

# Aspetar Wednesday Webinar Series

*'Cutting edge sports medicine  
and science to your doorstep'*



# Aspetar Wednesday Webinar Series

20 January 2022 - 20 January 2023 (2nd year)

## Target Audience:

Physicians, Allied Healthcare Practitioners, Nurses, Dentists, Pharmacists, Others (researchers and sport scientists).

## Venue:

Online (Microsoft Teams)

## Activity code:

HGI-03-P82

## Overall learning objectives:

On completion of this activity, participants will be able to:

1. Demonstrate knowledge of the impact of COVID-19 on athlete health and training.
2. Apply best evidence in the diagnosis, treatment, and prevention of common injuries and musculoskeletal conditions in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Appraise the effect of growth-related injuries in elite youth athletes.
5. Understand the importance of shared decision making and ethics in sports medicine.
6. Apply strategies to cope with effects of travel on athlete health.
7. Develop approaches to deal with diversity in sport.

***This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 1.50 hours.***

CPD points: 1.5



| Date and time  | Topic   | Session Learning Objectives<br>By the end of this session the participants will be able to:   | Speaker/s   |
|--|---|---|---|
| <b>16th February 2022</b><br><br>5.00 PM - 6.30 PM (GMT+3) | Protecting the health of the football player                                  | <ol style="list-style-type: none"> <li>1. Identify different stages of a footballers' career and life after football</li> <li>2. How to approach different stages of career, gender, ethnicity and other aspects of diversity within the sport</li> <li>3. Select the tools to begin to form a strategy for each of the '3 ages of a footballers' life'</li> <li>4. Analyse and critique current approaches within the club/federation</li> <li>5. Formulate a strategy to supply holistic care to footballers as dictated by their stage of career</li> <li>6. Assess this strategy to measure efficacy-complete the audit cycle and re-examine</li> </ol> | Ian Beasley<br>Grant Downie<br>Gary Lewin   |
| <b>16th March 2022</b><br><br>5.00 PM - 6.30 PM (GMT+3)    | Travel sports medicine  | <ol style="list-style-type: none"> <li>1. Improve knowledge on Travel Sports Medicine sub-topics</li> <li>2. Develop basic jet-lag, sleep, vaccinations strategies</li> <li>3. Identify their own learning gaps regarding Travel Sports Medicine</li> </ol>   | Juan-Manuel Alonso<br>Christa Janse van Rensburg<br>Tim Meyer<br>Celeste Geertsema<br>Jacopo Vitale |
| <b>18th May 2022</b><br><br>5:00 PM - 7:00 PM (GMT+3)      | Hamstring injuries in football players  | <ol style="list-style-type: none"> <li>1. List current risk factors for hamstring injury</li> <li>2. Define different types of hamstring injury and how these influence management and rehabilitation</li> <li>3. Develop an appropriate return to sport process</li> </ol>   | Nicol van Dyk   |
| <b>15th June 2022</b><br><br>5.00 PM - 6.30 PM (GMT+3)     | The unique cardiac adaptation of athletes - exploring the heart of the matter | <ol style="list-style-type: none"> <li>1. Define attributes of the "Athlete's Heart"</li> <li>2. Describe the physiological response of the heart to exercise</li> <li>3. Distinguish normal from abnormal cardiac response to exercise in athletes</li> </ol>  | Andre La Gerche<br>Guido Pieleles<br>Maria Sanz de La Garza   |

| Date and time   | Topic   | Session Learning Objectives<br>By the end of this session the participants will be able to:   | Speaker/s  |
|---|---|---|--|
| July and August   | Summer break  |   |  |
| <b>21st September 2022</b><br><br>5.00 PM - 6.30 PM (GMT+3) | <b>Going for Gold - preparing to become the Gold Standard in medical care at a FIFA World Cup</b> | <ol style="list-style-type: none"> <li>1. Describe how Qatar's unique opportunities and a well-structured training program can help us aim for Gold</li> <li>2. List the attributes that make players special</li> <li>3. Discover the key elements that medical staff need to know when working at a FIFA World Cup</li> <li>4. Define the roles of medical staff during a major incident in a tournament</li> </ol> | <b>Celeste Geertsema<br/>Liesel Geertsema<br/>Omar Al Sayrafi<br/>Muna Almusleh</b>                        |
| <b>19th October 2022</b><br><br>5.00 PM - 6.30 PM (GMT+3)   | <b>Hot topics in football medicine and performance</b>  | <ol style="list-style-type: none"> <li>1. Explain the complex context of concussion care in football</li> <li>2. Compare the different shoe-surface combinations in elite football</li> <li>3. Describe the return to play process of the football player after an ACL injury</li> <li>4. Discuss the optimal approach to recognize, risk assess and diagnose cardiac disease in football</li> </ol>                  | <b>Louis Holtzhausen<br/>Athol Thomson<br/>Argyro Kotsifaki<br/>Yorck Olaf Schumacher<br/>Guido Pieles</b> |
| <b>18th January 2023</b><br><br>5.00 PM - 6.30 PM (GMT+3)   | <b>Shared-decision making in athlete healthcare</b>   | <ol style="list-style-type: none"> <li>1. Define Shared-decision making</li> <li>2. Discuss the active involvement of athletes in deliberating their own health and treatment options</li> <li>3. Design an effective clinician-patient dialogue to support athletes in the deliberation process</li> </ol>   | <b>Sofie Nelis<br/>Paul Dijkstra<br/>Evert Verhagen</b>  |

## Scientific Planning Committee:

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Pieter D'Hooghe, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden, Marco Cardinale and Rafael Santos

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 90 min:

Lecture: 60 min

Interactive session: 30 min

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