Doctors' understanding and views on Sports & Exercise Medicine (SEM) as a specialty

Research project - Dr James Ooi (ACSEP registrar)

* Required
Participant Information and Consent Form

Invitation
You are invited to take part in research study about Doctors’ understanding of sports and exercise medicine as a specialty. This Participant Information and Consent Form (PICF) tells you about the study, what information we are collecting and what we are asking of you. This information is to help you decide if you want to take part in the study or not. Please read this information carefully. Ask questions about anything you don’t understand, or you want to know more about. Before deciding whether or not to take part, feel free to talk about it with someone.

What is the purpose of this study?
1. Characterise non-SEM medical practitioners’ understanding of, attitudes regarding and collaboration with SEM as a specialty
2. Identify knowledge gaps and logistical barriers limiting collaboration between peer specialties and SEM

Why am I invited to participate in this study?
As a registered medical doctor, you fall into the target participant demographic for this study. We are interested in and value your opinions on sports and exercise medicine as a specialty.

What does this study involve?
This study involves completing a short online questionnaire, that takes around 5 minutes. Response data will be analysed to detect prevailing opinions and notable trends.

What are the possible benefits?
We cannot promise any benefits from this research, however we hope that based on the results we will be able to make suggestions for a distinct definition of SEM as a specialty, ways to address misconceptions and optimise delivery of SEM-related healthcare in the community.

What are the possible risks?
It is highly unlikely that there will be any risk to you if you decide to take part in this study. Other than the time it takes complete you will not be inconvenienced as a result of this project.
It is not anticipated that you will experience any level of physical or emotional discomfort as a result of being part of this study. If you do get distressed as a result of being a part of this research, contact Dr James Ooi (contact details listed below). The researcher will be able to arrange for counselling or other appropriate support.

Do I have to take part in this study?
Taking part in any activity requires your consent. By signing a consent form, you agree to the research team collecting and using data that you provide. Consent means you (a) understand the information in this PICF, (b) have had opportunity to ask questions and are satisfied with answers you received, (c) understand the purpose, procedures and risks of the study as described in this document, and (d) freely agree to participate in this study as described and understand that you are free to withdraw at any time without this affecting your future relationship with your health service.

What will happen to information that I provide?
By saying you agree to being part of the study, you consent to the research team collecting and using the information you tell us. This information will only be available to the research team. Any information collected in connection to this study that could identify you, will remain confidential. Information will be kept at Ballarat Orthopaedics & Sports Medicine in a password protected electronic format. After 7 years, the information will be destroyed. Results from this study will be published and presented in a variety of forums. Information will be presented in a way that you cannot be identified. The information you share with us may be used to develop other research projects, provided they have ethical approval.

What if I change my mind and want to withdraw from the study?
If you decide to take part and later change your mind, you are free to withdraw from the study. If you decide to withdraw, please notify Dr James Ooi as soon as possible (contact details below). If you decide to take part and later change your mind, you can withdraw at any stage before completing the questionnaire. If you decide to withdraw after completing the questionnaire, your responses will not be able to be withdrawn as they will be recorded anonymously.

Who is doing this study?
Dr James Ooi is conducting this study. The Australasian College of Sport and Exercise Medicine (ACSEP) has approved this study. The study is supported by Ballarat Orthopaedics & Sports Medicine and the NOVAR Musculoskeletal Research Institute (NMRI).

How will I be informed of the study results?
Study results will not be routinely distributed to participants, but will be publicly available upon publication. If you would specifically like a copy of the article after publication, please contact Dr James Ooi.

Is this an approved study?
Yes, the Human Research Ethics Committee of Ballarat Health Services and St John of God has approved the ethical aspects of this study. This study will be carried out according to the National Statement on Ethical Conduct in Human Research (2007) produced by the National Health and Medical Research Council of Australia. This statement has been developed to protect the interests of people who agree to participate in human research studies.

https://docs.google.com/forms/d/1zD7icVyrU9PBXgmsJK1QzODt9iWBwypkIkZRWJKs3J-o/edit
How can I know more about this study?
For more information on this study, please contact:
Researcher Dr James Ooi
Position Sports & Exercise Medicine Registrar
Telephone (03) 5332 2969
Email jamesooi.sports@gmail.com

Complaints
If you have any complaints about any aspect of the study, the way it is being conducted or questions about being involved in a study in general, please contact:
Reviewing HREC name Ballarat Health Services
HREC Executive Officer Diane Clingin Manager, Research Ethics & Governance
Telephone 03 5320 8661
Email researchethics@bhs.org.au

Thank you for considering being a part of this study.

This information sheet is printable for you to keep.

1. I have read and understand the above Participant Information and Consent Form. I consent to my anonymous participation in this study. *

   Mark only one oval.
   ☐ Yes
   ☐ No

   Demographics
   All responses are anonymous and confidential, used for the purpose of academic study only. Collated results may be analysed and published in medical journal.

2. Specialty *

   Mark only one oval.
   ☐ General Practice
   ☐ Emergency Medicine
   ☐ Orthopaedics
   ☐ Rheumatology
   ☐ Other (Physician)
   ☐ Other (Surgery)

3. If you answered ‘Other’ above, please state your specialty

   ____________________________________________________________

https://docs.google.com/forms/d/1zD7icVyrU9PBXgmJK1QzODt9WBwypkIZRWjKpS3J-o/edit 3/9
4. Level of Training *

Mark only one oval.

☐ Consultant/Specialist  
☐ Registrar  
☐ Resident/HMO  
☐ Intern  
☐ Medical Student

5. Postcode of primary practice *

The ACSEP is the pre-eminent professional body representing Sport and Exercise Physicians and Sport and Exercise Medicine in Australia and New Zealand. ACSEP fellows are medical doctors who have completed a minimum four-year registrar training program.

Prospective registrars must be minimum PGY4 and pass the entry examination. Completion of the training program requires experience across community medicine, internal medicine as it relates to sport and exercise, orthopaedic surgery and elite sport. Academic and clinical examinations must be passed prior to award of fellowship.

Sports & Exercise Physicians are diagnosticians and treat a range of medical and orthopaedic conditions utilising exercise prescription, medication and procedural skills.

The ACSEP gained specialist recognition from the Australian Medical Council in 2005, and has recently been reaccredited for six years.

6. I am aware that Sports and Exercise Medicine is a recognised medical specialty *

Mark only one oval.

☐ Yes  
☐ No  
☐ Unsure

7. I am aware of the Australasian College of Sport and Exercise Physicians (ACSEP) *

Mark only one oval.

☐ Yes  
☐ No  
☐ Unsure
8. I understand what Sports & Exercise Physicians do (i.e. conditions managed, treatments offered) *

*Mark only one oval.*

1 2 3 4 5

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
</tr>
</thead>
</table>

9. I can describe the distinction between Sports & Exercise Physicians and other medical specialties/Allied Health providers *

*Mark only one oval.*

1 2 3 4 5

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
</tr>
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10. Please describe your understanding of sport and exercise medicine as a medical specialty (30 words or less) *


Clinical Practice

Sports & Exercise Physicians are readily accessible community doctors. Patients may self-refer to an ACSEP registrar or physician (consultant). Medicare rebates are available for patients seeing an ACSEP physician, when referred by a GP or other medical doctor.

In Australia currently, physiotherapists frequently refer to ACSEP physicians, but these referrals are not eligible for Medicare rebates.

11. I am confident in providing patients an exercise prescription *

*Mark only one oval.*

1 2 3 4 5

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
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</thead>
</table>
12. I am familiar with the referral pathways to see an SEM physician/registrar *

Mark only one oval.

1 2 3 4 5

Strongly Disagree □ □ □ □ □ Strongly Agree

13. I trust the advice of SEM physicians/registrars *

Mark only one oval.

1 2 3 4 5

Strongly Disagree □ □ □ □ □ Strongly Agree

14. If not referring to SEM doctors for exercise or musculoskeletal issues, to whom do you refer (can select multiple)?

Check all that apply.

☐ Orthopaedic Surgeon
☐ Rheumatologist
☐ Physiotherapist
☐ Exercise Physiologist
☐ Occupational Therapist or Hand Therapist
☐ Osteopath
☐ Myotherapist
☐ Chiropractor
☐ Psychologist
☐ Complementary Medicine (incl. acupuncturist, naturopath)
☐ No Referral
Other: □

15. What barriers do you perceive in connecting patients with an SEM physician/registrar (30 words or less)? *
Opinions

There are many beliefs regarding the role of Sports & Exercise Physicians and SEM as a specialty. Please answer candidly below.

16. I believe in exercise/physical activity as medicine

Mark only one oval.

1 2 3 4 5

Strongly Disagree 0 0 0 0 0 Strongly Agree

17. Please briefly explain your response (30 words or less)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

18. For most people, Sport and Exercise Medicine physicians are useful medical providers

Mark only one oval.

1 2 3 4 5

Strongly Disagree 0 0 0 0 0 Strongly Agree

19. Please briefly explain your response (30 words or less)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
20. I would refer to a SEM physician for management of non-musculoskeletal, activity-related conditions (e.g. concussion, pre-participation screening, environmental/expedition medicine, sports nutrition, exercise prescription for health in the setting of medical comorbidities) *

Mark only one oval.

1 2 3 4 5

Strongly Disagree [ ] [ ] [ ] [ ] [ ] Strongly Agree [ ] [ ] [ ] [ ] [ ]

21. Please briefly explain your response (30 words or less)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

22. Collaborating more with SEM physicians would be valuable in my current clinical practice *

Mark only one oval.

1 2 3 4 5

Strongly Disagree [ ] [ ] [ ] [ ] [ ] Strongly Agree [ ] [ ] [ ] [ ] [ ]

23. Please briefly explain your response (30 words or less)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

https://docs.google.com/forms/d/1/zD7icVyrU9PBXgmJK1QzODt9iWBwypkiZRWjKp53J-o/edit
24. Sport and Exercise Medicine would be beneficial as part of the public healthcare system *

*Mark only one oval.

1  2  3  4  5

Strongly Disagree  ○  ○  ○  ○  ○  Strongly Agree

25. Please briefly explain your response (30 words or less)

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