The reformation of sports medicine

P McCrory

On October 31, 1517, Martin Luther protested the role of the church in society by posting his 95 theses on the door of the Castle Church in Wittenberg. These theses were widely disseminated and led to a reformation in religious practice that echoes to this day.

Currently, we are at a crossroad of sport and exercise medicine (SEM) as a specialty. There are many threats to its viability and an inexplicable reluctance to debate the future of SEM and just how SEM will be practiced, given the changing demands of the medical workplace. We need a reformation for our specialty in the same way that Luther changed the religious landscape in his time.

THREATS IN THE SEM WORKPLACE

It is a frightening thought that the length of time to institute change in medicine means that, in many cases, current SEM specialists will be ending their professional careers as the current crop of students begin their journey. Trainees entering SEM advanced training programmes this year will not graduate before 2011, and the SEM specialists of 2021 entered undergraduate training this year. We are faced with the global problem that in many countries, particularly the US, a lot of young doctors are recruited to fill gaps elsewhere in the medical workforce. This, it would appear, is unlikely to change in the foreseeable future. The demands from Western countries, as well as emerging countries in the developing world, will fuel intense competition for new graduates and change the demographic of those available and willing to undertake specialist training programmes.

This change is occurring simultaneously with a global sociological change in specialist training. Graduates are choosing not to embark upon long training programmes with extensive after-hours work commitments and only modest remuneration at the end of the process. This is common to all specialties and is international in impact. SEM, one of the sexy new specialties, has been protected to some degree, but this will inevitably go the way of other mainstream specialties.

We are also seeing a feminisation of the medical workforce across all specialties. While this is a positive development, it also inevitably alters the medical workplace with increasing requirements for adaptable work practices, differential uptake of specialty training and greater flexibility requirements, particularly in the early postgraduate training years.

In addition, the changing demographics of the population create extra service demands. The push for healthy ageing and exercise participation throughout life leads to the need for SEM specialists capable of delivering services and having sufficient expertise in geriatric medicine to provide quality care.

Over and above these issues, the current cadre of SEM specialists is being subtly re-orientated as de facto public health physicians to deal with the international epidemic of obesity, inactivity and the inevitable medical consequences of our Western lifestyle. This is being driven by health bureaucrats who see a short-term solution to national health goals, perhaps at the expense of SEM as a viable specialty in the long term.

What then is the legacy of training and professional direction that we leave for our professional descendants?

THE SEM SPECIALIST OF THE FUTURE SHOULD BE A CLINICIAN

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THE SEM SPECIALIST OF THE FUTURE SHOULD BE RE-DEPLOYABLE

Given that the demand for SEM specialists is likely to increase, and few can predict with any certainty what the medical workforce or indeed the health environment will look like in 2021, the conclusion must be that SEM specialists must be able to be re-trained and be redeployable to deal with changing demands. This is in direct conflict with the push within the undergraduate university sector for streaming undergraduates into subspecialty training in the latter stages of their undergraduate degrees or soon after graduation. Where universities attempt to provide postgraduate training (in lieu of colleges) then this risk is paramount. Although vertical integration of training through undergraduate and postgraduate foundation years is laudable, there is significant risk if left untrammelled.

The SEM colleges then need to consider, as part of the curriculum development process, how general medical skills and SEM competencies can be developed and, moreover, what competencies are required to make a specialist re-trainable in their future professional career.
THE SEM SPECIALIST OF THE FUTURE SHOULD BE RESILIENT

We all need to realise that medical workforces are changing. We have seen the emergence of nurse practitioners and other allied health professionals whose role has increasingly encompassed what were traditionally regarded as medical duties. Whether this process saves either money or time in healthcare systems has been hotly debated, but the reality is that we, as SEM specialists, need to realise that medical practice in the broadest sense is evolving. In team sport, much of what happens on the field is first aid and can be dealt with adequately by an appropriate sports trainer. SEM “team physicians” have in turn tried to create a distinct subspecialty out of the practice of SEM in a team environment. As we move (or are pushed!) towards a public health role, we need to embed the skill set to deal with these issues so that they become a part of training and continuing education.

We need to debate amongst ourselves just what is the appropriate public health role for SEM specialists. Are we trying to be “generalist” physicians dealing with a public health problem or, with the correct skill set, can we engage more fully with this area and effect change at a population level? The limited SEM workforce in many countries simply means that if we see ourselves as clinicians in this area then we will only see a vanishingly small per cent of all such patients. What then aren’t we practicing in a smarter way and looking at broader health outcome changes at a population level? Isn’t that where our expertise could be better utilised? What do the SEM training providers expect to achieve with a 6-month block of public health training embedded in a 4-year training programme? A skill set to enable SEM physicians to alter “at-risk behaviour” or “at-risk perceptions” more broadly as well as the skills to interface with health promotion and media/marketing technology will be a prerequisite for the future, not simply time serving in a training programme that ill-equips future specialists.

Scepticism is a key skill that needs to be taught in SEM training programmes and reinforced by competency assessment. At the present time, specialist examinations that simple recall content facts (eg, multi-choice questions style) rather than test clinical decision making are doing a disservice to our specialty.

THE SEM SPECIALIST OF THE FUTURE SHOULD UNDERSTAND PUBLIC HEALTH, PSYCHOLOGY, ANTHROPOLOGY AND SOCIOLOGY

If, as I have alluded to, the future SEM specialist is to be re-orientated to a public health role, then we need to embed the skill set to deal with these issues so that they become a part of training and continuing education.

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WHERE DO WE GO?

The SEM specialists of 2021 are already in training. The health system that they inherit and the technologies they will use can only be imagined and we cannot affect these. We can, however, redefine the nature and competency of the SEM specialist to deal with these issues in a suitable manner. The sooner we debate these issues as a profession, the sooner we leave a legacy that we can be proud of.

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