

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN SPORTS MEDICINE
FINAL EXAMINATION - JANUARY 2022

Date: 19th January 2022

Time: 1.00 p.m. – 4.00 p.m.

SHORT ESSAY QUESTION PAPER

Answer **all six (06)** questions.

Answer each question in a separate book.

1. You are a team physician of a cricket club and need to travel with a team of cricketers above 35 years, for an international veteran cricket tournament which will be held in South Africa in two months time.
 - 1.1. Briefly describe the advice that you would provide to your team with regard to the prevention of infections. (40 marks)
 - 1.2. Briefly describe the advice that you would provide regarding minimizing effects due to jet lag. (30 marks)
 - 1.3. Some of the players are on long term medications for various medical conditions that require obtaining therapeutic use exemptions (TUE). State the criteria that are used to grant a TUE. (30 marks)
2. You are a sports physician providing care to a team of professional athletes involved in running and walking events.
 - 2.1. Describe the phases of walking. (50 marks)
 - 2.2. List the differences between walking and sprinting. (20 marks)
 - 2.3. State the intrinsic and extrinsic factors that can lead to injuries among running athletes. (30 marks)

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3. A group of senior recreational athletes are being referred to you by the event organizers, who are taking part in a charity run of 5 km.
 - 3.1. What general advice and recommendations would you provide to this group of athletes? (50 marks)
 - 3.2. On the day of the event, the weather is hot and humid. Briefly describe the possible injuries that are expected due to the adverse weather. (50 marks)
4. A motorbike rider was thrown out of the track during a motor bike rally. He was conscious and complained of inability to move the lower limbs.
 - 4.1. Describe the role of the field side medical officer and para medical staff regarding the pre-hospital care. (60 marks) ○
 - 4.2. Outline the long-term management of this patient with paraplegia. (40 marks)
5. In a university karate tournament, a player has sustained an injury to the left forearm while defending an attack. There was a sudden onset of swelling and bruising over the medial aspect of the distal forearm.
 - 5.1. What are the possible injuries this player could have sustained? (20 marks)
 - 5.2. Describe the initial management. (50 marks)
 - 5.3. The player was discharged with a cast for 6 weeks and required to be followed up in the clinic. Outline the principles you would follow during rehabilitation of this athlete. (30 marks) ○
6. You are a sports physician in-charge of a rehabilitation unit. A national athlete is referred to you by his coach due to repeated poor performances suspecting a psychological problem.
 - 6.1. State the physical symptoms that will help you to identify an athlete who is affected with a psychological problem. (20 marks)
 - 6.2. Briefly describe the psychosocial symptoms that will help you to identify an athlete who is affected with a psychological problem. (50 marks)
 - 6.3. State the principles followed in psychological rehabilitation. (30 marks)