

# Are you getting the most out of *BJSM* Education?

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*BJSM* is a multimedia portal for original research, critical reviews and timely debate in sport and exercise medicine (SEM). Education is a cornerstone of our service, and we therefore have a dedicated *BJSM* Education website: <http://bjsm.bmj.com/site/education/>

*BJSM* Education offers high-quality, peer-reviewed educational material for clinicians whose practice relates to sport, exercise and physical activity promotion. It is designed to support the entire readership from established consultants in sports and exercise medicine (physiotherapists and physicians) to those in training and professionals from other disciplines with an interest in SEM.

The most popular features on the *BJSM* Education website are

1. Educational videos
2. ECG learning modules
3. Tendinopathy toolkits
4. Case-based learning
5. Review papers with multiple choice questions (MCQs)
6. Image quizzes
7. i-Tests

The 'Educational videos' show physicians and physiotherapists how to perform physical examinations in a systematic way and provide information

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about the latest, evidence based, exercise prescription programmes. The most recent additions to the library include videos promoting healthy body image in sport and calling for action against sexual harassment in sport.

The 'ECG learning modules' provide valuable lessons in interpreting ECGs; assisting physicians to identify benign ECG changes seen in athletes and differentiate those from pathological patterns.

The 'Tendinopathy toolkits' provide clinicians with evidence-based, and expert-led, information to facilitate clinical decision-making in the management of tendinopathy of the Achilles tendon and of the lateral epicondyle.

The 'case-based learning' section contains a large selection generously provided by the American Medical Society For Sports Medicine (AMSSM), and also includes elaborate interactive case histories created by some of the world's leading experts which immerse you in an interactive learning environment.

The section containing 'Review papers with MCQs' offers you an opportunity to test your knowledge and also provides you with a certificate on completion.

The 'Image quizzes' are based on real-life cases and provide the opportunity to quickly test and update your knowledge by identifying the most likely diagnosis. These are ideal for the busy clinician or trainee who wants a quick and easy learning bite.

The 'i-tests' ('i' for 'imaging') have been specially created for those who want to update their skills in interpreting imaging.

This is only a small selection of what you can find at *BJSM* Education (PowerPoints related to concussion consensus,<sup>1 2</sup> pictorials essays, podcasts, etc) and all are available free to our subscribers. Note: The modules developed in conjunction with *BMJ* Learning require you to register with *BMJ* Learning but only takes seconds and is also free.

Are you getting the most out of your *BJSM* access?

The mix of web, video, audio, MCQ and Q+A ensures a truly blended environment for effective learning. All the 13 sports medicine and sports physiotherapy societies affiliated to *BJSM*, with a combined membership of over 10 000, have contributed to the development of this site and we will shortly be bringing you more material from each of them.

Make sure you do not miss out and visit the *BJSM* Education website soon!

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