



FSEM 19th Annual Scientific Conference “Challenges in Contact and Collision Sports”

Royal College of Surgeons in Ireland (Onsite) - Friday 15th Sep 2023 - 7.00-18.00

SPEAKERS BIOS & TITLES OF TALKS

Prof John Ryan - Experience from the Frontline



FRCEM, FRCSEd(A&E), FFSEM, DCH, DipSportsMed

Prof Ryan qualified from RCSI in 1983. He passed the FRCSEd (A&E) and the Diploma in Sports Medicine exam from Dublin University in 1989. He completed his Higher Specialist Training in Emergency Medicine in London, Brighton and Sydney. He was a Consultant and Senior Lecturer in Brighton for five years before returning to St Vincent's University Hospital. He is Vice-Dean with responsibility for Advanced Specialty training in Emergency Medicine. He is a previous board member of the Faculty of Sports and Exercise Medicine and is a current Trainer for the specialist registrar training programme in Sports and Exercise Medicine. He has published many papers and book chapters on Sports Medicine related topics. His particular area of interest is in Acute Sports Injury Management and Research. He runs a public concussion clinic at St Vincent's University Hospital. He is team doctor with Leinster Rugby and doctor to the Irish Under 18s Rugby Team.

Associate Prof Fardod O'Kelly - Genitourinary Injury and Contact Sports



Fardod O'Kelly completed his medical training Royal College of Surgeons in Ireland, following undergraduate and master's degrees in natural sciences (Biochemistry) from Trinity College Dublin. In 2013, he was awarded a Doctorate in Medicine in the field of prostate cancer epigenetics. Following his attainment of FRCS(Urol), he was awarded the Colles medal by the RCSI for further subspecialty fellowship training. He was also a recipient of RCSI and Ethicon travel awards. He completed clinical fellowships in paediatric, adolescent, and transitional urology in Canada at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa, and at the Hospital for Sick Children (Sick Kids), Toronto.

He has a strong interest in education, teaching and research. He authored over 80 peer-reviewed academic manuscripts, 8 book chapters, and is a reviewer for over 15 journals, and was awarded a global Top-10 reviewer for the Journal of Pediatric Urology (2019 & 2021). He has been a visiting scholar at Harvard Business School and has delivered a number of invited lectures globally. He was awarded an advanced diploma in medical law by King's Inns Ireland, and is



currently undertaking an MSc in Law and Ethics through the RCSI (2023-2025). He also completed an MBA at the Smurfit Business School, UCD, following which he was the recipient of the global EMBA/BGA student of the year award (2022).

He is the creator and host of 2 educational podcasts: Circumsessions, in conjunction with the Journal of Paediatric Urology, and Safe and Sound which is the new RCSI Human Factors podcast launching in September 2023. In addition, he sits on a number European urological committees and boards, including the EAU/ESPU Guidelines Committee for Paediatric Urology. He is also a board member and educational chair for the Faculty of Sports and Exercise Medicine in the RCSI. In addition to his role in the RCSI, Fardod is a consultant in paediatric and adolescent urological surgery and is the clinical lead for paediatric surgical services in the Beacon Hospital, Dublin, as well as an adjunct assistant professor in paediatric urology in the University of Wisconsin, USA.

Dr Nikos G Malliaropoulos - Loss of Consciousness in Contact Sport



Dr Nikos Malliaropoulos is a Consultant in Sports and Exercise Medicine based at the Sports Clinic Barts and the London and Senior Clinical Lecturer at QMUL Centre of Sports and Exercise Medicine Academic Department.

He has been Director of the Sports injuries clinic of the Track and Field Hellenic National Association in Thessaloniki, since 1986 -2019 and was Chief Medical Officer of the Hellenic Olympic Team XXVIII Athens Olympics 2004. Additionally Nikos was Director of the Medical Services of the First South Eastern European Games 2007.

He is a Fellow of the UK Faculty of Sports and Exercise medicine Royal College of Surgeons Edinburgh. He is a Founding member of the European College of Sports and Exercise Physicians – ECOSEP and current Secretary in General, Fellow of the International Federation of Sports Medicine FIMS and Member of the British Sports and Exercise medicine Association- BASEM.

Nikos was also a Balkan Judo Champion – 6th DAN in Judo and Bronze medalist twice (2017-2019) at the European Championships as a Head Coach with Aris Thessaloniki's Judo Team.

His main clinical interests are in the diagnosis, management and rehabilitation of sports injuries and mechanical musculoskeletal pathologies. His main areas of clinical expertise and research are hamstring injuries, bone stress injuries, Eswt and Judo. He has a significant experience in MSK ultrasonography and interventional imaging guided procedures since 2000. Special interests are all soft tissue Injuries include hamstring and troublesome muscle Injuries, tendon Injuries, ankle and bone stress Injuries, Low back pain with relevant research on those areas.



His main management approaches are: exercise prescription as a treatment for musculoskeletal pathologies; Ultrasound guided injections, Extra Shock Wave Therapy - ESWT, and Low Level Laser Treatment - LLLT.

Prof Helen French – IRFU Charitable Trust Schools Study



**PhD, MSc, BPhysio, Dip Stat, Dip HPE, MISCSP
Associate Professor in Physiotherapy, (RCSI)**

Helen French is a chartered physiotherapist and associate professor in physiotherapy in the Royal College of Surgeons in Ireland (RCSI), Dublin, Ireland. She previously worked as a musculoskeletal clinical specialist in a large public teaching hospital before moving to RCSI as a lecturer in 2004. She is a level 2 (specialist) member of the Chartered Physiotherapists in Musculoskeletal Therapy (CPMT) clinical interest group of the Irish Society of Chartered Physiotherapists.

Her research interests include musculoskeletal pain and injury across a range of populations, including sporting populations, and conditions such as osteoarthritis. She has published numerous scientific papers and presented research findings at national and international conferences. She is co- Principal Investigator (with Louise Keating, School of Physiotherapy, RCSI) on the ‘training load and injury risk in SChoolboys’ RUGby (SCRUM)’ cohort study (Phases 1 and 2), funded by the IRFU Charitable Trust. Her other current funded projects as PI include development of a model of care for osteoarthritis in primary care in Ireland (Health Research Board (HRB)) and a feasibility trial to evaluate exercise and education for gluteal tendinopathy (HRB).

Dr Deirdre Ward – Cardiac Screening in Young Athletes



Dr Deirdre Ward graduated from TCD Medical School. She completed her Specialist Cardiology Training in St James’ Hospital and Tallaght Hospital Dublin. She spent 3 years in London as Clinical Research Fellow on inherited heart conditions with Professors Bill McKenna and Perry Elliott at The Heart Hospital and University College London, with a particular focus on diagnosis and genetics of Arrhythmogenic Cardiomyopathy. Dr Ward returned to Dublin in January 2007 to take up post as a Consultant Cardiologist and the Director for the Centre for Cardiac Risk in Younger Persons, in Tallaght Hospital. The CRYP Centre runs a dedicated service for inherited cardiac conditions, including assessment of families where sudden death of a young person has occurred. She is on the SpR Training Committees for both Cardiology (RCPI) and Sports and Exercise Medicine (RCSI). She is also a former competitive swimmer and an amateur middle distance runner.

Mr Philip O'Halloran – N-Pro Headgear Study



Mr. Philip O'Halloran BSc FRCS PhD. Mr. O'Halloran is a Consultant Neurosurgeon at the Queen Elizabeth Hospital, Birmingham, UK with subspeciality interest in Neurotrauma and Neuro-Oncology.

After graduating with a BSc in Physiology from UCC, he completed his medical degree in RCSI in 2008. In 2017, during his neurosurgery training in Ireland, he was awarded a PhD from RCSI examining the molecular biology of high grade brain tumours during which time he conducted translational studies at the European Institute of Molecular Imaging in Germany. In 2020 he completed the highly prestigious Neuro-Oncology/Skull Base surgical fellowship at the University of Toronto. In 2020 he became the UK's first Royal College of Surgeons in England approved Neurotrauma Fellow at the Royal London Hospital, one of the largest trauma centers in Europe. In 2021 he was awarded the Dan Rooney Concussion fellowship (UPMC Concussion Program, Pittsburgh, Pennsylvania, USA) and head of research of UPMC Concussion Network in Ireland.

He is a key opinion leader in the field of traumatic brain injury and has being the recipient of numerous awards/grants at an international & national level. He is the principal investigator of the pioneering Rugby Headgear Effective study in collaboration with IRFU & World Rugby and is an Honorary Senior Clinical Lecturer in RCSI. He is an associate editor of the British Journal of Neurosurgery and an independent match day doctor for the English Gallagher Rugby Premiership and European Champions Cup.

Mr O'Halloran is a former rugby player with UCC, Cork Con and captain of the winning Beaumont Hospital Cup team. In a previous life he was also a sailing/windsurfing instructor and rescue scuba-diver.

Prof Sharon Madigan – Can nutrition play a role in recovery from concussion?



RD, BSc, MSc, PhD, SENr, FFSEM (Hon)

Sharon currently is Head of Performance Sport at the Irish Institute of Sport. She also has a significant experience as a clinical dietitian and has a Ph.D. in Nutrition Education.

She is responsible for the delivery and coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports. She has delivered nutrition support to athletes over five Olympic cycles (Athens, Beijing, London, Rio, Tokyo) and other major championships such as European, World, and EU championships. As well as working with individual athletes has been involved with the science and medical committee of the Olympic Federation of Ireland in the planning and logistics at two camp bases. She is the Lead Scientist for the Paris Cycle.



A strong focus of her position within the Institute of Sport is also the engagement in applied high-performance research. Sharon's main research interest focus on the interaction between diet and health and diet and sports performance. She is currently involved in the supervision of several research projects.

She was awarded a Hon Fellowship of the Faculty of Sport and Exercise Medicine, RSCI in Sept 2016 and in April 2021 was appointed to the Adjunct Professor role at the University of Limerick.

Mr Ciaran McCarthy - The Patient's Perspective - IRFU Charitable Trust - Spinal Injuries



On the 27th of January 2002, Ciaran became a paraplegic as a consequence of playing rugby. He is still an avid follower of rugby, for him, it was a waterlogged pitch, that caused his accident to occur, not some dangerous play. The pitch was such, that he got stuck in the mud the sort of mud that sucks you in. Being stuck in a long sitting position a maul of players had formed beside me and quickly collapsed in on top of him from over my right shoulder forcing my torso to my knees at an acute angle. He knew he was in trouble.

Today, the most cohesive and paradigmatic shift towards the formulation of a treatment for spinal cord injury, SCI, is occurring within the RCSI and that is what his talk will be about.

Ciaran is associated with the IRFU Charitable Trust and is a Public Patient Involvement Collaborator with the RCSI research project into Spinal Cord Repair.

Prof Mick Molloy - Sportsground Management and Physician Indemnity



Prof Molloy is a Consultant Emergency Physician at Wexford General Hospital and Clinical Associate Professor at University College Dublin. He is also Disaster Medicine Specialist having completed Masters Degrees in the EU and Fellowships in Disaster Medicine and separately Crisis Leadership at the Beth Israel Deaconess Fellowship in Disaster Medicine based in Boston, Massachusetts. A former medical officer with Connacht Mens Rugby and Leinster Ladies having previously played Rugby union for Gorey, Old Belvedere and UCD while an undergraduate, and Rugby League for Dublin Blues, Leinster and Ireland. Prof Molloy has served as Medical officer at two Rugby league World Cups, Chairman of Rugby League Ireland for 6 years and currently chairs the Medical Committee for the Rugby League International Federation (MEDSCo). Prof Molloy coaches under-age Rugby union at Old Belvedere and takes a keen interest in under age player welfare and injury prevention/health promotion. He provides ringside medical cover at professional boxing and mixed martial arts



in Ireland and has been appointed by two Ministers for Health to the Pre-Hospital Emergency Care Council responsible for setting the standards for pre-hospital care in Ireland.

Ms Ruth Delaney - Use of Augmented Reality and Innovative Surgical Techniques in Orthopaedic Surgery



Ms. Ruth Delaney is a consultant shoulder specialist orthopaedic surgeon and Associate Professor at University College Dublin, Ireland. She attended medical school in University College Cork and underwent orthopaedic training on the Harvard Combined Orthopaedic Residency Program. She completed shoulder fellowship at Massachusetts General Hospital under Dr. JP Warner and in France with Drs. Gilles Walch and Laurent Lafosse. She returned to Ireland in 2014 to begin her shoulder practice in Dublin at Sports Surgery Clinic and Beacon Hospital. She is shoulder consultant to a professional rugby team and takes care of many high level athletes as well as a variety of complex degenerative shoulder problems. She is a past winner of the Neer Award. She is a member of the European Society for Surgery of the Shoulder & Elbow (ESSSE/SECEC) and of American Shoulder & Elbow Surgeons (ASES). She was congress president for SECEC 2022. She is a founding committee member of the Irish Shoulder & Elbow Society (ISES) and has served as the Deputy Editor for Shoulder and Elbow Research at JAAOS.

Mr Joey Szpara - The Patient's Perspective – Concussion



Joey Szpara is a history and geography secondary school teacher from Ashbourne, County Meath. He played underage rugby with Ashbourne RFC and Leinster 18s. Joey played four seasons in AIL division 1A before having to retire in January 2023.

Mr Ian McKinley - Goggle Protection



Ian was a professional rugby player for nearly 10 years and now has entered the world of coaching. Since the arrival of the rugby goggles, he has been involved in multiple inclusive projects to do with sport, with many different organizations. Ian is also a motivational speaker as he feels his story is not just a sporting one, but a life one.

Ian has a book out called 'Second Sight'. The book is about adversity and never giving up. It is set in a sporting/rugby environment with a major theme of family support. Ian was a young Irish up and coming rugby player who plays for the underage Irish teams and one of the top European club teams, Leinster. In 2010, Ian's life was changed when he suffered an horrific on



field eye injury which alters the direction of his playing career. Having been left blind in his left eye, he was forced to give up on his dreams of playing international rugby. He retires aged 21. He moves to Italy to coach but the mental battles were beginning to mount. He emotionally breaks down in front of his older brother, who then begins the incredible process of discovering rugby goggles so that his younger brother could return to the rugby pitch safely. Ian begins playing again with the goggles aged 24 and climbs up the Italian club rugby ladder, bypassing many political obstacles and eventually becomes the first ever goggle wearing visually impaired international rugby player. He does so proudly playing for his adopted nation of Italy along with the now 2500 other registered rugby goggle users.

10 External CPD Credits awarded by FSEM

**For further information please contact Faculty office
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