ASPETAR & QADA NATIONAL THERAPEUTIC USE EXEMPTION WORKSHOP 2026

12 December 2026



AGENDA

ASPETAR
سبيتار

CO-ORGANIZED BY:

الوكالة القطرية لمكافحة المنشطات
Qatar Anti-Doping Agency

Agenda
QADA &Aspetar - National Therapeutic Use Exemption Workshop 2026
12th December, 2026

Target Audience: Physicians, Allied Health Professionals, including Pharmacists, and Nurses

Activity code: HGI-03-P202

Venue: ONLINE – MS TEAMS

Time: 10:00 AM – 2:00 PM

Overall Learning Objectives:

On completion of this activity, participants will be able to:

- Apply the TUE criteria and identify the appropriate prospective or retroactive application pathway.
- Check medication status and assess permitted alternatives in the context of athlete care.
- Prepare a complete QADA TUE application with appropriate diagnostic evidence and treatment details.
- Identify the medical evidence needed for an ADHD TUE using WADA's January 2026 physician guideline.
- Recognise multidisciplinary responsibilities and common documentation gaps through clinical cases.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions – Accreditation Section and is approved for a maximum of 3.75 hours. This CPD activity was developed in partnership with QADA.

		Session 1: Introduction and Overview (70 minutes learning time)	
Time	**Minutes**	**Content**	**Speaker**
10:00 – 10:10	10 min	Opening and Workshop Objectives *Welcome, learning objectives and introduction to the programme*	WADA
10:10 – 10:40	30 min	TUE Principles and Clinical Decision Making *Relevant ISTUE updates, timing retroactive pathways and recognition. Medication checks Global DRO and its limits, routes and alternatives.*	Dr Omar Al Sayrafi and Dr Nohad Mohammad Al Malak
10:40 – 11:20	40 min	The 2027 ISTUE and Medication Checking *Relevant ISTUE updates, timing retroactive pathways and recognition. Medication checks, Global DRO and its limits, routes and alternatives.*	Dr Celeste Geertsema
11:20 – 11:35	**15 min**	**Break** ***Online session break***	**ALL**
		Session 2: Introduction and Overview (75 minutes learning time)	
11:35 – 12:15	40 min	ADHD, Diabetes, Growth Delay *WADA physician guidelines January 2026: diagnostic evidence, treatment justification, alternatives, monitoring and renewal. Illustrative case discussion.*	Dr Juan-Manuel Alonso
12:15–12:50	35 min	Completing the QADA TUE Application *Application demonstration, diagnostic evidence, treatment details, signatures, submission, common gaps and follow-up*	Dr Essra Zeinelabdin
12:50–13:20	30 min	Interactive Clinical Case Workshop	All

		Glucocorticoids in rehabilitation, insulin and urgent treatment. Documentation, team coordination, online polling and feedback.	
13:20 – 13:40	20 min	Expert Discussion and Questions *Common application gaps, medical evidence, urgent cases and coordination with QADA. Moderated online questions.*	All
13:40–13:55	15 min	Post Assessment and Evaluation *Electronic knowledge reassessment, confidence and session evaluation, with answer explanations.*	Dr Essra Zeinelabdin QADA organizing team
13:55 – 14:00	5 min	Closing and Follow Up *Key learning points, application checklist, contact details and certificate arrangements.*	Dr Essra Zeinelabdin

<u>Scientific Planning Committee</u>:

Dr Omar AlSayrafi (Chair), Dr Celeste Geertsema, Dr Juan-Manuel Alonso, Dr Nohad Mohammad Al Malak, Argyro Kotsifaki, Dr Essra Zeinelabdin, Leonora B. Jarder, CPD coordinator (nothing to disclose)

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.

Overall time: 240 min: (4 hours)
Pre learning / Lecture: 175 minutes
Interactive: 65 minutes
(must be 25% minimum of total time)