

Is Healthcare a Team Sport? Widening our Lens on Interprofessional Collaboration and Education in Sport Science and Exercise Medicine

When will the seminar take place: Monday, 8 November 2021; time: 2 PM – 4 PM, Central European Time (local Zurich time)

Where will the seminar take place: online, save this [zoom link](#)

Who will present at the webinar

- Dr. Gert Ulrich, Researcher and Project Manager in interprofessional education and collaboration, Careum Foundation (CH)
- Prof. Dr. Claudio Nigg, Head of Department Health Science, Institute of Sport Science, University of Bern (CH)
- Prof. Dr. Daniel Erlacher, Associate Professor, Department Movement and Exercise Science, Institute of Sport Science, University of Bern (CH)
- Dr. Justin Carrard, Post Doc and Resident, Division of Sports and Exercise Medicine, Department of Sport, Exercise and Health, University of Basel (CH)
- Prof. Dr. Anthony Breitbach, Director, Athletic Training Program; Interim Chair, Dept. of Nutrition and Dietetics, Saint Louis University (USA)

Organizers

- Careum Foundation, Zurich (CH): Dr. Gert Ulrich
- University of Bern (CH): Prof. Dr. Claudio Nigg, Prof. Dr. Daniel Erlacher
- University of Basel (CH): Dr. Justin Carrard
- Saint Louis University (USA): Prof. Dr. Anthony Breitbach

Abstract

According to the WHO, interprofessional collaboration (IPC) occurs when “multiple health workers from different professional backgrounds work together with patients, families, carers (caregivers), and communities to deliver the highest quality of care”. Healthcare workers should be equipped with interprofessional (IP) competencies to work collaboratively across professional boundaries.



Hence, international recommendations as well as frameworks of various key agencies and joint collaboratives agree that IP capabilities and competencies are key aspects for the future health workforce (e.g. World Health Organization; Swiss Federal Office of Public Health). In this regard, it is repeatedly recommended to implement IPC sequences in education, practice, and continuing education, known as interprofessional education (IPE): “IPE occurs when students (learners) from two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes” (WHO, 2010).

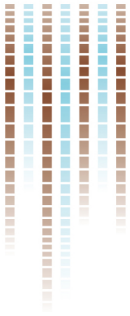
As in other areas of healthcare, the quality of patient care including aspects of physical activity via experts in sport & exercise science and sports & exercise medicine could benefit from IPC between various health professions involved. Therefore, sport scientists should be considered in interprofessional collaboration in healthcare and should have a seat at the IP table beside medicine, nursing, physio- and occupational therapy, social work, dieticians, pharmacy etc. as well. Sport scientists help to strengthen the importance of sport, exercise and physical activity in health promotion, prevention, rehabilitation, and therapy. The field of physical activity and exercise, currently increasingly referred to as “exercise is medicine” is of essential importance regarding the health care system.

Unfortunately, the field of IPC and IPE in sports science and sports & exercise medicine is hardly considered in the relevant scientific literature in Switzerland and German-speaking countries, respectively. In the North American region, the integration of IPC and IPE in the field of sports science professions working in health care is significantly more advanced.

Complementing this IP viewpoint, sport science itself as an additive science is composed with elements from various other sciences and disciplines such as sociology, health sciences, psychology, pedagogics, medicine, physics and further disciplines. Additionally, this interdisciplinary approach should be considered, when talking about IPC and IPE in sport science and raises the question: What can we learn from each other?

This webinar provides five oral presentations of the designated speakers, including an introduction on the topic, Swiss specific and international inputs. The second part the webinar offers the opportunity to discuss the topic in breakout sessions with a panel discussion following. It is planned that further national and international experts add their insights, knowledge, and experiences on this topic to enrich the discussion session.





Aims of the webinar

- The overall aim is to discuss possible next steps to foster interprofessional education and collaboration and to strengthen interdisciplinary approaches in sports and exercise science/medicine

In detail:

- To gain insights into interprofessional and interdisciplinary perspectives in Switzerland and USA with focus on sports and exercise science/medicine.
- What can we learn and transfer from experiences in USA and Australia with interprofessional education and collaboration in sports and exercise science/medicine?
- What could be ideas to implement interprofessional education into sport science curricula?



Target group

Researchers, faculty developers, lecturers, students and practitioners interested in improving interprofessional education and collaboration in health care and fostering interprofessional education and interdisciplinary approaches for sport & exercise scientists in Switzerland. Although focused on Switzerland, this discussion could also be novel and interesting for further German-speaking countries (DACH area).