

Sports and Exercise Medicine capabilities in practice (CiPs) mapping to 2010 curriculum competencies

2010 curriculum competencies	Capability in Practice
<p>Principles of Quality and Safety Improvement To recognise the desirability of monitoring performance, learning from mistakes and adopting no blame culture in order to ensure high standards of care and optimise patient safety Knowledge Assessment Methods</p>	<p>CiP1 Generic CiP 1 and 4</p>
<p>History Taking To develop the ability to elicit a relevant focused history from patients with increasingly complex issues and in increasingly challenging circumstances. To record the history accurately and synthesise this with relevant clinical examination, establish a problem list increasingly based on pattern recognition including differential diagnosis (es) and formulate a management plan that takes account of likely clinical evolution Knowledge Assessment (also generic CiP 3)</p>	<p>CiP 2 CiP 3</p>
<p>Clinical Examination To develop the ability to perform focused, relevant and accurate clinical examination in patients with increasingly complex issues and in increasingly challenging circumstances To relate physical findings to history in order to establish diagnosis(es) and formulate a management plan (also generic CiP 3)</p>	<p>CiP 2 CiP 3</p>
<p>Therapeutics and Safe Prescribing To develop your ability to prescribe, review and monitor appropriate therapeutic interventions relevant to clinical practice including non-medication-based therapeutic and preventative indications</p>	<p>CiP 2 CiP 3 CiP 4 CiP 5</p>
<p>Decision Making and Clinical Reasoning To develop the ability to formulate a diagnostic and therapeutic plan for a patient according to the clinical information available To develop the ability to prioritise the diagnostic and therapeutic plan To be able to communicate a diagnostic and therapeutic plan appropriately Knowledge Assessment</p>	<p>CiP 2 CiP 3 Generic CiP 3</p>
<p>The Patient as Central Focus of Care To develop the ability to prioritise the patient's agenda encompassing their beliefs, concerns expectations and needs</p>	<p>CiP 2 CiP 3 CiP 4 CiP 5</p>
<p>Prioritisation of Patient Safety in Clinical Practice</p>	<p>CiP 1 CiP 2</p>

2010 curriculum competencies	Capability in Practice
<p>To understand that patient safety depends on the effective and efficient organisation of care, and health care staff working well together</p> <p>To understand that patient safety depends on safe systems not just individual competency and safe practice</p> <p>To never compromise patient safety</p> <p>To understand the risks of treatments and to discuss these honestly and openly with patients so that patients are able to make decisions about risks and treatment options</p> <p>To ensure that all staff are aware of risks and work together to minimise risk</p>	CiP 3
<p>Infection Control</p> <p>To develop the ability to manage and control infection in patients, including controlling the risk of cross-infection, appropriately managing infection in individual patients, and working appropriately within the wider community to manage the risk posed by communicable diseases</p>	CiP 1 Generic CiP 4
<p>Relationships with Patients and Communication within a Consultation</p> <p>To recognise the need, and develop the abilities, to communicate effectively and sensitively with patients, relatives and carers</p> <p>To recognise the fundamental importance of breaking bad news</p> <p>To develop strategies for skilled delivery of bad news according to the needs of individual patients and their relatives / carers</p>	CiP 2 CiP 3 CiP 4 CiP 5 Generic CiP 3
<p>Breaking Bad News</p> <p>To recognise the fundamental importance of breaking bad news</p> <p>To develop strategies for skilled delivery of bad news according to the needs of individual patients and their relatives / carers</p>	CiP 2 CiP 3 Generic CiP 3
<p>Exercise Physiology, Anatomy and Nutrition</p> <p>To develop a thorough understanding of the scientific principles underlying the practice of Sport and Exercise Medicine.</p> <p>To learn to work alongside exercise scientists in maximising athletic performance through the application of scientific knowledge.</p> <p>To develop a detailed understanding of the functional anatomy relating to athletic performance and injury. To develop an understanding of the nutritional requirements necessary to promote good health and sustain athletic performance</p>	CiP 2 CiP 3 CiP 4 CiP 5
<p>Public Health</p> <p>To develop the ability to perform a population health needs assessment and to develop strategies to promote and sustain physically active lifestyles, working in association with other relevant public bodies and</p>	CiP 6

2010 curriculum competencies	Capability in Practice
agencies. To develop the ability to initiate a health screening programme and to apply the results of this programme appropriately.	
<p>Primary Care</p> <p>To develop the ability to diagnose and manage common medical problems presenting in primary care. To develop the skills to tailor physical activity advice to individuals and groups, for both the promotion of good health and in the management of chronic medical conditions. To develop the ability to work effectively within a multidisciplinary team to improve patient care.</p>	<p>CiP 4</p> <p>CiP 5</p> <p>CiP 6</p>
<p>Effects of Illness on Exercise Capacity</p> <p>To understand how ill health impacts on an individual's ability to exercise and how exercise can be safely used as part of the management of chronic illness.</p>	<p>CiP 4</p> <p>CiP 5</p>
<p>Musculoskeletal Medicine</p> <p>General Pathology</p> <p>To learn to recognise the range of musculoskeletal pathologies that may mimic sports injury or which may present within the exercising population.</p>	<p>CiP 2</p> <p>CiP 3</p>
<p>Management of Soft Tissue and Sports Injuries</p> <p>To develop a thorough understanding of the aetiology, presentation and management of sports related injuries, both acute and chronic.</p> <p>To develop the ability to advise individuals and teams on safe training methods and on injury prevention strategies.</p> <p>To work with other medical colleagues such as surgeons and physiotherapists to effectively manage sports related injuries.</p>	<p>CiP 1</p> <p>CiP 2</p> <p>CiP 3</p>
<p>Radiology</p> <p>To develop a thorough understanding of the use and limitations of the range of imaging techniques utilised in the assessment of the injured athlete. To recognise the normal variants on imaging studies which can present in the athlete. Whilst not mandatory, it is recognised that some trainees may wish to develop more advanced skills in techniques such as diagnostic ultrasound and image guided therapeutic injections.</p>	<p>CiP 2</p> <p>CiP 3</p>
<p>Gait and Biomechanical Assessment</p> <p>To develop an understanding of the principles of human movement and gait, both normal and abnormal. To be able to perform a basic gait analysis and to advise on the appropriate use of sports equipment, including orthoses. To work alongside biomechanists and podiatrists to maximise athlete performance and in the prevention of injury.</p>	<p>CiP 2</p> <p>CiP 3</p>

2010 curriculum competencies	Capability in Practice
<p>Team Physician To learn how to work effectively within the multidisciplinary team to maximise athlete performance and in the prevention and management of sports related injuries. To recognise the use and limitations of pre-participation screening and the implications for the athlete of such programmes. To understand the legal and ethical guidelines for doctors working as team physicians and to work within these guidelines at all times.</p>	<p>CiP 1 CiP 6</p>
<p>Event Physician To develop the ability to carry out a full risk assessment for a sports event and to develop an appropriate action plan to provide medical care, consistent with the statutory requirements for such an event. To demonstrate the ability to take a leadership role within the medical team covering a sports event and to audit the effectiveness of medical support provided at sports events.</p>	<p>CiP 1 CiP 6</p>
<p>Specific Sports To develop an understanding of a range of team and individual sports and to gain expertise in treating athletes from different sporting backgrounds, becoming aware of the specific demands and injuries associated with these sports.</p>	<p>CiP 2 CiP 3</p>
<p>Medical Emergencies Head Injury and Concussion To develop the ability to recognise and manage appropriately the acute head injury in sport. To develop the ability to recognise and manage appropriately the sequelae of head injury in athletes and to advise on safe return to play following head injury.</p>	<p>CiP 7</p>
<p>Sudden Death in Sport To develop an understanding of the causes of sudden death in sport and to develop the ability to advise on screening programmes to detect those at risk of sudden death in sport. To be able to advise athletes and their relatives of the significance of any findings detected through screening programmes, particularly with reference to future participation in sport.</p>	<p>CiP 6 CiP 7</p>
<p>Resuscitation Training To develop the ability to provide emergency on-site treatment for the collapsed athlete. To provide leadership to the medical team providing emergency care for the collapsed athlete.</p>	<p>CiP 7</p>

2010 curriculum competencies	Capability in Practice
<p>Accident and Emergency Medicine To develop the ability to work as part of the medical team providing immediate medical care for all common acute injuries, especially those encountered in sport. To develop the ability to communicate effectively with colleagues in the immediate care of the acutely injured patient, and to consult with senior colleagues as appropriate to ensure optimum safe care of the injured patient.</p>	CiP 7
<p>Drugs in Sport To develop a comprehensive understanding of the use and misuse of drugs within the athlete population. To know the legal obligations of a doctor involved in the care of athletes with respect to drug use and to always work within this legal framework.</p>	CiP 1 Generic CiP 2
<p>Psychosocial Aspects of SEM To develop an awareness of the psychological and social factors that may influence an individual's ability to exercise or impact on athletic performance. To develop the skills necessary to communicate effectively with athletes and others wishing to adopt a physically active lifestyle, having due respect for their cultural and religious beliefs.</p>	CiP 1 CiP 4 CiP 5 CiP 6
<p>Investigations and Procedures To develop a comprehensive understanding of investigations commonly used in the assessment of the injured athlete and to be able to interpret the findings of these investigations appropriately to optimise patient care.</p>	CiP 2 CiP 3
<p>Spinal Injuries, Amputee Rehabilitation and Disability Sport To develop the ability to manage the medical problems and injuries commonly encountered in the disabled athlete.</p>	CiP 2 CiP 3 CiP 4 CiP 5
<p>Physical Activity in Special Groups To understand the unique physiological and anatomical characteristics of the female athlete, especially relating to training and the risk of injury during sports participation. To develop the ability to advise women on undertaking safe exercise programmes, including during pregnancy. To recognise the unique risks associated with excessive exercise in the female population. To develop an understanding of the effects that the ageing process and the presence of coexisting morbidities can have on an elderly individual's ability to exercise and take part in sport. To develop the ability to advise on safe exercise and sports participation for this age group.</p>	CiP 2 CiP 3 CiP 4 CiP 5

2010 curriculum competencies	Capability in Practice
<p>To understand the anatomical and physiological characteristics unique to the developing child and adolescent, and their relationship to athletic performance and the risk of injury.</p> <p>To develop the ability to apply this knowledge when advising this group on age appropriate levels of training and sports participation.</p>	
<p>Research, Statistics and Audit</p> <p>To develop the ability to develop a research proposal and to undertake research within the accepted ethical guidelines. To develop the ability to make the optimal use of current best evidence in making decisions about the care of patients.</p> <p>To develop the ability to construct evidence based guidelines and protocols in relation to Sport and Exercise Medicine practice. To develop the ability to perform an audit and to apply the findings appropriately to complete the audit cycle.</p>	<p>CiP 2 CiP 3 CiP 4 CiP 5 CiP 6 Generic CiP 5</p>
<p>Teaching and Presentational Skills</p> <p>To develop the ability to teach to a variety of different audiences using a variety of teaching tools appropriate to their learning needs. To be able to assess the quality of teaching. To be able to plan and deliver a training programme to a variety of trainees from different backgrounds using appropriate methods and assessments</p>	<p>CiP 1 Generic CiP 6</p>
<p>Medical Management</p> <p>To understand the structure of the NHS and independent healthcare sector. To be able to participate fully in the planning and delivery of healthcare and to understand the factors influencing the prioritisation of healthcare provision. To develop the management skills necessary to work effectively within the healthcare system to ensure optimal service provision to your patient population.</p>	<p>CiP 1 Generic CiP 1</p>
<p>Ethical and Medico-legal Aspects of Practice</p> <p>To understand and apply the principles, guidance and laws regarding medical ethics and confidentiality.</p>	<p>Generic CiP 2</p>
<p>Self-Directed Learning</p> <p>To develop a commitment to lifelong learning and ongoing professional development. To develop the ability to critically assess one's own learning needs and to incorporate these within a personal development plan which is continually updated throughout the trainees' professional career.</p>	<p>CiP 1</p>