



## **E.F.S.M.A. Council of Delegates**

*Antalya (TUR), 16<sup>th</sup> October 2009 – h.14.00*

### **MINUTES**

Note : “The minutes will be submitted for approval to the Council of Delegates in Salzburg on 2011.”

#### **EFSMA ACCREDITED SPORTS MEDICINE CENTERS - REQUIREMENTS FOR REGISTRATION**

Prof. Natsis on behalf of the Commission reported on the draft document and the comments from the members.

Consequently, the final draft to be submitted to the next Council of Delegates was presented as follows:

<p style="text-align: center;"><b><i>Requirements for registration as a licensed “EFSMA Accredited Sports Medicine Centre“</i></b></p>
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***Aim :*** In order to assure a high quality and standard training program and service in sports medicine institutions in European countries, there is a need to provide an accreditation protocol approved by EFSMA. A set of qualifications listed below are expected to be fulfilled by applicant institutions. ***EFSMA IS NOT RESPONSIBLE FOR ANY ISSUES WHICH IS AGAINST THE LAW AND MEDICAL ETHICS***

***1.1*** EFSMA Accredited Sports Medicine Centre must be recognised by the National Bodies responsible for the training in Sports Medicine. A list of recognized EFSMA Accredited Sports Medicine Centre may be issued by the National Bodies. If these institutions meet the requirements provided in Chapter 6 of the UEMS Charter on PGT, they will be recognised by the UEMS MJC on Medical Doctor specialized in Sports Medicine and upon submission by EFSMA.

***1.2*** EFSMA Accredited Sports Medicine Centre should be directed by a doctor, who is a specialist in sports medicine (or equivalent qualification in the Countries where the specialization is not offered by the health care/university system), recognized as a trainer by the National Bodies, responsible for a team comprising of professionals allied to medicine, including physiotherapists, sport scientists, nutritionists and psychologists. Consultant physicians (cardiology, orthopaedic surgery and/or physical medicine and rehabilitation) should be available.

*Administration support by skilled personnel should be provided.*

***1.3*** EFSMA Accredited Sports Medicine Centre should constitute one or several facilities within a restricted area to allow easy access and preferably be placed within or associated with a public and private university hospital or major hospital with adequate support services to provide an optimal training environment. This includes training programmes for other clinical specialties allowing easy access to interdisciplinary consultation. The institution

should provide access to library and scientific literature. Occasionally, periods of training may be undertaken in one of the Sports Medicine Centres approved by EFSMA..

EFSMA Accredited Sports Medicine Centre should contain the facilities to perform diagnostic assessments, functional investigation and measurement, and treatments relevant to the discipline.

**1.4 EFSMA Accredited Sports Medicine Centre will set up a programme for quality management**

**1.4.1. EFSMA Accredited Sports Medicine Centre should follow UEMS Sports Medicine MJC Core Curriculum and keeps log books for training.**

Note : It is suggested ideal that the number of trainees in any one unit does not exceed the number of available medical doctors specialized in Sports Medicine. In countries developing the speciality transitional arrangements may exist.

**1.5 EFSMA Accredited Sports Medicine Centre will meet national standards and will have access to the following facilities and equipment:**

(a) A fully equipped and staffed outpatient department for consultation with athletes and patients. Equipment should be available for diagnostic and therapeutic procedures.

(b) Relevant laboratory resources

(c) Conference facilities for tutorial sessions.

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**Equipment (“M” = mandatory, “O” = optional) MO**

- High-performance ergometer- adjustable: +
- The front end as well as the saddle of the bicycle-ergo-meter has to be adjustable in horizontal and vertical direction to achieve an ideal position. Furthermore suitable pedals (clips) are required to guarantee optimum function even with maximum load.
- Ergometer for anaerobic tests, +
- Rowing ergometer +
- Treadmill, minimum length (1.80 m) +
- Ergospirometric device +
- Portable ergospirometric devices (telemetry or memory) +
- Echocardiography +
- ECG, exercise ECG with 12 leads (continuously or screen) +
- Long term ECG (Holter) +
- Gait- and motion analysis +
- Standardised dynamometer +
- Spirometer (VC, FVC, Flow-Volume Curve) +
- Mechanical and/or electronic devices for body- fat/free fat body mass measurement +
- Anthropometric measurement equipment
- X-ray and ECHO +
- Cooperation with an X-Ray department for, CT, MRI e.g) +
- Long term blood pressure monitoring +
- Isokinetic devices (diagnosis and/or therapy) +
- Balance measurement device +
- Contact mat measuring device +
- Photocell units +
- Lactate measurements/analysis devices +

The lactate measurement, which is necessary for controlling training and performance diagnosis must be carried out with a top quality device providing results not affected by hematocrit variance of temperature and be of similar standard like devices presently available

- internet access +
- Software for interpretation of exercise tests and for planning training programs +

Sports-medical data must be controlled by a medical doctor assisted using suitable software. In any case it is mandatory to specify by a software.

By law : The equipment of an Exercise/Human performance laboratory must include an **emergency kit** (for intubations, artificial respiration, suction tubes, suitable medicaments) and a **defibrillator**.

### **RECOMMENDED UNITS AT THE CENTRE**

#### **A) SPORTS INJURIES UNIT –**

- 1- Polyclinic examination (especially for preparticipation screening) room 1-2 spaces
- 2- Examination rooms and first aid room - casting - taping – bandaging (2-3 spaces)
- 3- Imaging room (x-ray) in case there is a hospital in close vicinity not necessary(optional)
- 4- Echography (ultrasonography) room(optional)
- 5- Massage room (optional)

#### **B) FUNCTIONAL EVALUATION UNIT -**

#### **C) SPORTIVE REHABILITATION UNIT -**

- 1- Electrotherapy : gold standart
- 2- Exercise devices : gold standart ,
- 3- Hydrotherapy : gold standart

#### **D) General Units -**

- 1- Registration and waiting lounge
- 2- Changing rooms, showers and toilets
- 3- Archive
- 4- Logistic spaces
- 5- The centre must have all the facilities suitable for individuals with dissabilities.

### **2. Classification criteria**

SIZE....	A	B	C
a) Number of patients per year	Up to 2000	2000-4000	More than 4000
b) Number of staff (including physicians, physiotherapists, sport scientists, nutritionists, psychologist)	Up to 10	10-20	More than 20
c) Number of founded projects	-----	1	More than 2

<i>per year</i>			<i>recommended</i>
<i>d) Number of publications per year (international and in peer reviewed journals)</i>	<i>Minimum 1</i>	<i>Minimum 2</i>	<i>Minimum 3 recommended</i>
<i>e) Extracurricular activities (meetings, courses, symposiums, congresses etc)</i>	<i>-----</i>	<i>Minimum 1</i>	<i>Minimum 2 recommended</i>
<i>f) Number of trainees</i>	<i>Minimum 1</i>	<i>Minimum 2</i>	<i>Minimum 4 recommended</i>
<i>h) Training institution status</i>	<i>Approved by National Body concerned</i>	<i>Approved by National Body Concerned</i>	<i>Approved by National Body concerned</i>

### **3. Additional qualifications for EFSMA Accredited Sports Medicine Centre**

- a) Contracts/cooperations with leading sports federations*
- b) Contract/cooperations with a training centre (Olympic Sports Centre and others)*
- c) Cooperation with Anti-Doping Organisations (WADA, IOC, NADO)*

### **4. Procedure of Registration / Licensing by EFSMA**

- a) The aforementioned requirements/qualifications are being checked and biannually revised by the the special committe and approved by EFSMA EC.*
- b) The decision about registration as an EFSMA Accredited Sports Medicine Centre or withdrawal/suspension of licence is taken by the EFSMA EC.*
- c) The licence as an EFSMA Accredited Sports Medicine Centre is granted for the duration of two years and can be extended upon renewal application.*
- d) Sports Medicine Centres may be visited according to UEMS Charter on visitation of training Centres or by EFSMA members for assuring the highest quality in postgraduate and continuing education.*
- e) The license fee is 500 EUROS for catergy A, 1000 EUROS for catergy B, 1500 EUROS for catergy C for two years .*