

Aspetar Symposium on Medicine and Science in Football

22nd October 2022

AGENDA



Spotlighting Aspetar and Aspire Academy's multidisciplinary approach to players' health and performance

Qatar is hosting the FIFA World Cup Qatar 2022™. This is big. Not only for Qatar, but also for the teams, their individual players, coaches and medical support staff. In this symposium, acknowledging the weight of responsibility to pitch-up-and-play on the day, we follow the journey of a football player before, during, and after a big event like the FIFA World Cup. We invite you to join your peers on the playing field of new knowledge and skills! This symposium will allow you to be a key partner in players' health and performance journeys.

These all-consuming journeys to perform well are also quests to stay healthy, perform in a safe environment, and deal with the possible injury consequences of high-level football. Aspetar and Aspire Academy are uniquely positioned to support all athletes-not only elite football players. We join players who are walking the fine line between staying healthy and being able to perform at their very best level. We do this through a multidisciplinary approach to players' wellness and health, acknowledging the strengths of each team member, including the expert player and coach!

While preparing for a big event, players, coaches, and their support teams, will focus on players' health and wellness--to facilitate optimal performance. It is therefore important to assess, on a regular basis, players' health--the focus of Session 1: Periodic Health Evaluation. During Session 2 we discuss some of the important aspects informing players' health and wellness. Session 3 will focus on how Aspetar is leading in planning and delivering medical services at major sporting events. Unfortunately, some players will get injured, or re-injured, during the World Cup. We focus, in Session 4, on anterior cruciate ligament (ACL) injuries and how Aspetar's multidisciplinary approach contributes to better and safer return to sport.

Scientific Planning Committee:

Paul Dijkstra (Chair), Argyro Kotsifaki (Co-chair), Abdulaziz Al-Kuwari, Pieter D'Hooghe, Valter di Salvo, Elisabet Hagert, Marco Cardinale, Mohammed Alsaey, Khalid Al-Khelaifi, Francisco Moreira, Fatima Omer Al Sulaiti, Zainab Al Sarraf, Raouf Rekik, Stephen Targett, Faten Smiley, Sofie Nelis, Jolanda Boersma, Adel Alomari

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.

Project Management Team:

Faten Smiley, Sofie Nelis, Jolanda Boersma, Adel Alomari, Reem AlKuthairi, Ahmed Al Hammadi, Dany Baghdad, Abdulla Al Boloshi, Mohammed Maseeuddin, Lyes Fodil, Mohammed Abdo, Hissa Al Hazaa, Adel Abdi, Emad Al Sadi, Feras Btaddini, Jupeth Ramos, Joel Japson, Prasenjit Verma.

DHP Accreditation Statement:

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 6 hours.



Activity code: HGI-03-P107

CPD points: 6.0

Target Audience:

Physicians, nurses, pharmacists, dentists, allied healthcare practitioners (physiotherapists, nutritionists, podiatrists), others (including but not restricted to researchers, coaches and managers)

Venue:

Aspire Academy Football Performance Center
2nd Floor-Olympia Oceania Auditorium

Date: 22 October 2022

Overall learning objectives:

By the end of this event, participants will be able to:

1. Describe Aspetar's approach to athlete Periodic Health Evaluation
2. Discuss the key contributors to football players' wellness
3. Describe the challenges in maintaining the right ethical balance between player health and optimal performance
4. Explain which elements contribute to successfully planning and delivering medical services for major sporting events
5. Construct a multi-disciplinary management plan for the footballer with an anterior cruciate ligament injury

Agenda summary

	Session
Saturday 22 October	6 CPD Credits
07:30 – 08:30	Registration
08:30 – 09:00	Opening and welcome
09:00 – 10:30	Session 1: Periodic Health Evaluation (PHE) - Why, what, and how?
10:30 – 11:00	Coffee break
11:00 – 12:30	Session 2: Shooting for the stars: How Aspetar/Aspire Academy promotes football players' wellness for top health and performance
12:30 – 13:30	Lunch Break
13:30 – 15:00	Session 3: Planning and delivering athlete medical services at major sporting events
15:00 – 15:30	Break
15:30 – 17:00	Session 4: Aspetar's multidisciplinary approach to anterior cruciate ligament injuries
17:00 – 17:15	Closing Keynote Lecture
17:15 – 17:30	Closing Ceremony

Saturday 22 October 2022

Registration: 07:30 – 08:30

Opening and welcome: 08:30 – 09:00

Time	Title
08:30 – 09:00	Perspectives on the footballer's journey

Session 1: 09:00 – 10:30

Periodic Health Evaluation (PHE) - Why, what, and how?

Learning objectives:

By the end of this session, participants will be able to:

1. Describe an approach to athlete's Periodic Health Evaluation
2. Discuss Aspire's musculoskeletal screening in young athletes
3. Describe potential benefits and harms of Periodic Health Evaluation in youth athletes (early detection vs. over-diagnosis / over-treatment)
4. Develop a pre-season concussion management plan
5. Describe the ethical challenges associated with 'clearing for play' an athlete with multiple previous joint surgeries

Chairs: Dr Argyro Kotsifaki and Dr Juan-Manuel Alonso

Time	Title	Speaker
09:00 – 09:05	Introduction: three reasons why PHE is key to player's health and performance	<i>Dr Juan-Manuel Alonso</i>
09:05 – 09:15	Aspetar musculoskeletal screening experience - what to measure and why	<i>Dr Rod Whiteley</i>
09:15 – 09:25	PHE as an opportunity to educate players - the role of the sports nurse	<i>Ms Nelly Khalil</i>
09:25 – 09:35	Musculoskeletal screening in young athletes: the Aspire Academy journey	<i>Mr Daniel Martinez Silvan and Dr Abdallah Rejeb</i>
09:35 – 09:45	Current issues in cardiac screening	<i>Dr Guido Pieles and Dr Carmen Adamuz</i>
09:45 – 09:55	Preseason concussion assessment & planning	<i>Dr Louis Holtzhausen</i>
09:55 – 10:05	'Clearing' the player with multiple joint surgeries to continue playing - who's taking the risk?	<i>Dr Bashir Zikria</i>
10:05 – 10:30	Interactive audience & panel discussion	<i>All</i>

Coffee Break: 10:30 – 11:00

Session 2: 11:00 – 12:30

Shooting for the stars: How Aspetar/Aspire Academy promotes football players' wellness for top health and performance

Learning objectives:

By the end of this session, participants will be able to:

1. Discuss key components associated with player wellness
2. Describe the tension for healthcare practitioners between ethical health management and optimising performance
3. Identify strategies to monitor and promote player health and performance

Chairs: Prof Warren Gregson and Dr Elisabet Hagert

Time	Title	Speaker
11:00 – 11:05	Introduction: The modern football player	<i>Prof Valter di Salvo</i>
11:05 – 11:15	Player's performance and wellness: the Aspire Academy approach	<i>Prof Warren Gregson</i>
11:15 – 11:25	Persistent pain after surgery; how do we look for nerve compression as a cause?	<i>Dr Elisabet Hagert</i>
11:25 – 11:35	Players' oral health is a problem and important for health and performance: the key role of the sports dentist	<i>Dr Mohammed Alsaey</i>
11:35 – 11:45	Medication Management: How can pharmacists support players' health	<i>Dr Ebrahim Mohammadi</i>
11:45 – 11:55	Choosing the right football boots to improve performance and prevent injury	<i>Dr Athol Thomson</i>
11:55 – 12:05	Will my protein shake heal me?	<i>Ms Nelda Nader</i>
12:05 – 12:30	Interactive audience & panel discussion	<i>All</i>

Lunch Break: 12:30 – 13:30

Session 3: 13:30 – 15:00

Planning and Delivering Athlete Medical Services at Major Sporting Events

Learning objectives:

By the end of this session, participants will be able to:

1. Develop a comprehensive medical services plan for a major sporting event
2. Discuss medical services for sporting events in hot and humid environments
3. Describe best practice for on- and off-field emergency care

Chairs: Dr Zainab Al Sarraf and Dr Pieter D'Hooghe

Time	Title	Speaker
13:30 – 13:35	Introduction: gold standard medical services for major sporting events	<i>Dr Pieter D'Hooghe</i>
13:35 – 13:45	Challenges and tips for team physicians travelling to the Middle East	<i>Dr Monia Slim</i>
13:45 – 13:55	Preparing for efficient on-field emergency care	<i>Dr Peter Dzendrowskyj</i>
13:55 – 14:05	Pharmacists' contribution in sporting events. How to go above and beyond?	<i>Dr Zainab Al Sarraf</i>
14:05 – 14:15	Lessons learnt from Doha's World Athletics Championships in 2019	<i>Dr Juan-Manuel Alonso</i>
14:15 – 14:25	Planning medical services for sporting events in hot and humid environments - top tips	<i>Prof Sebastien Racinais</i>
14:25 – 14:35	Planning for the worst, delivering the best - how emergency teams make sure we don't score an own goal	<i>Mr Brendon Morris</i>
14:35 – 15:00	Interactive audience & panel discussion	<i>All with Dr Felipe Hardt</i>

Coffee Break: 15:00 – 15:30

Aspetar's multidisciplinary approach to anterior cruciate ligament (ACL) injuries

Learning objectives:

By the end of this session, participants will be able to:

1. Describe how football shoes might contribute to ACL injury risk
2. Develop a multi-disciplinary management plan for a player with an isolated ACL injury
3. Discuss how to monitor progression during rehab and return to sport
4. List the key components of a shared decision-making deliberation to invite the football player to with an isolated ACL Injury

Chairs: Ms Lubna Al Raisi and Prof Marco Cardinale

Time	Title	Speaker
15:30 – 15:35	Introduction	<i>Ms Lubna Al Raisi and Prof Marco Cardinale</i>
15:35 – 15:45	ACL injury management - a football club's journey to success	<i>Dr Raouf Rekik</i>
15:45 – 15:55	My 5 top ACL injury imaging tips, including RAMP lesions	<i>Dr Marcelo Bordalo</i>
15:55 – 16:05	ACL surgery or not? Is it always a shared decision-making process?	<i>Dr Emmanouil Papakostas</i>
16:05 – 16:15	Aspetar's multidisciplinary approach - strength in diversity! - In-hospital pharmacological support - Early mobilisation in the ward	<i>Prof Marco Cardinale Dr Nohad Abed Al Malak Ms Nicoletta Luchini</i>
16:15 – 16:25	Psychosocial responses to injury and return to sport.	<i>Dr Karim Khalladi</i>
16:25 – 16:35	How do we monitor progression during rehab and return to sport?	<i>Dr Argyro Kotsifaki</i>
16:35 – 17:00	Interactive audience & panel discussion	<i>All with Adel Alomari (patient representative)</i>

Closing Keynote lecture

Time	Title	Speaker
17:00 - 17:15	Clinical approach to knee cartilage injuries in footballers with ACL injuries	<i>Dr Bert R. Mandelbaum</i>

17:15 - 17:30 Closing ceremony

Overall time: 6 hours

Lecture time: 4 hours 20 minutes

Interactive time: 1 hour 40 minutes (28% of total time)

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