

# **2016 NATIONAL TRAINEE SURVEY RESULTS**

**SPORTS AND EXERCISE MEDICINE**

**SPECIALTY SPECIFIC QUESTIONS**

**SEPTEMBER 2017**

## Introduction

The Specialty Specific Questions have been developed to test trainee's access to, participation in or confidence in the attainment of specific aspects of the specialty training curriculum.

The questions have been included as Programme Specific Questions in the annual GMC National Trainee Survey. The details of these questions and the trainee responses (nationally, by Deanery/LETB and by grade can be found within this report.

30 Sports and Exercise Medicine trainees (7 ST3, 7 ST4, 9 ST5 and 7 ST6 trainees) the same number of trainees as 2016, completed the 2017 survey. The numbers of trainees in each Deanery / LETB completing the survey were as follows:

Deanery / LETB	2016	2017	% difference
Defence Postgraduate Medical Deanery	<3	0	
Health Education East Midlands	4	5	+ 20%
Health Education East of England	<3	3	
Health Education N, C & E London	6	7	+ 17%
Health Education North East	<3	<3	
Health Education North West	5	<3	
Health Education NW London	4	3	- 25%
Health Education Thames Valley	3	5	+ 67%
Health Education West Midlands	<3	<3	
Health Education Yorkshire and the Humber	3	3	+ 0%
<b>Total</b>	<b>30</b>	<b>30</b>	<b>+ 0%</b>

Reduction of >10% of trainees completing the NTS in 2017 compared to 2016

A table showing the overall percentage of trainees in agreement with each of the specialty specific questions, the 2016/17 percentage difference, and the regions with the highest and lowest levels of agreement can be found on pages 2 and 3 below.

## Specialty Specific Questions – Sports and Exercise Medicine

Quality Criteria I have had the opportunity to gain knowledge and skills in the following areas pertinent to my stage in training:	% trainees agreeing overall	2016/2017 Difference	Agreement Highest	Agreement Lowest
Q1: The role of physical activity in public health, primary and secondary prevention of chronic illness, health inequality and prescription of exercise.	83%	+0%	THV, YAH 100% London (NC&E) 86% (6/7)	EoE, LDN (NW) 67% (2/3) East Midlands 80% (4/5)
Q2: Functional anatomy and the examination of the musculoskeletal system.	94%	+4%	5/6 regions 100%	London (NC&E) 86% (6/7)
Q3: Assessment, investigation and rehabilitation of musculoskeletal injury.	87%	-3%	4/6 regions 100%	Yorks and Humber 33% (1/3) London (NC&E) 86% (6/7)
Q4: The role of and interpretation of radiological imaging techniques.	67%	-6%	3/6 regions 100%	Yorks and Humber 33% (1/3) London (NC&E) 43% (3/7) East Midlands 60% (3/5)
Q5: The role and interpretation of exercise physiology.	70%	+10%	London (NW) 100% (3/3) London (NC&E) 86% (6/7) Thames Valley 80% (4/5)	Yorks and Humber 33% (1/3) East Midlands 60% (3/5) East of England 67% (2/3)
Q6: Physical activity, exercise and sport as applicable to specific groups including children, adolescents, females and the elderly.	63%	-7%	EOE, THV 100% Yorks and Humber 67% (2/3)	London (NW) 33% (1/3) London (NC&E) 57% (4/7) East Midlands 60% (3/5)
Q7: Management of medical emergencies and pitch side trauma.	70%	-3%	EOE, THV 100% East Midlands 80% (4/5)	London (NC&E) 43% (3/7) LDN (NW), YAH 67% (2/3)
Q8. Disability sport including assessment and rehabilitation of head and spinal injury.	53%	-10%	EMD, THV 80% (4/5) East of England 67% (2/3)	London (NW) 0% (0/3) YAH 33% (1/3) London (NC&E) 43% (3/7)

## Specialty Specific Questions – Sports and Exercise Medicine

Quality Criteria	% trainees agreeing overall	2016/2017 Difference	Agreement Highest	Agreement Lowest
Q9: The care of elite athletes both in and out of competition including doping, travelling abroad and the effects of climate and environment.	50%	-13%	Thames Valley 80% (4/5) East Midlands 60% (3/5) London (NC&E) 43% (3/7)	EOE, LDN (NW), YAH 33%
Q10: I believe that the systems used to assess my knowledge and skills in SEM are appropriate and effective.	76%	+16%	THV, YAH 100% East Midlands 80% (4/5)	EOE, LDN (NW) 67% (2/3) London (NC&E) 71% (5/7)

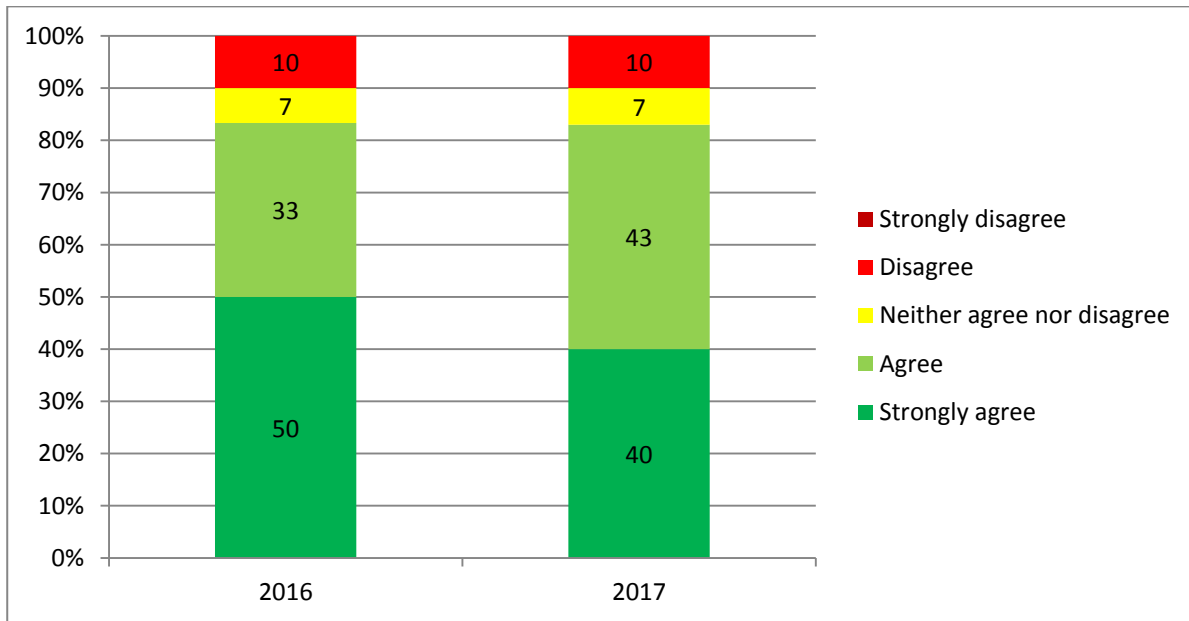
Deanery / LETB	Year	N=	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Defence Postgraduate Medical Deanery	2016	<3	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data
	2017	0										
Health Education East Midlands	2016	4	100	100	100	100	50	100	75	100	75	50
	2017	8	80	100	100	60	60	60	80	80	60	80
Health Education East of England	2016	<3	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data
	2017	3	67	100	100	100	67	100	100	67	33	67
Health Education London (North, Central & East)	2016	6	67	83	83	50	33	33	33	33	33	83
	2017	7	86	86	86	43	86	57	43	43	43	71
Health Education London (North West)	2016	4	75	100	100	100	100	75	100	75	100	100
	2017	3	67	67	100	100	100	33	67	0	33	67
Health Education North West	2016	5	80	80	80	40	60	80	100	40	100	60
	2017	<3	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data
Health Education Thames Valley	2016	3	100	100	100	100	67	100	100	100	100	67
	2017	5	100	100	100	100	80	100	100	80	80	100
Health Education Yorkshire and the Humber	2016	3	100	100	100	67	33	33	67	67	33	67
	2017	3	100	100	33	33	33	67	67	33	33	100

Increase in agreement 2016/17	decrease in agreement 2016/17	Agreement unchanged 2016/17
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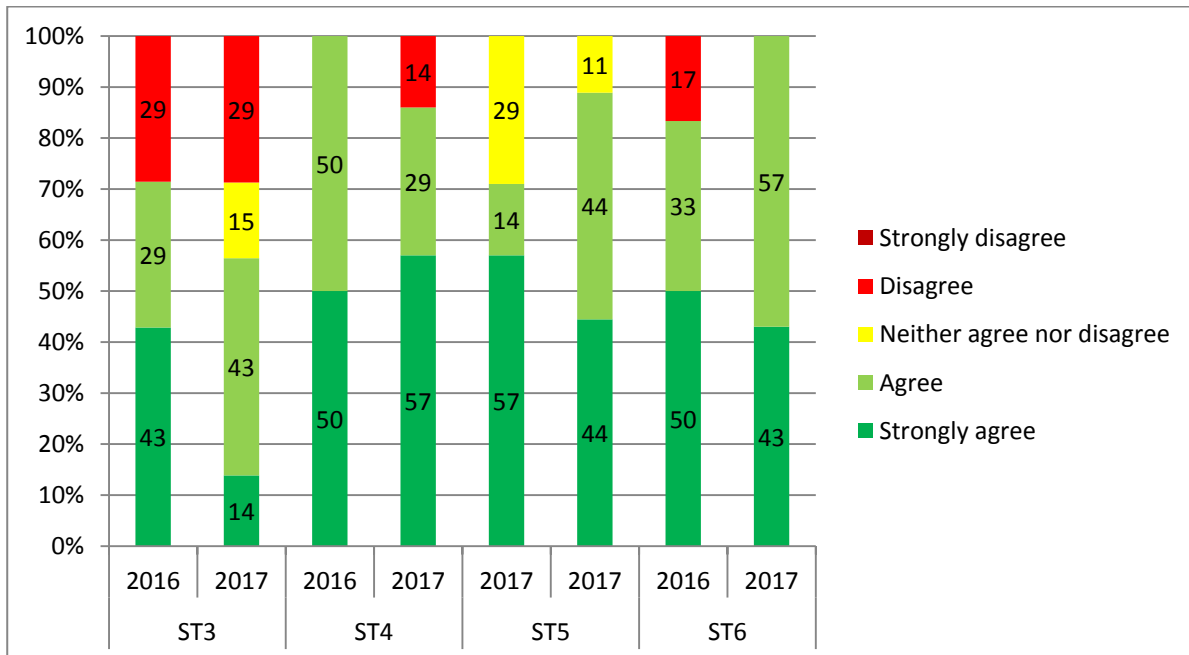
Please indicate how much you agree or disagree with the following statements. I have had the opportunity to gain knowledge and skills in the following areas pertinent to my stage in training:

**Q1. The role of physical activity in public health, primary and secondary prevention of chronic illness, health inequality and prescription of exercise. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

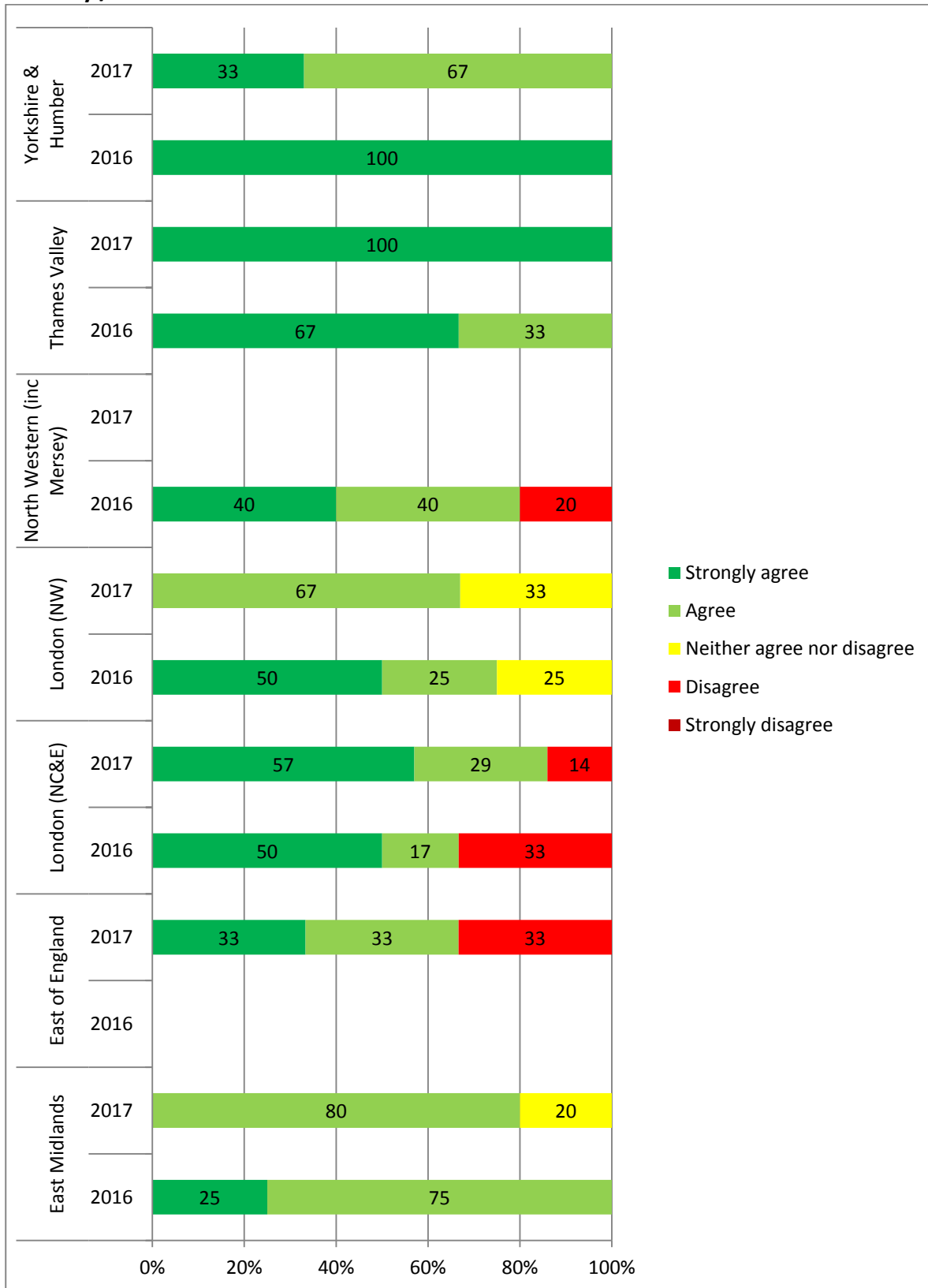
## All results



## Grade

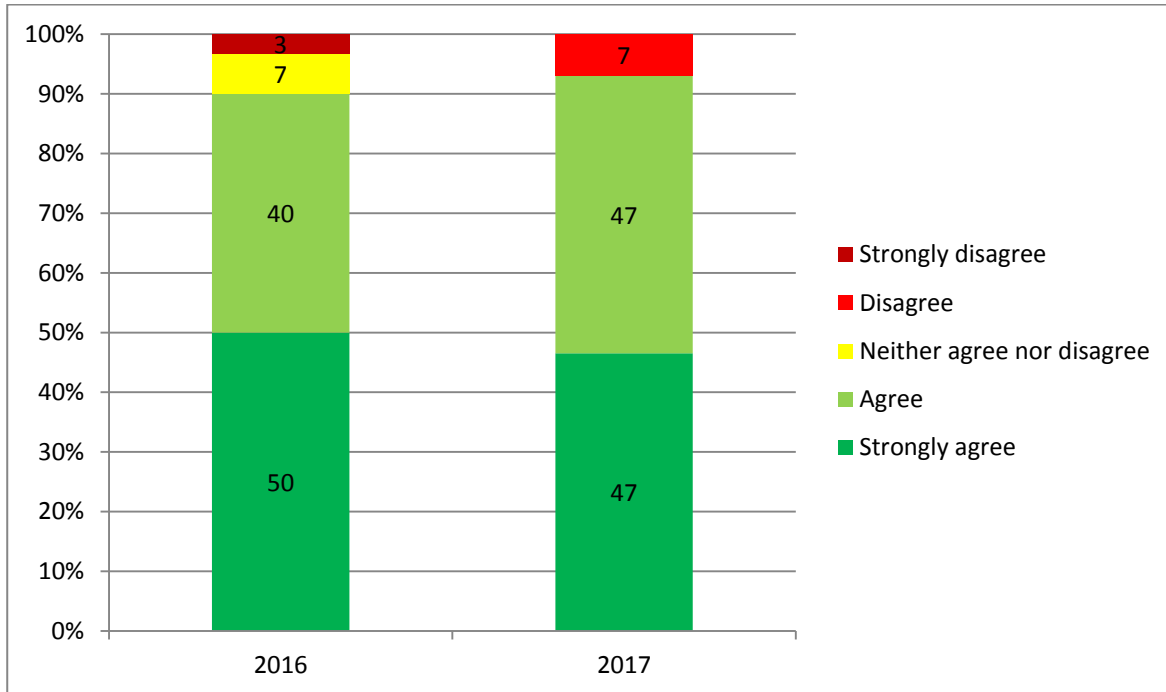


## Deanery / LETB

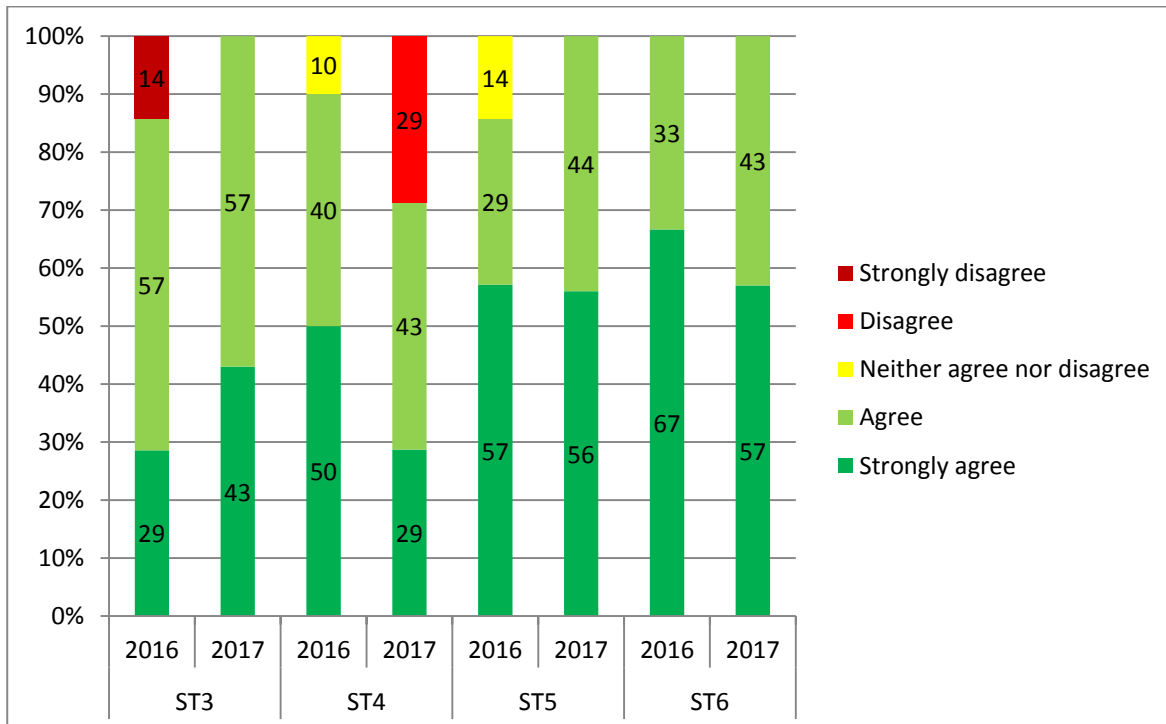


**Q2. Functional anatomy and the examination of the musculoskeletal system. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

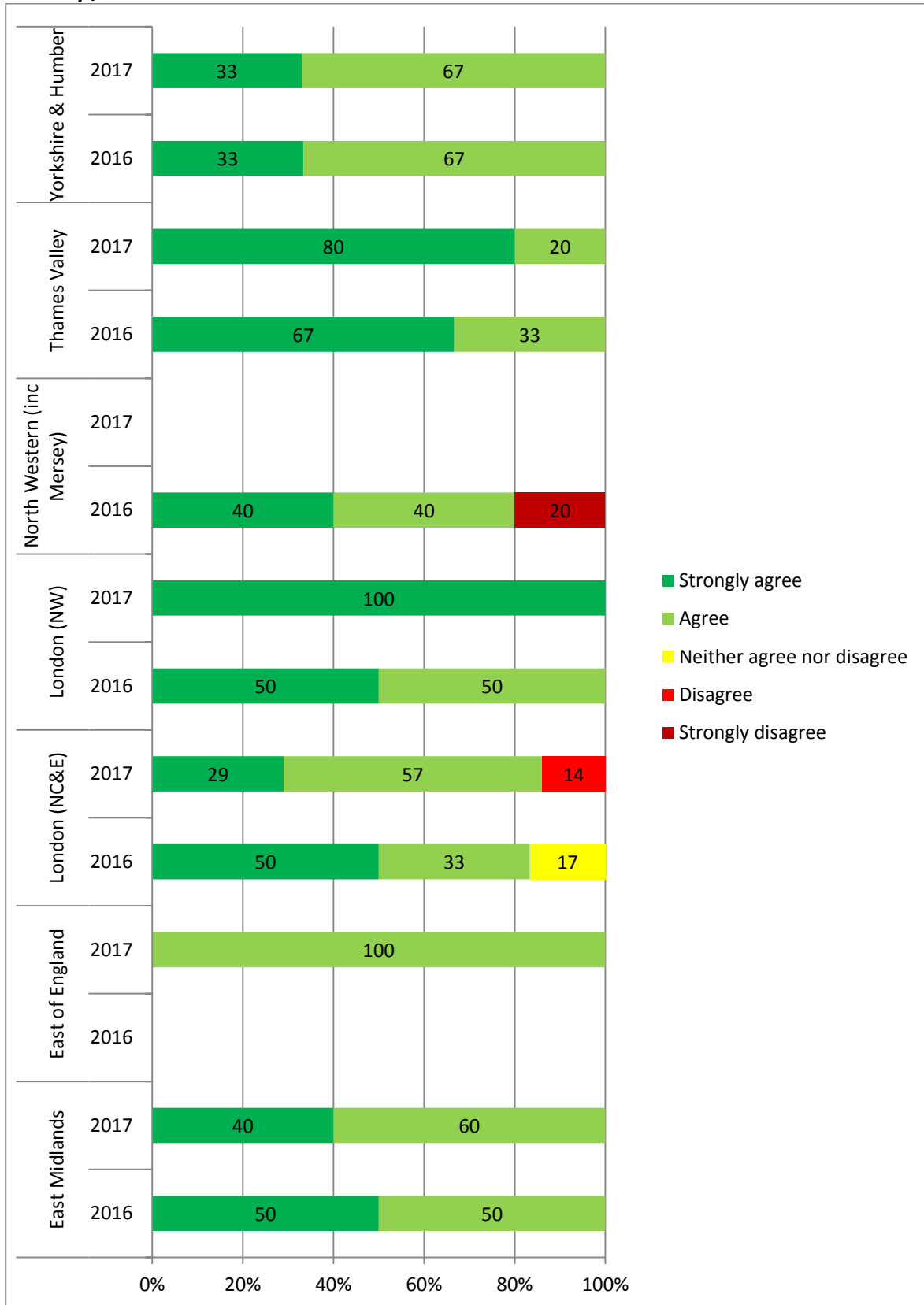
### All results



### Grade



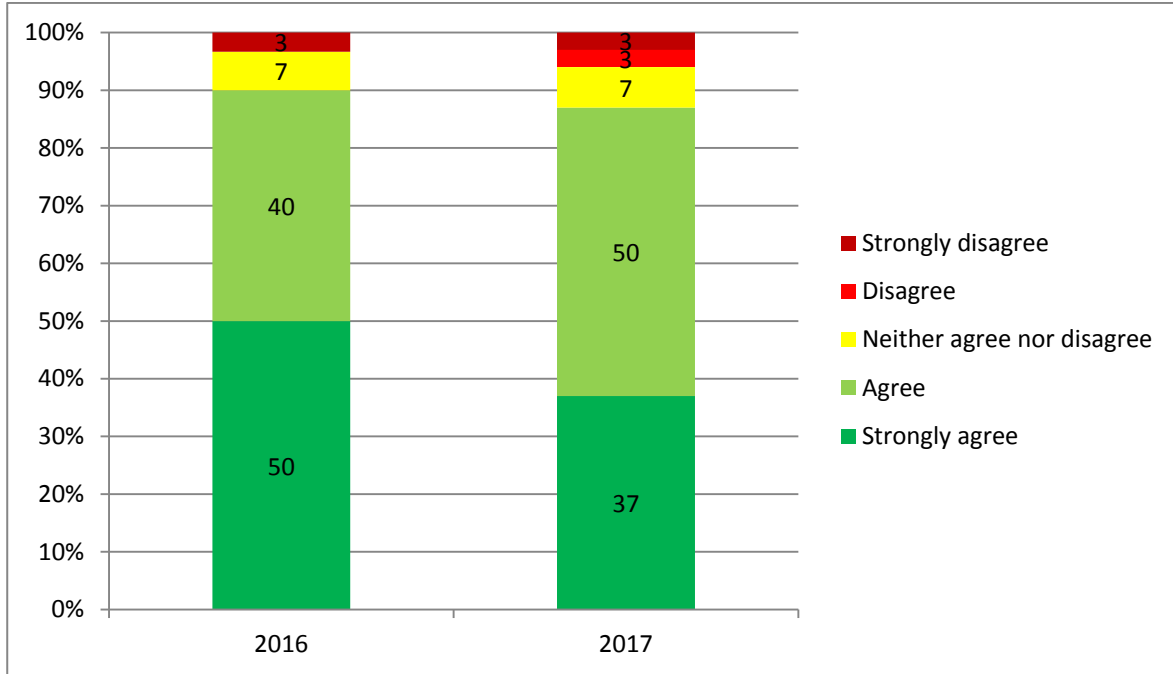
## Deanery / LETB



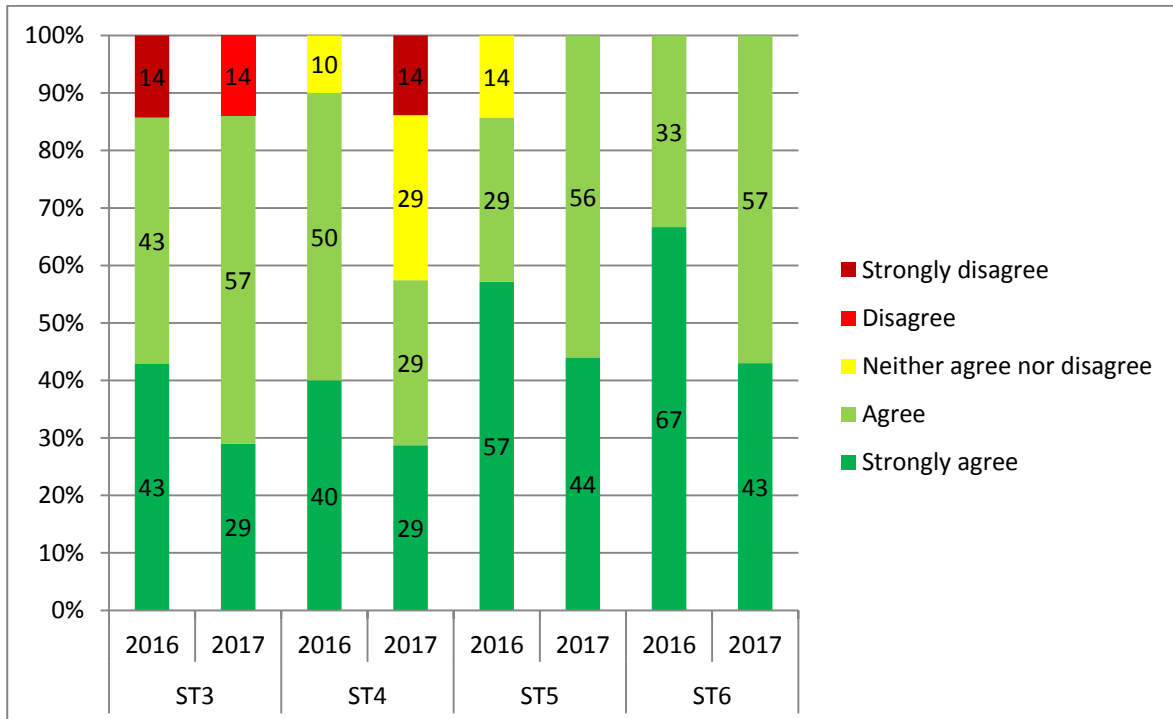


**Q3. Assessment, investigation and rehabilitation of musculoskeletal injury. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

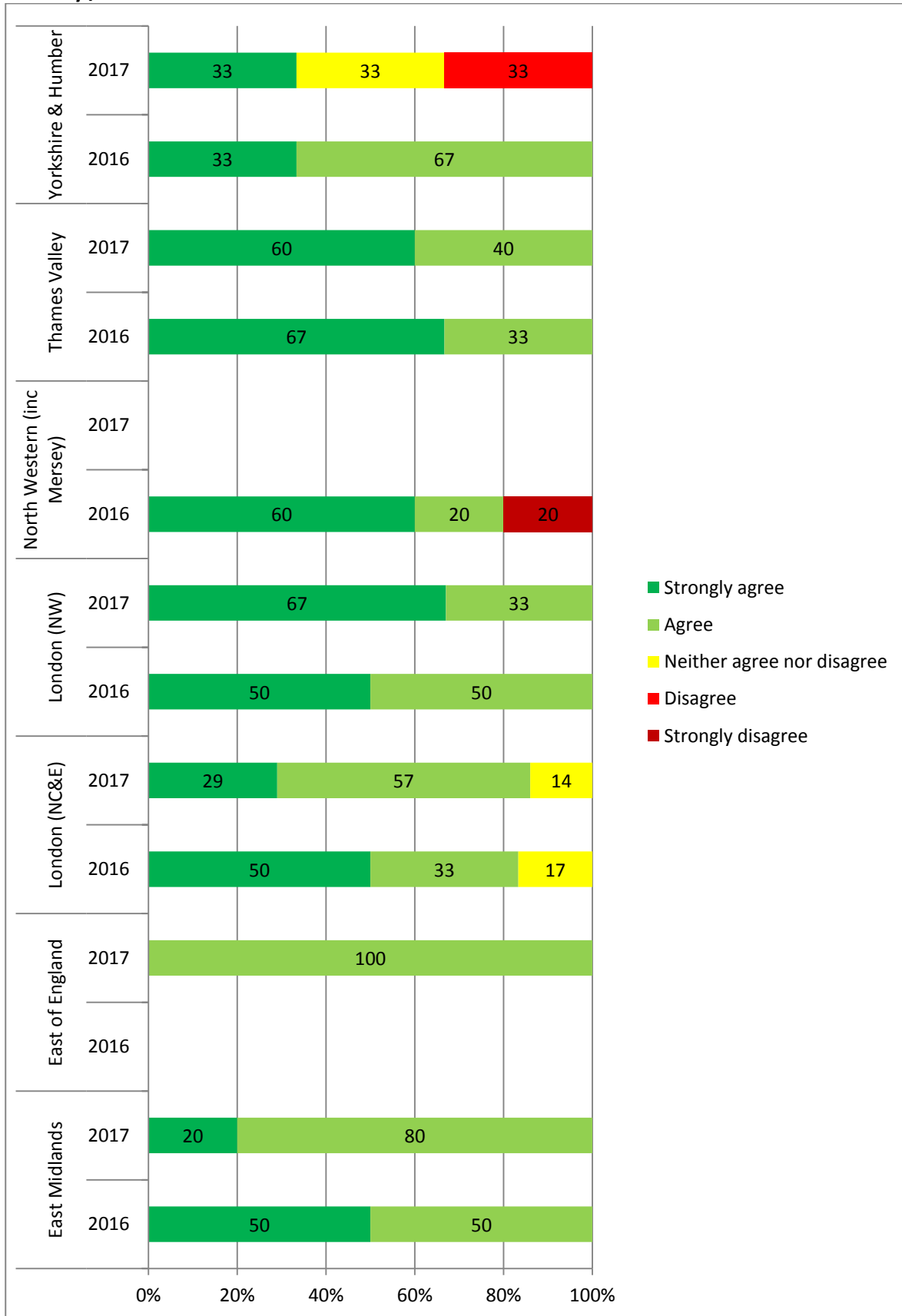
### All trainees



### Grade

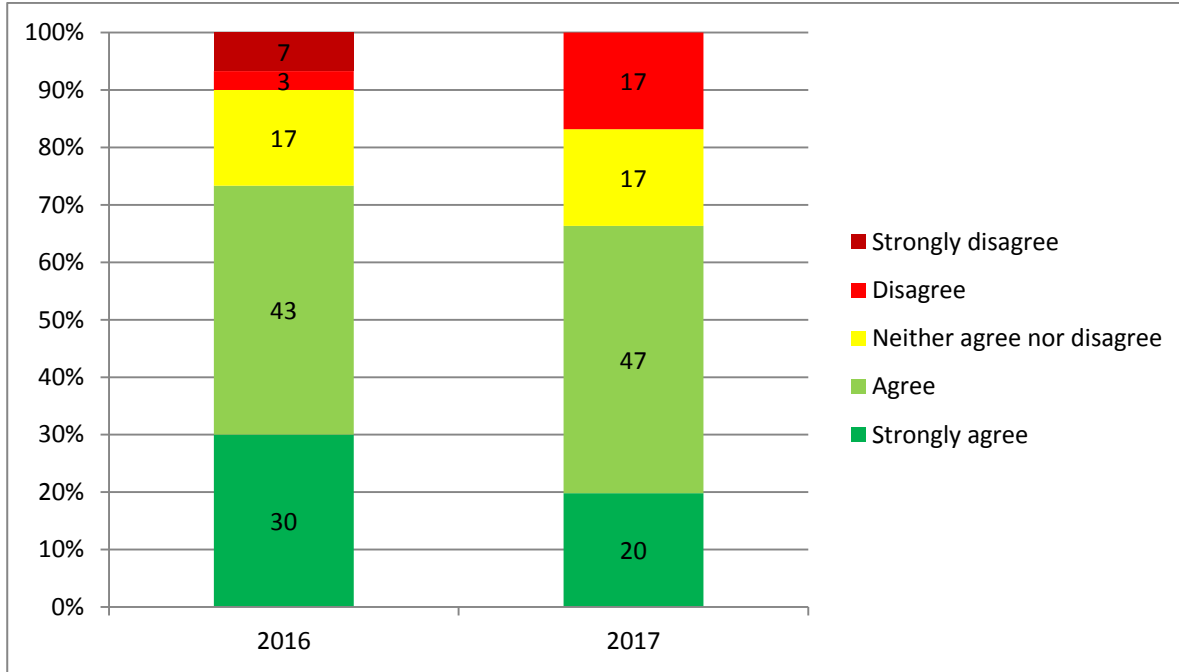


## Deanery / LETB

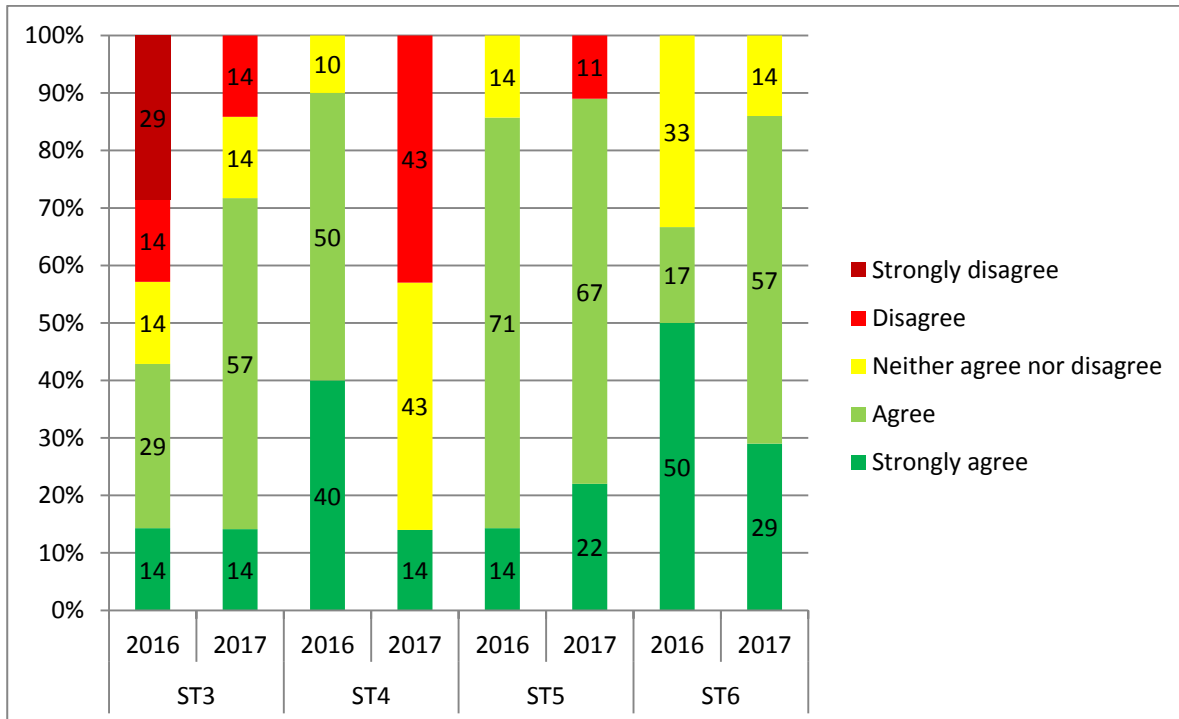


**Q4. The role of and interpretation of radiological imaging techniques. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

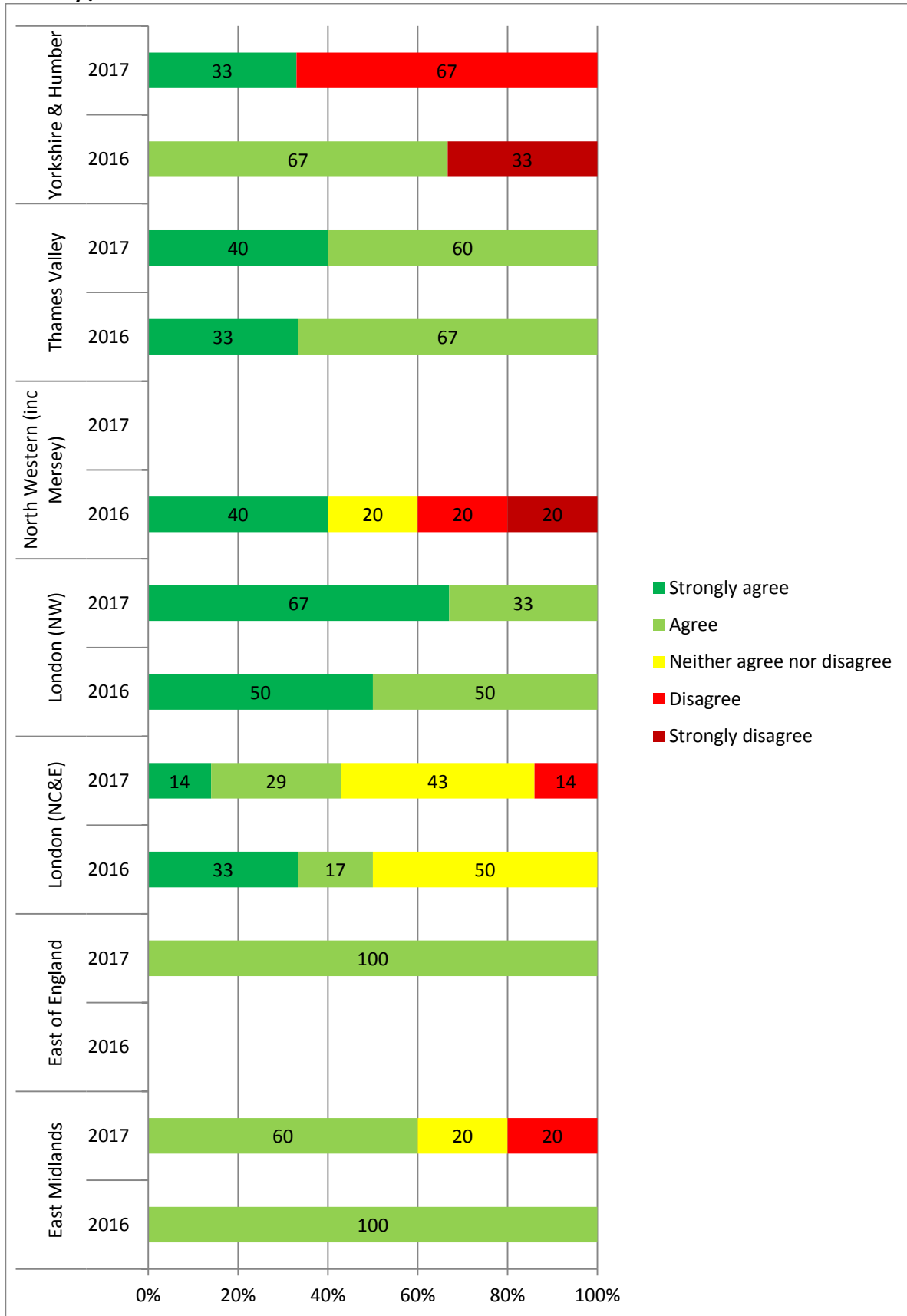
**All trainees**



**Grade**

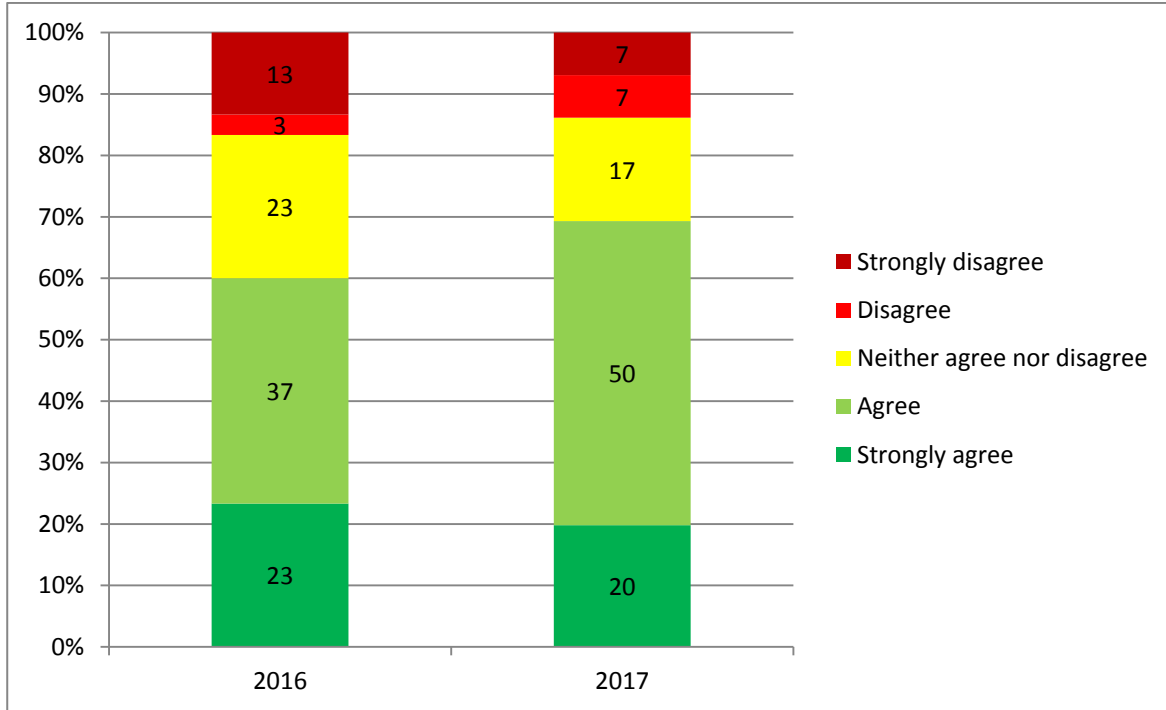


## Deanery / LETB

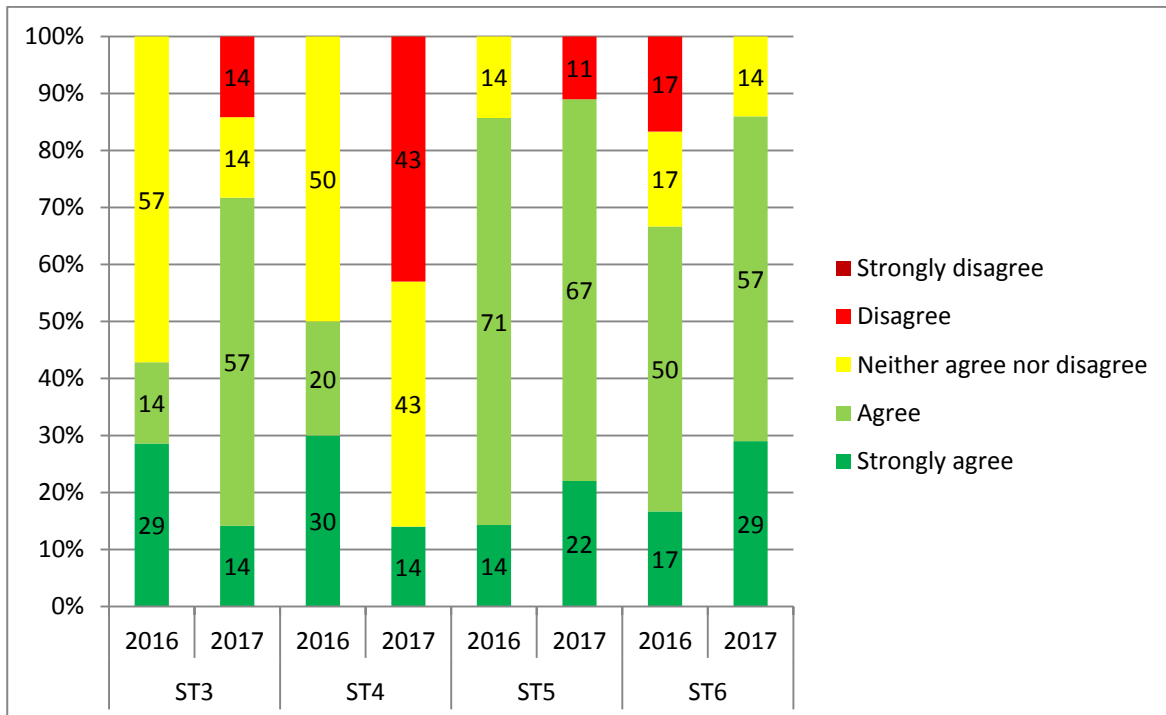


**Q5. The role and interpretation of exercise physiology. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

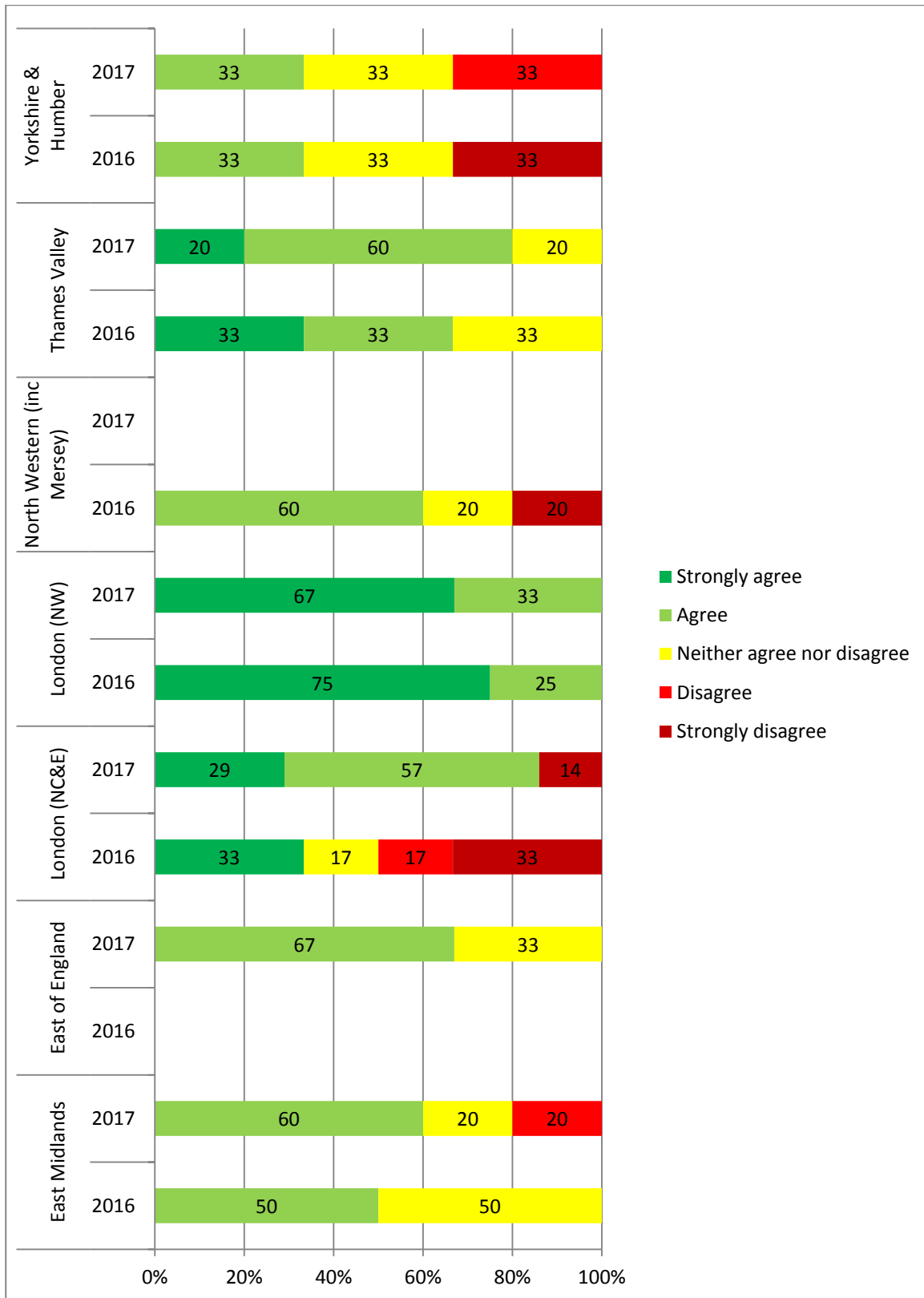
**All trainees**



**Grade**

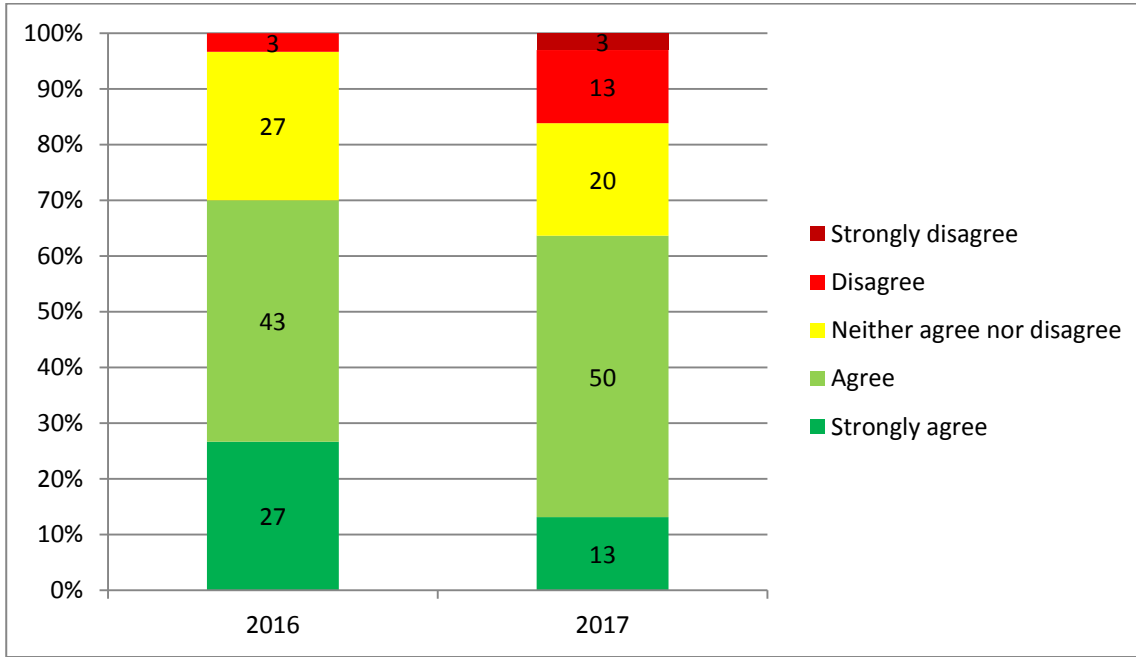


## Deanery / LETB

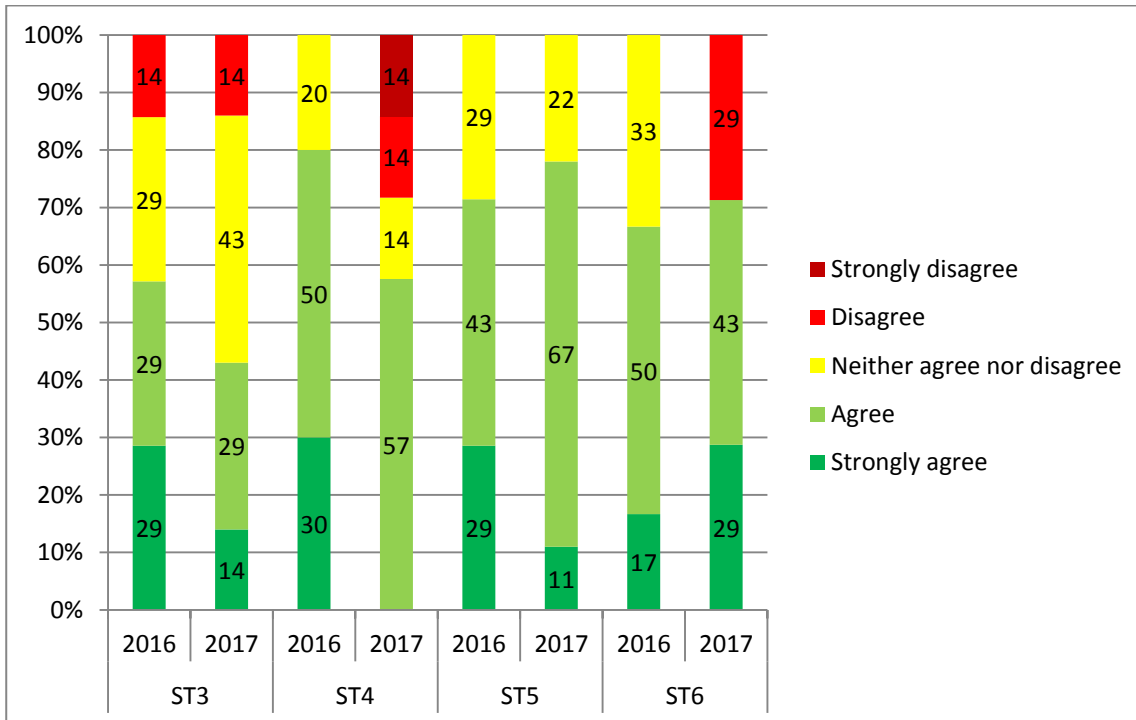


**Q6. Physical activity, exercise and sport as applicable to specific groups including children, adolescents, females and the elderly. ((This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

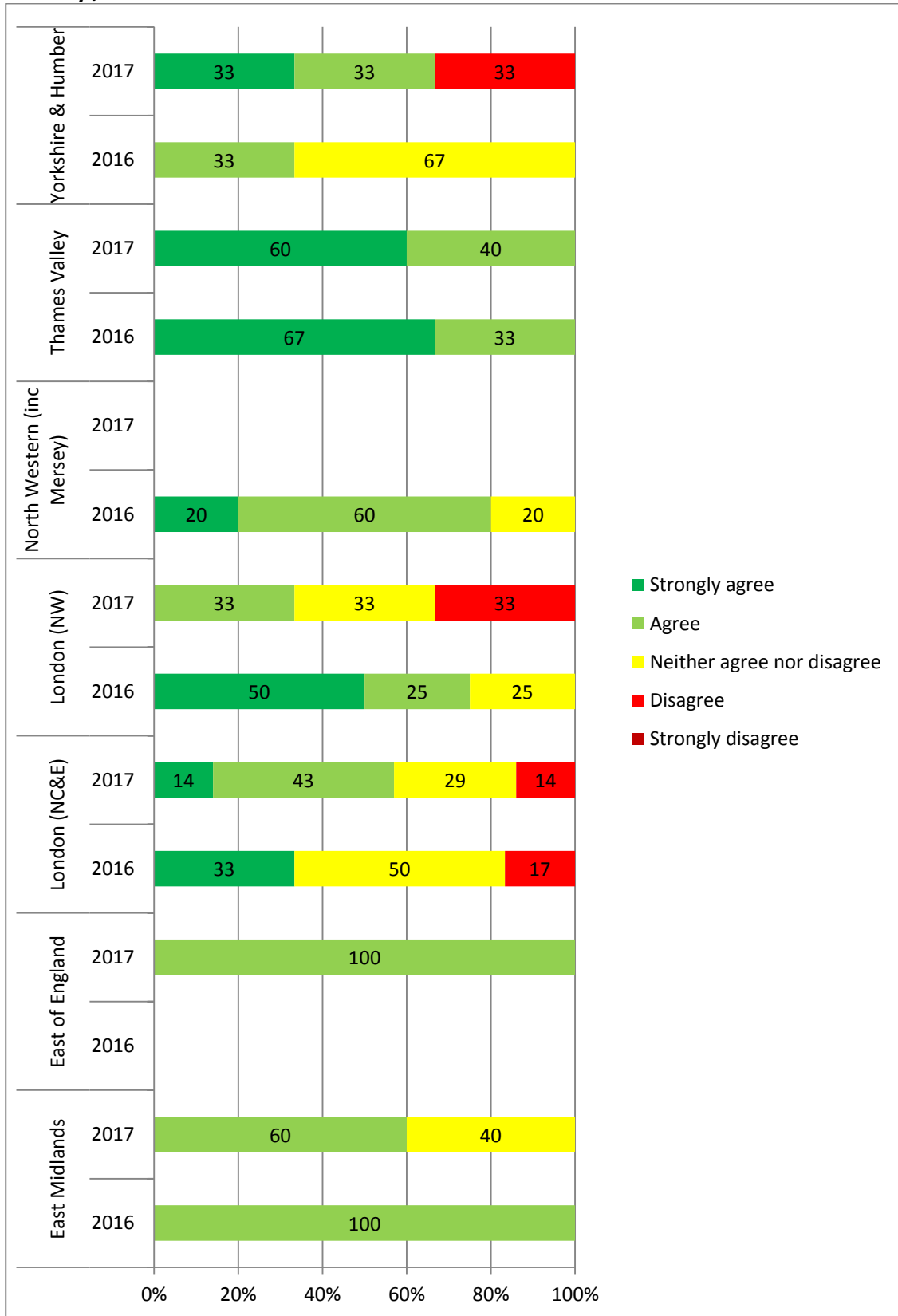
### All trainees



### Grade



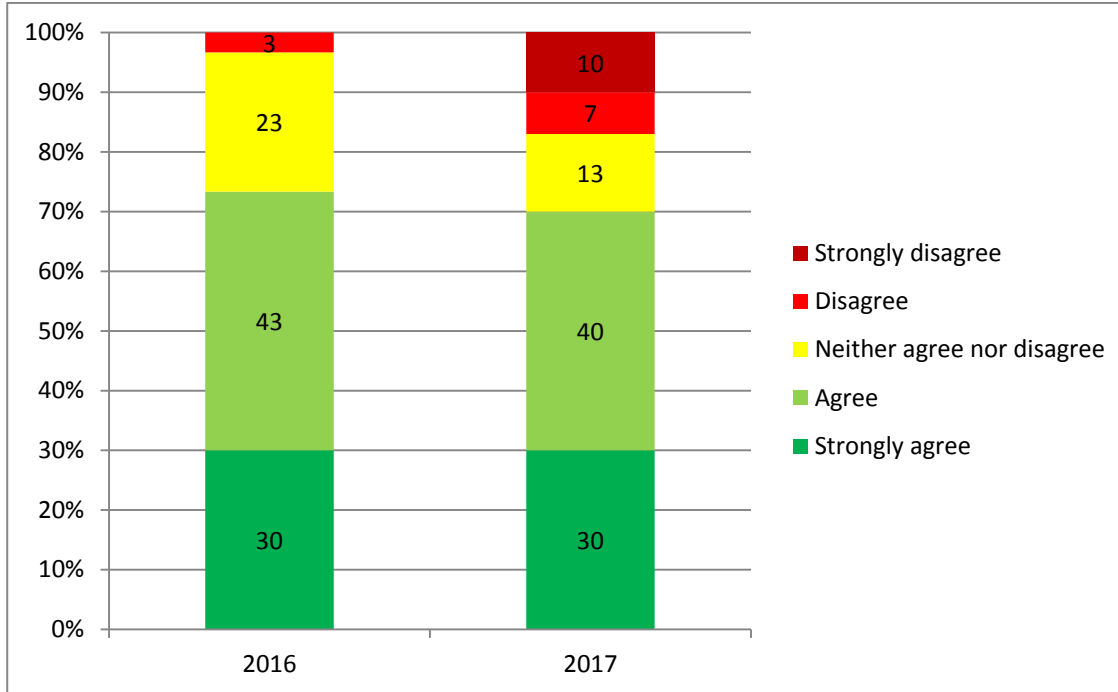
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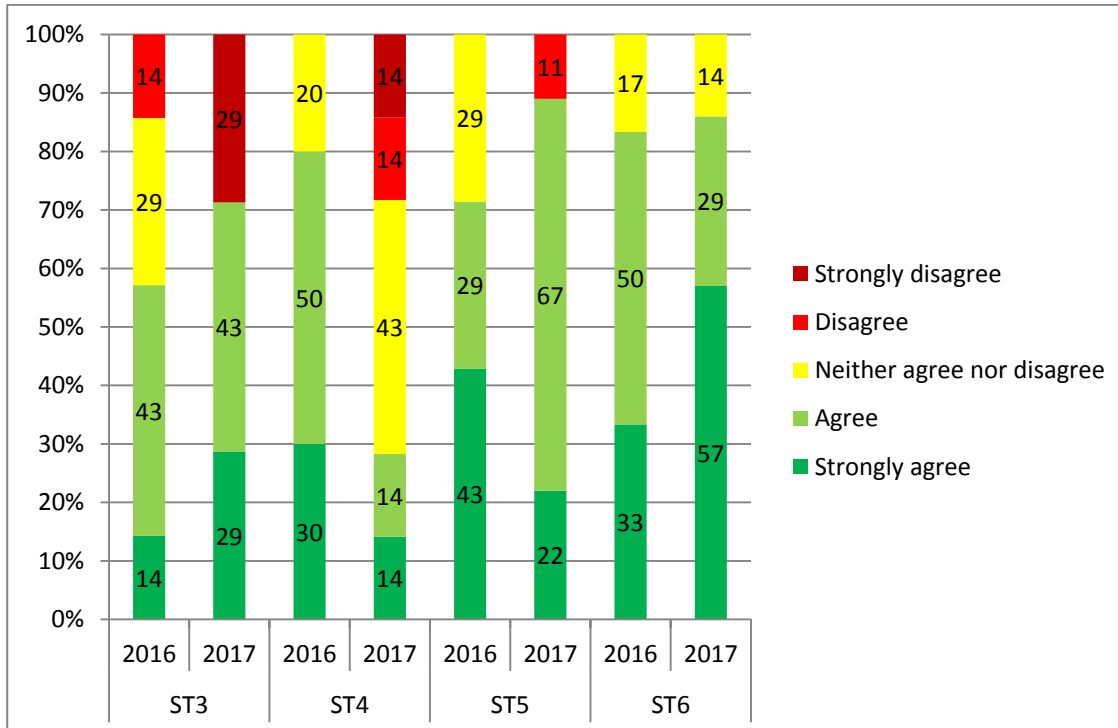


**Q7. Management of medical emergencies and pitch side trauma. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2014: n=30, 2015: n=30, 2016: n=30**

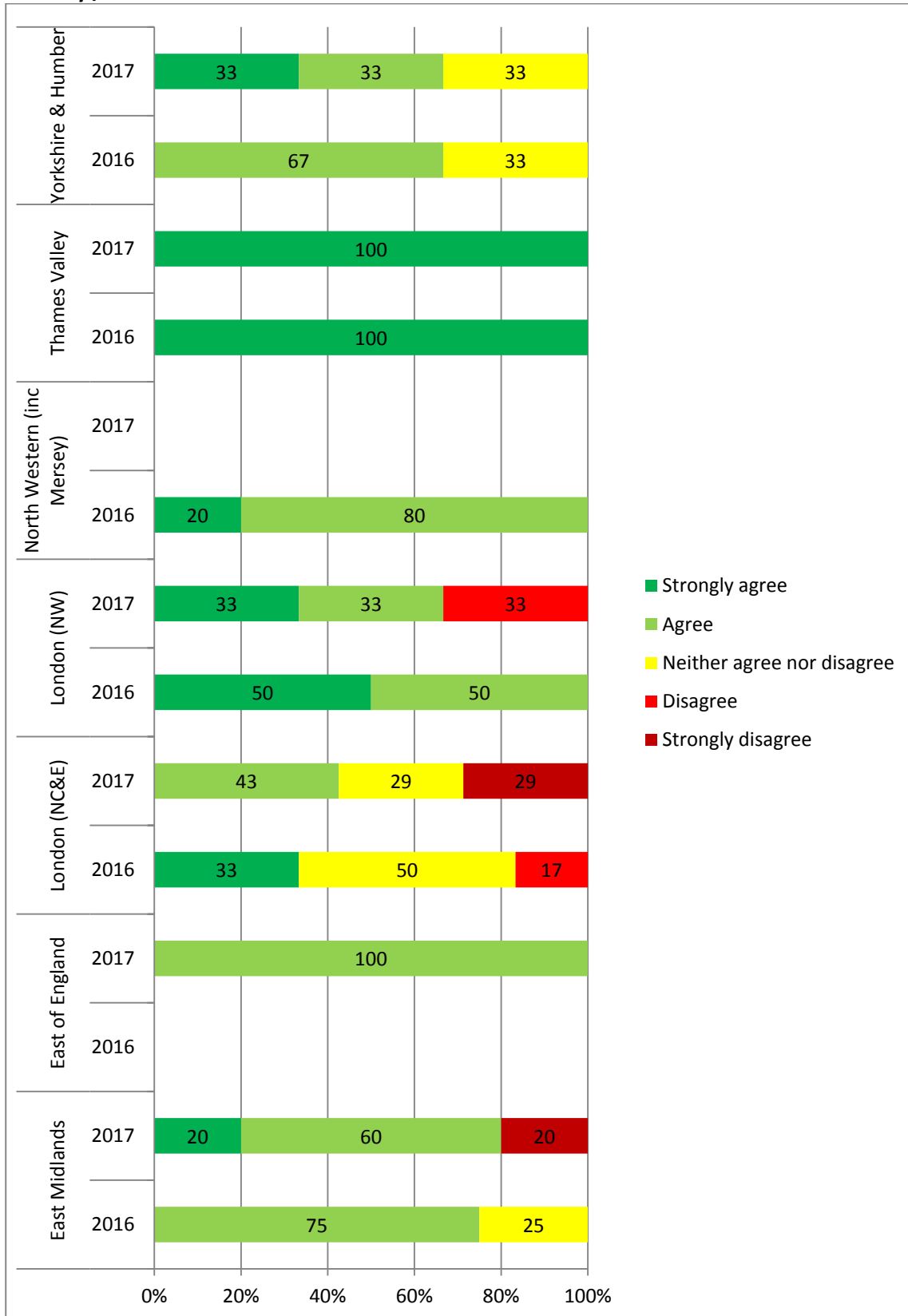
**All trainees**



**Grade**

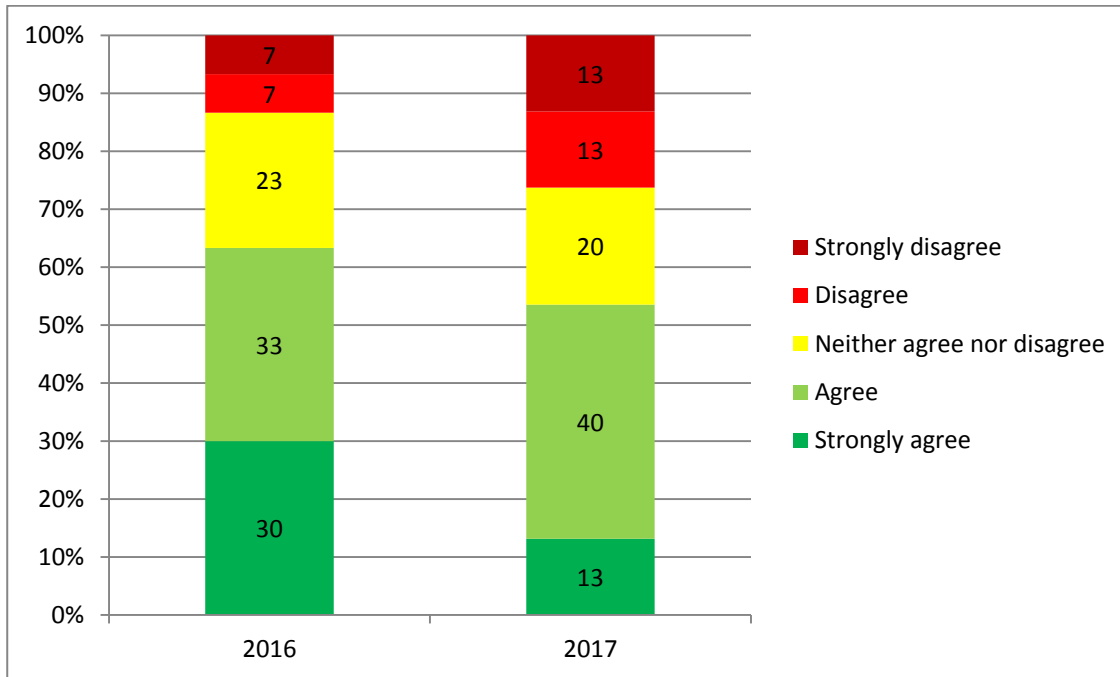


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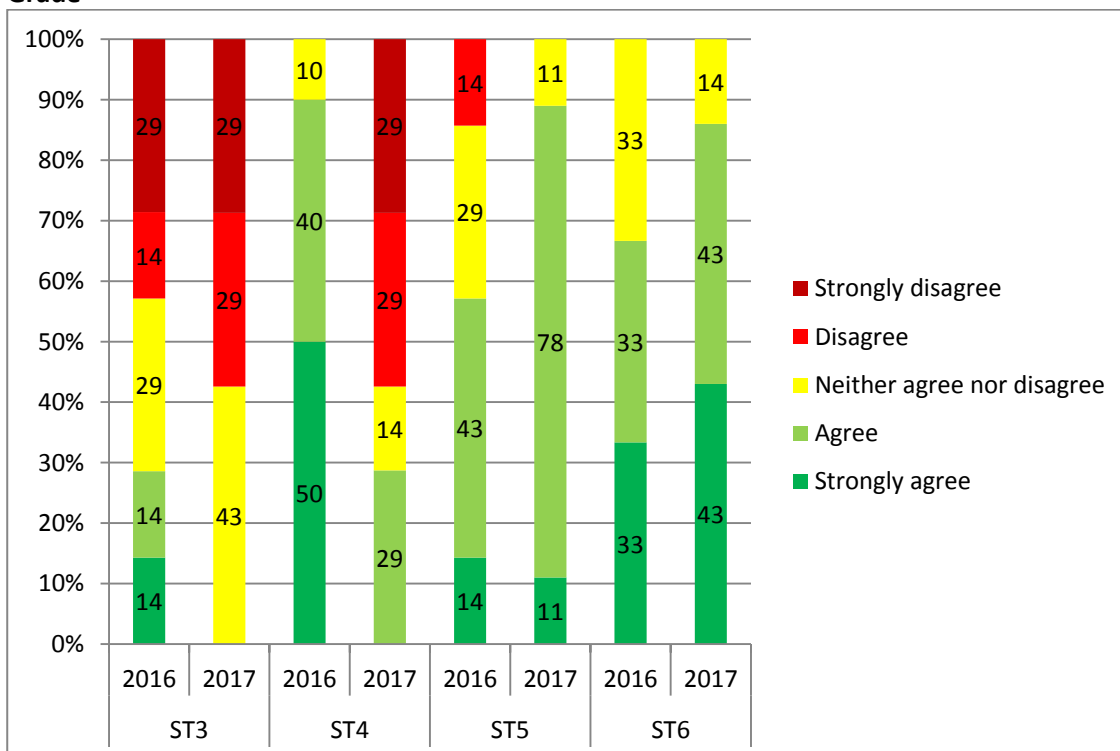


**Q8. Disability sport including assessment and rehabilitation of head and spinal injury. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

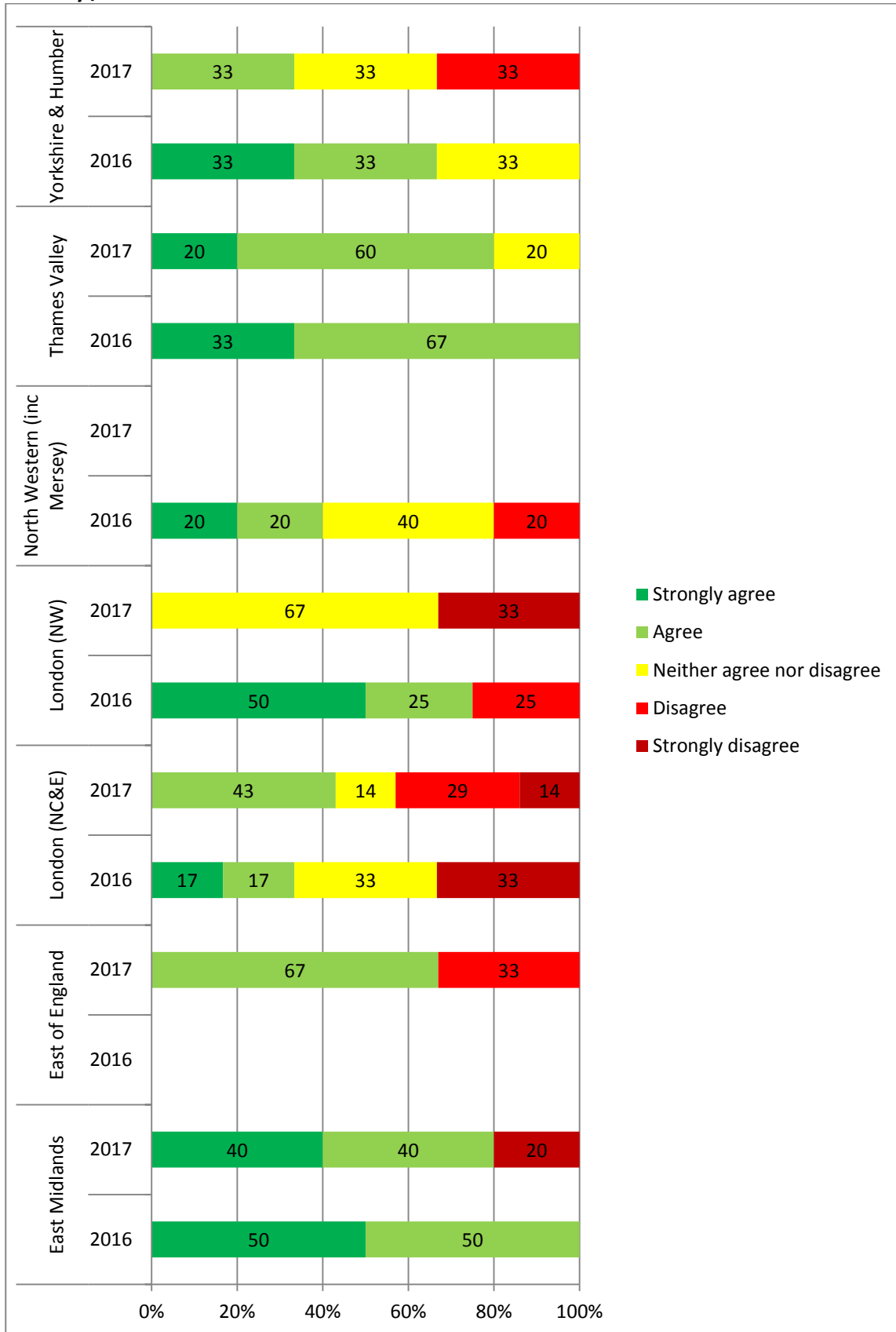
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**Grade**

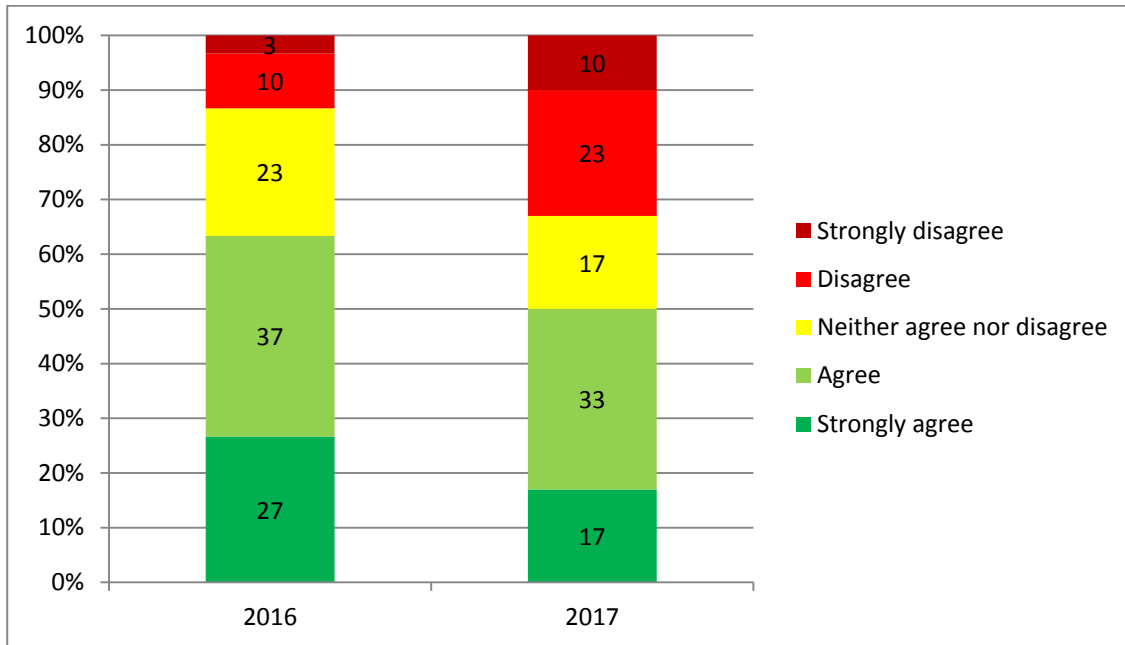


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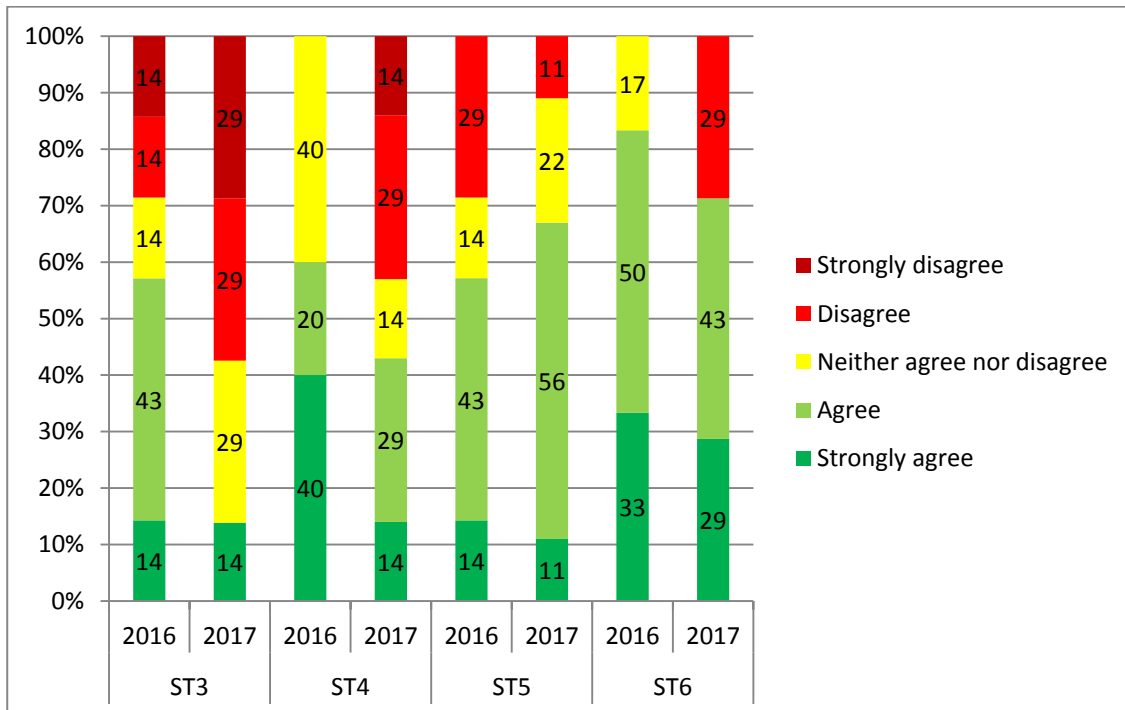


**Q9. The care of elite athletes both in and out of competition including doping, travelling abroad and the effects of climate and environment. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6) 2016: n=30, 2017: n=30**

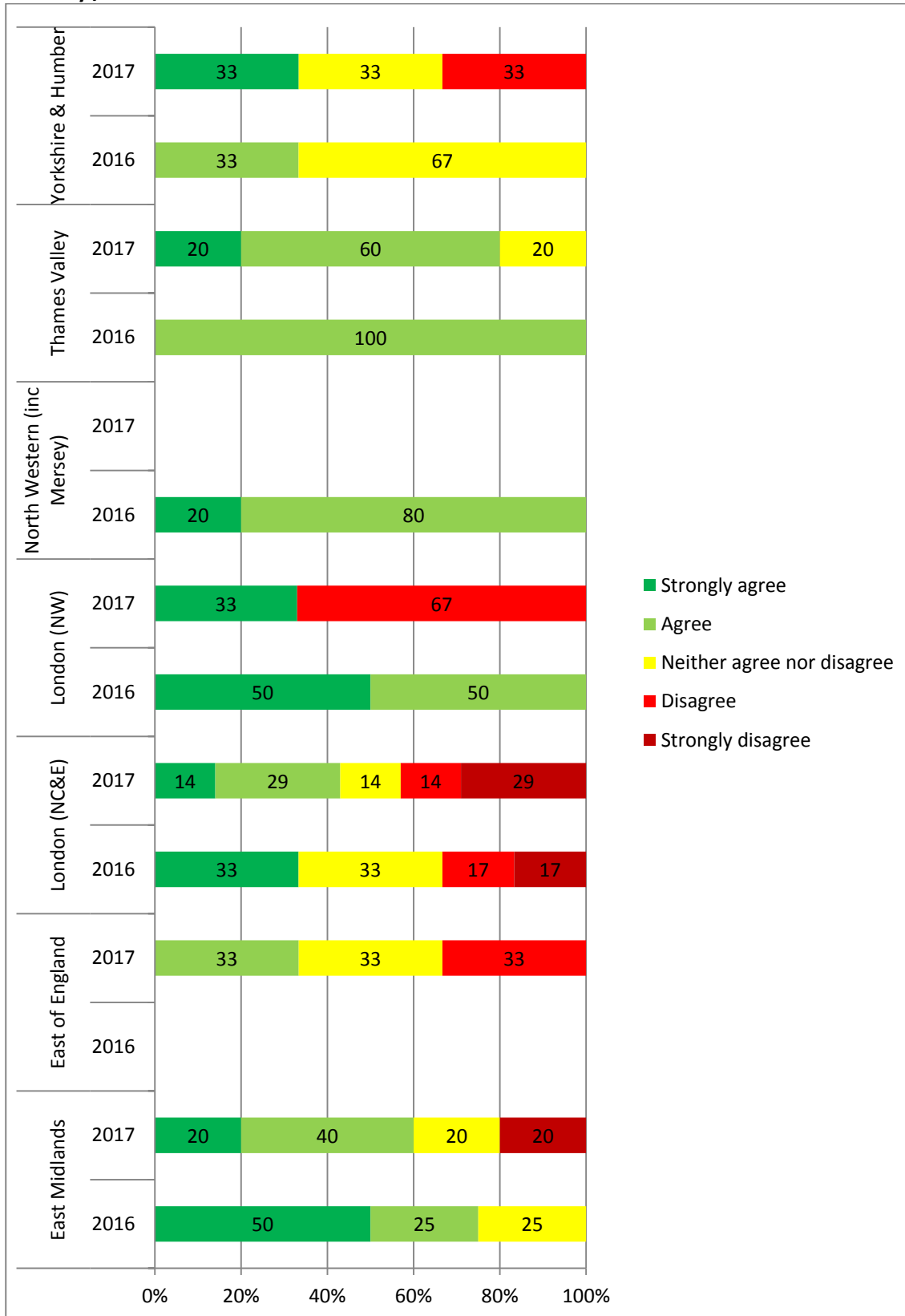
### All trainees



### Grade



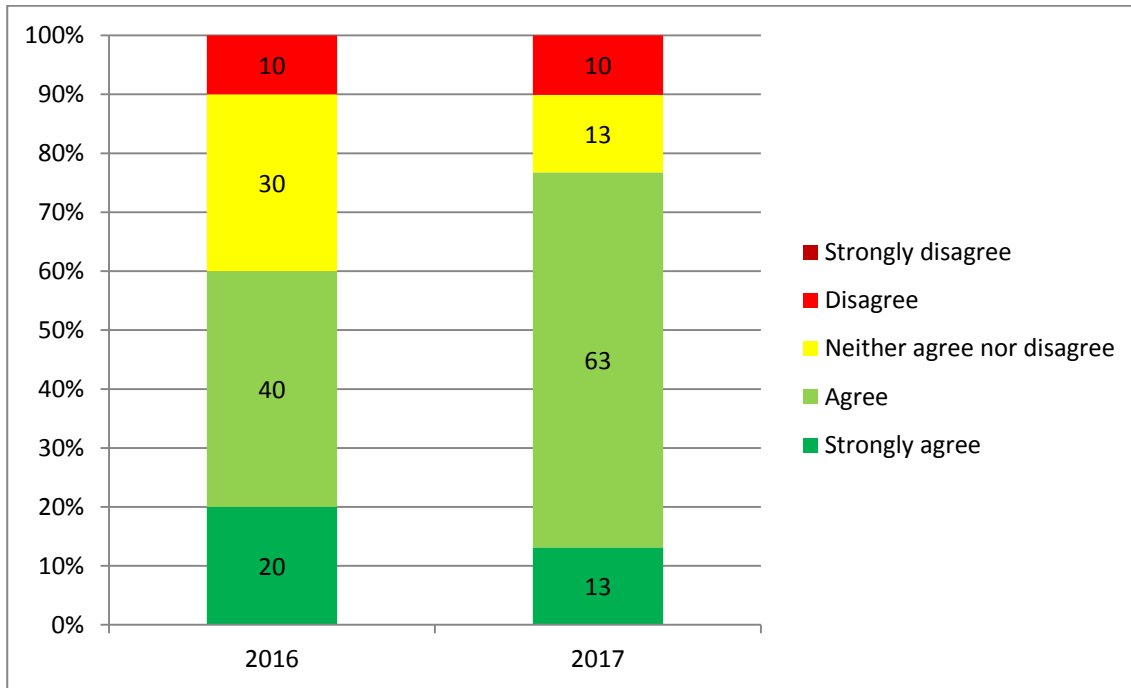
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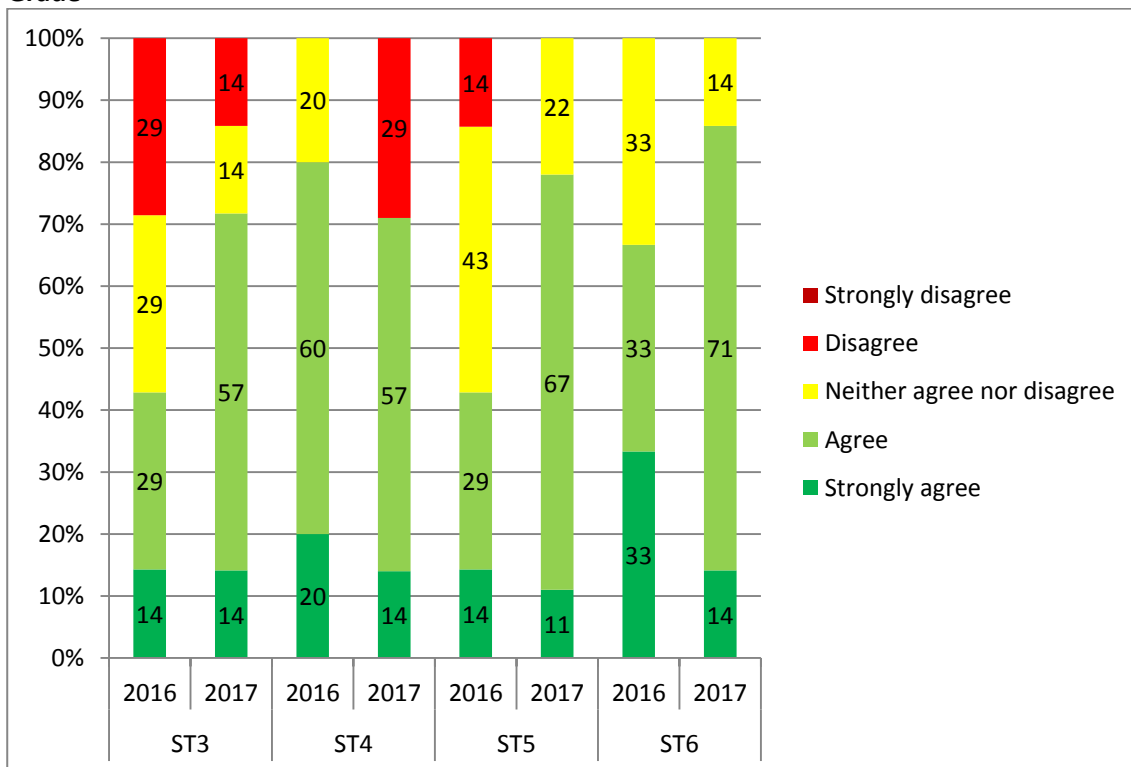
**Q10. I believe that the systems used to assess my knowledge and skills in SEM are appropriate and effective. (This question was presented to trainees of the following grades: ST3, ST4, ST5, ST6)**

**2016: n=30, 2017: n=30**

**All trainees**



**Grade**



## Deanery / LETB

