



## Assess and manage the care of female athletes

### DESCRIPTION

This activity requires Registrars to be able to recognise unique issues relevant to the female athlete, assess the condition and manage appropriately.

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

- Apply knowledge of:
  - The changes of puberty in the young female athlete
  - The effect of exercise upon growth, reproductive health and maturation
  - Training and performance considerations related to the menstrual cycle
- When consulting with female patients, take the opportunity to provide preventative health information, including breast self-examination, cervical cancer screening, promoting positive body image, health eating behaviours, reducing risk of osteoporosis.
- When assessing and managing female patients presenting with injuries, recognise the contribution of biomechanical and physiological differences between biological sexes (e.g. patellofemoral pain syndrome, anterior cruciate ligament injuries, shoulder dislocation, certain hip morphologies, stress fractures and concussion).
- Assess and manage patients presenting with a range of conditions specific to females:
  - Growth retardation or delayed puberty in a female adolescent
  - Menstrual cycle concerns including menstrual irregularity, dysmenorrhoea and menorrhagia
  - Amenorrhoea
  - Pregnancy
  - Reproductive health issues including discussing the possible consequences of the condition, the effects it may have on exercise, or exercise may have on it e.g. fertility, PCOS, endometriosis
  - Menopause
- Discuss contraceptive options with female patients, provide patient information to assist decision-making and prescribe the most appropriate medication or method to suit their needs, considering possible impact upon performance in elite athletes.
- Understand the potential ramifications of fertility drugs on antidoping testing when performed on elite female athletes.
- Assess and manage patients with pelvic floor issues across the lifespan, including prevention and referral to coordinate care.
- Assess, examine and organise initial investigations for women with a breast mass.
- Advise athletes on appropriate breast support with exercise and the avoidance of breast trauma and nipple injuries.
- Recognise, assess and manage nutritional deficiencies in the female athlete, and the consequences of these deficiencies in terms of general health and sporting performance.



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- Recognise, manage and coordinate care for patients with disordered eating behaviours.
- Establish and maintain healthy inter- and intra-professional working relationships to provide collaborative care for patients, e.g. to coordinate the care of patients with eating disorders.
- Respect an individuals' choice of gender and work with individuals to understand antidoping code.
- Balance legislation regarding discrimination in sport with safe and fair inclusion in sport when considering participation of transgender athletes.
- Discuss medical issues of athletes with coaches, managers and other health professionals in a manner that respects patient privacy and confidentiality.
- Establish rapport and develop a therapeutic relationship to ensure patients are comfortable to raise and discuss intimate issues.
- Establish goals of care with patients, which may include improving performance or function, treating symptoms and underlying condition, or preventing injury.
- Foster discussion to encourage shared decision-making with the patient.
- Recognise and appropriately respond to ethical issues encountered in practice.
- Provide culturally appropriate care to enhance patient care/outcomes.

## WORKPLACE-BASED ASSESSMENTS

### Mini CEX

Minimum of 1 each of the following:

- Menstrual cycle disturbance/REDs

### MMA

Minimum of 1 each of the following:

- Stress fracture and low energy availability
- Menstrual dysfunction – e.g. dysmenorrhoea, menorrhagia, amenorrhoea

### CbD

Minimum of 2 of any of the following:

- Disordered eating or restricted eating patterns
- Pregnancy
- Menopause
- PCOS (weight, tiredness, menstrual disturbance)
- Pelvic floor dysfunction

### TOTAL MINIMUM - 5

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



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## EPA COMPLETION

**Registrar name:**

Has the Registrar requested completion of this EPA previously?

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

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

Date	Assessment Type	Case Description	Assessor

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

**Recommendation (select one)**

Evidence from workplace-based assessments indicates that <b>the Registrar is competent</b> to assess and manage the care of female athletes.	
The Registrar needs to continue learning and completing workplace-based assessment and re-present for assessment of completion of this EPA (provide comment below).	



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

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