

# Is Healthcare a Team Sport?

## Widening our Lens on Interprofessional Collaboration and Education in Sport Science and Exercise Medicine

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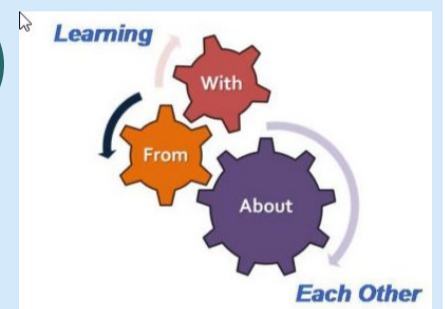
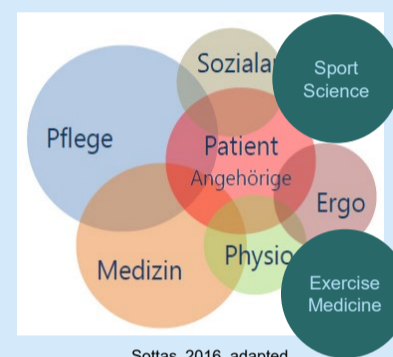
### Introduction

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 competencies in education to work collaboratively across professional boundaries (Ulrich, Amstad, Glardon, & Kaap-Fröhlich, 2020, WHO, 2010, Federal Office for Public Health, 2020).

As in other fields of healthcare, IPC between professions involved could improve quality of healthcare and patient outcomes in sport science and exercise medicine. Therefore, **interprofessional education (IPE)** in sport science and exercise medicine might be an enriching component (Ulrich & Breitbach, 2021). “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)

**AIM: To discuss IPC/IPE and to strengthen IP approaches in Swiss sport science and exercise medicine**



### Methods

In Nov 2021, a **webinar (2h)** via the **Swiss Society of Sport Science** (available online via <https://careum.link/webinar-sgs>) was conducted to draw attention on various activities and viewpoints from different IP and interdisciplinary perspectives.

This webinar provided five oral presentations of the authors of this poster, including an introduction on the topic, Swiss specific and international inputs as well as an open discussion.

### Results

Following highlights could be derived from the speakers` inputs:

- Considering IPC/IPE we might think beyond patient care and also think about several included professions and settings over the umbrella of **Public Health** (Policy, Environment, Context, bio-psycho-social factors...).
- In contrast to Switzerland, in **Australia** a high number of exercise physiologists work in healthcare. Further exercise physiologists are an accredited allied health professions, their interests are represented by a professional organizations, and their work is covered by health insurances.
- Pleasingly, we learned that there is a small number of IP projects in the field of sport science and exercise medicine, e.g. building wider collaborative networks concerning **sports, sleep and health**.
- In **USA**, Athletic trainers (AT) as health professionals are seen as a vital part of the sports medicine healthcare team involved with various roles and responsibilities connected with sports, such as prevention, emergency care, clinical diagnosis, therapeutic interventions and rehabilitation of injuries and medical conditions.

### Conclusions

Speakers and participants of the webinar concluded:

- **IPE and IPC in the field of sports science and exercise medicine should be promoted, so that practitioners in this field can be perceived as participants in effective patient care.**
- **However, not only the healthcare perspective should be regarded when talking about IPC/IPE in sports science and exercise medicine, but also the whole public health sector**
- **Although there are IP settings including sport scientists in Switzerland, there are several aspects we could learn from Australia and USA to develop sports science and exercise medicine with focus on IPE/IPC further**

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#### Selected literature

Ulrich, G., Amstad, H., Glardon, O., & Kaap-Fröhlich, S. (2020). Interprofessionelle Ausbildung im Schweizer Gesundheitssystem: Situationsanalyse, Perspektiven und Roadmap. Working Paper. Retrieved from [www.careum.ch/workingpaper9-lang](http://www.careum.ch/workingpaper9-lang)

Ulrich, G., & Breitbach, A. P. (2021). Interprofessional collaboration among sport science and sports medicine professionals: an international cross-sectional survey. *J Interprof Care*, 1-11. doi:10.1080/13561820.2021.1874318

World Health Organization (WHO). Framework for Action on Interprofessional Education and Collaborative Practice. Geneva: WHO;2010.



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<https://careum.link/webinar-sgs>