were recognised with an Award at the Annual Scientific Meeting.





NOTABLE AWARDS

Member (AM) in the General Division of the Order of Australia

Dr John William Orchard

For significant service to sports medicine, particularly to cricket



ACSEP Training Supervisor Award **Leesa Huguenin**



ACSEP College Medal **Tom Hill & Danielle Hope**



Kryn Cricketers Distinguished Service Award **Steve Reid**



EVENTS

ANNUAL SCIENTIFIC CONFERENCE

Thank you to all for your attendance at and contribution to the 2020 ACSEP Scientific Conference held in Australia's stunning Capital City Canberra. Despite the threat of fires and the emerging concerns surrounding COVID-19, the College held a highly successful '#SEMtakeaways2020' Conference with 279 attendees, combining our Registrar and Scientific Conferences. In addition, the updated MOST course and the Ultrasound course were fully subscribed over two days post the conference.

The ACSEP Registrar Conference continues to thrive and set the tone for the rest of the week. Thank you to all involved in putting together such excellent content.

The ACSEP Scientific Conference once again delivered a world class program with a focus on more Australian and New Zealand content as well as brilliant international keynote speakers including Dr Jane Thornton, discussing Prescribing Physical Activity as Medicine- The Canadian Experience and Global perspectives.

A number of additional highlights contributed to the dynamism of the conference, including the first Women in SEM drinks with a guest speaker Dr Jennifer Green, orthopaedic surgeon and member of the Orthopaedic Women's Link (OWL) discussing the critical role of support and mentoring of women interested in male dominated medical specialities. It was a great success and will become an ongoing feature of ACSEP conferences.

The Past Presidents and Emerging Leaders dinner was also a first, bringing together previous ACSEP Presidents and those playing an important role in the College functions through their contributions Chairing or participating on Committees, working groups and other important initiatives. The aim of the dinner is to bring new leaders together

with those who have led in the past to impart knowledge and history of the work of ACSEP and to assist with our development.

The conference culminated in the Gala Dinner held at the stunning National Museum, where 266 attendees watched new Fellows being introduced and retiring Fellows recognised, providing a strong sense of history and continuity for all those attending.

A big congratulations and thank you to ACSEP Fellow Larissa Trease for her tireless work on convening such a dynamic conference.



FELLOWS DINNERS

Our Fellows Dinners are state based opportunities for members to connect with colleagues in their region and meet with partners that work with the College to promote sport and exercise medicine. These events are well attended and received and form an important part of member engagement. The uncertainties that came with COVID meant that it was difficult to plan these events however it was possible to run Fellows Dinners in WA, NSW, QLD and two in New Zealand. Thank you to sponsors LMT Surgical and MDA National who support the running of these events.



ONLINE EVENTS

As a result of COVID restrictions to meeting and gathering the College established Fireside Chats and the ACSEP Masterclass series to bridge the need for connection and learning. These monthly webinars provided an opportunity for members to gain knowledge from experts both international and local within the SEM community and disciplines of interest to sport and exercise physicians.

Topics covered included:

- Men's Health
- Getting education and exercise right for patellofemoral pain – Dr Christian Barton
- Too much medicine the problem of over medicalisation and overdiagnosis – Prof Chad Cook
- Functional Neurological Disorders – Dr Alex Lehn



OUR

PEOPLE





OUR PEOPLE

DEB ROBINSON

TAURANGA, NEW ZEALAND



What influenced you to become a Sports and Exercise Physician?

I always enjoyed sport, not only from participating but also as a fan, and a coach, which included a wide range of sports. Dr David Gerrard was an early influence when at Otago Medical School. I had a want, to find out if sports medicine was a legitimate option as a career in the late 1980s and so went to Canada for my elective and worked at the Orthopedic and Arthritic Hospital in Toronto and Carleton University Sports Medicine Clinic in Ottawa. I came home more excited about the possibilities than when I left.

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

I have always been interested in design and architecture and would have tried to enter Architecture School.

What do you enjoy most about what you do?

I have been involved in a lot of team related sports medicine and enjoy the challenges of bringing a group together to maximize group culture and performance and the part a sports and exercise physician can play, not only in injury and medical management of the group but in psycho-social wellness.

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

The field of sports medicine has been ever changing over my time, from largely being "injury medicine" when I started to encompassing medical issues, injury prevention, mental wellness, population and public health issues etc. It is a challenge to find the area you enjoy and be bold enough to tailor your practice to this.

What advice would you give someone interested in Sports and Exercise medicine?

Dive deep initially, say "yes" to every opportunity and get as much experience in as many areas of the field that you can. Understand your sports in detail and treat as a privilege the opportunity to be involved in a team.

On a weekend you can be found...

At the old family bach (holiday house built by my parents in the 1960's) lakeside in Rotorua, enjoying water activities, gardening or walking in the redwood forest. No TV, no internet.



DAVID HUMPHERIES

TASMANIA, AUSTRALIA

What influenced you to become a Sports and Exercise Physician?

When I started in SEM there was no such title as a SEM physician. I had always been interested in musculoskeletal injury, biomechanics and physiology but there were limited options in those fields of interest. It was easier to decide what I did not want to be (rheumatologist, rehab physician and orthopaedic surgeon) so my original path was to train as a rural GP. After scaring myself a few times with obstetric emergencies I headed back to Sydney to do a diploma in obstetrics. While I was there Jeni Saunders, one of the first doctors to run a dedicated sports clinic, and who I knew from my hospital days got in touch with me. She asked if I wanted to spend 6 months with her learning in what was then called 'sports medicine'. That was 1984, I had found my niche and I have been in SEM ever since.

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

Tricky question after all these years, I actually only went into medicine because I did not really know what I wanted to do and I thought I would figure that out while I was studying medicine. It turned out that I found medicine fascinating, so I did not need to consider anything else. If you really pushed me for an answer I would probably opt for pilot, but that would be my 17 year old self answer.

What do you enjoy most about what you do?

There is a lot to unpack because I have enjoyed so many things. Meeting people and helping them get to where they want to be, whether it be a to complete their first triathlon, swim the English



channel or ski solo to the South Pole. Working with my peers to develop the whole notion of SEM as a field in its own right, both here and overseas. Teaching and learning with others.

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

There is learning and challenge every day. If you don't find your work challenging you are not trying hard enough. I came across a quote from an economist, Arnold Kling talking about cultural intelligence which pretty much sums up my approach to learning 'we cannot figure out very much by ourselves, but we learn a remarkable amount from others'.

What advice would you give someone interested in Sports and Exercise medicine?

This is a branch of medicine that currently does not have much of a ceiling, there are so many ways to explore the field and so much to learn. Do not accept that your career needs to look like any other SEM physician, make it about what you want to explore.

On a weekend you can be found...

Walking up a Tasmanian mountain, there are at least 300 I have not explored yet!

VIRAN DE SILVA

DARWIN, AUSTRALIA

What influenced you to become a Sports and Exercise Physician?

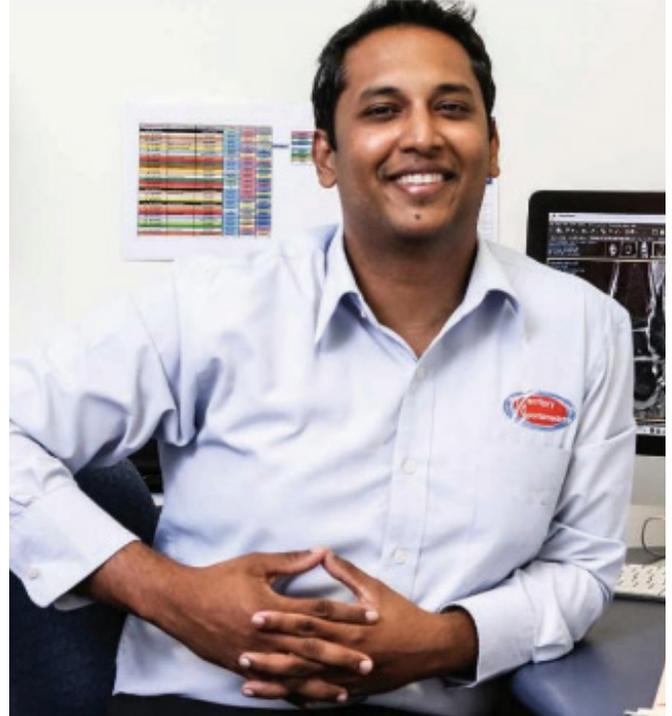
As a junior doctor I had to do Orthopaedics in a small secondary hospital in WA. Rather than dealing with lots of trauma like most Orthopaedic units we ran a lot of elective clinics where I was exposed to a lot of joint examinations and imaging, which to my surprise I really enjoyed. Growing up I played tennis at a national level and dabbled in a few other sports so I was stoked to find a medical speciality that encompassed aspects of both my personal and professional life that I really enjoyed - sport and MSK medicine.

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

Children born to sub-continental parents often grow up to become one of three things - a doctor, lawyer or engineer. So if not a doctor, I pick an engineer!

What do you enjoy most about what you do?

I quite enjoy the diagnostic side of sports medicine, that is, figuring out and explaining to a patient what it is that is causing their pain whilst helping to either improve their symptoms or to at least remain active with load and activity modification. I also quite enjoy MSK radiology.



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

I did the first part of my training in NSW where it was very easy to access multiple sub-specialist practitioners across multiple fields of medicine. A lot of these sub-speciality practitioners and even some investigation modalities are not readily accessible in the NT and so it can be a challenge to provide the same level of care to someone in the NT as those in Sydney or Melbourne. There are also only 2 Fellows in the NT so when discussing cases we often miss the diversity of opinion!

What advice would you give someone interested in Sports and Exercise medicine?

Try to get out and cover some weekend sport and aim to sit in with a SEM physician / work in a sports medicine clinic to see the type of patients we see on a day-to-day basis.

On a weekend you can be found...

Enjoying family time with my 2 young kids Coen and Paige, tinkering in the garden, cooking and watching the weekend sport!

ALICE MCNAMARA

MELBOURNE, AUSTRALIA

What influenced you to become a Sports and Exercise Physician?

My experience of “sports doctors” was the norm during my time as an athlete. In Rowing we were so lucky with the care and quality of doctors. Dr Lari Trease along with Dr Steve Reid and others were absolute standouts. They seemed to be the “level hand” in a very high pressure environment. They knew how to manage a medical issue in a practical (and performance) context. While I tried to find a specialty in the hospital that meant I could “doctor” like them... I couldn't!

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

I'd probably still be at Uni... and rowing. Or perhaps finding another obscure sport like stairclimbing. Thankfully I had a medical degree behind me when my sporting career finished or I would have had a lot of trouble with my next purpose. Once I started doing placements as a student I knew I was hooked. Medicine was one of those things that made science real as it applied to people. After 2020, I've realised I've been fascinated with that: public health and psychology... so I may have gravitated there. However, I also would be an excellent dog-walker! And I still may end up doing that.

What do you enjoy most about what you do?

I really love information translation, and bringing clarity to a problem or injury that has been problematic. I really enjoy watching someone understand something and then being able to take control of it, and that works across all levels of SEM.

I love the people in our industry, and the passion people have for their given sports and activities.



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

I found my first few weeks in clinic so tough! Building a practice in a SEM clinic was very, very different from working in Emergency. You're not only aiming to exclude dangerous in or life-threatening things, but you actually need a diagnosis and a longer-term plan. And people really appreciate when you dedicate a lot of thought to doing this for them. Working in a practice where you can discuss cases is so important for early registrars, and I've been very fortunate for the support of Dr Leesa Huguenin at MP Sports.

Starting a career in SEM when Sport stopped in 2020, was not ideal! However, I had enough to do and learn from. We managed less team and contact sport injuries and more overuse injuries from new exercise, or new working conditions. Pain was harder to treat as personal stress and physical isolation had a real impact. No patients missed their appointments, as it was “one of the 4 reasons” to leave the house in VIC!

2020 and the delay of the Olympic and Paralympic Games to 2021 also gave a welcome window (with athletes at home) to collect data from our female athletes as part of the AIS FHPI. So in terms of training, and getting Research started it was a year well spent. For the athletes though it was sadly not so good.

What advice would you give someone interested in Sports and Exercise medicine?

There is plenty of work and we are growing our field, so welcome, and get involved! Try and take up opportunities to cover sporting events and team up with registrars who are doing this. Everyone is very approachable and always appreciates a hand. I found it inspiring to attend the ACSEP conference. You could also join the SEM academy, and do the MOST course. Start to learn about exercise prescription, and begin to appropriately question and prescribe to your patients at any opportunity.

On a weekend you can be found...

I've usually sorted a little trail run with a mate to catch up on a chat, some greenery, and some fresh air. Then it's relaxing at a café and walking the kids and the dog to the beach. At the moment this is all punctuated with footy and events... but I'm seeing this is the new life!





OUR

INFLUENCE





OUR

INFLUENCE

SOCIAL MEDIA

The College has continued to engage with social media as a means to connect with members and the wider community. Social media has become an important part of sharing knowledge and participating in events in real-time when unable to attend in person, this was particularly evident at the Annual Scientific Meeting.

A focus on mental health and moving the body through COVID were key social media campaigns through the pandemic. ACSEP partnered with Headspace youth mental health foundation to develop videos with Australian sport stars to encourage ways of staying healthy and maintaining movement throughout various iterations of lockdowns and the limitations they imposed. We also developed the CO-Fit infographic series that provided advice for all stages of life as to how to keep moving.

As part of our commitment and advocacy for Indigenous communities we participated in Maori Language Week. Our members submitted videos with Maori words and phrases of encouragement that can be used on and off the sporting field. Our wider membership were encouraged to practice these words and share their experiences using these on the day-to-day.

Moving forward, ACSEP will continue to grow its online membership base by leveraging partnerships with national and international organisations and lending its voice to important health and social conversations. The ACSEP brand is also anticipated to grow through projects such as the SEM Academy and Moving Medicine.

SOCIALS STATISTICS

Instagram Followers:

348

Twitter Followers:

2,500

Facebook Fans:

1,609

FIND US ONLINE



@ACSEP_



@theACSEP



@ACSEP_



@Australasian College of Sport
and Exercise Medicine



PERSISTENCE



OUR

FINANCIALS





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 2020

	2020	2019
	\$	\$
INCOME		
Conferences & Seminars	450,633	436,385
Examinations	292,787	303,572
Program/ Grant Funding	990,363	1,012,811
Subscriptions	719,539	660,255
Sundry Income	206,147	141,074
Interest Income	30,868	50,489
TOTAL INCOME	<u>2,690,337</u>	<u>2,604,586</u>
EXPENSES		
Accounting, Audit & Legal Fee	30,603	24,962
Administration Expense	275,221	306,210
Association Expenses	69,563	75,909
Communications	10,854	10,327
Computers	41,796	33,813
Financial Expenses	10,887	12,161
Insurance	7,019	6,593
Program Delivery	1,479,377	1,514,028
Staff Expenses	835,984	688,006
Travel	79,621	122,884
TOTAL EXPENSES	<u>2,840,925</u>	<u>2,794,893</u>
PROFIT/(LOSS) BEFORE TAX	<u>(150,588)</u>	<u>(190,307)</u>
Income tax expense	-	-
PROFIT/(LOSS) AFTER TAX	<u>(150,588)</u>	<u>(190,307)</u>
OTHER COMPREHENSIVE INCOME FOR THE YEAR		
Net gain/(loss) on revaluation of financial assets	(15,817)	10,171
TOTAL OTHER COMPREHENSIVE INCOME FOR THE YEAR	<u>(15,817)</u>	<u>10,171</u>
TOTAL COMPREHENSIVE INCOME/(LOSS) FOR THE YEAR	<u>(166,405)</u>	<u>(180,136)</u>

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

STATEMENT OF FINANCIAL POSITION
AS AT 30 JUNE 2020

		2020 \$		2019 \$
<u>ASSETS</u>				
Current Assets				
Cash at Bank	2	1,411,762		1,022,550
Trade and other receivables	3	398,116		332,364
Financial Assets	6	692,701		1,244,869
Prepayments	7	160,602		69,935
Total Current Assets		2,663,181		2,669,718
Non Current Assets				
Property Plant & Equipment	4	7,375		13,751
Intangible Assets	5	98,215		45,889
Total Non Current Assets		105,590		59,640
TOTAL ASSETS		2,768,771		2,729,358
<u>LIABILITIES</u>				
Current Liabilities				
Trade and Other Payables	8	207,747		194,726
Income Received in Advance	9	1,362,500		1,181,355
Provision for Annual Leave	10	53,984		42,332
Total Current Liabilities		1,624,230		1,418,413
TOTAL LIABILITIES		1,624,230		1,418,413
NET ASSETS		1,144,540		1,310,945
<u>MEMBERS FUNDS</u>				
Retained Earnings	11	1,150,978		1,301,566
Financial Assets Revaluation Reserve		(6,438)		9,379
TOTAL MEMBERS FUNDS		1,144,540		1,310,945

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 2020

	Retained Earnings	Financial Asset Reserve	Total
	\$	\$	\$
Balance at 1 July 2018	1,491,873	(792)	1,491,081
Total Other Comprehensive Income	-	10,171	10,171
Profit/(loss) attributable to the entity	<u>(190,307)</u>	<u>-</u>	<u>(190,307)</u>
Balance at 30 June 2019	<u>1,301,566</u>	<u>9,379</u>	<u>1,310,945</u>
Balance at 1 July 2019	1,301,566	9,379	1,310,945
Total Other Comprehensive Income	-	(15,817)	(15,817)
Profit/(loss) attributable to the entity	<u>(150,588)</u>	<u>-</u>	<u>(150,588)</u>
Balance at 30 June 2020	<u>1,150,978</u>	<u>(6,438)</u>	<u>1,144,540</u>





AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS

ACSEP

Year in Review 2020

www.acsep.org.au

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