

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD SPORT AND EXERCISE MEDICINE EXAMINATION
JANUARY 2021

Date:-19th January 2021

Time:-9.00am-10.20 am

SHORT ESSAY QUESTION PAPER

Answer all four (4) questions

Answer each question in a separate book

1. You are a consultant sports physician in charge of a sports club. There are doctors and therapists under your supervision. The management wants you to accompany the athletic team to a foreign country.
 - 1.1 List six (6) major areas of pre-competition information you require regarding the country of destination prior to travel (30 marks)
 - 1.2 State three (3) main areas of coverage you require when recommending insurance policies during the overseas travel and stay for
 - a. athletes (15 marks)
 - b. medical team (15 marks)
 - 1.3 State the advice you would provide prior to travel
 - a. common to the athletes and medical and support staff (25 marks)
 - b. specific to the medical and support staff (15 marks)

4. You are a sports physician in charge of a sports team taking part in track and field events in a hot and humid climate.

During prolonged training, athlete 'X' developed dizziness, thirst, weakness and headache, but was alert and oriented. A little later, athlete 'Y' lost consciousness, his body was warm, and he had no sweating.

4.1 State the diagnoses in the two athletes, giving the diagnostic criteria. (20 marks)

4.2 List the main complication that can affect each organ system in athlete 'Y'. (20 marks)

4.3 List the bad prognostic factors that can worsen the condition of athlete 'Y'. (15 marks)

4.4 Outline the management of athlete 'Y' at the field site (25 marks)

4.5 Following recovery, what advice related to future physical exercise training should be given to athlete 'Y'? (20 marks)