

Feedback from the 1st British-Swiss students exchange!

BJSM – Swiss Junior Doctors and Undergraduate Perspective on Sport and Exercise Medicine Blog Series

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Foreword

Tey Pandya

At the 2017 BASEM Conference, we were delighted to meet again Justin Carrard, a junior doctor working in Switzerland and member of the SGSM/SSMS committee. Having met Justin previously at the 2016 USEMS National Conference in Manchester, we brainstormed about ideas to get more students to international conferences. After discussions within USEMS, BASEM, and the SGSM/SSMS, we agreed to send students from each country to each others annual conference with complimentary tickets and accommodation. Below are their accounts:

BASEM/FSEM Conference, October 2018

Anne Cornevin & Giuseppe Loggia

It is a great pleasure to see that connections between British and Swiss medical students are strengthened each year and that with these better connections comes the opportunity for students to have access to international Sports and Exercise Medicine conferences (SEM).



Figure 1: BASEM Conference dinner: it all starts with strong networks!

In 2018, BASEM invited one student from Zurich and one from Geneva to attend the 5th BASEM/FSEM (British Association of Sport and Exercise Medicine/Faculty of Sport and Exercise Medicine) annual conference. SEM is increasingly attractive and conferences that gather all the SEM community, as this one, are the perfect opportunity for students interested in this particular field to gain new knowledge and experience and forge international contacts with other passionate students and professionals.



Figure 2: Giuseppe Loggia at the practical ultrasound workshop.

Those two days in Leeds have been incredibly rewarding for us Swiss students. We saw the broad approach of SEM ranging from psychiatric to musculoskeletal (MSK) medicine and healthy lifestyle promotion. It was equally useful the long-term contacts that we made. The evening was about getting together at the dinner table, to exchange opinions and experiences with the British students and other attendees of the conference. We can definitely conclude that it was a great experience and that we are looking forward to the next meetings.

USEMS Conference, November 2018, Kings College London

Chloé Joray & Laurène Niederhauser

BASEM/USEMS also invited one student from Bern and one from Lausanne to take part to the UK National Undergraduate Sports & Exercise Medicine Conference 2018 in London. For both of us, it was our first meeting with the British Sports & Exercise Medicine. If SEM is well implemented in the UK, it is not the case in Switzerland yet. However, thanks to Junior & Students Doctors SGSM/SSMS (junior section of the SGSM/SSMS) and its Students Day, SEM is now a growing discipline among Swiss medical students. Nevertheless, this partnership between Switzerland and the UK is a great opportunity to exchange knowledge and experience in SEM between future doctors. Here after, we would like to share the following two points:

1) "Promoting physical activity in the population will not only help the improvement of health but could also save the planet!"

This was one of the main messages of Dr. Mike Loosemore (@doctorloosemore), the first speaker of the day. If we all know, that higher levels of physical activity correlates with better mood, decreased incidence of obesity, diabetes, stroke, cancer, osteoporosis and so on, how could physical activity promotion save the planet? By providing an equitable and safe access to mobility, we could reduce gas pollution generated by cars. Easy, no?

2) What to bring back to Switzerland?

During this day we also had the opportunity to listen to many other speeches on back pain, physical conditioning and furthermore. This conference showed us a brief overview of how wide SEM can be. Moreover, we got to see how the British SEM scene was organized. This journey made us think it could be interesting to reunite at our universities young students and qualified sport physicians to exchange about the development of SEM in our country.

Finally, this conference was an amazing experience and we are looking forward to pursue this exchange program and to get more and more students from Switzerland and United Kingdom visiting each others.

3rd Students Day & 1st Sportfisió & Swiss Sports Med Conference, November 2018

Alexandra Ross & Shona Kohlhardt

We were warmly welcomed by Chloé Joray, introducing us to the stunning Bern city landscape at night. In the fresh air we gathered and watched the famous light show "Le Petit Prince". This story reminds adults to look beyond the surface and find deeper meaning. Afterwards we shared a drink with members from the Swiss and European Sports Medicine societies.

3rd Student's Day

We joined 120 students at the third Students Day conference and were inspired by talks about exercise prescription, tendinopathy, team medicine and sport science theory. Speakers such as Tim Gabbett (Australian Sport Scientist) and Gil Rodas (Head of the FC Barça Innovation Hub, F.C. Barcelona Doctor) kindly shared their valued wisdom at both conferences.

After talking to speakers and students over croissants and coffee, we separated into practical sessions to explore sport psychology. We learnt how aggression can be both an instrumental tool against opponents, or hold a positive advantage during a competitive moment. Then we were hands-on in manual medicine and ultrasound workshops.

The day kept a healthy, fresh theme throughout, with small attention to detail; from water bottles at tables, large fruit bowls and fresh flowers around the room, to an active finish at Wankdorf athletics track for "Running Made Fun".



Figure 3: Students listening carefully to Dr. Gil Rodas from F.C. Barcelona.

1st Sportfisió & Swiss Sports Med Conference, Day 1

This year's Swiss Sports Medicine Conference had three firsts; the first time annual Sportfisió and SGSM conferences joined together, the first time it was held in English and the first time English Students were invited to participate. We signed in among 800 professionals from around the world, excited to learn new advances in Sports Medicine from world-renowned speakers.

The main themes were ‘Hip and Groin’ and ‘Load and Recovery’. The first day covered acute:chronic load ratio, overuse injuries, FAI syndrome and groin pain presentation, management and prevention. Afterwards everyone enjoyed an Apéro and perused the posters. With a view of the city and the bears, which Bern is named after, we enjoyed dinner with the organisers, German Clénin, Boris Gojanovic and Justin Carrard, and the presenters. We ended a fantastic night puzzled by a Swiss-German quiz!

1st Sportfizio & Swiss Sports Med Conference, Day 2

The 7am 5km run proved to be a great start to the day-watching the sun rising over the beautiful old town of Bern with the fellow conference attendees who weren’t feeling too fragile after the previous night. Feeling refreshed, we learnt about FAI, osteoarthritis, biomechanics and neuromuscular components of injury and rehabilitation, the importance of sleep and recovery (a glass of chocolate milk or cherry juice can go a long way) and the uses of social media. During the breaks we enjoyed networking and trialing a variety of sports medicine equipment (the zero-gravity treadmill was one of our favourites).



Figure 4: Musculoskeletal ultrasound workshop was on the program of this third edition of the Swiss Students Day too.

Key Learning Points

- Exercise prescription (FITT VP principle) is more efficient provided as a written prescription
- Sports Medicine, Science and Physiotherapy are all integral to each other
- Athletes should look at their acute and chronic workloads to prevent injuries
- Groin injuries should be identified and treated early
- Small biomechanic variations can cause and treat pain
- The Nocebo effect, can disadvantage patients if they expect pain.

At the end of the experience we both left Switzerland, taking note from the Petit Prince, with a deeper understanding of Sport and Exercise Medicine and admiration for how friendly and helpful our hosts had been. We are inspired how Switzerland, a country without an individual Sport Medicine Specialty, organizes successful international conferences. We feel deeply grateful for this experience and look forward to applying our new knowledge and hope to one day work alongside the people who inspired us.