

Entrustable Professional Activities (EPAs)

List of EPAs for Sports Medicine

EPA Title	EPA Entrustment Level to be Attained by Exit
<u>EPA 1: Providing medical coverage for participants of sporting events</u>	Level 4
<u>EPA 2: Optimising performance and health for well and ill populations</u>	Level 4
<u>EPA 3: Managing sport and exercise injuries</u>	Level 4
<u>EPA 4: Performing common procedures required in sports and exercise medicine</u>	Level 4

Entrustment Scale

Entrustment Level	Description
Level 1	Be present and observe, but no permission to enact EPA
Level 2	Practice EPA with direct (pro-active) supervision
Level 3	Practice EPA with indirect (re-active) supervision
Level 4	Unsupervised practice allowed (distant oversight)
Level 5	May provide supervision to junior learners

Sports Medicine EPA 1
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Title	EPA 1 : Providing medical coverage for participants of sporting events
Specifications and limitations	<p><u>Pre-event</u></p> <ol style="list-style-type: none"> 1. Gathering information of events. 2. Conducting landscape surveys of the sporting events, including the environment. 3. Identifying risks associated with the sporting events. 4. Drawing up medical support plans. 5. Listing essential medical equipment and supplies. 6. Anti-doping counselling. <p><u>Event</u></p> <ol style="list-style-type: none"> 7. Managing acute medical issues incurred by participants in the context of the major games. 8. Facilitating anti-doping procedures. 9. Executing medical support plans. <p><u>Post-event</u></p> <ol style="list-style-type: none"> 10. Conducting post event review and debrief with relevant parties (event organiser or contingent). <p><u>Throughout all three phases</u></p> <ol style="list-style-type: none"> 11. Communicating medical support plans with relevant parties i.e., organisation (hospitals), ambulance services. 12. Coordinating medical support plans with relevant parties. <p>Limitations: NA</p>
EPA Entrustment Level to be Attained by Exit	Level 4

Sports Medicine EPA 2
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Title	EPA 2 : Optimising performance and health for well and ill populations
Specifications and limitations	<p>The population covered in this EPA includes well, ill, disabled, pregnant, elderly and paediatrics athletes:</p> <ol style="list-style-type: none"> 1. Performing pre-participation screening. 2. Conducting anti-doping counselling. 3. Prescribing exercise in populations with chronic diseases. 4. Managing athletes with chronic diseases. 5. Optimising physical performance. 6. Preventing injury.
	Limitations: Nil
EPA Entrustment Level to be Attained by Exit	Level 4

Sports Medicine EPA 3
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Title	EPA 3 : Managing sport and exercise injuries
Specifications and limitations	<ol style="list-style-type: none"> 1. Taking history, doing physical examinations, ordering and interpreting investigations. 2. Understanding risk factors predisposing to injury, including: <ol style="list-style-type: none"> a. Sports biomechanics (e.g., running gait, throwing, racquet swing, swimming strokes) b. Intrinsic biomechanical risk factors c. Chronic medical conditions (and treatment) and their effects on injury and sports d. Familiarity with sports equipment to prevent injury e.g., protective garments, appropriate footwear, correctly-sized grips 3. Understanding the role of diagnostic musculoskeletal ultrasound and compartment pressure testing, including knowledge of risks and benefits of the latter. 4. Managing acute, acute-on-chronic, chronic injuries, medical problems arising from, or affecting physical activity. 5. Understanding procedures in the management of acute sports injuries e.g., reduction of fractures / dislocations, splinting of fractures, toilet and suture of lacerations, concussions, eye, ear nose and throat, dental, skin, environmental-related (e.g., heat / cold). 6. Explaining and discussing diagnoses, prognoses and treatment plans, including surgery, with patient, taking into account activity levels, medical conditions, competition or other deadlines. 7. Working with other specialties, Allied Health Professionals, coaches and Sport Scientists to optimise treatment of patients with sport and exercise injuries, including fitting of braces, usage of crutches and simple rehabilitative exercises, and return to sports plans. 8. Understanding post-injury and post-surgical rehabilitation protocols, including return-to-play guidelines in the context of medical conditions in sports medicine. 9. Applying aforementioned skillsets to the specific needs of special populations e.g., military, female athlete, children, elderly, para-athlete, intellectually disabled, in different environmental condition. <p>Limitations: A summative entrustment decision for this EPA does not apply to performing procedures.</p> <p>Managing acute medical issues incurred by participants in the context of the major games is not covered under this EPA.</p>
EPA Entrustment Level to be Attained by Exit	Level 4

Sports Medicine EPA 4
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Title	EPA 4 : Performing common procedures required in sports and exercise medicine
Specifications and limitations	<p>These EPAs cover performing common procedures required in SEM and includes:</p> <ol style="list-style-type: none"> 1. Determination of which procedures needs to be performed relevant to the clinical situation 2. Consent taking 3. Performing the procedures <p>These procedures are:</p> <p><u>Diagnostic</u></p> <ol style="list-style-type: none"> 1. Musculoskeletal ultrasound 2. Compartment pressure measurements 3. Gait Analysis <p><u>Therapeutic</u></p> <ol style="list-style-type: none"> 1. Extracorporeal shockwave therapy 2. Ultrasound-guided musculoskeletal procedures <ol style="list-style-type: none"> a. Intra-articular injections / aspiration b. Soft tissue injections / aspiration 3. Unguided musculoskeletal procedures <ol style="list-style-type: none"> a. Intra-articular injections / aspiration b. Soft tissue injections / aspiration 4. Manipulation and reduction 5. Toilet and suture 6. Backslab / Splinting / Casting 7. Sports Taping <p>Limitations: Nil</p>
EPA Entrustment Level to be Attained by Exit	Level 4