

# ASPETAR

# TRAVEL SPORTS MEDICINE

# SYMPOSIUM

*25<sup>th</sup> November 2023*



***Registration is now open!***

**Agenda**  
**Aspetar Travel Sports Medicine Symposium**  
**Date: 25th November 2023**

**Target Audience: Physicians, Nurses, Physiotherapists, Pharmacists, Others (Researchers, Scientists, Healthcare Administration)**

**Activity code: HGI-03-P125**

**Venue: Aspetar Auditorium, Microsoft Teams.**

**Time: 08:00 -16:30**

**Overall Learning Objectives:**

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

1. Apply knowledge on Travel Sports Medicine to educate athletes.
2. Develop jetlag and travel fatigue coping strategies in traveling sport teams.
3. Build sport sleep, hydration and nutrition recovery approaches to improve athletes' travel related fatigue and sleep disorders.
4. List infection risk reduction strategies and necessary travel vaccinations.
5. Apply appropriate travel planning, arrange necessary logistics and prepare all needed medical equipment.

**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 6.25 hours.**

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
(08:00-08:30)	Registration		

(08:30-8:45)	Welcome and opening	Overall Learning Objectives (see above) discussion	Juan Manuel Alonso
(08:45-09:45)	Jet Lag / Travel Fatigue	Apply knowledge on Travel Sports Medicine to educate athletes.  Develop jetlag and travel fatigue coping strategies in traveling sport teams.	Management of Jet Lag and travel fatigue in sport - Christa Janse van Rensburg (40 min) Nutrition for travel -Nelda Nader (20 min)
(09:45-10:15)	Discussion Panel		Christa Janse van Rensburg, Nelda Nader
(10:15-10:30)	Coffee Break		
(10:30-11:30)	Travel Sleep	Build sport sleep ,hydration and nutrition recovery approaches to improve athletes' travel related fatigue and sleep disorders.  Apply knowledge on sport sleep and nutrition approaches to educate athletes.	Sleep, travel & coping strategies - Jacopo Vitale (40 minutes) Sleep pharmacological management: how to achieve optimal outcomes for traveling athlete - Ebrahim Mohammadi (20 min)
(11:30-12:00)	Discussion Panel		Jacopo Vitale, Ebrahim Mohammadi ,
(12:00-13:00)	Lunch Break		
(13:00-14:00)	Infection prevention / Vaccination	Apply knowledge on infection risk reduction strategies and necessary travel vaccinations to educate athletes.	Infection prevention on international travels - Tim Meyer (40 min) Athletes and traveling concept and approaches for vaccination - Nohad Al Malak (20 min)
(14:00-14:30)	Discussion Panel		Tim Meyer, Nohad Al Malak,
(14:30-14:45)	Coffee Break		
(14:45-15:45)	Travel Bag / Logistics	Apply appropriate travel planning, arrange necessary logistics and prepare all needed medical equipment	Medical Bag – Celeste Geertsema (17 min) Physiotherapist Bag- Vishnu Krishnan Nair –15 min International Travel Medical Logistics - Juan Manuel Alonso (15 min)

			Drug importation regulations: what to consider for a safe, effective, and smooth medication travel plan? -Zainab Al Sarraf (15 min)
(15:45-16:15)	Discussion Panel		Vishnu Krishnan Nair , Juan Manuel Alonso , Zainab Al Sarraf
(16:15-16:30)	Summary and closing		Christa Janse Van Rensburg, Jacopo Vitale, Juan Manuel Alonso

**Scientific Planning Committee:**

**Dr Juan Manuel Alonso (Chair), Celeste Geertsema, Lilanie De Wet, Pierre McCourt, Laith El Sanfaz, Marco Cardinale, Zainab Al Sarraf, Nancy Abdel Karim, Skander Falfoul.**

**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: 377 min: Lecture: 257 min

Interactive: 120 min (32%)