

# Moving forward together for maximum impact: research in sport and exercise medicine demands a team effort!

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Sport and exercise medicine (SEM) research in Canada continues to expand and grow. A key factor is the breadth of interdisciplinary approaches in tackling our field's major issues. This month's Canadian Academy of Sport and Exercise Medicine (CASEM) issue showcases some of these novel approaches, with contributions from Canadian SEM researchers, physicians, physiotherapists, orthopaedic surgeons, epidemiologists and cardiologists.

## MOVING FORWARD TOGETHER ON #MEDED

Reflecting on our work at CASEM over these two pandemic years, we can see—amid the shared difficulties and heartbreak—resilience in research and practice. Many positive trends have emerged. The virtual world has afforded us new opportunities for collaboration with our colleagues from other medical specialties at home and abroad, especially as it comes to developing and delivering continuing professional development (CPD). Our members have benefited from virtual access to top-quality teaching by world experts, and as a result both the cross-Canada participation in our CPD programming and the interest (and membership numbers) in CASEM are on the rise.

The pandemic has also reminded us of the importance of physical activity for health. At CASEM we continue in our quest to ensure undergraduate medical students are provided with the necessary training to prescribe physical activity across Canada's vast geography and diverse populations. In this issue, we are thrilled to include



and endorse the Consensus Statement set forth by the American Medical Society for Sports Medicine on core curricula in exercise medicine and physical activity promotion (*see page 369*). This is an important step forward for both nations.

## MOVING FORWARD TOGETHER ON PHYSICAL ACTIVITY AND SPORT FOR ALL

Ensuring safe participation in physical activity and sport is a public health priority, perhaps now more than ever. In this issue, a Canadian-led team evaluate the provision of bystander intervention and rates of survival after exercise-related sudden cardiac arrest, emphasising the importance of rapid access to defibrillation (*see page 410*). An author team led by Richard Weiler (UK) and including Canadian James Kissick meet a critical need in Para sport research with the first position statement of the Concussion in Para Sport Group (*see page 417*). Participation in physical activity is critical in our schools, and Nicole Nathan and team including Canadian Patt-Jean Naylor report on the effectiveness of a multi-strategy approach to implementation in their cluster randomised controlled trial (*see page 385*).

## MOVING FORWARD TOGETHER ON KNOWLEDGE TRANSLATION

The pandemic-forced changes in virtual care provision and regulation have created both opportunities and challenges. Canadian SEM physicians have worked hard to ensure virtual care is optimised to meet patients' needs. Hand in hand with prioritising patient-centred care is effective knowledge translation (KT). In this issue, three Canadian groups help us understand the impact and opportunity of KT in SEM. Effective scientific communication starts with clear, concise and consistent messaging, a key takeaway of a Canadian-led editorial on navigating terminology for physical activity, sedentary behaviour and sleep (*see page 367*). Hana Marmura *et al* outline the steps involved for an effective KT strategy as it relates to orthopaedic research in SEM (*see page 363*). An editorial and infographic by Chenxi Cai and Margie Davenport exemplify clear and concise messaging as they explain the differences between prenatal leisure time and occupational physical activity and the relative effects on health (*see page 365*). The way we deliver care and patient education is changing, and thanks to world class research and KT, SEM practitioners have an opportunity to lead the way.

## CASEM 2022: A MÉLI-MÉLO OF SPORT MEDICINE

Finally, after 2 years of seeing each other almost exclusively on a screen, the CASEM conference, in collaboration with the Association Québécoise des Médecins du Sport et de l'Exercice, is back in person. Join us in the beautiful city of Quebec, 28 April 2022–30 April 2022 as we celebrate our cherished field. SEM researchers have continued to produce valuable work and forge fruitful new collaborations despite the challenges. This year's annual conference is a demonstration of those collaborations and a 'clin d'oeil' at the multiple changes in public health recommendations and their implications for sport.

We bring you a 'Méli-Mélo' of SEM Topics will range from athlete mental health to wrist and hand pathologies, shoulder instability and sport-specific pathology. International speakers will also add to the calibre of the conference. Finally, for those unable to join us in person to celebrate, the conference will also be available virtually.

CASEM is excited about the future. See you in Quebec!

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