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Primary Health Care
<http://www.bristol.ac.uk/primaryhealthcare/>



Teaching Newsletter

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NEW

Launch of Bristol's GP Society for Medical Students

This term sees the launch of Bristol University's GP Society (GP Soc). Its primary aim is to promote general practice as a career amongst undergraduate medical students at the University of Bristol and to give an insight into the variety that such a career offers. The society has an energetic and enthusiastic student committee which has succeeded in getting some great speakers.



Clare Gerada, Chair of the RCGP, is coming to talk to the Society on the evening of **Tuesday 4th December**. If you teach medical students and would like to hear Professor Gerada's talk please send an e-mail to phc-teaching@bristol.ac.uk with the words "Clare Gerada" in the title of the email. We will book places for the first 50 GP teachers to reply. The majority of the places will be reserved for students. The talk will begin at 8pm in Lecture Theatre E29 in the Main Medical School Building (we will send directions nearer the time). There will be light refreshments afterwards to encourage you to stay and talk to our students.

REGISTER NOW

Year 4 date change

As the last day of Block 3 falls on Good Friday, it has been decided to move the central teaching from Friday 29th March 2013 (Good Friday) to Tuesday 26th March 2013. Therefore, the students' last day in academics and GP surgeries for that unit will now be Monday 25th March 2013.

Workshops for 2013



Year 4 Workshop 19th February
Year 2&3 workshop 17th April
Summer workshop 18th June
All at Engineers' House, Clifton, Bristol

Fit2Teach programme

Free TLHP run teaching courses in the academics.
Find out more at:

<http://www.bris.ac.uk/medical-education/tlhp/courses/fit2teach/>

You can find the **medical school newsletter** at

<http://www.bris.ac.uk/medical-school/staffstudents/student/newsletter/>



London Olympics Sports Physician

"The definition of a crisis is an opportunity" {Chinese proverb}

From **Dr Jonathan Williams**, Portishead Medical Group, Bristol

The seed of my becoming a Sports Physician at the London Olympics was sown at one of the lowest points of my life. In 2003 a close friend had died, and I was feeling increasingly exhausted by intense working days in General Practice and nights and weekends on call. I decided that I needed a new focus. After contemplating taking up the cello or trying to learn Mandarin, I decided to run the 2004 London Marathon on behalf of Oxfam, a charity I had long supported.

PTO

London Olympics Sports Physician contd.

I had recently retired from playing cricket, and although I was fairly quick over 22 yards carrying a bat, I had no endurance fitness. I allowed myself eight months to train. My first marathon was one of the most painful experiences of my life, but also one of the most exhilarating. I immediately registered to run the New York marathon, and have recently run my eleventh marathon.

Increasing numbers of patients began to seek my advice in surgeries about their running and other sporting injuries. I felt ill-equipped to address their problems, and therefore started to attend sports medicine courses, culminating in taking an academic sabbatical in 2009 to read for an MSc in Sports and Exercise Medicine in London University. It was a fabulous experience being a student again 24 years after I'd graduated, studying a subject I felt passionate about.

I returned to my GP Practice part-time in order to develop my Sports Medicine work. I am now Bristol Rugby team doctor, work in Bristol University Centre for Sport, Exercise and Health and also in a Musculo-skeletal clinic.

All Olympic sports had trial venues and supporting triathlon trials in Greenwich Park Observatory across to Canary Wharf; a particular thrill was the Hyde Park Triathlon, a triathlon based on the start/finish line of the London Marathon; a particular thrill was the Hyde Park Triathlon, a triathlon based on the start/finish line of the London Marathon; a particular thrill was the Hyde Park Triathlon, a triathlon based on the start/finish line of the London Marathon.

Based on my field of play previous hockey tournaments, I was appointed as Sports Physician to the 2012 Olympic Hockey tournament. There were numerous trips to various generic and more specific training camps, and all travel and voluntary medical team).

The day after my older daughter's wedding (a fantastic day) on Sat. July 28th, I travelled to London with much excitement and anticipation.

The Hockey tournament was held in the Stratford Olympic site on a bright blue pitch, with fluorescent pink surrounds. The temporary stands accommodated 16,000 spectators, and three cohorts of spectators watched two games out of six games played each day. The atmosphere during most games was thrilling; characteristics of each nation's fans varied, from the massed ranks or orange-clad Dutch to flag-waving, horn-blowing Argentineans. Although hockey had more injuries than most other sports, including the GB women's captain mandible fracture, dislocations and stick injuries to heads and faces, the work load compared to covering rugby was light.

Getting up before 5am to travel from my friend host's house in Chiswick for early shifts, and getting back after 1am on late shifts didn't constitute the most relaxed summer holiday I'd ever had. However, the atmosphere in the Olympic venues and in London, the quality of the sport, the involvement of the crowds and realisation that the Games was such a success on so many parameters, was enormously uplifting; it felt a privilege to make a tiny contribution to such a spectacular event. When not pitch-side or in the medical room at the hockey, I managed to see other sports including cycling, Triathlon, basketball, table tennis and beach volleyball (a sport of rather limited appeal to me, particularly when sitting in the drenching rain). My final experience of London 2012, following the men's hockey Bronze match of GB v Australia, was to be there in the athletics stadium to watch Mo Farah win the 5,000 metres final, and the Jamaican 4 x 100m relay team break the world record. 36 hours later, I was sitting in Monday morning surgery, feeling somewhat stunned....



events in 2011 to test the services. I covered the Equestrian (amazing views from under the canopy Wharf) the Mountain Bike based on the start/finish line of race dominated by the Brown-for me as a keen triathlete. experience in rugby, and tournaments, I was appointed as Olympic Hockey tournament. London in early summer for specific training (of variable use other expenses borne by the

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