

in this issue >>>

- Words of Wisdom
- Spotlight on.....
- SASMA Roadshow
- Regional Feedback
- SAJSM
- Events Calendar
- SASMA & Olympics/Paralympics
- IFSEMC Save the date



S A S M A
SOUTH AFRICAN SPORTS
MEDICINE ASSOCIATION

Issue
THREE
2021

A Quarterly Insight

on the move...



current topics >>>

Words of Wisdom

Thank you to everyone that arranged and/or supported our very successful Roadshow.

We have one more event on concussion scheduled for 19 October.

It is the time of year where many of us feel as if our energy levels need a booster. It is however also a time that many of us celebrate and reflect on achievements like graduation, completing exams and finalising successful practice outcomes or research outputs.

I wish you a blessed Festive Season with your loved ones and a prosperous 2022!

*Prof Christa Janse van Rensburg
President*

*For more information visit our website
www.sasma.org.za or join us on Twitter
@SASMA_ZA*

SPRING IS IN
THE AIR.....





SPOTLIGHT ON.....

Barry Getz
EXCO Member – Central Gauteng



Barry Getz is a registered physiotherapist, based in Johannesburg, South Africa. For more than 20-years he has practiced within the field of orthopaedics and sports medicine. During this period, Barry has been affiliated with the treatment and rehabilitation of numerous international and local sporting athletes & teams.

Barry has a special interest in the lumbo-pelvis-hip complex & lower limb injuries. Over the past decade, Barry has established principles for hip and groin rehabilitation following surgical intervention, both in South Africa and internationally. He has published and presented both internationally and locally.

Barry is an active member of:

- Health Professions Council of South Africa (HPCSA)
- South African Society of Physiotherapists (SASP)
- The International Society for Hip Arthroscopy (ISHA)
- The South African Hip Arthroscopy Society (SASHA)
- The South African Sports Medicine Association (SASMA)
- Executive member of SASMA representing central Gauteng

Contact Barry Getz:

- barry@physiosport.co.za
- <https://physiosport.co.za/>

SASMA ROADSHOW – 4 September 2021



Management and Recognition of Sudden Cardiac Arrest in Athletes: Are We More Concerned from COVID - 19

ROADSHOW

Date: Saturday 4 September 2021

Time: 08:45 (CAT)

CPD points: 3 General 1 Ethics



BREAKAWAYS

- ✓ Highs & Lows from Tokyo
- ✓ COVID-19: RTP/Effect on exercise performance/Optimising respiratory performance
- ✓ AND MUCH MORE!

Keynote: Prof Jon Drezner

- ✓ Dept of Family Medicine & Medicine Center Sports Cardiology UW
- ✓ Editor-in-Chief BJSM
- ✓ Team doctor Seattle Seahawks , OL Reign & UW



We are thrilled to report that the Roadshow was a **huge success** and we owe this success in part to you who registered for the event! Delegates found the entire program to be informative, educational and of the highest standard.

Here is some of the feedback:

"Good topics and well presented"

"Great learning with content as well as interaction with questions"

"All presenters were extremely knowledgeable and presented their topics in an interesting way"

"There was enough time to get through the Q & A which was great"

"Good knowledge for medical professions working in sport"

"All topics were relevant in the current climate of the Covid pandemic with relevant information for athletes and the general population alike"

Here we go >>>>

REGIONAL PROGRAM

KZN

ONLINE

- Dr Phatho Zondi
11:00-11:35
Tokyo Q&A

- Dr G Hagemann
11:40-12:15
A Brief Peak Into The
Future of Sports and
Exercise Medicine

- Dr JC Koenig
12:20-12:55
Surfing injuries



FEEDBACK FROM THE ORGANISER

-The KZN sub-section of SASMA hosted a roadshow with three outstanding topics.
-Dr Phatho Zondi, Sarah Ferguson and Avilarsh Lukhan gave some valuable and insightful feedback from Tokyo 2020 and their experiences concerning the uniqueness of the games and the challenges surrounding Covid-19 protocols, the heat and traveling across multiple time zones.
-Thereafter Dr Glen Hagemann talked through the future of sports medicine and current research in genomics and its application in current clinical practice. This was an incredible insight and peek into the future!
-Dr JC Koenig then gave us a unique Durban talk and we zoned in on surfing and the injuries seen in these athletes. This was a welcome paradigm shift and a talk we all enjoyed and found very interesting!
Many thanks to all who attended and a special thanks to the presenters.

CENTRAL GAUTENG

ONLINE

-Dr Georgia Torres
11:00 – 11:45
Exercise – The power
of cross-organ talk

-Dr Mark Blair

-Steve Murray

-Nicole du Preez

-Dr Nikki Rains
11:45 – 13:00
Panel discussion: The
implementation of
Physical Activity
assessment in a clinical
setting- Barriers and
Opportunities



- The topics were well accepted and offered an alternative approach into the diversity of sports medicine.
-The topics included a glance into the communication between organs within the human body via hormones and what the future holds in terms of physiology and exercise medicine.
-This was followed by an excellent insight how a medical team approach together with patient feedback may provide value added benefits into patient care.

EASTERN CAPE

ONLINE

-Dr Ade Wentzel

11:00 – 12:00

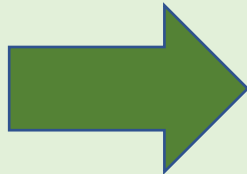
The role of NAD+ metabolism in the pathophysiology and treatment of Long Covid – 19

-Dr Conrad von Hagen & Mr Nadus Niewoudt

Dr Ade Wentzel

12:00 – 13:00

Panel discussion:
Return to sport/exercise after Covid and the effect of long-covid on return to sport



-Very successful day and well received by participants.
- Topics discussed were in line with the Covid 19 pandemic still looming over our heads.
-Interaction with questions and answers worked well.
-Great thanks to the speakers and the organizing committee!

GAUTENG NORTH

ONLINE

-Kelly Muller

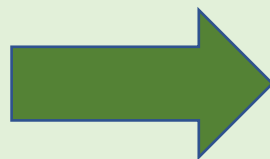
11:00 – 12:00

The effects of COVID-19 on exercise performance in athletes.

-Samantha Holtzhausen

12:15 – 13:00

Optimising respiratory performance in athletes



-It was a fantastic day which was well received by many!
- We had two very insightful talks from speakers with a wealth of knowledge in their field of expertise.
-Most pleasing was the participation and enthusiasm from a variety of health care professionals from the region.
-Many thanks and well done to the organisers of the event!

WESTERN CAPE & BOLAND

ONLINE ONLY

Host : Dr J Kirby

-Dr Leigh Gordon

11:00 – 11:30

Post-Covid: the unexpected cardiac responses in GRTP (Graduated Return to Play)

-Dr Adrian Horak

11:30 – 12:00

Post-Covid referrals from a Cardiologist's perspective

-Sam Holtzhausen

12:00 – 12:15

Optimising respiratory performance in athletes after Covid-19

-Nadia Clenzos

12:15 – 12:30

Covid-19 Graduated Return to Play Protocol in an Elite Sport Setting: A Physiotherapist's Perspective

-Dr Amanda Claassen Smithers

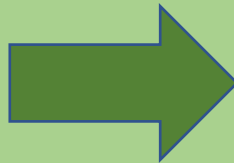
12:30 – 12:50

Top 10 Trending Nutrition Research Articles 2019 – 2021. From latest on treatment of COVID, to caffeine, red wine and CVD risk, intermittent fasting, the ketogenic and blood type diets.

Panel discussion

12:50 – 13:00

-Despite the difficulties of the pandemic and not being able to attend our SASMA conference in person, the 2021 online roadshow was a great success.
-With internationally renowned keynote speakers, and breakaway provincial presentations all done remotely, it was not business as usual in terms of a regular conference setup.
-Nonetheless, the presenters delivered best evidence high quality content, specifically in relation to athletes in the current pandemic climate.
- A day of learning thoroughly enjoyed by all.



WE ALSO WANT TO THANK OUR SPONSORS FOR THE EVENT!!



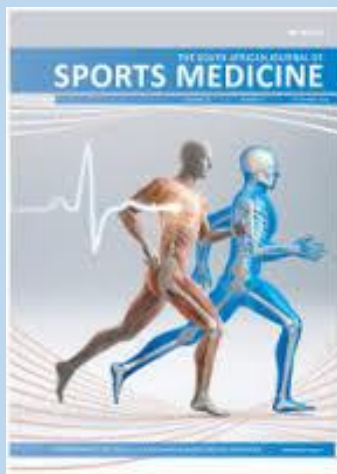
SOUTH AFRICAN JOURNAL OF SPORTS MEDICINE

New papers in the South African Journal of Sports Medicine are posted as soon as they have gone through the peer review process and have been accepted for publication. By joining the mailing list or following the journal on Twitter- @SAJsportmed- members get notified as soon as a paper is published. The papers are free to download.

The South African Journal of Sports Medicine is already accredited by South Africa's Department of Higher Education and Training. This enables researchers at South African institutions to get a research subsidy following their publication in the journal. The journal is also registered in the African Journals Online database (AJOL), a platform of African-published scholarly journals. This database hosts 527 journals. The South African Journal of Sports Medicine is also hosted by the Directory of Open Access Journals (DOAJ), which includes 16 489 journals from 126 countries in its database.


SABINET is another database which includes the South African Journal of Sports Medicine along with about 500 journals. Sabinet provides a searchable, collection of full-text African electronic journals. SciELO South Africa is an open-access searchable database of selected South African scholarly journals. The SciELO SA collection is indexed in the SciELO Network Global Portal. This greatly enhances the visibility of the papers in the South African Journal of Sports Medicine. All SciELO journals appear on the Web of Knowledge (WoK) search portal within the SciELO Citation Index.

The South African Journal of Sports Medicine is waiting for the outcome of the review for accreditation by the Web of Science. This is a lengthy process as the review considers historic and current publications. Once this happens the journal will be raised to the next level, which will attract more good quality papers. The editorial board is cognisant of the fine balance between quality and quantity of manuscripts. This explains why about 50% of the submitted manuscripts do not get published for not reaching the standard expected in the journal.



Events Calendar

| Event | Link | Dates |
|---|--|-----------------------------------|
| SASMA conference in collaboration with LTMIC, PASHDA and SASB | www.sasma.org.za https://www.biokineticssa.org.za/professionals/events https://biomechsa.wordpress.com/ | POSTPONED to October 2022 CSIR |
| Neuroflex webinar | https://us02web.zoom.us/webinar/register/WN_N1o8djwFRv6febVfCxtg | 19 October 2021 |
| IOC Prevention Conference, Monaco | https://ioc-preventionconference.org | 25- 27 Nov 2021 |
| Turkish Sports Medicine Congress | https://icsm2021.org/ | 3-5 Dec 2021 |




The Neuroflex –utilizing objective vestibular-ocular motor screening (VOMS) assessments for concussion identification and management

Webinar

Cost: Free

Date: Tuesday 19 October 2021

Time: 18:30 – 20:00 SAST

CPD points: 2

Registration link:
https://us02web.zoom.us/webinar/register/WN_N1o8djwFRv6febVfCxtg



Dr Henrietta Galiana

Professor Emerita: Department of Biomechanical Engineering from the University of McGill



Website: www.sasma.org.za

Facebook:

Twitter: @SASMA_ZA

IOC Prevention Conference 25 – 27 November 2021



Turkish International congress of Sports Medicine



SASMA AND THE OLYMPICS/PARALYMPICS

The fact that both these events took place in 2021, speaks to the challenges everyone involved in the Games had to face to get that point. It also speaks to the overcoming of these challenges. The Games itself also reminded us, that beyond overcoming, we can also excel. In the game of sports medicine and the athlete/para-athlete, indeed, SASMA has excelled. The goal of this article, is to highlight some of the work from Team SASMA.

Dr Phathokuhle Cele Zondi (Past President, 2015 - 2017) is Chair of the Medical Advisory Commission for the South African Sports Confederation and Olympic Committee and Team Doctor, and was in Tokyo with Team SA.

Recently, Professor Jon Patricios (Past President 2009 – 2011 | 2013 – 2015) and Nick Webborn published an editorial in the British Journal of Sports Medicine titled "Prioritising Para athlete care" (1). In the article, Jon and Nick propose four key interventions, abbreviated to the acronym CARE, that may elevate the standard of sport and exercise medicine for athletes with disability. The four interventions are - Collaboration and integration, Adaptation, Research, and Education.

For further reading on the interventions, see <https://bjsm.bmj.com/content/55/10/529>

Undeniably, a leader in the field, Prof Wayne Derman (Past President 1997-1999), has published a number of papers on the para-athlete and the Paralympics. Two recent articles are highlighted here: -

The first is a consensus document titled "Para sport translation of the IOC consensus on recording and reporting of data for injury and illness in sport" published in the the British Journal of Sports Medicine (2). The aim of the consensus is to guide the Para sport researcher through the complexities and nuances that should be taken into consideration when collecting, registering, reporting and interpreting data regarding the para-athlete health.

For further reading on the consensus document, see https://bjsm.bmj.com/content/early/2021/04/14/bjsports-2020-103464?utm_campaign=bjism&utm_content=consumer&utm_medium=cpc&utm_source=trendmd&utm_term=usage-042019

The second paper, is an original study published in the Journal of Science and Medicine in Sport, titled "Promotion of Para athlete well-being in South Africa (the PROPEL studies): Profiles and prevalence of psychological distress" (3). The aim of the study was to describe mental health concerns of a representative sample of South African para-athletes. The authors surveyed 125 participants and found a high prevalence of psychological distress and anxiety among South African para-athletes, compared to the general population.

For further reading on the consensus document, see <https://www.sciencedirect.com/science/article/pii/S1440244020308719>

Wayne was also in Tokyo with Team SA.

References

1. Patricios J, Webborn N Prioritising Para athlete care British Journal of Sports Medicine 2021;55:529-530.
2. Derman, W., Badenhorst, M., Blauwet, C., Emery, C. A., Fagher, K., Lee, Y. H., ... & Weiler, R. (2021). Para sport translation of the IOC consensus on recording and reporting of data for injury and illness in sport. British journal of sports medicine. Online first.
3. Badenhorst, M., Runciman, P., Brown, J. C., Swartz, L., & Derman, W. E. (2021). Promotion of Para athlete well-being in South Africa (the PROPEL studies): Profiles and prevalence of psychological distress. Journal of Science and Medicine in Sport. Online first.



SAVE THE DATE



**INTERNATIONAL FESTIVAL OF
SPORTS EXERCISE & MEDICINE
CONFERENCE 2021**

29 SEPTEMBER
TO 2 OCTOBER
2022

CSIR INTERNATIONAL
CONVENTION CENTRE
PRETORIA

A JOINT CONFERENCE



IFSEMC2021.CO.ZA

final thoughts...

A positive atmosphere nurtures a positive attitude, which is required to take positive action!



Forthcoming attractions >>>

Next issue: Feb 2022

Neuroflex webinar – 19 Oct 2021

International Festival of SEM Conferences:
POSTPONED to 29 September 2022, CSIR,
Pretoria

Contact us

☎ 012 3353734/
0725639197

Website: www.sasma.org.za

Address:
668 Corelli Avenue
LES MARAIS
Pretoria
0084

✉ admin@sasma.org.za



@SASMA_ZA

LinkedIn

<https://linkedin.com/company/the-south-african-sports-medicine-association-sasma/?viewAsMember=true>

**New Social media
platform**

LinkedIn