

ELECTIVE (SSC5a) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

I have completed an 8 week elective programme with the European Tour Group/DP World Tour, The R&A, and the University of Edinburgh. The European Tour Group is the body responsible for the delivery of the premier golfing leagues across Europe, with the DP World Tour constituting the highest rung of that ladder; they are broadly comparable with the English Football League and the Premier League respectively. The R&A is the international governing body for golf; the equivalent of FIFA for football.

Working with senior colleagues from these renowned institutions has facilitated a much more holistic understanding of the role of medical staff within a global sport than working within a single organization. During the last 2 months I have experienced the provision of medical services at major international sporting events for men's, women's and disability golf; planning of mass gatherings at events, such as the 150th Open in St Andrews; the role of local, national and international policy makers in health promotion and illness prevention; the collaborative efforts of research colleagues to further understanding of the benefits and risk of golf, sport and physical activity. Such a breadth of exposure would not have been possible if working with only one institution.



The Belfry during the British Masters 2022, an international golf tournament hosted annually.

The core activities of my elective have included:

- Co-authored, developed and delivered First Aid at Work and CPR training sessions for staff of the European Tour Group, which received excellent feedback from attendees
- Authored and worked with senior research colleagues to refine a systematic review titled 'Biomechanical Parameters of The Golf Swing Associated with Lower Back Pain: A Systematic Review'
- Assisted with the production of a document summarising golf's contribution to health for the World Health Organization's Physical Activity team

- Contributed to a scoping review on inclusion and exclusion criteria for golf as a prescribed physical activity programme
- Assisted development, delivery and advertisement of a Heart Health Screening Service on behalf of Cignpost Diagnostics
- Attended meetings with senior policy makers from golf, public health and the Scottish Government
- Shadowed and assisted delivery of medical services at International Men's, Women's and Disability golf events
- Delivered a presentation on Golf and Health to students from the University of St Andrews Sports and Exercise Medicine Society
- Observed and assisted medical services in Premier League football at Burnley FC

These activities represent excellent learning opportunities, not typically encountered during core medical study. I believe they satisfy, and indeed surpass, the core objectives laid out ahead of my elective.

One of the core themes of the objectives outlined for my elective was to further my understanding of the health benefits of sport and physical activity, and in particular golf. Much of my work has focussed on the production of resources that summarise the available evidence, and spread the message of the importance of physical activity. This has included the production of a document outlining the impact of golf according to guidance set out by various international bodies, including the UN and the WHO, and resources to be used by colleagues in golf that summarise the key benefits of golf participation. Producing these resources has engrained core knowledge on the benefits of physical activity, knowledge which does not currently constitute a core focus of medical school curricula. It has also facilitated some exposure to the world of international health policy and governance, another area not ordinarily encountered during core medical study. I have found this to be of particular interest, and anticipate health promotion through sport and exercise will become a focus of my future work. The process by which research actually leads to the development and implementation of policy took some time to understand, and I don't claim to have completely understood it even now, but I expect this to be valuable experience that will help make my future work more impactful.

Another goal specified during the planning stages of my elective was the furtherment of my speciality-specific sports and exercise medicine skills. Specifically, I had anticipated the chance to build on basic examination skills from medical school, and begin to learn more advanced techniques, such as the use of ultrasound scanning and advanced MSK examination. I had opportunities for this, and am pleased with the continuing progress of my clinical skills, but during my elective it became clear that other skills would be more valuable to me at this stage in my career. For instance, expert diagnostic examination of hand and wrist injuries are reliant on experience and knowledge I will accrue throughout my forthcoming foundation, core and speciality training; attempting to master such skills at this stage would be trying to run before I can walk.

Instead, a great proportion of my time was spent on improving my research capabilities. Specifically, this involved converting my SSC4 dissertation, titled 'Biomechanical Parameters of The Golf Swing Associated with Lower Back Pain: A Systematic Review', into a manuscript of sufficient quality to submit to a peer-reviewed journal, and conducting the preliminary stages of a scoping review with colleagues from the University of St Andrews. Whilst not something I had planned to be a core focus of my elective, I believe these projects have been invaluable. The skills I have gained from working

with senior research colleagues will be useful for the duration of my career, and the publications I hope to eventually gain from the work produced will be highly supportive of future speciality training and job applications. It is also a process I have found hugely satisfying, and as a result, I plan to ensure research constitutes a significant part of my future practice. Without this elective, I may not have made this realisation for some time to come, and I am very grateful that the opportunity has come at such an early stage in my professional development.

The chance to meet and speak with colleagues at all stages of the SEM pathway has been a highlight. They have all been welcoming, supportive and helpful at every turn. I feel I have a much better understanding of what the upcoming years of my training will constitute, and how I can ultimately achieve my goal of a long and fruitful career in SEM. I am deeply grateful to everyone I met during my elective for their words of encouragement and guidance. Seeing the collaborative environment within SEM has gone a long way to reassure me that this will be an enjoyable, fulfilling field in which to work.

In summary, my elective with the European Tour Group, University of Edinburgh and R&A has been both enjoyable and hugely productive. I have gained skills and experience across an array of domains, including clinical, research and strategy. Much of this was unanticipated, but I believe has been an excellent addition to the core objectives outlined above. Spending more time within the environment of sport and exercise medicine has deepened my understanding of what a career in the field will constitute, and furthered my resolve to continue building a portfolio towards speciality application for SEM in ST3. I am incredibly grateful to Dr Murray for his ongoing support and guidance, without which none of the above would have been at all possible.