

consensus statements are much more diverse globally than those that author them. Consideration of how the statements are used in practice and outside of the academic literature needs to be explored.

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### MAXIMISING THE RELEVANCE AND DISSEMINATION OF THE IOC MEDICAL CONSENSUS STATEMENTS: A KNOWLEDGE MANAGEMENT PERSPECTIVE

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**Background** There have been 27 consensus statements published under the International Olympic Committee (IOC) Medical and Scientific Commission with a goal of contributing to the mission of injury prevention and protection of athlete health. The success of these statements in achieving this goal has not been evaluated. Knowledge management (KM) considers the identification, acquisition, creation and storage, transfer and application knowledge. The KM process of transforming knowledge into relevant and shareable information is important to consider, to ensure the statements are adaptable and useable to local contexts in sports medicine.

**Objective** This study uses a KM-framework to evaluate the IOC consensus statements and identify where improvements for their development and dissemination can be made.

**Design** Mixed methods. .

**Methods** Bibliometric analysis, literature review and qualitative case study, including interviews with fourteen South African and Australian sports physicians/physiotherapists. A proposed new KM framework is presented with practical examples of current and proposed steps for improving the development, dissemination and use of the IOC consensus statements.

**Results** The framework shows how knowledge (both tacit and explicit) is currently brought together in a consensus statement. This process is led by international scientific/clinical experts, but there is scope to include athletes and/or coaches. Subsequently, the steps of gathering knowledge and tailoring it into relevant and shareable information are outlined. Examples for improvement include consistent formatting and key word choices in the written statements, the inclusion of athlete/coach take home summaries and a wider range of dissemination formats to accommodate different access preferences. Stronger awareness of who the audience is and what the consensus statements seek to do are also highlighted.

**Conclusions** A KM-framework is highly applicable for the development and dissemination of the Consensus Statements. Short, simple changes as well as longer-term, more resource intensive opportunities, could help to increase visibility and applicability in practice.

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### MAXIMISING THE RELEVANCE AND DISSEMINATION OF THE IOC MEDICAL CONSENSUS STATEMENTS: WHICH CONSENSUS STATEMENTS ARE USED IN PRACTICE, AND HOW ARE THEY USED?

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**Background** One of the goals of the International Olympic Committee (IOC) Medical and Scientific Commission is to provide guidance in relation to injury prevention and the protection of athlete health. One way of meeting this goal is the development and dissemination of sports medicine consensus statements. It is not known if, or how, these consensus statements are used by staff within the National Olympic medical commissions.

**Objective** This study aimed to identify which of the IOC medical consensus statements were most widely known and used by a selection of Olympic sports medicine professionals in South Africa and Australia, and how they were accessed, regarded and used.

**Design** Qualitative case study.

**Methods** Semi-structured interviews, document analysis and field notes were utilised. Fourteen (n=14) sports medicine professionals directly involved with Olympic athlete health were interviewed in South Africa and Australia.

**Results** The statements most commonly recalled by participants (without prompting) addressed the topics of Periodic Health Evaluation, Relative Energy Deficiency, Concussion and Load. These documents were noted as having practical information such as a decision flow chart that was easily applicable for athlete management. A further reason for use was relevance outside of the Olympic setting (e.g. sourced in preparing a policy for medical care of a sports team). The consensus statements were most commonly accessed through social media and used by sharing with peers, with or without a tailored summary, cited in publications and talks, or re-read when seeking a quick update on a particular topic.

**Conclusions** Of 27 consensus statements available, most were not widely known or used by these participants. The documents that were most familiar were perceived as being relevant and practical. In this case, the documents were shared with colleagues by email/social media but not formally adopted or integrated into athlete care.

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### SELF-REPORTED PREVENTIVE STRATEGIES IN OVERHEAD ATHLETES

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**Background** Overhead athletes often perform shoulder movements with high velocity and extreme range of motion, thus