

## EDITORIAL

There is concern shown by the British Medical Association and other organisations about the growth of direct-access clinics dealing with cosmetic surgery, as many patients are referring themselves to these clinics without first seeking the advice of their own general practitioners about the need for such consultation, or to get advice upon the most reliable clinics in their area. The idea has been put forward that a post-graduate or rather post-fellowship diploma of cosmetic plastic surgery be established to ensure that any such clinics be staffed by properly trained and accredited surgeons only. There is some feeling that similar criteria be made for those wishing to set up sports medicine centres, but here we are not dealing with a clear-cut specialty such as a branch of a well-established discipline like plastic surgery, but with the complete health and ill-health of a special group in the community whose conditions compass the entire field of medical specialists, including paediatrics and geriatrics, and of course cosmetic plastic surgery as well. It is, and always has been the policy of our Association to advise those wishing to specialise in sports medicine to ensure that they first obtain training and qualification in their chosen specialist field, then learn how to apply that knowledge to the problems of sportsmen in that field. A single diploma would not cover the range of specialist knowledge required to become a super-specialist in sports medicine, but only, perhaps, to have a specialist knowledge of for instance cardio-respiratory medicine applied to sportsmen, and with some general knowledge of the other aspects of medical care in sport, – the soft-tissue injuries, psychology, dermatology, gynaecology, etc.

Every month we hear of new sports injuries or sports medicine clinics, or of new human performance laboratories set up to help the sportsman, and from the lists of staff given, the vast majority are run by people known by us to be competent, but, like the cosmetic surgery clinics, there may be some run by people of doubtful sports medicine experience or competence, cashing in on the present interest in sports medicine. We would be very interested to receive reports from clinics, – the names and qualifications of the medical and ancillary staff, the facilities available, access to X-ray and laboratory facilities, liaison with local hospitals, NHS or financed by local authority or other means, fees due from athletes or their clubs or governing bodies, and restriction of types of athletes that can be treated. Information about whether the doctors receive any remuneration, and salaries paid to therapists and other staff would be appreciated, but not necessarily published.

One such clinic, at the Crystal Palace National Sports Centre, is described in this number of the Journal, by the physiotherapist in charge, Vivian Grisogono, who has a full-time appointment there, with doctors working on a sessional basis. The Meadowbank Sports Medicine Centre, with its attached Sports Injuries Clinic, is well known to us, and a good example of what a local authority can finance, to help a group of enthusiastic doctors and physiotherapists. We hope to publish some of the details of this clinic and centre at a later date, though any local authority finance is unlikely for any new projects in the present financial state of the country, and the world.

Serious thought is being given to funding of sports medicine through various types of insurance schemes, and it is anticipated that by the time this number is published the Sports Council will have made a pronouncement on this subject. Recognition of doctors and therapists who will participate will also have to be discussed, and some schemes have been initiated. It must, however, be emphasised that membership of an organisation does not necessarily mean that its members have a recognised expertise in the subject; this applies to the British Association of Sport and Medicine, whose members have only to have a professional qualification in medicine or a related discipline, together with an interest in the subject, and to the Association of Chartered Physiotherapists in Sports Medicine, open to any chartered physiotherapist without necessarily having experience in the rehabilitation of sportsmen. We do not permit our members to use their membership as an extra qualification, and our membership list, which we hope to re-issue this year, should not be used as an official directory for the referral of patients unless the member named is known to be competent.

Other papers in this number of the journal include further information on the effects of exercise in the treatment of coronary ischaemia by Roy Shephard and his co-workers in Toronto, two reports from Israel, one on ligamentous wrist instability, and the other on effects of aerobic training on performance, a case report on an uncommon type of "javelin elbow", a survey of Rugby football injuries from the original home of the game (as illustrated on the front cover), and an analysis of the work output of young swimmers using predominantly arm exercise, as opposed to the more usual cycle ergometry. Finally, Martyn Lucking reports a feasibility study on members of the International Athletes' Club concerning random dope testing, especially for anabolic steroids (and there are still far too many doctors and others who think that Sports Medicine is concerned ONLY with dope detection!).

We also publish the proceedings of a symposium held last April at the Wembley Conference Centre, organised by Franklin Scientific Projects and sponsored by Upjohn Pharmaceuticals. Papers by several of our regular contributors

are included, and some on topics new to this Journal. Ivan Sharman discusses the Saltin diet, of intermittent carbohydrate loading, and from New Zealand comes a report of a survey by Burry and Gowland of serious and fatal spinal injuries in Rugby football players. There is also an interesting review of the problems of sleep that many sportsmen have, especially when on tour. We acknowledge with gratitude the hard work done by Mr. Duncan Swallow, of Franklin Scientific Projects, for the supervision of the transcription of these Proceedings from tape recordings, and for the preliminary editing of the transcripts.

Among the obituaries we are particularly sorry to note the death of Dr. Denis Cussen, who took over the duties of Secretary and Treasurer of the British Association of Sport and Medicine from early in time the Association was formed and saw it through its major expansion of membership and interests in the late 1960's, and continued to give us his support as a Vice President until the time of his death.

### **FUTURE EVENTS.**

First of all the printers offer their apologies for the omission of the dates of three events mentioned in the pink insert with BJSM 14:4 – December, 1980. The Leeds meeting on bioengineering in sport took place in January; the Leeds Polytechnic meeting on computers in sports science will take place on April 8th, and the Balkan Congress of Sports Medicine at Izmir, Turkey, from June 5th-7th. The response from the 315 members living in London and the Home Counties to Dr. Dan Tunstall-Pedoe's appeal for help with the London Marathon has been very poor. Members often accuse the Executive Committee of being inactive, but few take up an opportunity to take an active part when invited. No association can function by the action of its administration only; – it needs ACTIVE support from its membership as well, and proper support for events that should be of interest and for which adequate notice is given.

The British Society of Sports Psychology have invited some other organisations, including the British Association of Sport and Medicine, to participate in a meeting to be held at Crewe and Alsager College, near Stoke on Trent over the weekend of September 18th-20th, 1981. We hope our members will give this full support, and help by notifying either Dr. Peter Sperryn, Hon. Sec. BASM or Dr. G. J. K. Alderson, PhD, of the Dept. of Human Movement Studies, Sheffield Polytechnic, Wentworth Woodhouse, ROTHERHAM, South Yorkshire S62 7TJ well in advance, so that proper planning arrangements can be made.

We have also been notified of another multidisciplinary conference on Exercise and Community Health to be held in London from July 15th-17th, 1981. The organiser is Dr. Anthony Sargeant, Polytechnic of North London, Prince of Wales Road, LONDON NW5 3LB. One special section of the community that needs our help, especially in this Year of the Disabled, is that which is concerned with sport and other activities for the handicapped. It is to be hoped that our members will be able to assist in their own localities, and the Sports Councils for the United Kingdom have asked for help with coaching and supervision as part of their appeal – "Sport for All – Disabled People". Offers should be sent to National or Regional Sports Council offices. For those who are not disabled and wish to take part in exercise, the Jog organised by 'General Practitioner' will take place at the Crystal Palace on Saturday, July 11th.

We have just been informed of a sports medicine course that is being planned at the London Hospital Medical College, of three academic term's duration, "leading to the award of a College diploma". It is anticipated that it will start in October 1981, and any enquiries and applications should be sent to the Secretary, London Hospital Medical College, Whitechapel, LONDON E1 1BB. Fees are believed to be about £1,500 for the full year's course, and accommodation will have to be found as well. Further details will be published as soon as they are known, but applicants will obviously have to have adequate means, or sponsorship from governing bodies, firms or overseas governments.

We have also heard that a one week residential sports medicine course is being planned for September 1981 in Glasgow. No details are available yet, but is to be based upon the basic course according to the syllabus of the International Federation of Sports Medicine ("FIMS"). Anyone interested should contact Dr. J. Moncur, SSPE, Jordanhill College, Southbrae Drive, GLASGOW. Details will be published in this journal as soon as they are known.

### **APPEALS FOR INFORMATION**

1. Mr. D. Cargill, of Lochaber High School, FORT WILLIAM, Invernessshire, is asking for any information anyone may have on the effect of music in the training of sportsmen, and in the rehabilitation of the disabled.
2. We have had an enquiry from the USA about the possible effects on running of excision of the first metatarsal sesamoid bones. Would anyone with experience of this operation and its late after-effects please contact the Editor BJSM.

In the last number of the Journal, members and external Journal subscribers were warned that subscription rises, still held at the 1975 level, which was calculated in 1974, are inevitable. The new rates will be put to the Annual General Meeting later this year, and then announced in the Journal, when new Bankers Order forms will be enclosed. It is to be hoped that members and subscribers will regard this notice as sufficient to act upon, as the cost in both secretarial time and postage is now a major item. We can only stamp four small letters to Australia for a pound, and UK letters cost almost half a crown in real money. The need for unnecessary invoicing and receipts is one of the factors leading to the need for higher subscriptions.

## OBITUARY

### Dr. Denis John Cussen, MA, MD

Dr. Denis Cussen died in December, 1980 at the age of 79 years.

Dr. Cussen was an Irishman and was born in Newcastle West in Limerick in 1901, and following his schooldays at Blackrock, graduated in medicine at Trinity College, Dublin in 1925. After a distinguished career at T.C.D., he did house jobs at St. Mary's Hospital, Paddington before becoming school doctor at Harrow School, where he coached the Rugby football team. After this, he became a general practitioner in Surbiton for 8 years until joining the Army in 1943, where he became the first Army Specialist in Physical Medicine, with the rank of Major. He was awarded the degree of Doctor of Medicine, Dublin University, in 1946. Following his Army service, he returned to general practice for a short time, but was soon disillusioned with the N.H.S., and joined the Medical Department of Shell, where he remained until retiring in 1962. He was, however, still active and energetic and became a member of the medical staff of B.O.A.C., where he was to remain for a further 12 years.

The extent of his achievements in sport were unknown by many people, even his friends, owing to his innate modesty, but I do know that his feats on the Rugby field and on the running track, both at T.C.D. and nationally were legendary and are still remembered. He was capped 15 times for Ireland as a wing three-quarter, his greatest feat being in the famous victory of Ireland over England in 1926, when he scored three tries. As a sprinter he was Irish 100 yards champion in 1921, 1922, 1925 and 1928, his time on the last occasion being 9.8 seconds, which was not only an Irish record for a grass track, but also equalled the World Record. As if these achievements were not enough, he was National 220 yards winner in 1921, and was also a shot putter and boxed for T.C.D.

In the field of sports medicine he was a Founder Member of B.A.S.M., and was Honorary Secretary from 1955-1965, holding the joint office of Secretary/Treasurer until 1962. He did an immense amount of work to further the cause of sports medicine, and many of the meetings he organised were of great interest – I well remember the Symposium on the relationship between Sport and Ballet, which gave many of us an insight into the rigours of Ballet which we had not appreciated before.

After his resignation from the secretaryship of B.A.S.M., he became Honorary Treasurer to the Institute of Sports Medicine, which post he held until his death. He declined honorary life membership of B.A.S.M., insisting on supporting the Association with his subscription, and was elected a Vice-President in 1978.

He was a likeable, pleasant person, with a ready wit and keen sense of humour, but quiet and modest to an extent that few people were aware of even a small fraction of his achievements in sport.

He will be sorely missed in those circles where doctors and sportsmen meet with a common interest, and I count myself fortunate to have had the privilege of his friendship for almost thirty years.

**J. Raymond Owen**