

Onwards and upwards: BASEM provides a smorgasbord of practical, convenient educational opportunities for practitioners of sport and exercise medicine

Eleanor J Tillett

Welcome to the British Association of Sport and Exercise Medicine (BASEM) 2015 issue of *BJSM*. As I am writing this, I am starting to 'Hear the Dragon Roar' calling us to Cardiff—one of the proud hosts of the year's Rugby World Cup. Hopefully by the time this issue arrives on your doorsteps (cyber or otherwise) we will all be reflecting on a fantastic few weeks of rugby showing sport and sports medicine at its best. Our annual congress this year, once again joint with the Faculty of Sport and Exercise Medicine, is following hot on the heels of the Rugby World Cup. It will also take place in Cardiff as we continue to take BASEM conference locations on a tour of Great Britain; hopefully one will be appearing near you soon.

AS BROAD AS IT'S LONG...

Whether you like your sports medicine elite or recreational, injury or medical, we have got all the bases covered. Following on from BASEM 2014 Spring Meeting we are pleased to be highlighting the IOC's Relative Energy Deficiency in Sport Clinical Assessment Tool (RED-S CAT) (see page 1354). With endurance athletes being a group for whom this tool is particularly relevant, why not also take a look at Richard Burden's meta-analysis (see page 1389) on the role of 'Iron treatment in deficient, but non-anaemic endurance athletes'?

Injury-wise we are starting from the bottom up with articles on; gait biomechanics in runners (see page 1382), highlighting

Correspondence to Dr Eleanor J Tillett, British Association of Sport and Exercise Medicine (BASEM), Suite 1C, Hutton Business Centre, Bentley Road, Doncaster DN5 9QP, UK; ejtillett@doctors.org.uk

a new diagnosis of fascia cruris tears (see page 1398) and a systematic review on proximal muscle rehabilitation for patellofemoral pain (see page 1365). There is also Richard Leech's fresh look at the debate of running and knee osteoarthritis; 'Protection or promotion' (see page 1355). And if you prefer your injuries a little higher up you can see how your management of lateral epicondylagia compares with Andrew Titchener's survey of current UK practice with particular reference to the use of platelet rich plasma and corticosteroids (see page 1410).

If your practice is more focused on physical activity promotion then there is an update on 'Exercise during pregnancy' by Ruben Barakat and we highlight Huseyin Naci's *BMJ* article confirming the effectiveness of exercise versus drugs on treating heart disease and stroke and in the prevention of diabetes.¹

ATHLETES' HEARTS AND MINDS

Soon we will be turning our attention to BASEM Spring Meeting on 8 April 2016 (<http://ow.ly/RIfWv>). Delegates will be treated to packed day updating them on evidence and practice in the fields of Sports Cardiology and Sports Psychology. Psychiatrist Steve Peters of British Cycling fame and renowned cardiologist John Somauroo are already confirmed so put the date in your diary now. And if you cannot wait that long, then there's Tim Luijckx's article, 'Unravelling the grey zone; 'Cardiac MRI volume to wall mass ratio to differentiate hypertrophic cardiomyopathy and the athlete's heart' (see page 1404).

BASEM UPDATES

BASEM is continuing to build on its regained financial footing and our educational programme is re-expanding (<http://ow.ly/RIGLx>). This year we have re-instigated successful 'Foundation' and 'Clinical Skills' courses and shortly we will be running the second annual course on 'Exercise in Health & Disease' aimed at those working in primary care. John Buckley will be speaking on this course and you can read about his passion for this topic in 'The sedentary office: an expert statement on the growing case for change towards better health and productivity' (see page 1357). The parts I and II diploma revision courses also continue to run annually. Please keep an eye on the BASEM website for 2016 course dates while you are there to check out the Education Portal where you will find ever increasing amounts of continuing professional development resources including videos of some of the best lectures from recent conferences with opportunities for reflective learning complete with certificates for your appraisal folders!

WHAT'S APP DOC?

Lastly I would like to highlight the mobile app guide reviews (pages 1420 and 1421). More and more such technology is being developed for the sport and exercise medicine arena; rehab aids, training monitors, motivational support, etc.

Which leads onto my 2015 challenge; can you identify a piece of digital technology and use it to enhance your clinical practice?

Competing interests None declared.

Provenance and peer review Not commissioned; externally peer reviewed.



CrossMark

To cite Tillett EJ. *Br J Sports Med* 2015;**49**:1353.

Accepted 2 September 2015

Br J Sports Med 2015;**49**:1353.

doi:10.1136/bjsports-2015-095507

REFERENCE

- 1 Naci H, Ioannidis JP. Comparative effectiveness of exercise and drug interventions on mortality outcomes: metaepidemiological study. *BMJ* 2013;**347**:f5577.