

FSEM Webinar 9 – Long COVID and the Athlete Saturday 10th December, 2022 - 10.00am-12.00pm

This webinar will be co-chaired by *Dr Michael Ryan* (FFSEM & SEM SpR) & *Dr Valerie Hayes* (Medical Officer, Sport Ireland Institute).

Programme Outline Below:

10.00am - Introduction & Welcome Address - Co-Chair - Dr Michael Ryan

10.05am - 11.20am - Speakers Presentations. Speakers are:

- **Dr Zain Sharif**- Consultant Cardiologist at The Blackrock Health Hermitage Clinic
- **Dr Liam Townsend** - Specialist Registrar in Infectious Disease at St James / ICAT fellow at Trinity College Dublin
- **Ms Grainne Kelly** - Triathlete and Long COVID patient

11.20am - 12.00pm - Q & A Session

12.00pm - CLOSE

SPEAKER'S BIOGRAPHIES

Dr Zain Sharif - Consultant Cardiologist at The Blackrock Health Hermitage Clinic



Dr. Sharif is a consultant cardiologist with an interest in cardiac electrophysiology and sports cardiology. He obtained his medical degree (honours) from the Royal College of Surgeons in Ireland. He completed his Higher Specialist Training in Cardiology at Cork, Tallaght and Beaumont Hospital. He completed two years subspecialty training during his fellowship in cardiac electrophysiology (the management of heart rhythm disorders). This was at Harvard Medical School's largest affiliated hospital, the Massachusetts General Hospital, Boston.

He is accredited by the European Society in Cardiology (ESC) in cardiology, and by the European Heart Rhythm Association in Cardiac implantable Electronic Devices. He has been an invited speaker for the Irish Heart Foundation, Irish Cardiac Society and the American College of Cardiology. He has published in international peer review journals and regularly

has presented work nationally and internationally including at the European Society of Cardiology and Heart Rhythm Society meetings in the US. He enjoys spending time with his family, and has a keen interest in teaching and sport.

His specific area of expertise and interest include

- Arrhythmia in **athletes**, evaluation of **athletes with cardiac conditions**
- **Arrhythmia management** including Brady-arrhythmia, Supra-ventricular tachycardia (SVT), Atrial Fibrillation (AF), Ventricular Tachycardia (VT)
- **Ablative therapies for arrhythmia**; Including SVT, Atrial Fibrillation, Ventricular Tachycardia.
- **Implantation and follow up of cardiac device therapy** including Pacemakers, Implantable Cardioverter Defibrillators (ICD) and Cardiac Resynchronization Therapy (CRT)
- **Inherited Cardiac Conditions**, prevention of **Sudden Cardiac Death**

Dr Liam Townsend - Specialist Registrar in Infectious Disease at St James / ICAT fellow at Trinity College Dublin



Dr Liam Townsend is a Specialist Registrar in Infectious Diseases, based in St Vincent's Hospital, Dublin. He graduated from Medicine at Trinity College Dublin in 2013. He was awarded a PhD in Immunology from Trinity College Dublin in 2021, with a thesis examining the immune response to and physical consequences from HIV and SARS-CoV-2. His current clinical activities include the provision of post-COVID-19 outpatient care. His current research activities include the immunological and thrombotic consequences of viral infection, and their relationship with post-infectious ill health.

Ms Grainne Kelly - Triathlete and Long COVID patient



Grainne is an elite level triathlete, performing at national and age-group international levels up until 2020. Unfortunately after contracting COVID-19 in late 2020 she has suffered persistent and debilitating symptoms after the initial illness which have prevented her from returning to a similar level of performance, and was eventually diagnosed with Long COVID. She is an advocate for many other sufferers of Long COVID and is keen to share her perspective from an athletic performance perspective.

4 External CPD Credits will be awarded by FSEM. This event is [BJSM](#) approved.

To register click [HERE](#)

For further information please contact Faculty office at sportsfac@rcsi.ie or Annemarie directly on annemariereighton@rcsi.com or on 01 402 2382.

We have partnered again with [Medcafe](#) for IT support. This event will be live. Recording will be available afterwards. You must register to attend webinar in order to have access to recording.