

AGENDA

The 1st Sports Pharmacy Conference

25th November 2017



HGI-03-P28: The 1st Sports Pharmacy Conference is an Accredited Group Learning Activity (Category 1) as defined by the Qatar Council for Healthcare Practitioners - Accreditation Department and is approved for a maximum of 8 hours.

ASPETAR



سبيل

Scientific Planning Committee:

Dr. Manal Al Zaidan	<i>Director of Pharmacy</i>
Dr. Haifa Al-Janubi	<i>Senior Clinical Pharmacist</i>
Dr. Ebrahim Mohammadi	<i>Clinical Pharmacist</i>
Zainab Al Sarraf	<i>Pharmacist</i>
Dr. Yorck Olaf Schumacher	<i>Head of Subspecialty Medicine</i>
Dr. Roger Palfreeman	<i>Clinical Liaison for Sports Science</i>
Daniel Kings	<i>Head of Sports Nutrition Services</i>
Dr. Philippe Landreau	<i>Chief of Surgery</i>
Shaima Al-Khaldi	<i>Director of Exercise & Sports Sciences</i>
Noor Al Marri	<i>Assistant Director of Rehabilitation - Operations</i>
Carla Kammouge	<i>Head Nurse</i>
Michael Saretsky	<i>Senior Physiotherapist</i>

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Target Audience:

Pharmacists, Pharmacy Technicians, Physicians, Nurses, and Allied Health Professionals

The overall learning objectives identified for the conference are that at the end of the session, participants will be able to:

- Describe the concept of sports pharmacotherapy.
- Construct a pharmacy practice model that focuses on optimizing Athletes care outcomes and safety.
- Identify essential knowledge, skills, and attributes to advance sports pharmacy practice.
- Describe medication use management in sports medicine and current challenges.
- Define the use of nutritional supplement and novel therapy in sports medicine.
- Illustrate the prevalence and relevant issues related to doping.

Time	Schedule and Objectives	Presenter
Venue: Aspetar Auditorium		
07:30 – 08:00	Registration	
08:00 – 08:10	Welcome and Introduction Overview of the overall learning objectives for the day	Dr. Manal Al Zaidan <i>Director of Pharmacy, Aspetar</i>
08:10 – 08:15	Word by Acting Director General of Aspetar	Dr. Mohamed Ghaith Al Kuwari <i>Acting Director General, Aspetar</i>
	Session 1: Sports Pharmacotherapy Learning objectives: At the end of the session, participants will be able to: <ul style="list-style-type: none">• Describe the concept of sports pharmacotherapy• Apply evidenced based and best practice for medication management of common conditions in athletes• Demonstrate the latest evidence on the use of NSAIDs and pain management in athletes	Dr. Manal Al Zaidan <i>Director of Pharmacy, Aspetar</i>
08:15 – 08:55	Exercise and Sports Pharmacology	Dr. Audrey Kinahan <i>Chair of the Prohibited List Expert Group of the World Anti-Doping Agency (WADA)</i>
08:55 – 09:15	Evidenced Based Medication Management Of Common Conditions in Athlete	Dr. Roger Palfreeman <i>Clinical Liaison for Sports Science, Aspetar</i>
09:15 – 09:30	Safety updates on the use of NSAIDs: What's new?	Mr. Gabriel Taqtaq <i>Senior Pharmacist-NSMP, Aspetar</i>

09:30 - 09:45	Pharmacology of Pain	Dr. Farrukh Hamid <i>Director of MSK Service, Aspetar</i>
09:45 - 10:10	Q&A	Moderated Panel Discussion (All) Dr. Manal Al Zaidan, <i>Director of Pharmacy, Aspetar</i>
10:10 - 10:40	Multidisciplinary debate: Antibiotic Use and Misuse in Sports Medicine	Dr. Haifa Al-Janubi <i>Senior Clinical Pharmacist, Aspetar</i>
10:40 - 10:55	Coffee Break	
	Session 2: Nutrition and supplements Learning objectives: At the end of the session, participants will be able to: <ul style="list-style-type: none"> • Define the use of nutritional supplement • Explain the best management of vitamin D and iron deficiency 	Ms. Shaima Al Khaldi <i>Director of Exercise and Sports Science, Aspetar</i>
10:55 - 11:15	Vitamin D Deficiency Management in Athletes	Prof. Mathew G. Wilson <i>Director of Research, Aspetar</i>
11:15 - 11:30	Nutritional Supplements in Sports	Mr. Stephen Gurr <i>Sports Dietitian, Aspetar</i>
11:30 - 11:50	Iron Deficiency Management	Dr. Yorck Olaf Schumacher <i>Head of Subspecialty Medicine, Aspetar</i>
11:50- 12:05	Q&A	Moderated Panel Discussion (All)
	Session 3: Fights against doping Learning objectives: At the end of the session, participants will be able to: <ul style="list-style-type: none"> • Illustrate the prevalence and relevant issues related to doping • Discuss therapeutic use exemption when prescribing prohibited medication to athletes. • Explain the use of supplements in doping 	Dr. Mohammed AlSayrafi <i>General Manager of Anti-Doping Lab Qatar</i>
12:05- 12:30	Doping Overview in Qatar	Dr. Naser Al-Ansari <i>Chairman of Qatar Anti-Doping Commission</i>
12:30 - 12:45	Therapeutic Use Exemptions overview	Dr. Roger Palfreeman <i>Clinical Liaison for Sports Science, Aspetar</i>
12:45 - 13:00	Supplements in Doping	Mr. Daniel Kings <i>Head of Sports Nutrition Services, Aspetar</i>
13:00 - 13:15	Q&A	Moderated Panel Discussion (All)

13:15 – 14:15	Lunch and Prayer Break	
	Session 4: Novel Therapy in Sports medicine Learning objectives: At the end of the session, participants will be able to: <ul style="list-style-type: none"> • Illustrate the role of novel therapy in sports medicine • Explain the use of placebo interventions in sports • Discuss homeopathy part in sports medicine 	Mr. Ibrahim Al Hussein <i>Director of Nursing, Aspetar</i>
14:15 – 14:30	Platelet-Rich Plasma (PRP) therapy	Dr. Javier Arnaiz <i>Consultant Radiologist, Aspetar</i>
14:30 – 14:45	Mesotherapy in Sports Medicine	Dr. Cristiano Eirale <i>Sports Medicine Physician - Medical NFT Coordinator, Aspetar</i>
14:45 – 15:00	Use of Placebo interventions in Sports	Dr. Roger Palfreeman <i>Clinical Liaison for Sports Science, Aspetar</i>
15:00 – 15:30	Multidisciplinary debate: Is there a Role for Placebo or Novel Therapy in Sports Medicine	Dr. Yorck Olaf Schumacher <i>Head of Subspecialty Medicine, Aspetar</i>
15:30 – 15:45	Coffee and Prayer Break	
	Session 5: Sports Pharmacy Practices Learning objectives: At the end of the session, participants will be able to: <ul style="list-style-type: none"> • List the educational opportunities in sports pharmacy • Demonstrate the vital role of pharmacist in sports medicine team • Discuss what community pharmacist should know about drugs in sports • Explain the medicines management process for traveling teams and major events coverage and the challenges involved 	Mr. Christopher Mengelt <i>Director of Planning and Performance, Aspetar</i>
15:45 – 16:00	Educational opportunities in sports pharmacy	Dr. Manal Al Zaidan <i>Director of Pharmacy, Aspetar</i>
16:00-16:40	Pharmacist role in sports medicine team	Dr. Audrey Kinahan <i>Chair of the Prohibited List Expert Group of the World Anti-Doping Agency (WADA)</i>
16:40-16:55	What community pharmacist should know about drug in sports?	Dr. Ebrahim Mohammadi <i>Clinical Pharmacist, Aspetar</i>
16:55-17:10	Medicines management for travelling teams and major sports events	Dr. Duncan Robertson <i>First Team & Olympic Doctor- NSMP, Aspetar</i>

17:10-17:25	Q&A	Moderated Panel Discussion (All)
17:25-17:35	Closing Summary of Conference	Dr. Manal Al Zaidan <i>Director of Pharmacy, Aspetar</i>

SPEAKER PROFILES

Dr. Manal Al Zaidan / Director of Pharmacy, Aspetar

Dr. Manal is the Pharmacy Director at Aspetar and currently serves as the pharmacy profession member at the Permanent Licensure Committee (PLC) at the Ministry of Public Health, Qatar. She obtained her Bachelor of Science in Pharmacy from the University of Jordan in 2001 and her Doctor of Pharmacy Degree (PharmD) from Purdue University, Indiana, USA in 2013. She has also completed her Executive Master of Business and Administration (EMBA) from HEC-Paris Qatar in May of 2017. Dr. Manal is a prudent Pharmacy leader who immensely contributes to the advancement of Pharmacy practice in Qatar through her past work as Pharmacy Director at the National Centre for Cancer Care and Research & Heart Hospital at Hamad Medical Corporation. She previously helped plan, develop and establish the College of Pharmacy at Qatar University according to the Canadian Accreditation Standards CCAP Canada from December 2006 to July 2007. Dr. Manal also established the Continuing Pharmacy Education (CPE) Program at Hamad Medical Corporation in 2004. Dr. Al Zaidan has conducted several research projects, has published several papers in reputable pharmacy journals and has presented several papers in local and international conferences.



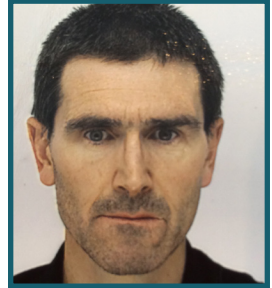
Dr. Audrey Kinahan / Chairperson, World Anti-Doping Agency List Expert Group

Dr. Audrey is currently in her 2nd term as Chair of the WADA List Expert Group which prepares the List of Prohibited Substances and Methods each year and has been a member of the group since 2007. She has a first-class honours degree in Pharmacy from Trinity College Dublin, where she completed her PhD and is a member of the Pharmaceutical Society of Ireland and a fellow of the Royal Irish Academy of Medicine in Ireland. Since 2000, Kinahan has provided information on Medicines and Sport to Sport Ireland, when they endorsed her online drugs in sport database, Eirpharm.com, the first online database on drugs in sport in Europe which has subsequently been developed as a smartphone application. Dr. Audrey has spoken at conferences and meetings for both Sport Ireland and WADA and has been an expert witness for several anti-doping cases. She has a number of publications on the area of medicines in sport. In 2010, Audrey began overseeing the TUE administration service of Sport Ireland. Audrey was appointed to the Anti-doping Advisory Committee of World Rugby in 2012 and is a member of their TUE committee. She is listed by the European Medicines Agency as one of their experts and is primarily involved in the assessment of applications for new biological drugs and clinical trials.



Dr. Roger Palfreeman / Clinical Liaison for Sports Science, Aspetar

As the Clinical liaison for Sports Science at Aspetar, Dr. Roger is able to pursue his joint interests of Sports Medicine and Performance Science. His role has also recently expanded to include the care of international athletes attending Aspetar for rehabilitation purposes. After earning his degree at Sheffield Medical School in 1997, Dr. Roger began work as the Team Doctor to the British Cycling Team, initially combining this with training in general practice (with a specialist interest in sports medicine). He fulfilled this role until 2010, being privileged to be part of the highly successful Great Britain Cycling Team at 3 Olympic Games, as well as numerous world championships. Prior to studying Medicine, he was a Sports Scientist, with a principle interest in exercise physiology, which brought him regular contact with elite athletes from a variety of sports, including triathlon and cycling.



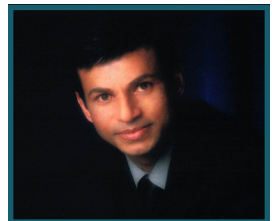
Mr. Gabriel Taqtaq / Senior Pharmacist, NSMP, Aspetar

As Senior Pharmacist for the NSMP, Mr. Gabriel implements a comprehensive medication management system in the clinics located in the clubs and federations of Qatar. He received his bachelor's degree in Pharmacy in Jordan in 2003 and later moved to Ontario, Canada where he became a board-certified Clinical Pharmacist. He is also a certified Clinical Pharmacist in Jordan, Canada and Doha. Gabriel served 6 years as a Staff Pharmacist, and 2 years as a Pharmacy Manager of a professional community pharmacy with Loblaw Limited in Alberta, Canada. At Loblaw Limited Gabriel implemented and practised Medication Therapy Management. He is currently a member of the Alberta College of Pharmacists. Gabriel also holds an advanced continuing education certificate in providing smoking cessation services and a certificate for administering medications by injections from the Alberta Pharmacists Association.



Dr. Farrukh Hamid / Director of Musculoskeletal Services (MSK), Aspetar

Dr. Hamid is the lead Physician and Director of MSK Services at Aspetar. He is a board-certified Physician from the USA with multiple subspecialties including pain management and regenerative medicine and is also a fellow of Royal Australian College of physicians. Besides his clinical work he is an author, public speaker and an associate professor of rehabilitation medicine at Weill Cornell Medical College.



Dr. Haifa Al Janubi / Senior Clinical Pharmacist , Aspetar

Dr. Haifa received her Bachelor's Degree in Pharmacy from King Saud University, Saudi Arabia in 2006. She completed her residency in General Pharmacy practice from the Saudi Commission for Health Specialists in 2011 and obtained her Master's Degree in Clinical Pharmacy from Queen's University Belfast, UK in 2015. Dr. Haifa served 2 years as a staff Pharmacist, and 4 years as Cardiology Clinical Pharmacist in the Prince Sultan Cardiac Centre in Saudi Arabia. She was also a Clinical Pharmacy Specialist in Hamad Medical Corporation, heart hospital for 3 years. Dr. Haifa is interested in research, has published several papers and has presented some at international conferences.



Prof. Mathew G. Wilson / Head of Athlete Health & Performance Research, Aspetar

Prof. Mathew G. Wilson (PhD) is Aspetar's lead performance physiologist and head of athlete health and performance research. Previously, Prof. Wilson has served as laboratory director at the Research Centre for Sports and Exercise Performance at the University of Wolverhampton and as the cardiac screening manager for the CRY Centre for Sports Cardiology within the Olympic Medical Institute, UK. His research focus is on the athletes' heart and mechanisms of sudden cardiac death in young and veteran athletes. Prof. Wilson has screened over 10,000 athletes, which has led to the production of over 60 peer-reviewed scientific publications. This research has provided internationally recognised best practice models for cost-effective screening protocols and has produced new baseline cardiologic data for ethnically diverse populations.



Mr. Stephen Gurr/ Sports Dietitian, Aspetar

Mr. Gurr has been working as a Sports Dietitian for 10 years. At Aspire and Aspetar he provides dietetic services to elite junior and senior athletes in a broad range of sports including athletics, tennis, squash and football. He was also the Dietitian for the Qatar national football team that won the Under 19 Asian Cup in 2014 and for the team that competed in the Under 20 World Cup in 2015. Prior to his current role he worked with elite junior and senior athletes at the Australian Institute of Sport.



Dr. Yorck Olaf Schumacher / Head of Subspecialty Medicine, Aspetar

Dr. Yorck Olaf Schumacher completed his medical studies in Germany and South Africa. He obtained a Specialisation in Internal Medicine and Sports Medicine. In 2012, he joined Aspetar, where he is the head of subspecialty medicine. His research interest ranges from Sports Science and Physiology to Clinical Sports Medicine.



Dr. Naser Al-Ansari / Chairman, Qatar Anti-Doping Commission (QADC)

Dr. Naser is currently working as a Consultant Medical Microbiologist and Infection Control Doctor as well as the Chairman for Research and Education Committee in Al Wakra Hospital in Qatar. Additionally he is the Chairman of the Qatar Anti-Doping Commission (QADC), and member of the QADC Result Management Panel. He represents Qatar at the GCC Regional Anti-Doping Organisation (RADO) and international meetings, and chairs the RADO Educational subcommittee. Dr. Naser studied Medicine at The Royal College of Surgeons in Ireland, graduating in 1990. He started his clinical career in Dublin in the field of Medical Microbiology, and then moved to London to obtain a Master's degree (MSc) in his specialty in 1995. He achieved his membership of the Royal College of Pathologists followed by a certificate of completion of specialist training in medical microbiology and virology from the UK in 2002. Dr. Naser's career in anti-doping started as the Vice Chairman of Qatar's anti-doping commission, when he attended multiple international anti-doping symposia, the DCO course in 2005 as well as receiving personal one to one coaching by well-known anti-doping experts .



Mr. Daniel Kings / Head of Sports Nutrition Service, Aspetar

Mr. Daniel has led Sports Nutrition services for Aspetar and the National Sport Medicine Programme across the state of Qatar since 2014. Prior to his arrival he led services at Sport Wales Institute (UK) and multiple Olympic teams across both summer and winter Olympic games cycles while at the English Institute of Sport. He has vast experience of working in varied performance environments, including Premier League Football, corporate business, military, and professional rugby where he worked as the full time nutritionist for the Welsh rugby team between 2001-2008. Mr. Daniel has a degree in Food Science, a Master of Science Degree in Dietetics and an IOC Post Graduate Diploma in Sports Nutrition and is currently in the final stages of an MBA at Newcastle Business School.



Dr. Javier Arnaiz Garcia / Consultant Radiologist , Aspetar

Dr. Arnaiz is a Spanish trained Radiologist with a focus on Musculoskeletal Diseases and Sports Injuries. He has worked as a Musculoskeletal Radiologist in Aspetar since 2014. He completed his medical training at the University of Cantabria in 2002 and specialised in Radiology in 2007. He has completed his training in radiology in the USA and France. He has a faculty appointment as lecturer of radiology at University of Cantabria, Spain. Dr. Arnaiz's research interests includes cartilage imaging, apophyseal injuries and muscle imaging. He has authored over 30 peer-reviewed papers focusing on musculoskeletal imaging. He has also participated as a volunteer in humanitarian missions in Malawi and Benin.



Dr. Cristiano Eirale / Sports Medicine Physician, Aspetar

Dr. Cristiano Eirale is an Italian-trained Sports Medicine Physician with a focus on Football Medicine Pathology, Physiology and Performance. He is currently working in Aspetar's Sport Medicine Division, where he has been since its opening in 2007. He completed his medical training at the University of Pavia in 2001 where he specialised in Sports Medicine in 2005. From 2004 to 2006, he was the first team Physician for FC Internazionale Milano, and from 2007 to 2012 the Medical Director of the Qatar National football team. He has published several papers on football injuries, especially on their epidemiology, with a special focus on the characteristics of football in the Middle East.



Dr. Ebrahim Mohammadi / Clinical Pharmacist, Aspetar

Dr. Mohammadi has worked as a Clinical Pharmacist at Aspetar, Qatar Orthopaedic and Sports Medicine Hospital since March 2016. He received his Bachelor of Science degree in Pharmacy in 1994 from the University of Louisiana at Monroe and his Doctorate degree in Pharmacy in 2003 from Texas Tech University. He has over 22 years of experience working in community pharmacy, primary health care and hospitals. At Aspetar he is also the pharmacy's Continuing Professional Development (CPD) Coordinator and he is a Preceptor and the Site Coordinator for Qatar University's College of Pharmacy students. Before coming to Aspetar, he worked at Qatar Petroleum for about 11 years as a Senior Pharmacist managing Ras Laffan and Mesaieed primary health



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care clinics. At Qatar Petroleum he was the Pharmacy Lead for various improvement initiatives. He was Site Coordinator and a Preceptor for Qatar University's undergraduate pharmacy students and Pharm-D students. Before coming to work in Qatar, he worked as a Clinical Pharmacist in the Presbyterian Hospital of Dallas for four years. He also worked in the Children's Medical Center of Dallas, and was a Pharmacist in charge of a few community retail pharmacies. Dr. Mohammadi presented in various conferences and events, has been involved in several research projects, and has presented a few professional posters in local and International conferences.

Dr. Duncan Robertson / First Tteam and Olympic Doctor, (NSMP), Aspetar


Dr. Duncan currently has a hybrid role, treating athletes at both at Aspetar Hospital and Aspire Academy. He studied at Edinburgh Medical School from 1980-1985. He subsequently served in the Royal Army Medical Corps for 21 years, travelling widely to support troops on tours in Afghanistan, Iraq, Nepal, South Georgia, Germany, Canada, Cyprus, Egypt and Oman amongst other locations. Dr. Duncan retired as Lieutenant-Colonel in 2010 to pursue full-time sports medicine with an interest in skeletal ultrasound, gaining specialist recognition in 2011. From 2007-2014 he worked as the club doctor with Derby County, Aston Villa, Chelsea and the Blackburn Rovers. Then in 2014 he joined the QFA as U19 team doctor and was part of the backroom staff supporting the team that won the 2014 U19 AFC Championships in Myanmar.



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